

Investigation of Attitudes of Individuals with Sedentary Lifestyles Towards Active Sports

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ABSTRACT

Background: Mankind has been keeping away from physical activities with the inventions made by technological developments for years.

Aim: In this study; The aim of this study is to evaluate the attitudes of individuals aged 25-45, who lead a sedentary lifestyle, towards active sports.

Methods: The research was designed with a descriptive survey model, one of the quantitative research methods. The personal information form developed by the researcher by taking the opinion of the expert, and the "Attitude towards Sports Scale" (ATSS), whose Turkish validity and reliability study was conducted by Şentürk (2014), were used as data collection tools. SPSS 21 package program was used in the analysis of the research data. T-test was used for statistically paired groups, and one-way analysis of variance (ANOVA) tests were used for groups with more than two.

Conclusion: According to the results of the research, a significant difference was determined according to the variable of gender and undergraduate status ($p < 0.05$), whereas no statistically significant difference was determined according to the variable of doing sports ($p > 0.05$). No statistically significant difference was found according to the variables of education, age, income level and Smoking-Alcohol use of the participants ($p > 0.05$), while a significant difference was determined according to the family's upbringing variable ($p < 0.05$).

As a result, it can be said that the findings obtained from the research and the results obtained in the literature are consistent. In our study, we investigated the attitudes towards active sports in sedentary individuals and compared with other studies, significant differences were obtained in the attitudes of individuals with a sedentary lifestyle towards active sports.

Keywords: Sedentary Individual, Active Sports Attitude, Physical Activity

INTRODUCTION

Mankind has been keeping away from physical activities with the inventions made by technological developments for years. While traffic, chaos and air pollution are constantly increasing in growing cities, the decrease in parks and sports fields makes it difficult to carry out sports activities. In order to increase the quality of life, proper nutrition and physical activity are necessary for people to feel better, to fulfill their daily duties and responsibilities, to enjoy their work, and to protect themselves against the negative conditions of life. Physical activity is defined as a body movement that causes energy expenditure¹. Sport is very important since the existence of humanity². It is also important for athletes³. Physical activities such as walking, cycling, participating in games and skating can also be considered as sports. For this reason, sports are an integral part of daily life. However, when it is not done at all or if it is done irregularly, health problems may occur. Lifestyles with very low physical activity levels are called sedentary lifestyles. Regular physical activity is recommended especially for sedentary individuals, who lead a sedentary life, to be more active in their daily lives. Therefore, individuals need to do physical activities in order to be satisfied with their lives and to enjoy life more.

Physical activity, regular exercise and sports can make a significant difference in the healthy development of young people, their avoidance of bad habits, their psychosocial strengthening, protecting from various chronic diseases in later ages or in the treatment of these diseases, in other words, in increasing their quality of life throughout their lives. Regular physical activities at

moderate intensity increase the physiological, psychological and sociological capacities of young people¹.

The rapid advancement of technology in our age has led to a gradual decrease in the need for manpower in working life. As a natural consequence of this, the leisure time of individuals has increased relatively. It has become possible to observe these effects of technology in daily life. A wide variety of alternatives have emerged in terms of making use of the increased leisure time. Individuals' preference for such alternatives generally centers around leisure activities that include physical activity. In terms of making use of leisure time, the choice of recreational activities also ensures that the participant engages in a certain level of physical activity⁴. However, it is necessary to accept the existence of a segment that falls outside of this generalization. The concept of "sedentary", which means immobile and stable as a word, is the main concept used to describe this situation. Studies on the negative effects of sedentary life on human health are frequently seen in the literature. Because human beings consist of a system based on movement, and some bodily mobility must be maintained in order for the organism to remain vigorous and healthy. To express in the context of the issues determined in Uçar's (2010) study, the pioneering studies that led to the fact that the negative effects of a sedentary lifestyle began to be taken into account and gained popularity in research began in the 1960s. In these years, space travel activities were handled in terms of health, and it was determined that the changes in the organism in non-gravity and sedentary living conditions led to negative cardiovascular consequences⁵. On the other

