

Examination of Life Satisfaction in Youth and Sports Volunteers

DAMLA ÖZSOY¹, TURGAY BIÇER²

¹*Institute of Health Sciences, Department of Physical Education and Sports, Faculty of Sports Sciences/Sport Management/Marmara University, Turkey*

²*Faculty of Sports Sciences, Gedik University/Istanbul / Turkey*

Correspondence to: Damla Özsoy, Email: damla.ozsoy@marun.edu.tr, ORCID: 0000-0002-1879-9370

ABSTRACT

Background: Today, in industrial society, people may need beneficial activities to increase their physiological-psychological and emotional performances and contribute to their peaceful life. In this study, it is based on the research of life satisfaction of sports volunteers who take part in sports organizations voluntarily.

Aim: In this study, it was aimed to investigate the life satisfaction of sports volunteers in terms of various variables. It is very important to determine the variables that affect people's life satisfaction.

Methods: Descriptive statistics method was used in this study, which aimed to examine the life satisfaction of youth and sports volunteers who took part in sports organizations in terms of various variables. The sample of the study consists of 390 sports volunteers selected by convenience sampling method. Life Satisfaction Scale adapted to Turkish by Akın & Yalnız (2015) was used. The life satisfaction of the sports volunteers who took part in the sports organization was examined in terms of various variables. The age range of the participants in the sample is 18-40. The sample of the study consists of 390 sports volunteers with 95% confidence and 5% error. The hypotheses of the obtained data were analyzed with the SPSS program. The statistical information of the participants was evaluated by using the descriptive survey method. First of all, the validity and reliability analysis of the scale was performed. The mean score of the scale was analyzed statistically. Research hypotheses were tested with Mann Whitney-U and Kruskal Wallis tests.

Results: According to Mann Whitney-U Tests: While there was no difference in the life satisfaction of the participants according to the gender variables, according to the relationship status variable, the life satisfaction of the married participants was higher than the singles. Also, according to Kruskal Wallis Test: It was observed that as the education level of the participants increased, their life satisfaction increased. In addition, there was no difference according to their age classes.

Conclusion: This sample group has undertaken these duties in order to produce a certain production in the society and to be useful individuals rather than life satisfaction, and they can get spiritual pleasures rather than material expectations related to age. Therefore, this group is likely to have higher levels of life satisfaction.

Keywords: Life Satisfaction, Sport Volunteerism, Youth and Sport Volunteers

INTRODUCTION

Psychology and sociology today interest of medical science, as researched by enters the area. In the literature, "declared synonymous with the concepts of "happiness" or "subjective well-being" used in the sense and maintained by the person positive life as a whole means the assessment.¹⁵ Life satisfaction as a state of mind affects an individual's own quality of life. means the degree of positivity achieved as a result of its complete evaluation. is coming. It can also be expressed as life satisfaction. Life satisfaction, which includes satisfaction and pleasure, is the expresses how much he enjoys his life.²⁰ Among the determinants of life satisfaction, age, stress level, physical many variable roles, such as health status, lifestyle, and personality traits playing.⁴ Individuals' life satisfaction is affected by the existence of many variables on their satisfaction can be mentioned.¹⁴ It is wrong to define high life satisfaction as a phenomenon that individuals want to achieve. it is not possible. It is possible to talk about many criteria that affect life satisfaction.

Among the main criteria culture, social relations, health and demographic factors are counted. Although it is important that these criteria vary from individual to individual, it can be said that these criteria are important in general.¹⁷ Human resource is the real value of a nation. Voluntary activities of human resources fostering trust and solidarity for both individuals and communities. Volunteer activities, individuals' talent development, teamwork and to learn to cooperate, to gain new life experiences, to organize learning, recognizing different institutions, developing value judgments and it offers important opportunities to increase self-confidence.⁶ Today, in industrial society, people may need beneficial activities to increase their physiological-psychological and emotional performances and contribute to their peaceful life. In this study, it is based on the research of life satisfaction of sports volunteers who take part in sports organizations voluntarily.

