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## **SURVEYING OF THE LEISURE TIME ACTIVITIES OF THE ACADEMICIANS EMPLOYED AT THE SCHOOL OF PHYSICAL EDUCATION AND SPORTS (TURKEY EXAMPLE)**

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### **ABSTRACT**

Having our work and other activities continued dully and constantly at the same pace in our daily lives, turned the leisure time activities into an important part of our lives. Although the academicianship is a sacred profession, it is a highly stressful occupation as well in terms of workloads such as attending the classes, scientific research, consultancy, and seminars. The easiest way to get away from the monotony and shyness, is seen in the participation in leisure time activities. The purpose of the study was to survey the frequency of participation in leisure activities of the academics having office at the colleges of physical education and sports in the Turkish universities. A questionnaire was applied to 162 academics as a survey population who have been serving in the 8 colleges of physical education and sports in Turkey. The data analysis was evaluated through the SPSS (16.0) program. In the analysis of data were used %, frequency, and the arithmetic mean. In the comparisons intended for determining the differences based on the demographic data, t test of independent groups, one-way analysis of variance and LSD tests have been utilized. Although participation in leisure activities varies, it has been found that the academicians often participated to activities such as family, professional development, communication and technology. It was also determined that they often have participated in the sporting activities outside of their professional work. There were also identified some differences in their frequency of participation in leisure activities with respect to marital status, age and gender.

**Keywords:** *Leisure Time, Leisure Activities, Academicianship and Leisure Time*

### **INTRODUCTION**

In our century, we see that the leisure time increased as a result of the rapidly increasing scientific and technological developments, the improving living conditions, and the reducing of the working hours (Tolukan, 2010). Today the leisure time that the people have has been steadily expanding compared to the past. While the 32% of the 80-year period human life is being shaped as a leisure time according to the European standards, this ratio is around 40% in urban people in Turkey (Küçüktopuzlu *et al.*, 2003; Arslan, 2011). Having our work and other activities transformed into boring and repetitive efforts in our daily lives, has made the leisure time activities an important part of our lives (Özşaker, 2012).

If we create a conceptual framework referring to leisure time, we may define this concept in general as “the time, when the individual, after having been got rid of all the obligations or connections related to both himself/herself and the others, will be voluntarily dealing with any activities” (Tezcan, 1982). The leisure time, in another definition, is seen as the time when the individual is not working and spends the time outside of his/her official duties and obligations according to his/her own wishes (Kilbaş, 1995). Moreover, the leisure time is seen as a time outside of work necessity or free from any obligations (Leitner *et al.*, 1989). Abadan also defines leisure time (1961) as a time slice remaining outside of the individual's work hours and the time s/he spends for his/her essential needs and which the individual may use as s/he wishes. According to this concepts, the leisure time means the time slice which the person may freely use (Broadhurst, 2001).

The concepts of leisure time and recreation are used in different meanings. As mentioned above, the leisure time is the time when the individual does not work and which is left outside of his/her vital obligations and official tasks and which s/he spends according to his/her own wishes. And the recreation time refers to the activities done during this leisure time (Kir, 2007).

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Today there a crational time is seen as an important issue for the society. An unrest is seen brought about due to the growing dissatisfaction stress, boredom, inactivity, lack of creativity and alienation in the people's everyday lives. It is obvious that all of these can be mitigated with leisure activities and improve the quality of life (Arslan, 2012). And this means that people are able to turn refreshed when they take time for themselves from their daily obligations. In a sense, a wo/man reinvents herself/himself when s/he participates in leisure activities (Lieberman, 1998).

Having the leisure time recreated in a meaningful and effective way, is considered to be effective in removal of the individual from social, economic and psychological problems (Kilbaş, 1995). The leisure time is said to have three basic functions. They can be considered as serving for satisfying the individual needs for rest and recreation and contributing to the development of her/his personality by participating in social activities (Karaküçük, 1999). Leisure activities

There are various studies that especially the active participation creates the positive feelings in the individuals (Passmore- French, 2001; Şener, 2009; Murphy, 2003; Caldwell *et al.*, 1992 ).

