

Investigation of College Students' Perception of Boredom and Loneliness Level in Leisure Time Activities during Covid-19

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ABSTRACT

Background: The Covid-19 virus has affected every aspect of life on a large scale, specifically on people's social and psychological leisure behaviour. And it led people to make certain changes to their lifestyles, habits and human relations at a large scale.

Aim: Our study aimed to compare individuals' levels of boredom and loneliness regarding active sport status, social, artistic and cultural activities in leisure time before and during the period of Covid-19.

Methods: A purposeful sampling technique and a non-probabilistic sampling method were applied in determining the individuals in the study group. Data were collected through online questionnaire form. The sample group of this research constitutes 799 participants in different age groups.

Results: The initial indication of the study stated that the participants' perception of boredom in leisure time and their loneliness levels were high during Covid-19. In the study's major findings, it was observed that participants who were involved in active sports, social, artistic and cultural activities before and during Covid-19 had a low level of boredom perception and loneliness levels during leisure time.

Conclusion: In the regression analysis, all sub-dimensions of the leisure boredom scale have a significant relationship with individuals' level of loneliness during Covid-19 ($p < 0.05$). As a result, the loneliness levels of individuals positively affect their perception of being bored during leisure time.

Keywords: Covid-19, boredom, leisure, loneliness, active sports, social activity, artistic and cultural activity.

INTRODUCTION

In late 2019, a new virus called coronavirus 2 (SARS-CoV-2) appeared in Wuhan, China, which manifested as a severe acute respiratory syndrome. SARS-CoV-2, rapidly causing high numbers of acute respiratory diseases and spreading quickly in several Chinese provinces. Lack of proper knowledge about the virus and insufficient media attention has led this virus to spread quickly in many countries. After this stage, SARS-CoV-2 was declared a pandemic on March 11, 2020, by the World Health Organization (WHO)⁽¹⁾. Pandemics are far-reaching infectious disease outbreaks and dangers to humankind that considerably increase morbidity and mortality over a wide geographic area and cause significant economic, social and political interference Madhav, 2017⁽²⁾. While the United States of America (USA), Brazil, India and Russia are the most affected nations by this epidemic, UK, Spain, Italy and France are countries that have suffered severely in the European region. Many other countries were struck by the virus much more severely in terms of incidence/death rates per 100K people. John Hopkins University & Medicine, 2020⁽³⁾. Among the global epidemics, Covid-19 is the fourth viral outbreak in the last two decades, following the SARS virus in 2002/2003, influenza A virus H1N1 in 2009, and Middle East Respiratory Syndrome (MERS) virus in 2012 Brooks, 2020⁽⁴⁾

According to Labonte et al.⁽⁵⁾ rapid world population growth in the 21st century, over-urbanization and population density in cities and mobility lifestyles serve as vectors for the spread of pathogens among people. Previous scientific studies have shown that all outbreaks, such as SARS, Ebola, Marburg, Hantavirus, Zika and Avian flu, are the result of anthropogenic effects on ecosystems and biodiversity. Petersen et al., 2016⁽⁶⁾; Wu et al., 2017⁽⁷⁾

The leading causes of pandemic events and epidemics have close interaction between human populations and domesticated and wildlife pathogens. Most pathogens pass through wild reservoirs and enter human populations through contact. Especially highly populated urban areas are vulnerable and unprepared for such infectious outbreaks due to their active lifestyles Cheval et al., 2020⁽⁸⁾

Covid-19 pandemic has created a crisis all over the world Spinelli & Pellino, 2020⁽⁹⁾. According to Trumbore et al. 2001⁽¹⁰⁾ crises are chaotic situations experienced by people, states, governments, organizations and businesses. The Covid-19 health crisis has had a devastating impact on the way people, cities, the world itself and life function. People had to change their behavior and the places most affected by the epidemic were those with the most regional Chinazzi, 2020⁽¹¹⁾. According to the United Nations World Tourism Organization, Covid-19 has restricted human mobility around the world by more than 80%. Many places, such as museums, amusement parks, and historical, cultural places and sports venues around the world, have been closed with complete and partial curfews Unwto, 2020⁽¹²⁾. All these extraordinary conditions have forced people to interact with a limited number of people leading to different psychological situations.

