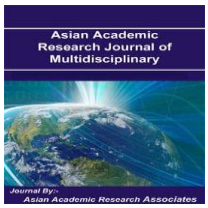
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A EXAMINING THE FACTORS LIMITING THE PARTICIPATION IN THE LEISURE TIME PHYSICAL ACTIVITIES

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Abstract

The factors, which discourage the enthusiasm and wish of the individuals to participate in leisure time activities, cause waste of time, remove the advantages of leisure time activities, and decrease the level of satisfaction expected from these activities, are called as limiters.

The objective of this study is to determine the factors that limit the participation of the university personnel in the leisure time physical activities and to examine whether these data vary across variables such as the level of profession, gender, and occupational group (Academician-Administrative Personnel). The universe of the research study is comprised of the Erzurum Ataturk University staff. 100 voluntary personnel, who were selected via random sampling method, participated in the study.

Leisure Time Physical Activity Limiters (LTPA-L) scale, which was developed by Öcal (2012), was used as the data collection tool. Comprised of 8 sub-dimensions (physical perception, facility, income, family, skill perception, time, will, social environment) and 38 articles, LTPA-L is a six point likert scale, and it measures the factors that limit the participation of the participants in the leisure time physical activities. In the analysis of the data, descriptive statistics and univariate variance analysis (ANOVA) and Independent Samples T-Test methods were used.

As the conclusion of this study, concerning the factors limiting the participation of the male and female personnel in the physical activities, from a gender point of view, it was determined that the females participated in physical activities less compared to the males in the sub-dimensions of the scale; from the occupational group perspective, it was determined that administrative staff allocate less time for physical activities compared to academic staff.

Key Words: Leisure Time, University Personnel, Physical Activity, Limiting Factor.

1. Introduction

Physical activity is defined as the body movements originating from the musculoskeletal system of the organism that starts the phase of energy expenditure following the resting period (Vural, 2010).

Physical activity is the type of movement of the body and its energy expenditure, and in the simplest terms, it is the behavior for the errands and energy consumption (Rowland and Freedson, 1994).

In other words, physical activity is the bodily movements that are produced as a result of the skeletal muscle contraction over the basal level and necessitate energy consumption (Özer, 2001).

Choosing a lifestyle that is not only active and mobile in the daily life but also non-sedentary in the work life, working conditions, and stress-based strain cause deterioration in physical, mental, and social health of individuals, ending up in a decrease in the physical activity level and reduction of quality of life (Özer and Baltacı, 2008).

Physical activity is useful for health in all ages. Regular physical activity makes significant differences in healthy growth and development of children and youth, removing the harmful habits, socialization, protection of mature individuals from various chronic illnesses, supportive treatment, ensuring the elderly to live an active senility period, in other words, in increasing the life quality for the whole life (Bayrakçı, 2008).

Regular physical activity enhances the life quality by increasing the mental wellness and physical functionality (Tessier et al., 2007).

It is demonstrated in previous studies (Morska and Fleshner, 2001) that voluntary physical activities reduce the effects of stress, prevent depression, and empower the immune system.

Tezcan defined the *leisure time* as the time period, during which the individual is freed from all obligations for himself/herself and others, and deals with any voluntary activity that he/she selects with his/her conscience (Tezcan, 1994). Kılbaş defined leisure time as the time period, when the individual doesn't work, he/she can spend it as he/she wishes apart from his/her obligations and duties (Kılbaş, 2010). It was reported that the groups, which

participate in physical activities in their leisure times had higher life quality levels compared to the other groups (Öcal, 2012; Gümüş, 2014).

Limiters are the factors that discourage the enthusiasm and wish of the individuals to participate in leisure time activities, cause waste of time, remove the advantages of leisure time activities, and decrease the level of satisfaction expected from these activities (Jackson, 1988; Jackson and Henderson, 1995; Öcal, 2012).

Under the light of the abovementioned information, the objective of this study is to determine the factors that limit the participation of the university personnel in the leisure time physical activities and to examine the existing factors through different variables.

FINDINGS:

In this chapter, the frequency distribution concerning the demographical features of the participant personnel, the analysis results of the Independent- Samples T test conducted to determine the relation between the two independent variables and participation level in the physical activities, and analysis results of the One-Way ANOVA test conducted to determine the relation between the participation level in the physical activities and over-two independent variables are presented. The significance level was accepted as $p<0,5$ for all of the tests.