Studies aiming to identifying the factors affecting the participation in leisure activities began in the mid 1980's (Müderrisoğlu *et al.*, 2005). In many leisure time studies conducted for assessing the leisure time (Karaküçük, 1995; Kutlu, 1994; Aytaç, 1991; Abadan, 1961) it is seen that participation in leisure time activities is increasing in parallel with education.

The academics at universities in our country are constituted of educated individuals who have been providing upper level education. The profession of an academician is being listed as attend classes, consultations, scientific research and participation in scientific activities. We can say that academicianship is a difficult and a stressful profession group. The easiest way to get away from this monotony and the boredom, is seen as the participation in leisure activities. It is of a great importance that the academics make use of leisure time effectively and rested.

The objective of this study is to survey what do the academics working in higher education do in their leisure times. Trough to this study we tried to detect an overall profile regarding the leisure perceptions of the academics working at the colleges of physical education and sport in Turkey. In addition, it is one of the purposes of the study to compare the frequency of the academics participating in the leisure activities with respect to some independent variables (gender, age, marital status).

### **Objective of the Study**

The objective of this study is to determine what are the leisure time activities done by the academics who take tasks at the colleges of physical education and sports.

For this purpose, we have sought the answers to the following questions.

1. What are the demographic data of the academics participated to the survey?
2. How often and in which activities have been the academics participating?
3. Is there any differences between gender, marital status and age variables and frequency of participation in leisure activities?

### **Limitations**

The study is limited to the answers of the academics who are taking tasks at the colleges of physical education and sport at universities in Turkey to the questionnaire which has been prepared during the fall semester of the 2013 - 2014 academic year

### **Research Model**

A screening model was used in this study which aimed at determining the preferences of academics participating in leisure activities and who are taking tasks at the colleges of physical education and sport at universities in Turkey.

### **Population and Sample**

The study population is consisted of the universities in Turkey, which are constituted of colleges of physical education and sports. There are academic units in the 54 universities of the Turkish state universities, which have been giving sports training (Nacar, 2011). Of these universities, questionnaires were sent to 8 universities selected randomly. A questionnaire has been applied to 162 faculty members in the scope of the survey and all of the applied questionnaires have been evaluated.

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**Improving The Data Collection Tool and Data Analysis**

In the survey a questionnaire was used as a data collection tool. An expert opinion was taken for reliability and validity of the survey and in addition, a pilot scheme was conducted. A questionnaire form prepared of 69 questions was used to obtain the research data.

The data analysis was subjected to evaluation through SPSS (Statistical Packet for Social Sciences 16.0) program. In the data analyses were used %, frequency and arithmetic mean in order to determine the personal information of the academics and their opinions concerning the reading. The independent groups have utilized t test, one- way analysis of variance and LSD tests in the comparison towards determining the differences based on demographic data.

Five-point Likert scale was used in the questionnaire form. The Likert scale was scored as "I strongly agree", "always" = 5, "I agree", "often" = 4, "I partly agree", "sometimes" = 3, "I disagree", "seldom" = 2 and "I strongly disagree", "never" = 1. The Likert scale score range; was assessed as follows:

- 1.00 -1.80 I disagree at all – never
- 1.81- 2.60 I disagree - seldom
- 2.61- 3.40 I partially agree – sometimes
- 3.41- 4.20 I agree - often
- 4.21- 5.00 I totally agree - always.

**RESULTS AND DISCUSSION**

Considering the demographic information of the academicians working in the colleges of the physical education and sports

**Table 1: Demographic Information of the Academicians Participated in the Study**

		f	%
<b>Gender</b>	Women	46	28.4
	Men	116	71.6
<b>Age</b>	< 30	28	17.3
	31-40	71	43.8
	41-50	39	24.1
<b>For how many years are you an academician?</b>	51>	24	14.8
	1-5	42	25.9
	6-10	34	21.0
	11-15	36	22.2
<b>Your Title</b>	16 >	50	30.9
	Academician/ Instructor	46	28.4
	Research Associate	47	29.0
	Asst.Assoc.Professor	45	27.8
<b>Marital Status</b>	Associate Professor	15	9.3
	Prof. dr.	9	5.6
<b>Economical Status</b>	Single	62	38.3
	Married	100	61.7
<b>University</b>	< 2000	8	4.9
	2001-3000	100	61.7
	3001-4000	34	21.0
	4001>	20	12.3
<b>Total</b>	Firat University	19	11.7
	Gaziantep Unv.	18	11.1
	Bartın Unv.	11	6.8
	Akdeniz Unv.	15	9.3
	Ataturk Unv.	11	6.8
	Pamukkale Unv.	25	15.4
	Gazi Unv.	53	32.7
	Inönü University	10	6.2
<b>Total</b>		<b>162</b>	<b>100</b>

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When Table 1 is being examined, it is seen that 71.6% of the academics participated in the survey were male, 28.4% of them were female, 38.3% were single, and 61.72% were married.