Today, the concept of leisure time and recreation, which is constantly changing and developing, has become a preferred activity area for people to protect their physical and mental health Demirel et al., 2017⁽¹³⁾; Serdar et al., 2017⁽¹⁴⁾. Having or not having enough free time is closely related to attitude affecting almost all aspects of human behaviour Garcia & Ruiz, 2015⁽¹⁵⁾; Shores & Scott, 2007⁽¹⁶⁾. Leisure activities refer to activities in which the individual is exempted from work, social obligations or family responsibilities and participates

voluntarily. Boredom in leisure time is a negative perception or emotion that arises as a result of participating in an individual's leisure activities and choices Joudrey&Wallace, 2009⁽¹⁷⁾. A study conducted by Joudrey and Wallace⁽¹⁷⁾ statistically demonstrated the importance of leisure activity. It has been observed that individuals' involved in activity was passive and show negative psychological symptoms of stress, tension and social maladjustment, whereas individuals participating actively are more productive and have positive mental health functions.

The perception of boredom in free time usually arises in individuals who do not know how to spend their free time productively. Iskender & Güçer,2018⁽¹⁸⁾ Iso-Ahola& Weissinger,1990⁽¹⁹⁾ Iso-Ahola and Weissinger 1987⁽²⁰⁾ listed the factors that cause boredom in leisure time as negative attitudes towards leisure time, incomplete sources of motivation and obstacles to participation in leisure activities. Stebbins,1998⁽²¹⁾ states that the activities performed in the concept of leisure time vary and are chosen by the individual consciously. Such activities occur as a result of the individual's choice and provide pleasure or even if they do not actively participate. Home-based leisure activities range from outdoor activities, such as sports, theatre, cinema and tourism, to reading or watching television. Tribe,2015⁽²²⁾. Further; art, music, outdoor aesthetics such as landscape architecture or photography or fitness, sports and physical activities are included in the variety of activities. Henderson& Bialeschki, 2005⁽²³⁾. Studies in the literature have shown that the perception of boredom in leisure time is associated with many variables, such as psychological and social cohesion problems and their symptoms. Hence, the satisfaction gained as a result of participation in leisure activities proves that these problems are reduced. Hornig, 2005⁽²⁴⁾; Stevens-Director et al., 2004⁽²⁵⁾; Yavuz & Sünbül, 2004⁽²⁶⁾. On the other hand, individuals who participate leisure-time activities become psychologically in a better mood and well-balanced compared to inactive ones and this causes a low level of loneliness as a consequences. Pearson,1998⁽²⁷⁾. In consensus, there is an increase in boredom perception of individuals with limited leisure time for activity. Individuals with a low level of awareness of the benefits of leisure activities tend to have the idea that "there is nothing else to do" Barnett & Klitzing, 2006⁽²⁸⁾.

Loneliness is a natural phenomenon which occurs as a feeling that the individual cannot be understood as being alone without expressing themselves. People sometimes feel lonely even in crowds. Loneliness can also be defined as a lack of social relationships and a poor quality of relationships Ong et al.,2016⁽²⁹⁾. Young 1982 cited in Demir, 1990 ⁽³⁰⁾ mentions three types of loneliness in terms of its duration. Temporary loneliness includes the specific and instantaneous feeling of loneliness. Marlies et al., 2020 ⁽³¹⁾. Situational or transitional loneliness is seen as an individual who is satisfied with their social relationship until there is a change, and cannot get satisfaction from their relationships when this occurs Cacioppo et al., 2006⁽³²⁾. The chronic type of loneliness is defined as an individual's inability to get satisfaction from social relationships over a long period of time. Loneliness is more than quantity; it is a qualitative matter. It is a common thought that the level of

satisfaction that the individual perceives as a result of their relationships and the way they evaluate is a determining factor in loneliness. Duy, 2003⁽³³⁾. Loneliness is a psychological and subjective experience and is closely related to many psycho-social variables Cacioppo & Hawkeye, 2010⁽³⁴⁾.