The need for human resources in sporting events has gradually increased to the highest levels. Both at international sporting events and at the Olympic Games, volunteers are now as active as professionalized officials. These assignments are made according to the personal nature of the volunteers, and in this direction, the quality of the organization increases. Accordingly, the

increase in the number of volunteers participating in organizations is undeniable.¹⁰ Working with volunteers at sporting events produced good results both theoretically and practically.¹³ People gain many experiences first through volunteering activities at sports events.⁵ In addition, the friendship relations of the people who participate in sports activities are developing. In addition, socializing through sports activities, it can realize human fusion with the emergence of an unrequited communication between people.¹²

MATERIAL AND METHODS

Descriptive statistics method was used in this study, which aimed to examine the life satisfaction of youth and sports volunteers who took part in sports organizations in terms of various variables.

Sample and Population: The sample of the study consists of 390 sports volunteers selected by convenience sampling method. The life satisfaction of the sports volunteers who took part in the sports organization was examined in terms of various variables. The age range of the participants in the sample is 18-40. The sample of the study consists of 390 sports volunteers with 95% confidence and 5% error and selected by convenience sampling method.

Data Collection Tools: Life Satisfaction Scale adapted to Turkish by Akın & Yalnız (2015) was used.¹

Data analysis: The hypotheses of the obtained data were analyzed with the SPSS program. The statistical information of the participants was evaluated by using the descriptive survey method. First of all, the validity and reliability analysis of the scale was performed. whether the data showed homogeneous distribution or not was analyzed with the Kolmogorov Smirnov test. It was found that the data did not show a normal distribution. The mean score of the scale was analyzed statistically. Research hypotheses were tested with Mann Whitney U and Kruskal Wallis tests

RESULTS

In this section, the test results of the differences according to the socio-demographic structures of the volunteers regarding the life satisfaction scale are included. In order to test the distinction regard as the socio-demographical structures for volunteers regarding the

“Life Satisfaction Scale”, when tested with the “Kolmogorov-Smirnov Test” on whether the series are normally distributed, the null hypothesis is rejected, and therefore non-parametric tests will be applied. Thus, “Mann Whitney U” & “Kruskall Wallis Test” results will be discussed whether there is a distinction in the view of “Life Satisfaction” it regard as the age, educational condition, relationship status and gender for volunteers.

The result of Cronbach’s Alpha value for Life Satisfaction Scale was 0.740, this result shows that the questionnaire is reliable.

Table 1: Descriptive Statistics

Variable	Variable	Frequency	% Frequency
Gender	Female	193	49,5
	Male	197	50,5
Relationship Status	Single	367	94,1
	Married	23	5,9
Age	18-23	280	71,8
	24-29	88	22,6
	30 and over	22	5,6
Education Status	High school	83	21,3
	Pre-License	36	16,2
	License	207	53,1
	Master and Over	37	9,5
Total		390	100

In Table 1, according to the gender of sports volunteers participating in various sports organizations, 193 people; 49.5% were female, 197 people; 50.5% were male participants. When data on the relationship status of the participants were examined, it was found that 94.1% of the 367 people were single and 5.9% of the 23 people were married. In addition according to table 1 the age range of sports volunteers participating in the study, 280 people in the 18-23 age range are equivalent to 71.8%, those in the 24-29 age range are 88 people and 22.6% are equivalent to 22 people in the 30 age and over age range are equivalent to 5.6%. Most of the age range of the research participants is 18-23, followed by sports volunteers who are in the 24-29 age group. Studying the training status of volunteers; 207 people had 53.1% license education, followed by 83 people with 21.3% high school education, followed by 63 people with 16.2% high school education, followed by 37 people with 9.5% graduate and higher education. According to these data, the research was attended by undergraduate students from people who worked in various sports organizations in sports volunteers.