**Table 2: The frequency of participation to the leisure time activities of the surveyed academics**

Question no	What kind of activities you are participating in during your leisure time?	Always (%)	Frequently (%)	Sometimes (%)	Seldom (%)	Never (%)	X	Ss
1	I don't do anything, I just rest	1,2	24,1	37,0	24,1	13,6	2,75	1,01
2	I read books, newspapers, magazines.	11,7	45,7	38,3	3,7	0,6	3,64	0,76
3	I listen to music, I play a musical instrument.	7,4	30,2	24,1	26,5	11,7	2,95	1,15
4	I watch Tv, video, vcd.	11,1	34,6	29,0	21,6	3,7	3,27	1,04
5	I go to the cinema and the theater.	6,2	14,2	32,7	42,0	4,9	2,74	0,97
6	I go to the Market, Bazaar, I go shopping.	8,6	19,8	35,8	30,9	4,9	2,96	1,02
7	I visit fairs, parks, picnicing places and the like	5,6	15,4	31,5	38,9	8,6	2,70	1,01
8	I play sports /I watch sports competitions.	22,8	31,5	30,2	13,6	1,9	3,59	1,04
9	I attend the social, cultural activities.	15,4	27,8	40,7	14,8	1,2	3,41	0,96
10	I take care of my family and my children.	22,2	40,1	17,3	14,2	6,2	3,58	1,16
11	I chat with friends / travel.	15,4	32,1	35,8	11,1	5,6	3,40	1,05
12	I go to a coffee shop or to a cafe.	4,3	9,3	22,2	30,9	33,3	2,20	1,13
13	I go to bars, pubs and the like.	1,2	4,3	9,3	27,2	58,0	1,63	0,91
14	I engage in my hobbies.	8,0	22,8	27,2	29,0	13,0	2,83	1,15
15	I use the internet. (Chat, games, hobbies)	8,0	32,7	27,8	15,4	16,0	3,01	1,20
16	I drive car / travel.	6,8	22,2	28,4	26,5	14,8	2,83	1,20
17	I'm going hunting. (Land and water hunting)	0,0	3,1	11,1	24,1	61,7	1,55	0,81

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When looking at their age percentages, it is seen that 43.8% were between the ages of 31-40, and as to their economic situation, 61.7% of them had an income of 2001-3000 TL. To the question of for how many years they were academicians, 30.9% of them answered for 16 and over years, 25.9% for 1-5 years, and 22.0% said that they were academicians for 6-10 years and 11-16 years long. It is seen that the universities participated to the survey were different in number. The number of the academic staff in the universities was different. The highest rate is that of Gazi University with a rate of 32.7%, followed by Pamukkale University by 15.4%, and the Firat University by 11.7%. The academics seen at Table 2, participated to the survey, having an office at the physical education colleges, agree with 37.0% saying sometimes to the item **"I don't do anything, I just rest."** in their leisure time, and 24.1% saying seldom and often. The academicianship is a kind of a profession with intensive work such as attending classes, students and advisory traffic, scientific activities for professional development. Although the work force is not physically difficult, we can say that it is a hectic and a stressful profession. We can also say that the academics prefer to spend the part of their leisure times by relaxing and doing nothing.

As seen in Table 2, the main of the activities that the academics 'frequently' do as a leisure activity is **"reading books, newspapers, magazines"** with a rate of 45.7%. And 'Sometimes' is being listed by the rate of 38.3% and 'always' by 11.7%. It is possible to say that the academicianship is a kind of a profession that requires continuous reading.