Table 1: The Distribution of the Demographical Features of the Sample Participant Individuals

Variable		Number (N)	Percentage (%)
Gender	Female	42	42,0
	Male	58	58,0
	Total	100	100,0
Age	20 – 30 years old	22	22,0

	31 - 40 years old	30	30,0
	41 – 50 years old	16	16,0
	51 and over	32	32,0
Marital Status	**Married**	72	72,0
	Single	28	28,0
Personnel Status	**Academic Staff**	68	68,0
	Administrative Staff	32	32,0

Table 2: Score Averages, Standard Deviations, and the T Values of the Average Differences Concerning the Characteristics, Which Limit the Participation of the Male and Female Personnel in the Physical Activities.

Subscales	Gender	N	X	Sd	T	P
I don't find myself healthy enough to participate in this kind of activities.	Female	42	7,9417	1,4469	-1,460	**,041***
	Male	58	5,1411	1,52704	-1,787	,143
I'm physically not-suitable for participating in this kind of activities.	Female	42	7,9870	1,45430	-2,025	**,037***
	Male	58	6,3404	2,08686	-2,753	,202
My physical appearance prevents me from participating in physical	Female	42	6,0000	1,44478	-2,003	**,047***

activities.	Male	58	5,9402	1,80347	-2,017	,341
I cannot participate in this kind of activities due to my physical limitations.	Female	42	4,3515	1,30060	-2,246	**,027***
	Male	58	5,7222	1,41976	-1,802	**,002***
I think that physical activity can deform the appearance of my body.	Female	42	4,0735	1,48709	-2,647	,170
	Male	58	6,8104	1,45210	-2,628	,146
I'm anxious about having an injury during physical activities.	Female	42	5,6304	1,10540	-2,859	**,054***
	Male	58	4,9697	1,29829	-2,246	,301
I don't have the will to continue participating in physical activities.	Female	42	5,6524	1,26202	-1,908	,187
	Male	58	2,9404	1,32148	-1,652	,177
I think that I will get bored with physical activities rapidly.	Female	42	6,4130	1,71018	-3,125	**,044***
	Male	58	3,1852	1,54801	-3,827	,119

I am not ready to make the physical activities a part of my life.	Female	42	4,1452	1,25805	-2,458	,106
	Male	58	4,7452	1,46250	-1,452	,207
I always postpone starting the physical activities.	Female	42	3,4720	1,54298	-1,452	**,014***
	Male	58	4,4521	1,75927	-1,581	,751
There is not an appropriate place around me to participate in physical activities.	Female	42	6,8742	1,45235	-1,452	**,021***
	Male	58	5,4752	1,48757	-1,785	,108
It is really difficult to reach available places for physical activities around.	Female	42	5,8730	1,42267	-2,483	**,004***
	Male	58	3,1257	1,36854	-1,874	,704
The working hours of	Female	42	4,4219	1,53981	-1,745	**,010***

the sport facilities around me are not available for me.	Male	58	2,1202	1,32051	-1,785	,454
I have difficulty in finding an appropriate physical activity for myself in the sport facilities around.	Female	42	5,6421	1,86242	-1,201	**,045***
	Male	58	5,7412	1,05820	-1,742	,458

Physical conditions of the facilities around me are not healthy.	Female	42	6,4521	1,58622	-1,901	**,051***
	Male	58	6,4752	1,02857	-2,140	,112
I have problems in finding trainers able to care about me in the facilities around.	Female	42	5,4721	1,93328	-2,473	,103
	Male	58	5,4102	1,87927	-2,652	,254
I don't think that the facilities, where physical activities are performed, are secure enough.	Female	42	4,5472	1,56482	-1,589	**,042***
	Male	58	6,4712	1,74528	-1,742	,871
I don't think that the facilities, where physical activities are performed, are clean.	Female	42	6,0154	1,00557	-1,904	**,010***
	Male	58	4,1582	1,46985	-1,874	,104
I don't have enough money to spare for physical activity.	Female	42	3,2564	1,58932	-1,928	,741
	Male	58	3,4529	1,02385	-1,652	,841*
I think the physical activities are too expensive.	Female	42	5,9541	1,58632	-1,938	,114
	Male	58	2,1203	1,98754	-1,871	,541
The equipment that are used in the physical activities are too expensive for me.	Female	42	4,3541	1,72226	-2,128	,812
	Male	58	1,0425	1,48963	-1,420	,495
The physical activity facilities around me appeal to the high-income group.	Female	42	6,0012	1,87639	-1,305	,941
	Male	58	4,0252	1,56978	-1,601	,712
My income level is not	Female	42	5,2124	1,54240	-1,801	**,018**