Table 2: Mean Scores on Life Satisfaction Scale Questions

Life Satisfaction	Average	Standard Deviation
1. I am happy with my life	6,20	1,03
2. I live my life to the fullest	6,05	1,09
3. When I evaluate my life as a whole, I think that I cannot reach my goals.	4,92	1,96
4. I am not satisfied with my life because I cannot do everything I want to do.	5,92	1,81
5. Everything is going well in my life right now	5,78	1,26

Questions 3 and 4 are reverse scoring questions. As can be seen in Table 20, the items with the highest scores among the statements on the Measurement of Life Satisfaction are questions 1 and 2, respectively. It was determined that the volunteers mostly agreed with the statements "I am satisfied with my life" with an average of 6.20, and "I live my life to the fullest" with an average of 6.05. The items with the lowest score in the statements regarding the Measurement of Life Satisfaction are questions 4 and 3, respectively. With an average of 4.92, "When I evaluate my life as a whole, I think I cannot reach my goals.", with an average of 5.32 "I am not satisfied with my life because I cannot do everything I want to do." It was determined that the volunteers mostly did not

agree with the statements.

Table 3: Kruskal Wallis Test Results by Age

Life Satisfaction	
Chi-Square	3,383
df	2
Asymp. Sig.	,184

According to Kruskal Wallis Test: There was no difference in the test of the volunteers' Views on the Life Satisfaction Scale according to their age classes.

Table 4: Mann Whitney-U Test by Gender

Life Satisfaction	
Chi-Square	2,762
Df	1
Asymp. Sig.	,097

As a result of the Mann Whitney-U Test, no significant difference was found in the life satisfaction of the volunteers according to the gender variable. (P:0,97>0,05)

Table 5: Mann Whitney-U Test by Relationship Status

Life Satisfaction	
Chi-Square	7,408
Df	1
Asymp. Sig.	,006

According to the relationship status of the volunteers, a difference was found in the Test of Views on the Life Satisfaction Scale. The test result showed that the participants whose marital status was married had higher life satisfaction.(P:0,006<0,005)

Table 6: Kruskal Wallis Test by Educational Conditional

Life Satisfaction	
Chi-Square	20,910
Df	3
Asymp. Sig.	,000

A difference was found in the Test of Views of the Volunteers on the Life Satisfaction Scale according to their educational status. It was observed as a result of the test that the participants with higher educational status had higher life satisfaction. As the level of education increases, life satisfaction also increases. (P:0,00< 0,005)

DISCUSSION

The purpose of this research; indicate the significance degree of Youth & Sports Volunteers Life Satisfaction attitudes and skills according to demographic factors. Primarily, descriptive statistical analyzes were examined according to their socio-demographic structures, and the research profile was observed. The validity and reliability and when tested with the “Kolmogorov-Smirnov Test” on whether the series of life satisfaction are normally distributed, non-parametric tests were applied because the null hypothesis was rejected, and therefore the series were not normally distributed..Thus, Mann Whitney U and Kruskal Wallis test consequences are discussed whether there is a difference in their view of life satisfaction.It was concluded that sports volunteers. According to Mann Whitney-U Tests: While there was no difference in the life satisfaction of the participants according to the gender variables, according to the relationship status variable, the life satisfaction of the married participants was higher than the singles. Also, according to Kruskal Wallis Test: It was observed that as the education level of the participants increased, their life satisfaction increased. In addition, There was no difference according to their age classes.

Similarly, in the literature, it was seen that the gender variable did not differ in life satisfaction.⁹ According to the family function, in our study, it was determined that the life satisfaction of married individuals was higher.² Similarly, in the relevant literature,

it was concluded that living with a partner significantly increased the level of life satisfaction in the participants.⁹

According to the other research; It has been stated that the increase in the level of participation of individuals in recreational activities provides positive benefits in the work efficiency of individuals. In addition, it has been seen that participation in recreational activities helps people cope with their physical and mental problems in their lives.⁸

