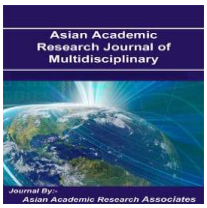
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INVESTIGATION OF PHYSICAL ACTIVITY LEVEL OF THE UNIVERSITY PERSONNEL BY SOME VARIABLES

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Abstract

The aim of this study is to determine the reasons that restrict the participation of university staff in free time physical activities and to examine whether these data differ according to working level, gender, internal, social, individual, social and structural situation. 100 people from the staff of Erzurum Atatürk University participated in the study. The Free Time Physical Activity Restriction Scale developed by Öcal was used as the data collection tool.

In this study, the 42-item scale, consisting of four demographic questions and 38 area questions, was applied by the researcher with the distributing and collecting method.

Data are given by SPSS 20.0 program.

were analyzed. The significance level (p <.05) was taken for all tests. data

percentAge, frequency, square, anova, manova and post hoc tests

used.

Keywords: Leisure Time, University Personnel, Physical Activity, Restrictive

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