sufficient for the physical activities that I prefer.	Male	58	4,0252	1,65842	-1,607	,412
There is nobody in my social environment attending physical activities.	Female	42	5,0001	1,77252	-1,872	,149
	Male	58	3,024	1,98720	-1,804	,105
My social environment has no contribution to me for attending physical activities.	Female	42	4,8710	1,86382	-1,547	**,012***
	Male	58	3,0214	1,65871	-1,871	,121
I have difficulty in finding someone in my social environment, with whom I can attend this kind of activities.	Female	42	4,5819	1,47657	-1,542	**,021***
	Male	58	4,7895	1,36982	-1,235	,117
There is nobody in my social environment to teach me this kind of activities.	Female	42	5,2175	1,86257	-1,587	**,014***
	Male	58	4,1284	1,03287	-1,840	,123*
My participation in physical activities will not be welcomed by my family.	Female	42	6,2015	1,82551	-1,485	**,071***
	Male	58	3,2052	1,98423	-1,840	,621
I am not supported enough by my family members to participate in physical activities.	Female	42	5,4231	1,96823	-1,892	,512
	Male	58	3,0142	1,65207	-1,658	,109
My participation in physical activities may leave my family in the lurch in their environment.	Female	42	6,1423	1,82220	-2,874	,412
	Male	58	6,0214	1,65207	-1,874	,741
My family doesn't let me to participate in physical activities.	Female	42	5,4100	1,55464	-2,300	**,003***
	Male	58	4,0251	1,40368	-1,874	,148
Due to my intense workload, I don't have enough time to participate in physical activities.	Female	42	6,1992	1,46389	-2,875	**,014***
	Male	58	6,0235	1,06854	-1,804	,410

I cannot allocate time to physical activities due to my family responsibilities.	Female	42	4,2154	1,46920	-1,573	,503
	Male	58	5,0785	1,06978	-1,007	,712
I cannot spare time to physical activities due to my daily routine.	Female	42	6,2468	1,46287	-1,984	,874
	Male	58	6,4721	1,09827	-1,832	,112
I don't have enough skills to attend physical activities.	Female	42	4,2510	1,48524	-1,542	**,040***
	Male	58	6,8791	1,78925	-1,321	,113
I cannot perform the exercises necessary for the physical activities.	Female	42	6,1205	1,69542	-1,872	**,045***
	Male	58	4,0472	1,45980	-1,320	,147
I constantly have problems in balance and coordination during physical activities.	Female	42	4,9840	1,38827	-2,485	,630
	Male	58	3,0258	1,47982	-1,365	,206
The behaviors needed in the physical activities don't comply with my personal skills.	Female	42	3,8712	1,72880	-2,145	**,008***
	Male	58	4,0217	1,79850	-1,132	,740

Based on the characteristics of the male and female personnel that limit their participation in the physical activities, and examining the limiting factors from a gender point of view, it was determined that the females allocated less time to physical activities compared to the males in the sub-dimensions of the scale.

Table 3: Score Averages, Standard Deviations, and the Values of the Average Differences Concerning the Characteristics of the University Personnel Limiting Their Participation in the Physical Activities Based on Their Professional Groups

Subscales	Academic Staff - Administrative Staff	N	X	Sd	T	P
I don't feel myself healthy enough to participate in this kind of activities.	Academic	68	1,2522	1,15155	-1,228	,147
	Administrative	32	5,5552	1,51858	-1,282	,415