As seen in Table 2, the academics are 'often, sometimes, seldom **"listening to music or playing musical instruments"** in their leisure time. The rate of those "often" listening to music is seen as 30.2%. Music is an activity that substantially fills people's leisure time in our society. We can say that the opportunity of listening to music is also gradually gaining prevalence in parallel to the development of the mass media. The rate of participating to music activities and listening to music of the academic staff of Selçuk University was found to be 87.3% (Tunçkol, 2001). The rates of listening to music were found high in another research conducted on lecturers (Özdemir, 2003).

And as seen in Table 2, one of the activities that academics often do as leisure activities is **"watching television-video - VCD"** with a rate of 34.6%. Sometimes is listed with 29.0% and seldom with 21.6%, and "I always watch" is listed with a rate of 11.1%. Having a high rate of "I often watch" is an indication that the faculty members are more selective about television watching and we can say that there are many factors that affect watching the television. In general, we can say that the habit of watching the television is quite widespread in our society.

And in all free time surveys conducted in our country, it was also observed that the rate of watching television was high (Tel, 2007). We live in the age of television and people prefer visual information to the printed one (Bennett, 2000). The television plays a major role in the development of human life styles, cultures and social habits (Esslin, 1991).

And as seen in Table 2, one of the activities that the academics rarely do as leisure activities is **"going to the cinema and theater activities"** with a rate of 42.0%. And the rate of participating to this activity is seen as sometimes 32.7%, often 14.2%, and always, as 6.2%. When looking at the frequency of going to the movie-theater activities, workload of the academics, the consultancies, having nighttime education in some faculties and departments, shows that the academics could not "always and often" attend to these activities.

And as seen in Table 2, one of the activities that the academics "sometimes" do as a leisure activity is **"walking through the bazaars and markets and shopping"** with a rate of 35.8%. The rate of "rarely" participating to this event is 30.9%, and "often" participating is seen as 19.8%. Shopping comes first among the activities preferred by people, no matter of their age, gender and race. Today shopping has become a leisure activity in the big cities and the provincial centers. Especially after the 1980's, rapidly increasing numbers of the shopping centers in our country has changed the consumption trends. They have transformed into a closed social space where we can spend our free time, where we can have a meal, look at the showcases, where there are play areas for children, and where entertainment and other cultural activities are offered under one roof ([www.ekonomist.com.tr/](http://www.ekonomist.com.tr/)). Academics "sometimes, rarely" participate to this activity.

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And as seen in Table 2, one of the activities that the academics "rarely" do as leisure activity is the event **"I go about to fairs, parks, picnic areas, etc."** with a rate of 38.9%. Occasional participation in this event is seen in the rate of 31.5%. It can be said that academics rarely participate in the activities of going about to fairs, parks, picnic areas, etc. due to workload of their classes and the mandatory activities such as academic studies.

And as seen in Table 2, one of the events that the academics "often" do as a leisure activity with a rate of 31.5% is **"I do sports/watch the sports competitions"**. The ratio of doing sports "sometimes" is seen as 30.2, and the ratio of "always" doing sports is 22.8%. It is seen that the ratio of doing sports as a leisure activity of the academics of the physical education and sports colleges are high. Sports is an integral part of their lives and their profession. In the studies conducted, it was seen that the ratio of the physical education and sports teachers who stated that they have been actively doing sports, was 86.1% (Lapa *et al.*, 2012).

In modern societies, one of the most widely referenced ways of spending the leisure time is sports (Yetim, 2000; Köksalan, 2008). In the survey conducted by Tel (2007) on the faculty members, it was determined that their ratio of doing sports was at the "rarely and sometimes" levels (Tel, 2007). In a study conducted on the academic staff, their levels of physical activity have been found at a moderate level (Ozturk *et al.*, 2006). Having high results from this survey can be explained by the fact that the research group surveyed is consisted of physical education and sport academics.

And as seen in Table 2, one of the activities that academics "sometimes" do as leisure activity with a rate of 40.7% is the event of **"I attend social , cultural activities"**. It is being listed as activities done often by 27.8%, always by 15.4 %, and rarely by 14.8%. The individuals spend their leisure time in activities done as a group as well, which have an important place in their activities. These can be listed as social and cultural activities, concerts, trips , social associations and foundations, organizations, conventions – banquets-festivities, conference, symposium, seminars.