Bağcı defined "Youth Volunteering" as the "Two-Way Road to Personal and Social Development" that he worked with in 2013. According to Bağcı's study; Volunteering activities can be seen as a learning method. By participating in voluntary activities, individuals can benefit from their personal qualities and development, and gain new skills. While contributing to their own development with these activities, they also represent a two-way process in which they contribute to social development and solidarity in the society. Through volunteering activities, people express their ideas about social responsibility as active citizens.³

The other study in the field, investigated the effect of regular physical activity on the life satisfaction and trait anxiety levels of the families of people with Down syndrome. As a result of his statistical analysis and evaluations, he said that the happiness levels of the families who have physical activity for their child with Down syndrome may increase and the happiness levels of those who do not have physical activity may decrease. According to the health report published by the World Health Organization, 450 million people have various respiratory and neurological diseases. "Depression, behavioral disorders, extreme stress and anxiety, schizophrenia, alcohol and drug addiction, panic attacks and insomnia" were the most likely to be common among these diseases. Aiming at the sustainability of mental health, it is necessary to ensure that people participate in physical activity and exercises. Physical activity and exercise show curative and protective effects on depression and anxiety disorder.¹¹

According to Tuncel examined the relationship on life satisfaction when adults evaluate their free time with physical activity and concluded that there was a decrease in depression and anxiety levels as a result of the increase in physical activity. According to this study, he concluded that there is a positive relationship between life satisfaction and exercise as a result of statistical tests.¹⁶

In addition to all of these, Güngör defined volunteering activities in sports organizations stated that volunteers participate in these activities with the aim of increasing the quality of life of people outside their families or close circle. In addition, when a person takes part in sports activities voluntarily, he carries a social responsibility identity and increases the quality of sports activities by having the opportunity to share his experiences, knowledge and skills.¹⁰

Most of the research on life satisfaction is genetic and innate personality factors including living conditions, environmental factors in the form of exposure events categorized under two headings. The person's life satisfaction and psychological resilience, assertiveness, empathy, control, extroversion, introversion personality variables such as extraversion and openness suggest that there is a significant relationship between being driven.¹⁸

In another study in the related literature, as university students regarding the degree of satisfaction with different aspects of life, the participants stated that they were mostly satisfied with the relationship with their mother, the environment they lived in, relations with close friends, relations with siblings and life order.⁴

In today's studies, it is seen that the judgment about the interactions from the environment called proximal environmental factors on life satisfaction in the short run reveals that it is effective. The fact that the sample group in which the research was conducted was in a highly motivated environment may have affected the high life satisfaction scores.

CONCLUSION

It is thought that these results may be due to the fact that this research was applied to youth and sports volunteers who took part in various sports organizations voluntarily. Since these individuals voluntarily aim to improve their communication attitudes and skills with people by consciously managing their spare time in order to increase their motivation and life satisfaction, life satisfaction is a way of life for them. This sample group has undertaken these duties in order to produce a certain production in the society and to be useful individuals rather than life satisfaction, and they can get spiritual pleasures rather than material expectations related to age.