The phenomenon of "social distancing ", which has emerged as a new term in our lives, has literally led us to re-design our lives due to the Covid-19 pandemic. This period, during which we had to keep physical distance from people, negatively affected our social relations and led to the prominence of concepts such as loneliness and boredom in leisure time. As a result of the restrictions or changes in human life during the Covid-19 process, individuals have become overly emotional and their level of pleasure from their lives has decreased. Recent studies have revealed that the psychological impact of quarantine and social distancing are far-reaching and significant and can trigger several psychological symptoms, including anxiety and mood disorders, psychological distress and stress-related ailments due to extreme loneliness, such as sleep disorders and other psychopathological conditions. Dubey et al.,2020⁽³⁵⁾; Forte et al., 2020⁽³⁶⁾. This situation can drive people into a vicious circle in their daily life activities. Therefore, it is clear that up-to-date studies are needed in this field. In addition, Dahlen et al. 2004⁽³⁷⁾ and Kass et al., 2001⁽³⁸⁾ stated that individuals who experience the feeling of boredom can reinforce the negative mood created from this situation. Based on that, in this study, the levels of boredom and loneliness of students' in leisure time during Covid-19 were examined in terms of active, social, artistic and cultural activities

Through the purpose of research; the following questions are addressed;

- What is the students' perception of boredom and loneliness in leisure time during Covid-19?
- Is there any significant difference depending on the gender variable in students' perception of boredom in leisure time and levels of loneliness in Covid-19?
- Does students' perception of boredom and loneliness levels in leisure time differ significantly before and during Covid-19 depending on the status of active sports, social, cultural and artistic activities?

MATERIAL AND METHODS

The questionnaire model was performed to analyse the data of the study. In the survey research model, the causal relationships between independent variables and dependent variables are sought to be determined using a comparative approach. However, in the process of determining this relationship, the researcher does not provide complete control over the independent variable or variables. Williams, 2007 ⁽³⁹⁾.

Research Model and Population: In this study, a purposeful sampling technique and a non-probabilistic sampling method were used in determining the college students' level of boredom and loneliness. Data were collected through online questionnaire form. The target audience for the sample includes college students who study at two major universities voluntarily participated in the research. A questionnaire link was distributed via Facebook and WhatsApp platforms using the purposeful sampling

technique. Purposeful sampling is used to determine the sample by making a selection in line with the researcher's own goal. While determining the sample, attention is paid to the selection of the items that best suit the research problem and the sample is determined for a specific purpose. The results are interpreted according to the purpose of the study and the selected sample. Punch, 2013⁽⁴⁰⁾ In this context, the research consisted of 799 participants of whom 361 (45.18%) are female and 438 (54.81%) are male. In the age variables, 53 (6.6%) of the participants were under 20 years old, 209 (26.2%) were 21-30 years old, 248 (31.0%) were 31-40 years old, 200 (25.0%) were 41-50 years old, 63 (7.9%) 51-60 years old, and 26 (3.3%) 60 and over. Within the various age groups it was difficult to collect the information on respondents' job status (unemployment), marital status, having children which could have generally affected the amount of leisure time and opportunities to engage in leisure-time activities? Therefore, a general judgment has been reached by considering the answers given by the participants to the research questions.

Data Collection Tools: The Leisure Boredom Scale

This scale was developed by Iso-Ahola and Weissinger 1987⁽⁴¹⁾ and adapted into Turkish by Kara et al. 2014⁽⁴²⁾. It consists of two sub-dimensions, as boredom and satisfaction, with 10 statements. Some scales questions are "Leisure time is boring", I am very active during my leisure time, I like to try new leisure activities that I have never tried before, in my leisure, I usually don't like what I'm doing, but I don't know what else to do. As a result of the analyses made to find proof for the validity of the scale it was noted that the LBS was consisted of two subscales each having five items. Study group of the research areas is an active working group between age 22 and 64. The reliability level of the original form of the scale was measured as 0.85, 0.88 and α 0.86 in terms of two dimensions and total scores, respectively Iso-Ahola & Weissinger Cronbach's alpha reliability coefficient calculated for this study is 0.87, 0.89 and 0.87, respectively. The boredom perception scale in leisure time

is a five-point Likert-type scale that can be answered between "strongly disagree and strongly agree" 41-50 years old, 63 (7.9%) 51-60 years old, and 26 (3.3%) 60 and over.