And as seen in Table 2, one of the events that the academics "often" do with a rate of 40.1% as a leisure activity is **"I take care of my family and kids"**. The rate of always participating in this event is seen as 22.2%, and the rate of occasional participating is seen as 17.3%. Family is a social institution where people continue their existence in the process of life. Familyan field where individuals share their responsibilities and obligations with one another, the worries are being understood, where people socialize with each other, share joy and sorrow, where spiritual and moral values are being experienced together (Emiroğlu, 2006). The social control is institution where various behavioral patterns and habits such as education, entertainment , leisure time are being developed and perceived (Arslantürk and Amman, 2001). In a study conducted on the academicians in the East Anatolia region, the ratio of the answers for the question for caring for family and children was: often 50.0%, always 26.7% (Tel, 2007). In a survey conducted for female faculty members it has been determined that the female academicians care too much for their children at home in their leisure (Aydoğan *et al.*, 2006). And as seen in Table 2, one of the activities that academics "sometimes" do as leisure activity is **"I chat with friends/I take a walk"** with a rate of 35.8%. Academics participate to this activity often with a rate of 32.1%, and always with a rate of 15.4%. Friendship relations is seen even in the oldest societies known. Friendship can be listed as business friendship, neighborhood friendships, like-minded friendship, childhood and school friendship, friendship of any different kind, etc.

The immediate environment and the friends are of a great importance in the recreation of leisure time (Kilcigil, 1998). Friendship relationship is a decisive element in the recreation of leisure time. Individuals are in dialogue with anyone whom they trust, whom they feel close to themselves and with their loved ones. In addition, the leisure activities help to the establishment of new friendships and camaraderie and to expand the social environment (Aytac, 1991).

And as seen in Table 2, one of the activities that the academics **"strongly disagree"** as a leisure activity is **"I go to a coffee shop or to a cafe."** with a rate of 33.3 %. The rate of seldom participation is seen as 30.9% and the rate of participation "sometimes" is seen as 22.2%. When we look at the frequency that the teaching staff go to the coffee shop and the cafes we can say that they never go or rarely go to such

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places. These places in the universities are shown as game halls, clubs or cafeterias. The places in the university attended by the staff and academic staff have been designed.

In our society, one of the places that our people call at in their leisure time in everyday life are the coffee houses. In a survey conducted, it is understood that more than three-fourths of the family heads constantly attend the coffee houses (Aytac, 1991). The rate of the teachers in the East Anatolia region who attend the coffee houses as leisure activities is seen as 47.5 % (Öcalan, 1996). In a conducted survey, 93% of those who go to coffee houses have stated their purpose as having fun and spending time (Yildiz, 1996).

And one of the activities as seen in Table 2, which the academicians "strongly disagree" with as a leisure activity, is **"I go to bars, pubs and the like"** with a rate of 58.0 %. The rate of those who "Seldom" go to this kind of entertainment places was determined as 27.8%, and the rate of those who go "sometimes", as 9.3% , respectively.

And one of the activities as seen in Table 2, which the academicians "rarely" do as a leisure activity, is **"I engage in my hobbies"** with a rate of 58.0 % . The rate of those who "Sometimes" do this activity is 27.2 % and the rate of those who "often" do it is seen as 22.8 % We can say that the academics engage in this activity when they find time. Hobbies are the activities that people like to do outside of their daily work. The hobby pursuit is unlimited and special for the person.

And one of the activities as seen in Table 2, which the academicians "often" do as a leisure activity with a rate of 32.7%, is **"I use the internet (chat, games, hobbies)"**. The rate of the academics related to this activity is "sometimes" 27.8%, "rarely" 15.4% , and "never participate" is seen as 16.0%.

Although having the Internet into our lives for such a short time like 30 years, it used in all areas today. It has surrounded our entire social life from commerce to communication, from getting information to fun and education. When the conducted surveys are being generally examined, the incidence and rate of Internet use over time is constantly increasing. Today there are computers and the Internet network available in all the rooms of the universities, in the offices of the academic staff and their homes. According to a study conducted, it can be said that the academic staff use the internet in their leisure time for exchanging information or to follow up the current events and developments (Tel, 2007).

As seen in Table 2, one of the activities that the academics "often" do as a leisure activity with a rate of 28.4% is the activity **"I drive a car/ travel"**. The "rarely" participation rate to this activity is 26.5%, and the rate of "I never participate" is being observed as 14.8 %.