hand, the benefits of regular physical activity in terms of providing order in body metabolism, preventing obesity and making individuals feel more psychologically fit have been demonstrated by many studies ⁶. There are various definitions emphasizing the effects of sports on health. However, in the context of social development, it is possible to define sports as the process of having individuals of all ages and abilities engage in activities in a wide and inclusive range. United Nations (2003) defines sport as all forms of physical activity, including games, recreational activities, competitive sports, traditional sports and competitions that contribute to mental well-being, social interaction and physical fitness ⁷. Sports, which are performed consciously and systematically by individuals, regardless of their age, based on scientific foundations, play an important role in keeping the individual's health, success, happiness and morale high throughout his or her life ⁸. In this study, we aim to examine the attitudes of sedentary individuals between the ages of 25-45 towards active sports and make a judgment based on the result. In the reports published regularly by the World Health Organization (WHO) every year, it has been determined that the generations that are gradually moving away from physical activity are growing up ⁹. When considered in terms of health protection, regular physical activity will not only contribute positively to the health of the individual, but will also allow the formation of a healthy mass at the social level. Considering that preventive health services are less costly and practical than therapeutic services, physical activity comes to the forefront as a primary prevention method due to its positive effects on health and low cost ¹⁰.

The aim of this study is to evaluate the attitudes of individuals aged 25-45, who lead a sedentary lifestyle, towards active sports.

MATERIAL AND METHODS

Research Model: In our study, descriptive survey model, which is one of the quantitative research methods, was used to determine the attitudes of individuals between the ages of 25-45, who lead a sedentary lifestyle, towards active sports. Descriptive survey is research conducted on large groups, in which the opinions and attitudes of the individuals in the group about a phenomenon and event are taken, and the phenomenon and events are tried to be described ¹¹.

Sample Group: The data of this research were collected online between 09 April 2021 and 18 April 2021. The population of the research consists of individuals who lead a sedentary lifestyle. However, sampling was deemed obligatory since it was not possible to reach all individuals within the scope of the specified population. The sample of

the study consists of 263 voluntary participants, 154 female (58.6%) and 109 male (41.4%) between the ages of 25-45.

Data Collection: Face-to-face and online questionnaires were applied to the volunteer participants and they were collected. Due to the time and cost limitations encountered in data collection, the research was carried out with a sample formed by sampling, not on the main mass. Convenience sampling method, one of the non-random sampling methods, was used in the study. With the convenience sampling method, the researcher can include the people to be included in the sample by making use of their close environment, acquaintances or easily accessible tools. This method is faster, cheaper and easier than other methods. "Personality Information Form" was used to determine the demographic characteristics of the participants, and the "Attitude Towards Sports Scale" (ATTS) whose validity and reliability study was conducted in Turkish by Şentürk (2014) was used to determine their attitudes towards active sports. A three-factor structure ($\alpha=0.972$) consisting of 25 items and explaining 60.6% of the total variability was determined. The first factor was defined as "interest in sports" ($\alpha=0.915$), the second factor as "living with sports" ($\alpha=0.867$) and the third factor as "doing sports actively" ($\alpha=0.886$). It was determined that the scale had internal consistency in the total score and sub-factors, as well as test-retest reliability. The scale was designed in a Likert-type 5-point rating scale as "(1) Strongly Disagree, (2) Disagree, (3) Undecided, (4) Agree, and (5) Strongly Agree" ¹².

Data Analysis: The data obtained in the research were evaluated with the SPSS 21.0 analysis program, and it was examined whether the mean attitude scores of the participants showed a significant difference at the 0.05 significance level according to their demographic characteristics and whether they were normally distributed. Cronbach's Alpha coefficient was examined for the reliability analysis of the scale variables. First of all, analysis was made with Kolmogorov-Smirnov test, and since it showed normal distribution, Independent Samples t-Test was applied for independent groups in pairwise cluster comparisons, and One-Way ANOVA was applied in comparisons of three or more clusters. Bonferroni test was used to find the source of differentiation.

RESULTS

As a result of the statistical studies, many findings related to the research subject were obtained. Findings were compiled in accordance with the purposes of the research and presented in tables.