UCLA (ULS-8) Loneliness Scale:The short form of the UCLA loneliness scale, which aims to determine the general loneliness state and degree of the individual, consists of eight items and was adapted by Doğan et al. 2011⁽⁴³⁾. In each item of scale, a statement expressing feelings and thoughts about social relationships is presented and is asked students to mark how often they experience the situation on a four-point Likert-type rating scale. The internal consistency reliability coefficient of the 8-item scale is .72. In the sample of this research, the Cronbach's alpha reliability coefficient of the scale is calculated as .75. Some scale questions are given as follows "I lack companionship" and "I am an outgoing person" 'I feel myself isolation from other peoples"etc

RESULTS

Table 1: Descriptive Analyses of Participants' Perception of Boredom in Leisure Time and Loneliness Scales Scores during Covid-19

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Boredom	799	5	25	12.05	4.314
Satisfaction	799	5	25	12.61	3.674
Total Score of Boredom Leisure Time	799	10	46	24.66	6.858
Loneliness	799	8	29	12.50	4.014

When table 1 was examined, it was seen that the participants obtained an average of 24.66-6.858 points from the scale of perception of boredom in leisure time during Covid-19. The average score of participants obtained from UCLA Loneliness scale is (12.50). Based on this result, it was understood that the perceptions of the students' level of boredom and loneliness were high during Covid-19.

Table 2: Comparison of Participants' Leisure Time and Loneliness Scores during Covid-19 according to Gender

Variables	Gender	N	Mean	Std. Deviation	t	p
Boredom	Female	361	11.68	4.412	-2.167	.031
	Male	438	12.35	4.212		
Satisfaction	Female	361	12.01	3.590	-4.291	.000
	Male	438	13.11	3.671		
Total Score of Boredom in Leisure Time	Female	361	23.69	7.134	-3.662	.000
	Male	438	25.46	6.522		
Loneliness	Female	361	12.37	4.037	-.863	.389
	Male	438	12.61	3.997		

(p <0.05)

Table 3: Comparison of Participants' Leisure Time Boredom and Loneliness Scores according to Active Sports Status before Covid-19

Variables	Active Sports Before Covid-19	N	Mean	Std. Deviation	t	p
Boredom	Active Sport	384	11.68	4,34	-2.325	.020
	Non-active	415	12.39	4,25		
Satisfaction	Active Sport	384	12.32	3,66	-2.193	.029
	Non-active	415	12.89	3,66		
Total	Active Sport	384	24.00	6,94	-2.640	.008
	Non-active	415	25.27	6,72		
Loneliness	Active Sport	384	12.10	3,80	-2.749	.006
	Non-active	415	12.87	4,17		

(p <0.05)

As seen in Table 2, there was a significant difference in the mean scores of boredom, a decrease in satisfaction

and perception of being bored in total leisure time according to gender t (-3.662). The average score of the perception of being bored in leisure time was found significantly higher in the male participants. However, there was no statistically significant difference in the loneliness levels of the participants according to their gender variable during Covid-19.

As it was seen in the above table, a significant

difference was found in the mean scores of boredom and loneliness scales in leisure time in terms of active sports activity before Covid-19 T (-2.749). Before Covid-19, participants who were active in sports had significantly lower scores of boredom and loneliness in leisure time. Active sports before Covid-19 had a reducing effect on boredom and loneliness in leisure time

Table 4: Comparison of Participants' Leisure Time Boredom and Loneliness Scores according to Active Sports during Covid-19

Variables	Active Sports During Covid-19	N	Mean	Std. Deviation	-t-	p
Boredom	Active Sport	195	11.22	4.10	-3.119	.002
	Non-active	603	12.32	4.35	-3.214	.001
Satisfaction	Active Sport	195	11.61	3.67	-4.473	.000
	Non-active	603	12.94	3.61	-4.438	.000
Total Score	Active Sport	195	22.82	6.71	-4.368	.000
	Non-active	603	25.26	6.80	-4.397	.000
Loneliness	Active Sport	195	11.81	3.79	-2.786	.005
	Non-active	603	12.73	4.06	-2.887	.004

The above table shows that a significant difference was found in the mean scores of the scales of boredom and loneliness in leisure time due to active sports during the Covid-19 process (p<0.05). During Covid-19,

participants who do active sports had significantly lower scores of boredom and loneliness in leisure time. Thus, active sports during Covid-19 had a reducing effect on boredom and loneliness in leisure time (Table 4).