As seen in Table 2, one of the activities that the academics never participate as a leisure activity is the activity **"I go for a hunting (land and water hunting)"** with a rate of 61.7%. It can be said that the academics of physical education and sports do not lionize that much with this activity.

**Table 3: Comparison of leisure activities of the academics participated in the survey according to the gender**

Question no	Women (n=46)		Men (n=115)		t	P
	X	ss	X	ss		
5 (I go to the cinema and theater)	3,06	0,95	2,61	0,95	2,748	0,007*
13(I go to the bars, pubs etc.)	1,87	1,05	1,55	0,84	2,042	0,043*
17 (I go hunting(land and water hunting )	1,35	0,71	1,64	0,84	-2,107	0,037*

\* $P < 0,05$   $sd = 159$

When Table 3 is being analyzed, a significant difference is seen only in item 3 (5, 13, 17) as the result of the t-test carried out according to the gender variable in spending the leisure time of the academics who carry out their duties at the colleges of physical education and sport. No any significant difference was found in the other items and they were not included in the table.

When Table 3 is being analyzed, a significant difference is seen in their going to cinemas and theaters according to the gender variable of the academics who carry out their duties at the colleges of physical education and sport. Thus, it is seen that the female academics (X= 3,06) who carry out their duties at the

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colleges of physical education and sport, more often go to cinema and theatres in their leisure time compared to the male academics ( $X = 2,61$ ) ( $t = 2,748$ ;  $p < 0,05$ ).

When Table 3 is being analyzed again a significant difference is being observed in the activity of going to bars, pubs and the like places according to the gender of the academics who carry out their duties at the colleges of physical education and sport ( $t = 2,042$ ;  $p < 0,05$ ). Accordingly, it is seen that the female academics ( $X = 1,87$ ) who carry out their duties at the colleges of physical education and sport, more often go to bars, pubs and the like place in their leisure time compared to the male academics ( $X = 1,55$ ).

When Table 3 is being analyzed again, a significant difference is being observed in the activity of going hunting according to the gender of the academics who carry out their duties at the colleges of physical education and sport ( $t = -2,107$ ;  $p < 0,05$ ). Accordingly, it is seen that the male academics ( $X = 1,64$ ) who carry out their duties at the colleges of physical education and sport, more often go for hunting in their leisure time compared to the female academics ( $X = 1,35$ ). It can be commented that the reason for that is that such activities such as hunting and fishing require courage, skill and hobby which are mostly done by men.

In a study conducted, it was stated that the factors affecting the women's and men's participation in leisure activities, vary (Kinnaid *et al.*, 1994; Annett *et al.*, 1995).

**Table 4: Comparison of the leisure time spent by the academics participated to the survey according to the marital status variable**

Question no	Single (n=62)		Married (n=100)		t	p
	X	ss	X	ss		
3(I listen to music, I play a musical instrument)	3,31	1,11	2,73	1,14	3,167	0,002*
10(I take care of my family and my children)	3,19	1,19	3,82	1,08	-3,445	0,001*
12 (I go to a coffee houses or a cafe)	2,43	1,18	2,06	1,08	2,073	0,040*
15 (I use the internet (chat, games, hobbies)	3,32	1,03	2,82	1,26	2,626	0,009*

\* $P < 0,05$   $sd = 160$

As analyzed in Table 4, as the result of t test conducted according to the marital status variable of the leisure time spent by the academics working at the colleges of physical education and sport, it is seen that there is a significant difference only in item 4 (3, 10, 12, 15). No any significant difference was found in the other items and they were not included in the table.

As Table 4 is being analyzed, a significant difference is seen in item 3 of the activity of listening to music and playing a musical instrument by the academics working in the colleges of physical education and sport according to the marital status variables ( $t = 3,167$ ;  $p < 0,05$ ). Accordingly, it is being observed that the single academics ( $X = 3,31$ ), working in the colleges of physical education and sports, are having more activities of listening to music and playing musical instruments in their leisure time compared to the married academics ( $X = 2,73$ ). And this is explained by the reason that the single academics have no family responsibilities.