Table 1: T-test results according to the variables of participants' gender, undergraduate and status of doing sports

Variables		n	X	Sd	t	P
Gender	Female	154	3.3236	0.97606	16.62	0.01
	Male	109	3.9938	0.67819		
	Total	263				
Status of Doing Sports	Doing Sports	159	3.9464	0.84611	0.008	0.926
	Not Doing Sports	104	3.0738	0.78278		
Licensed Athlete	Yes	90	4.0489	0.78560	9.297	0.03
	No	173	3.3686	0.90787		

A statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.01<0.05$) according to the gender of the participants. ($p<0.05$).

No statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.926>0.05$) according to the variable of status of doing sports. ($p>0.05$).

A statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.03<0.05$) according to the variable of being a licensed athlete. ($p<0.05$).

Table 2: One-Way ANOVA results according to the variables of participants' age

		n	X	Sd	F	P
	Aged 20 and under	22	3.4655	1.07470		
	Aged 21-30	134	3.6803	0.88057		
Age	Aged 31-40	57	3.6309	0.94358	0.886	0.473
	Aged 41-50	47	3.4102	0.93092		
	Aged 51 and above	3	3.5067	1.40646		
	Total	263	3.6014	0.92484		

When Table 2 is examined, no statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.473>0.05$) according to the age variable ($p>0.05$).

Table 3: One-Way ANOVA results according to the Variable of Parents' Upbringing

		N	X	Sd	F	P
BAYT	Unpermissiv e	5 5	3.35 13	0.91615		
	Democratic	6 3	3.75 75	0.91386		
	Unconcerned	5	2.64 00	1.01509	5.153	0.473
	Over-concerned	3 4	4.13 65	0.61332		
	Preventive	7 6	3.54 21	0.91951		
	Other	3 0	3.43 60	0.95824		
	Total	2 6 3	3.60 14	0.92484		

When Table 3 is examined, a statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.00<0.05$) according to the Variable of Parent's Upbringing ($p<0.05$).

Table 4: One-Way ANOVA results according to the Variable of Parents' Educational Status

Variables		n	X	Sd	F	P
Educational Status	Secondary school and below	7	3.2171	1.54296		
	High School	21	3.7505	0.82384	1.456	0.227
	University	205	3.5623	0.90090		
	Master's degree and Ph.D.	30	3.8533	0.96403		
	Total	263	3.6014	0.92484		

When Table 4 is examined, no statistically significant difference

was found between the attitudes of sedentary individuals towards sports ($P=0.227>0.05$) according to the educational status variable. ($p>0.05$)

Table 5: One-Way ANOVA results according to the Variable of Parents' Monthly Income

Variable		n	X	Sd	F	P
Monthly Income	2000TL or less	41	3.4029	1.06547	2.188	0.090
	2001-4000TL	87	3.7913	0.80474		
	4001-6000TL	83	3.5041	0.95723		
	6001-8000TL or more	52	3.5954	0.91092		
	Total	263	3.6014	0.92484		

When Table 5 is examined, no statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.090>0.05$) according to the monthly income level of the participants. ($p>0.05$)

Table 6: One-Way ANOVA results according to the Variable of Parents' Smoking-Alcohol Use

Variable		n	X	Sd	F	P
Smoking-Alcohol Use	I smoke	51	3.4949	1.03166	0.844	0.471
	I use alcohol	24	3.7867	0.77290		
	I use both	20	3.4220	0.89973		
	I don't use	168	3.6286	0.91426		
	Total	263	3.6014	0.92484		

When Table 6 is examined, no statistically significant difference was found between the attitudes of sedentary individuals towards sports ($P=0.471>0.05$) according to the smoking-alcohol use variable. ($p>0.05$)