REFERENCES

1. Akın, A. & Yalnız, A. Yaşam Memnuniyeti Ölçeği (YMÖ) Türkçe formu: Geçerlik ve güvenilirlik çalışması. *Elektronik Sosyal Bilimler Dergisi*, 2015;14(54), 95-102.
2. Barsbuğa, Y. & Kiloğlu, M. The Examination of Life Satisfaction Levels of Individuals Practicing Sport at Private Sport Centers. *International Journal of Sport Culture and Science*, Cilt 3 (Özel Sayı 1). 2015; 196-204.
3. Bağcı G. Genç gönüllülüğü: Kişisel ve sosyal kalkınmaya giden çift yönlü yol." *Türkiye'de gönüllülük: Gönüllülüğün rolünün ve katkılarının keşfedilmesi*.2013;48-51.
4. Chow H.P.H. Life Satisfaction among University Students in a Canadian Prairie City: A Multivariate Analysis", *Social Indicators Research*.2005; 70, 139-150.
5. Cuskelly, G., Hoye, R., & Auld, C. Working with volunteers in sport: Theory and practice.2006 Abingdon: Routledge.
6. Devecioğlu S, Karakaya Y. E, Kaya O. Spor organizasyonlarında gönüllülük faaliyetlerinin yönetim stratejileri ve uygulamaları. *spor ve performans araştırmaları dergisi. journal of sports and performance researches* 2020;11(1):80-93.
7. DockerY, A. M. (2003), "Happiness, life satisfaction and the role of work: evidence from two Australian surveys", paper presented at 10th national conference on unemployment, 2003. Newcastle. Uk.
8. Erol E. Tükenmişlik Düzeyinin İş Performansına Etkisinde Rekreatif Aktivitelerin Aracılık Rolü: Yiyecek İçecek İşletmelerinde Bir Araştırma" *Turizm Akademik Dergisi*. 2019; 6(2), 139-152.
9. Eshkoo, S., Hamid, T., Mun, C., & Shahar, S. (2015). An investigation on predictors of life satisfaction among the elderly. *International E-Journal of Advances in Social Sciences*, 1(2), 207-212.
10. Güngör N Spor Organizasyonlarındaki Gönüllülük Kavramı ve Türkiye'deki Yansımaları. Bahçeşehir Üniversitesi Sosyal Bilimler Enstitüsü Spor Yönetimi Yüksek Lisans Programı. Danışman: Dr Erden Or. İstanbul.2014.
11. İlkim M. Farklı spor kulüplerinde düzenli fiziksel aktivite yapan down sendromlu bireylerin ailelerinin yaşam memnuniyeti ve sürekli kaygı durumları. atatürk üniversitesi sağlık bilimleri enstitüsü. doktora tezi. Erzurum.2017.
12. Karacabey, K, Apur, U, Öntürk, Y, Akyel, Y. Ergen Sporcuların Kaygı ve Kendine Güven Düzeylerinin Bazı Değişkenler Açısından İncelenmesi: Sporcu Eğitim Merkezleri Örneği. *Batman Üniversitesi Yaşam Bilimleri Dergisi*, 2017; 7 (2/1), 111-121.
13. Kappellides, P, & Hoye, R. Volunteering and sport. In M. Oppenheimer, & J. Warburton (Eds.), *Volunteering in Australia*2014; 168–179. Sydney: The Federation Pres.
14. Karatekin, H. Benlik yapılarına göre başa çıkma stratejileri ve yaşam doyumunun incelenmesi. yayınlanmamış yüksek lisans tezi. gazi üniversitesi eğitim bilimleri enstitüsü:Ankara.2013.
15. Korkmaz, M., Germir, H. N., Yücel, A. S., & Gürkan, A. Yaşam memnuniyeti üzerinde etkili olan sosyodemografik bileşenler üzerine bir analiz.2015.
16. Tuncel O. Yetişkin bireylerin boş zamanlarında katıldıkları fiziksel aktivitelerinin yaşam memnuniyeti, depresyon, stres ve kaygı düzeylerine etkisinin araştırılması. Atatürk Üniversitesi / Kış Sporları ve Spor Bilimleri Enstitüsü / Beden Eğitimi ve Spor Ana Bilim Dalı. Doktora Tezi. 2020.
17. Saygılı, M., Onay, Ö. A., & AYHAN, M. kişilik özellikleri bağlamında yaşam memnuniyeti üzerine bir araştırma. *yorum yönetim yöntem uluslararası yönetim ekonomi ve felsefe dergisi*, 2017;5(2), 61-72.
18. Sousa L, Lyubomirsky S. Life Satisfaction, In J. Worell (Ed.). *encyclopedia of women and gender: sex similarities and differences and the impact of society on gender*, san diego: 2001; ca academic press, 2:667-676.
19. Veenhoven, R. The study of life satisfaction" (ed.: w. e. saris, r. veenhoven, a. c. scherpenzeel ve b. a. bunting). comparative study of satisfaction with life in europ., eötvösüniversity pres içinde, 1996;11-48.