As Table 4 is being analyzed, a significant difference is seen in item 10 of the activity of caring for the family and children of the academics working in the colleges of physical education and sport according to the marital status variables ( $t = -3,445$ ;  $p < 0,05$ ). Accordingly, it is being observed that the married academics ( $X = 3,82$ ), working in the colleges of physical education and sports, are caring more for their family and children in their leisure time compared to the single academics ( $X = 3,19$ ). This situation is already the requirement of a marriage.

As Table 4 is being analyzed again, a significant difference is seen in item 12 of the activity of going to coffee houses or cafes of the academics working in the colleges of physical education and sport according to the marital status variables ( $t = 2,073$ ;  $p < 0,05$ ). Accordingly, it is being observed that the single academics ( $X = 2,43$ ) working in the colleges of physical education and sports, are having more activities of going to coffee houses or cafes in their leisure time compared to the married academics ( $X = 2,06$ ).



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As Table 4 is being analyzed, a significant difference is seen in item 15 of the activity of making use of the Internet by the academics working in the colleges of physical education and sports according to the marital status variables ( $t= 2,626$ ;  $p<0,05$ ). Accordingly, it is being observed that the single academics ( $X= 3,32$ ) working in the colleges of physical education and sports, make more use of the Internet in their leisure time compared to the married academics ( $X= 2,82$ ). And this is explained by the reason that the single academics have lesser family responsibilities and therefore, it can be said that they connect to the internet in higher rates.

**Table 5: Comparison of the leisure time spent by the academics participated to the survey according to the age variable**

Item No	Younger than 30 (n=28) (a)		age 31-40 (n=71) (b)		Age 41-50 (n=39) (c)		51 and over (n=24) (d)		F	p	Groups with a difference (lsd)
	X	ss	X	ss	X	ss	X	ss			
3 (music)	3,43	1,10	2,77	1,14	2,72	1,14	3,29	1,08	3,517	0,017*	a-b, a-c
10 (family)	2,82	1,02	3,70	1,11	3,89	1,05	3,58	1,31	5,671	0,001*	a-b, a-c a-d
12 (coffee)	2,78	0,95	2,04	1,17	2,10	1,02	2,16	1,20	3,186	0,025*	a-b, a-c
15 (internet)	3,64	1,09	3,16	1,13	2,82	1,09	2,12	1,19	8,711	0,000*	a-c, a-d, b-d

\* $P<0,05$   $sd=3$

In Table 5 it is being observed that as the result of a one-way analysis of variance conducted according to the age variable in spending the leisure time of the academics who have been taking office at the colleges of physical education and sports, it is seen that only in item 4 (3, 10, 12, 15) there is a significant difference. No any significant difference was found in the other items and they were not included in the table. When Table 5 is being examined, with respect to the age variable, a significant difference is seen in item 3, which is the activity of listening to music and playing a musical instrument of the academics who have been taking office at the colleges of physical education and sports ( $F= 3,517$ ;  $p<0,05$ ). As the result of the LSD test conducted in order to determine between which groups is the difference, it is seen that the academics ( $X= 3,43$ ) under the age of 30 who have been taking office at the colleges of physical education and sports, are more involved in the activity of listening to music and playing musical instruments in their leisure time compared to the academics on duty between the ages of 31-40 ( $X= 2,77$ ) and 41-50 ( $X= 2,72$ ). It is observed that the young academics are more involved in this activity. When Table 5 is being examined, with respect to the age variable, a significant difference is seen in item 10, which is the activity of caring for the family and children of the academics who have been taking office at the colleges of physical education and sports ( $F= 5,671$ ;  $p<0,05$ ). As the result of the LSD test conducted in order to determine between which groups is the difference, it is seen that the academics ( $X= 2,82$ ) under the age of 30 who have been taking office at the colleges of physical education and sports, are less involved in the activity of caring for the family and children in their leisure time compared to the academics on duty between the ages of 31-40 ( $X= 3,70$ ) and 41-50 ( $X= 3,89$ ). When Table 5 is being examined again with respect to the age variable, a significant difference is seen in item 12, which is the activity of going to coffee houses and cafes of the academics who have been taking office at the colleges of physical education and sports ( $F= 3,186$ ;  $p<0,05$ ). As the result of the LSD test conducted in order to determine between which groups is the difference, it is seen that the academics ( $X= 2,78$ ) under the age of 30 who have been taking office at the colleges of physical education and sports, are more involved in the activity of going to coffee houses and cafes in their leisure time compared to the academics on duty between the ages of 31-40 ( $X= 2,04$ ) and 41-50 ( $X= 2,10$ ).