DISCUSSION

In this part of the study, which was conducted to examine the attitudes of individuals with a sedentary lifestyle towards active sports, a general evaluation of the research results was made, the study findings were tried to be supported by a literature review, and recommendations for future research were presented. As a result of the analysis of the obtained data, the following findings were reached. The t-test was applied to determine whether there is a statistically significant difference between the factors of the attitude towards active sports scale according to some variables. T-test and one-way analysis of variance (ANOVA) were applied to determine the differentiation status according to the demographic characteristics of the participants and their attitudes towards active sports. According to the results of the analysis, it was determined that there was no significant difference between the sedentary individuals' doing sports and their attitudes towards active sports ($p>0,05$). This does not affect the attitudes of individuals who are ready for sports towards active sports and this rejects our hypothesis that we have previously formed. In another evaluation, significant differences were found between the attitudes of sedentary individuals towards active sports according to the gender variable and the licensed athlete variable ($p<0.05$). Türkmen et al. (2016) in their study, male and female university students significant difference was found between as a result of the study overlaps¹³. Also in India,

Singh and Devi (2013) conducted the study with the students at university, the game and female students against sports more positive attitude towards students determining what they exhibit coincides with the result ¹⁴. Ünver et al. (2019) in their study, general attitude of men towards sports interest in sports and living with sports levels significantly higher than women ¹⁵. On the other hand, Koçak et al. (2015) and Gürbüz & Özkan (2012) were conducted a study on university students' that attitudes female and male students in their studies statistically any no difference was found ^{16,17}. In our opinion, this supports the hypothesis that there is a significant difference between gender, which is one of the demographic characteristics, and the attitudes of sedentary individuals towards active sports.

According to ANOVA results, there was no significant difference between the age variable and the attitudes of sedentary individuals towards active sports. When we investigate to literature, we can see some article which is support our work. Ünver et al. (2019) in their study, there is no difference between groups ¹⁵. Türkmen et al. (2016); Göksel & Caz (2016); Göksel et al. (2017); Tatar & Kuru (2009) were not found any differences between participants about the age variable ^{13,18,19,20}.

Another variable, family upbringing, was found to be statistically significant ($p < 0.05$) in line with the result. The families' upbringing affects people's attitudes towards active sports. This supports hypothesis 1 and makes us think that families play an active role and shape life. No statistically significant difference was found in the comparison of educational status and monthly income variable with the attitudes towards active sports ($p > 0.05$). This result suggests that the attitude towards active sports should not be evaluated with educational levels and it is not formed by financial means. Finally, no statistically significant difference was found in the comparison of the participants' smoking-alcohol use with the active sports ($p > 0.05$). This does not affect their attitudes.

As a result, in our study, it was expected that the age variable would affect the attitude towards active sports, but it did not. Doing sports actively, educational status, monthly income and smoking-alcohol use do not affect the attitude towards active sports in sedentary individuals, whereas gender, being a licensed athlete and family upbringing affect the attitudes of the participants. In some studies similar to this subject, it was reported that physical activity causes the individual to be satisfied with his/her life. This is because, in general, individuals who participate in physical activity are expected to have high life satisfaction levels. In Akandere's (2003) study titled "The effect of physical activity on the level of life satisfaction in the elderly living in a nursing home", individuals with low life satisfaction as a result of a pre-test were given regular exercise for 2 months. It was observed that life satisfaction levels were high in the second measurement applied after the sportive exercise. In short, through exercise, the elderly who lost their joy of life found their joy and hope again ²¹. Similarly, it was concluded that physically active individuals are more self-confident and independent individuals who enjoy life more than those who are sedentary. Pedisic et al. (2014) stated that there is a positive relationship between physical activity and health-related quality of life in their study

examining the relationship between private areas of physical activity and health-related quality of life in university students. Therefore, it can be said that the findings obtained from the research and the results obtained in the literature are consistent ²².

In our study, we investigated the attitudes towards active sports in sedentary individuals and compared with other studies, and significant differences were obtained between individuals with a sedentary lifestyle and active sports.

CONCLUSION

As a result, it can be said that the findings obtained from the research and the results obtained in the literature are consistent. In our study, we investigated the attitudes towards active sports in sedentary individuals and compared with other studies, significant differences were obtained in the attitudes of individuals with a sedentary lifestyle towards active sports.

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