I am physically not suitable for participating in this kind of activities.	Academic	68	3,2552	1,64848	-1,682	,871
	Administrative	32	2,5525	1,22572	-1,325	**,074***
My physical appearance prevents me from participating in physical activities.	Academic	68	2,5525	1,25887	-1,328	,117
	Administrative	32	1,5525	1,44288	-1,300	**,065***
I cannot participate in this kind of activities due to my physical limitations.	Academic	68	3,2552	1,64274	-1,687	**,084***
	Administrative	32	5,8532	1,22582	-1,232	**,024***
I think that physical activities can deform the appearance of my body.	Academic	68	4,2828	1,22588	-1,322	,453
	Administrative	32	3,2528	1,22558	-1,369	,843
I'm anxious about having an injury during physical activities.	Academic	68	1,2528	1,20555	-1,228	,631
	Administrative	32	2,1255	1,22528	-1,274	**,087***
I don't have the will to continue participating in physical activities.	Academic	68	1,2827	1,69828	-1,328	,624
	Administrative	32	2,855	1,05572	-1,278	**,017***
I think that I will get bored with physical activities rapidly.	Academic	68	1,2525	1,25442	-1,357	,715
	Administrative	32	6,5242	1,32587	-1,324	,927
I am not ready to make the physical activities a part of my life.	Academic	68	4,5858	1,22578	-1,217	,124
	Administrative	32	5,1428	1,22775	-1,358	,107
I always postpone starting the physical activities.	Academic	68	1,2528	1,22582	-1,232	,805
	Administrative	32	1,2552	1,36877	-1,452	**,082***
There is not an appropriate place around me to participate in physical activities.	Academic	68	4,2282	1,23585	-1,144	,475
	Administrative	32	5,2528	1,68785	-1,468	,692
It is really difficult to reach available places for physical activities around.	Academic	68	2,2525	1,68872	-1,314	,871
	Administrative	32	5,2858	1,58277	-1,121	,302
The working hours of the sport facilities around me	Academic	68	6,8288	1,47257	-1,455	,925

are not available for me.	Administrative	32	1,2209	1,22585	-1,647	**,041***
I have difficulty in finding an appropriate physical activity for myself in the sport facilities around.	Academic	68	1,0582	1,20578	-1,185	,450
	Administrative	32	1,0577	1,11554	-1,958	,128
Physical conditions of the facilities around me are not healthy.	Academic	68	1,5578	1,52458	-1,287	,475
	Administrative	32	1,8280	1,82775	-1,327	,120
I have problems in finding trainers able to care about me in the facilities around.	Academic	68	2,5932	1,47538	-1-458	,684
	Administrative	32	4,1882	1,20488	-1,984	,541
I don't think that the facilities, where physical activities are performed, are secure enough.	Academic	68	6,2424	1,20575	-1,178	,325
	Administrative	32	1,2282	1,452588	-1,587	,601
I don't think that the facilities, where physical activities are performed, are clean.	Academic	68	3,2252	1,205544	-1-685	,697
	Administrative	32	4,5528	1,22585	-1,527	,214
I don't have enough money to spare for physical activity.	Academic	68	1,2556	1,25285	-1-872	,147
	Administrative	32	2,5525	1,52557	-1,432	,109
I think the physical activities are too expensive.	Academic	68	3,5255	1,22545	-1,558	,654
	Administrative	32	4,2252	1,22555	-1,221	**,085***
The equipment that are used in the physical activities are too expensive for me.	Academic	68	4,2505	1,22454	-1,275	,541
	Administrative	32	2,0052	1,212544	-1,258	**,012***
The physical activity facilities around me appeal to the high-income group.	Academic	68	4,0201	1,22552	-1,585	,147
	Administrative	32	1,0252	1,52455	-1,328	,325
My income level is not sufficient for the physical activities that I prefer.	Academic	68	2,6628	1,05554	-1,328	,658
	Administrative	32	6,2505	1,55288	-1,255	,258
There is nobody in my social environment	Academic	68	1,0287	1,12285	-1,329	,354