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When Table 5 is being examined, according to the age variable, a significant difference is seen in item 15, which is the activity of using the Internet by the academics who have been taking office at the colleges of physical education and sports ( $F= 8,711$ ;  $p<0,05$ ). As the result of the LSD test conducted in order to determine between which groups is the difference, it is seen that the academics ( $X= 3,64$ ) under of age 30 and under 30 who have been taking office at the colleges of physical education and sports, more often use the Internet in their leisure time compared to the academics on duty between the ages of 41- 50 ( $X= 2,82$ ) and of age 51 and over ( $X=2,12$ ), and the academics between the ages of 31-40 ( $X= 3,16$ ) who have been taking office at the colleges of physical education and sports compared to the academics of age 51 and over ( $X= 2,12$ ), more often use the Internet in their leisure time.

### Overview and Conclusion

When the demographic information of the academics on duty at the colleges of physical education and sports are being viewed, it was determined that in terms of gender they were male, married and nearly half of them were between the ages of 31-40.

As the result of the findings obtained from the conducted survey, the academics involve "sometimes" in the item "I don't do anything, I relax". Academician is a kind of a profession having a work intensity such as attending classes, students and advisory procedures, scientific activities for professional development. It was determined that the academics preferred to spend a part of their leisure time by relaxing and doing nothing.

The activities which the academics 'often' do as a leisure activity is "reading books, newspapers, magazines – taking care of family and children". It was determined that the academics are head of the family and for that reason they take care of their family and children. In addition, it is possible to say that academician is a kind of a profession that requires continuous reading.

And one of the activities that academics "often" do as a leisure activity is "I'm doing sports / I'm watching the sports competitions". It is observed that the rates of practising sports as a leisure activity by the academics of the colleges of physical education and sports, are high. The sport is a part of their lives and their profession.

It was determined that the activities in which the academics "often" participate in their leisure time was "listening to music or playing a musical instruments – watching TV, video, VCD – using the Internet (chat, games, hobbies)".

The activities which the academics 'often' do as a leisure activity is "the event of going to cinema – going to fairs, parks, picnic and the like". We can say that academics could not attend those events due to obligatory activities such as workload of their classes, the academic studies, consultancies, having evening classes at some faculties and departments.

The activities which the academics 'sometimes' do as a leisure activity is "I attend social, cultural activities – I chat with friends/I take a walk – I walk through the bazaars and markets and shopping". The activities done as a group take an important place in the leisure time activities of individuals.

The activities which the academics 'never' do as a leisure activity are listed as "I go to a coffee house or to a cafes – I go to bars, pubs and the like places- I go hunting (land and water hunting)". We can say that the academics never go or rarely go to such events.

Significant differences were identified between the leisure activities as going to the cinema and theater, bar, pub and so on and going to hunt with respect to the gender variable. It was determined that female academics go more often to the cinema and theater in their leisure time, and besides, go to bars, pubs and so on places compared to male academics. It was determined that male academics participate more in the hunting activities compared to female academics.

A significant difference is seen in the activities of the academics of listening to music and playing musical instruments, going to a coffee house or cafe and using the internet as leisure activities with respect to marital status variable. Accordingly, it was determined that the single academics are listening to music and playing musical instruments more compared to the married ones, and they are going more to a coffee house or a cafe and use more the computer compared to the married academics. As the leisure activity

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of taking care of the family and children according to the marital status variable of the academics, it was determined that the married academics take more care of their family and children in their leisure time compared to the single ones. It was determined that the academics of age 30 and under the age of 30 participated more in the activities of listening to music and playing musical instruments compared to the other age groups with respect to the age variable. It was also determined that the academics of age 30 and under the age of 30 participated less in the activities of taking care of a family and children compared to the other age groups with respect to the age variable. In general, it was determined that although the participation to the leisure activities of the academics working at the colleges of physical education and sports varies, they often participated in activities such as family events, professional development, communication and technology. There were identified some differences in the frequency of participation in leisure activities with regard to marital status, age and gender.

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