Table 5: Comparison of Participants' Leisure Time Boredom and Loneliness Scores according to their Social Activity before Covid-19

Variables	Social Activity Before Covid-19	N	Mean	Std. Deviation	-t-	-p-
Boredom	Active	587	11.97	4.29	-0.853	.394
	Passive	212	12.26	4.36		
Satisfaction	Active	587	12.45	3.54	-2.142	.033
	Passive	212	13.08	3.97		
Total Score	Active	587	24.42	6.75	-1.683	.093
	Passive	212	25.34	7.11		
Loneliness	Active	587	11.96	3.65	-6.550	.000
	Passive	212	14.01	4.54		

(p<0.05)

As can be seen in Table 5, there was a significant difference in the mean scores of boredom and loneliness scales in leisure time due to being active in social activities before Covid-19. Participants who were actively involved in

social activities before Covid-19 had significantly lower scores of boredom and loneliness in leisure time. Thus, being active socially before Covid-19 had a reducing effect on boredom and loneliness in leisure time.

Table 6: Comparison of Participants' Boredom in Leisure Time and Loneliness Scores according to their Social Activity during Covid-19

Variables	Social activity during Covid-19	N	Mean	Std. Deviation	t-	p-
Boredom	Active	143	11.03	3.941	--3.139	.002
	Passive	655	12.27	4.365		
Satisfaction	Active	143	12.10	3.942	-2.135	.047
	Passive	655	12.89	3.614		
Total Score	Active	143	23.33	6.362	-2.581	.010
	Passive	655	24.96	6.936		
Loneliness	Active	143	12.26	4.024	-.805	.421
	Passive	655	12.56	4.015		

(p<0.05)

According to the table examined above, a significant difference was found in the mean scores of the boredom scale in leisure time due to being active in social activities during Covid-19. Participants who are active in social activities during Covid-19 had significantly lower scores in boredom in leisure time. However, no significant difference was found in the mean scores of the loneliness scale due to in social activities during Covid-19.

When table 7 was examined, a significant difference was found in the mean scores of boredom and loneliness scales in leisure time depending on the state of cultural and artistic activities before Covid-19 (p<0.05). Participants who were active in cultural and artistic activities before Covid-19

had significantly lower scores of boredom and loneliness in leisure time. Therefore, active participation to cultural and artistic activities before Covid-19 had a reducing effect on boredom and loneliness.

The table above illustrates that there was a significant difference in the mean score of the leisure boredom scale depending on the state of cultural and artistic activity during Covid-19 (p <0.05). Participants who actively participated in cultural and artistic activities during Covid-19 have significantly lower scores for boredom in leisure time. In addition, there was no significant difference found in the mean scores of the loneliness scale due to the state of being active in cultural and artistic activities during Covid-

19 (Table 8)

Table 7: Comparison of Participants' Boredom in Leisure Time and Loneliness Scores according to their Cultural and Artistic Activity before Covid-19

Variables	Cultural and Artistic Activity' Before Covid-19	N	Mean	Std. Deviation	-t-	-p-
Boredom	Active	358	11.48	4.16	-3.353	.001
	Passive	441	12.51	4.37		
Satisfaction	Active	358	12.16	3.68	-3.126	.002
	Passive	441	12.98	3.62		
Total Score	Active	358	23.65	6.69	-3.792	.000
	Passive	441	25.48	6.89		
Loneliness	Active	358	11.75	3.86	-4.838	.000
	Passive	441	13.11	4.03		

(p<0.05)

Table 8: Comparison of Participants' Boredom in Leisure Time and Loneliness Scores according to their Cultural and Artistic Activities during Covid-19

Variables	Cultural and Artistic Activity During Covid-19	N	Mean	Std. Deviation	-t-	p
Boredom	Active	147	10.82	4.03	-3.845	.000
	Passive	651	12.33	4.33		
Satisfaction	Active	147	12.02	3.92	-2.183	.029
	Passive	651	12.75	3.60		
Total Score	Active	147	22.84	6.86	-3.591	.000
	Passive	651	25.08	6.79		
Loneliness	Active	147	12.56	4.18	.203	.839
	Passive	651	12.49	3.98		

(p<0.05)