attending physical activities.	Administrative	32	2,0588	1,63255	-1,358	,148
My social environment has no contribution to me for attending physical activities.	Academic	68	3,8248	1,21441	-1,387	,365
	Administrative	32	4,2255	1,05558	-1,668	**,017***
I have difficulty in finding someone in my social environment, with whom I can attend this kind of activities.	Academic	68	4,2522	1,45255	-1,328	,451
	Administrative	32	6,2055	1,04557	-1,247	,368
There is nobody in my social environment to teach me this kind of activities.	Academic	68	4,0258	1,01458	-1,220	,782
	Administrative	32	4,2055	1,87274	-1,428	,652
My participation in physical activities will not be welcomed by my family.	Academic	68	1,5285	1,01457	-1,212	,147
	Administrative	32	2,6885	1,45268	-1,218	,201
I am not supported enough by my family members to participate in physical activities.	Academic	68	4,2585	1,54627	-1,328	,698
	Administrative	32	3,6955	1,04548	-1,985	,502
My participation in physical activities may leave my family in the lurch in their environment.	Academic	68	6,8558	1,32475	-1,328	,839
	Administrative	32	4,2082	1,56874	-1,658	,146
My family doesn't let me to participate in physical activities.	Academic	68	5,5458	1,66475	-1,328	,362
	Administrative	32	4,2255	1,31568	-1,282	,147
Due to my intense workload, I don't have enough time to participate in physical activities.	Academic	68	6,2585	1,05787	-1,328	,360
	Administrative	32	4,5527	1,525558	-1,228	,309
I cannot allocate time to physical activities due to my family responsibilities.	Academic	68	4,5255	1,65258	-1,587	,321
	Administrative	32	5,6555	1,22228	-1,189	,327
I cannot spare time to physical activities due to my daily routine.	Academic	68	6,4882	1,02358	-1,126	,218
	Administrative	32	4,0252	1,02558	-1,285	,304

I don't have enough skills to attend physical activities.	Academic	68	3,0588	1,58485	-1,582	,847
	Administrative	32	2,5858	1,65472	-1,242	**,022***
I cannot perform the exercises necessary for the physical activities.	Academic	68	4,5588	1,31487	-1,827	,628
	Administrative	32	6,2284	1,14557	-1,268	,485
I constantly have problems in balance and coordination during physical activities.	Academic	68	3,5872	1,65724	-1,988	,302
	Administrative	32	6,2585	1,54574	-1,987	**,018***
The behaviors needed in the physical activities don't comply with my personal skills.	Academic	68	2,8803	1,31785	-1,555	,309
	Administrative	32	1,0542	1,32544	-1,258	**,058***

Based on the characteristics of the male and female personnel that limit their participation in the physical activities, and examining the limiting factors from a occupational-group point of view, it was determined that the administrative staff allocated less time to physical activities compared to the academic staff in the sub-dimensions of the scale.

DISCUSSION AND CONCLUSIONS:

In our study, examining the factors limiting the physical activities from the gender point of view, it was determined that females allocated less time to physical activities compared to the males in the sub-dimensions of the scale. Accordingly, when the literature is investigated, these results are in parallel with those of Baş Aslan (2003), Savcı et al., (2006), Genç et al., (2011) and Deniz (2011). The motive behind this finding can be explained by that the females cannot allocate time to physical activities since they spare their time mostly for home environment.

According to our research, the participation levels of the males in physical activity are higher compared to the females. According to the obtained findings, when the participation

levels of the academic and administrative staff in physical activity are examined, it is determined that the academic personnel are more active.

It can be stated that they mostly don't feel themselves healthy, they are physically not suitable for participating in this kind of activities, their physical appearance prevents them from participating in physical activities, their physical limitations prevent them from participating, they feel anxious about having an injury during physical activities, they think that they will get bored with physical activities rapidly, they always postpone starting the physical activities, they are unable to find an appropriate place around for physical activities, they have difficulty in reaching available places for physical activities around, the working hours of the physical activity facilities are not suitable, they have difficulty in finding appropriate physical activities for themselves in the facilities, the facilities are not suitable in terms of health, cleaning, and security, their participation in physical activities will not be welcomed by their families, and they cannot find enough time to participate.

Examining the significance levels of the characteristics that limit the physical activities of the university personnel from the occupational-group point of view, it was observed to be significant in favor of the administrative staff in the sub-dimensions of the scale. It was determined to be significant both for the academic and administrative staff in the *"I cannot participate in the activities due to my physical limitations"* sub-dimension. It was also observed that academic staff allocate more time to physical activities compared to the administrative staff.

The motive behind the non-participation of the administrative staff in the physical activities can be explained by that they are physically not suitable for participating in the activities, their physical appearance influences their participation in the activities, they feel anxious about an injury during the physical activities, they don't have the will to continue the activities, they constantly postpone starting to participate in the physical activities, the working hours of the facilities are not suitable for them, participation in the activities and the equipments are expensive, they do not have enough skills and physical condition, and it doesn't comply with their physical skills.

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