Table 9: The Effect of Participants' Loneliness Levels on Perceptions of Boredom in Leisure Time during Covid-19

Model	R	R Square	F	p
Boredom	.259	.067	57.310	.000
Satisfaction	.205	.042	34.841	.000
Total Score	.273	.074	63.951	.000

(p<0.05)

Table 9 shows the results of the regression analysis of the loneliness levels of the participants on the leisure time boredom scale and sub-dimension scores in the Covid-19. As a whole, during Covid-19, the loneliness levels of the participants explained 7.4% of the change in the perception of being bored in leisure time (F=63.95; p<0.05). Students' levels of loneliness during Covid-19 significantly affected their perception of being bored in leisure time (p<0.05)

DISCUSSION

The Covid-19 pandemic has brought devastation to millions around the world, disrupting many parts of the global economy; governments, including our own have stepped up to protect lives and livelihoods by taking some precautionary measures and prohibitions to prevent the transmission of the epidemic and spread of the virus among the communities in their country. The Ministry of Health of the Republic of Turkey has started to fight by taking measures to reduce mass mobility, such as preventive measures, domestic transportation restrictions, curfews, starting with the closure of borders and stopping international flights in order to prevent the spread of the virus in our country. For those countries most vulnerable to the impacts of Covid-19 was mandatory limitation and suspension of activities indoor and outdoor activities and recreational facilities such as sports halls, public swimming pools and playgrounds.Thanks to these measures; it was aimed to slow down the pandemic's spread rate by

reducing mass mobility within the public.

During the epidemic, it was not easy to get used to this situation due to the necessity of living in society and the need for inter-human relations. However, after a certain time, people have had to adapt themselves to this situation, sacrificing seeing relatives and people they love in order to not put them and the health of other people in danger. From this perspective, people started to worry about the disease and its morale effect on humans. The importance of mutual interaction with the family and loved ones, sharing things and participating in social, artistic, sportive and cultural activities, in terms of mental health, is well-understood. Similarly, the importance of daily activities and the need to reach basic food sources have been understood during this chaotic time. Accordingly, with these restrictions and measures, all participants who involve sports, social, artistic and cultural activities in leisure time and those people who work professionally in the public and private sector have been adversely affected. In this time period, home-based activities have become popular and important main activities to cope with loneliness, fear, anxiety and depression.

When examining the levels of boredom and loneliness in leisure time in terms of active sports, social, artistic and cultural activities during Covid-19 important results were obtained. In the study conducted with a sample of Turkey, it was observed that the perceptions of boredom and loneliness in leisure time were high during the Covid-19 .This result showed that the measures taken to prevent the spread of the disease immobilize people and, as a result, they experience more boredom and loneliness. Studies have shown that quarantine times reduce physical and social ties between people and, consequently, have increased boredom. The most prominent psychological symptoms during Covid-19 have emerged as social isolation, stress, irritability, domestic conflict and violence

Lilly et al., 2020⁽⁴⁴⁾

Another result obtained in the study is the comparison of the participants' scores of boredom and loneliness in their leisure time during Covid-19 according to gender variables. Based on the finding, there were significant differences in terms of gender in all sub-dimensions of the perception of boredom in leisure time, and the total score averages. The perception of being bored in leisure time was higher in male participants than female. However, no significant difference was found in the loneliness levels of the participants according to their gender during Covid-19. Similar studies in the literature support our findings Kara, Özdedeoğlu⁽⁴⁵⁾; Yaşartürk, Akyüz, and Karataş 2017⁽⁴⁶⁾ stated that perception of being bored in leisure time does not differ according to gender. Further, Kara and Ayverdi 2018⁽⁴⁷⁾ concluded in their study that the perception of boredom in males was significantly higher than females. In this case, the findings revealed in the loneliness scale contradict the research results in the literature. It is known that various socio-demographic factors, especially gender, affect loneliness. Therefore, defining and understanding demographic changes will guide clinicians and researchers in studies at heterogeneous sample level. Another important finding was examined in the study the levels of boredom and loneliness of students in their leisure time in terms of active sports, social, artistic and cultural activities during Covid-19. The results of the study show that the perceptions of loneliness and boredom in leisure time differ significantly according to what they do in their leisure time. Accordingly, students who participated in sports, social, artistic and cultural activities before and after the Covid-19 pandemic have low levels of loneliness and their perception of being bored in leisure time; on the other hand, participants who do not participate any sports, social, artistic and cultural activities in their leisure time will be bored and their perceptions and loneliness levels will be high. In this context, it can be said that students who try to be active in their leisure time can get rid of loneliness and boredom with life more easily and may develop better strategies to cope with unexpected situations. Many studies emphasize the features of recreational activities that prevent loneliness, boredom, and the causes that lead to it. Çetiner & Yayla, 2017⁽⁴⁸⁾; Torkildsen, 2006⁽⁴⁹⁾. Bale et al. 2015⁽⁵⁰⁾ found that leisure time activities increase the life satisfaction of individuals and decrease many psychological symptoms, especially loneliness. In light of these results, the participation of individuals in sport activities in their spare time emphasizes the benefit of personal health. In this direction, we can say that exercises and sports activities performed during this period have a positive effect that enables students to achieve satisfaction in their leisure time and daily life, and also reduces the perception of boredom. However, it is thought that experimental studies conducted to investigate the effect of sports, social, artistic and cultural activities in changing the feeling of loneliness or boredom will provide more detailed results and be more efficient in revealing the effect of the relevant independent variables.

In the study, it was observed that the students' perceptions of boredom and loneliness in leisure time were high during Covid-19. This situation indicates that the morale of students are low. Furthermore, according to the

results of the regression test, the loneliness levels of the participants during Covid-19 significantly and highly affect their perception of being bored in leisure time. These findings are similar to the studies carried out by Rodríguez-Rey,⁽⁵¹⁾ Duan and Zhu, 2020⁽⁵²⁾ and Brooks et al. 2020⁽⁵³⁾ during Covid-19. According to Rodríguez-Rey; psychological effects caused by the pandemic, for example, over-arousal symptoms, including travel bans, social distance rules and anxiety, negatively affected and increased the perception of depression, loneliness and boredom. Similarly, in a study carried out in China during Covid-19, people with restricted mobility experienced an increase in psychological problems, such as anxiety, stress and depression, intense boredom, loneliness and anger Duan & Zhu, 2020⁽⁵⁴⁾. On the other hand, it has been seen that the quarantine processes applied during Covid-19 and the reduced social distance and physical activity among people caused boredom and disappointment as well as a feeling of isolation and loneliness Brooke et al., 2020⁽⁵⁵⁾.

CONCLUSION

Sport plays a vital role in removing stress and on these chaotic days the importance of sports activities has been acknowledged well, especially on the days when we have to stay home. The Covid-19 brought together people to address shared challenges and made people focus on recovering from the pandemic and realizing the importance of gaining an exercise routine for a healthier life^(56,57). Because, during the lockdown period, people had to use some objects, such as chairs, tables, water bottles, balls and tires to be active. To findings supporting the thesis are in line with the general results of the study, it has been observed that students have a high level of boredom and loneliness in their leisure time during Covid-19. When our study findings are interpreted with these literature data, it is considered that sports, social, artistic and cultural activities are key in reducing the perception of boredom and loneliness in leisure time during Covid-19. This reveals the necessity of a more comprehensive study. According to Mc Burnett et al. 1993^(58,59,60,61) emphasized that recreational activities have positive effects on the mental health of individuals and that regular recreational activities not only support mental development, but also reduce boredom and loneliness level of individuals. The Covid-19 was already caused loss and social damage for so many people around the world now people have an opportunity to reshape their life and has an exit strategy for what needs to be done when facing such a situation hereafter. Specific to our study, we can conclude that sportive and leisure activities have several positive effects on loneliness and boredom and for those people who had a regular activity habit, life was more active and enjoyable far from stress and loneliness was less compared to those who have sedentary lifestyle during Covid-19.

Limitations and Future Research: Finally, this research has some limitations and strengths. One advantage would be to choose a sample from different educational, social and cultural backgrounds, which provides us simplicity and prevents approaching prejudice that could be reflected in the data collection. However, future studies may focus on specific groups to obtain more accurate and detailed analysis which can gives us opportunity to associate it with

different parameters, such as socioeconomic status, social fragility within society or the negative effects of social and sensory isolation on community

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