International Journal of Humanities and Social Science Invention (IJHSSI)
ISSN (Online): 2319 – 7722, ISSN (Print): 2319 – 7714
www.ijhssi.org ||Volume 7 Issue 05 Ver. II ||May. 2018 || PP.72-90

Unıversıty Students' Sport Partıcıpatıon Rate: A Case Study Of Istanbul

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ABSTRACT:*This study aims to determine sport and physical activity participation rate of university students studying in Istanbul.In this context, questionnaires were submitted to 1000 persons, selected among 525.612 students who were studying at a university in Istanbul in 2018, by Istanbul Commerce University, Sport Industry Research and Application Center and 942 unproblematic questionnaires were obtained. The questions were adapted from the questionnaire including 17 questions that were used in order to measure sport and physical activity of Eurobarometer. The sport and physical activity participation rate of students studying in Istanbul was analysed by means of SPSS 23 pocket program. According to the findings of the study, the rate of university students' sport participation in Istanbul was identified as 36.69% on average.*
KEYWORDS: *University Students' Sport Participation Rate, Human Capital, Sport and Education*

Date of Submission: 23-04-2018 Date of acceptance: 08-05-2018

I INTRODUCTION

The previous studies show that the probability of becoming the sport participants of today and future is higher for the ones with high education qualifications compared to those who have taken education at moderate level[3]. The habits of participating in sportive activities formed during childhood and youth also has become a determining factor of sport participation during adulthood. Encouraging physical exercise may enable college and university students to resist physical activity decline after graduation. This results from the fact that the health behaviour in early adulthood can determine life quality in the following years[4]. In this regard, sport participation rate of university students provides significant clues regarding future human capital in labor markets. In this regard, as in many developed countries, important public policies have been developed in the UK to increase youth sport participation, including doubling the proportion of students enrolled in higher education since the 1980s. However, despite these interventions, sport participation rate remained stable among general public including youth[5]. For this reason, the researchers of public and private sector have been giving high importance to this field in the recent years.

This research presents statistical data regarding sport participation rate of students getting formal education at a university during January-March in 2018, the density and type of the performed sport (vigorous or moderate), sport places, the expectations of youth from sport and the reasons why they do not do sport. The obtained findings were based upon the data of University Students' Sport Participation Rate survey, carried out by Istanbul Commerce University, Sport Industry Research and Application Center. While preparing the questions of the questionnaire, Special Eurobarometer 412 and Sport and Physical Activity Report 2014 were taken as the basis and the data were analyzed with SPSS 23 pocket program. In the first part of the study, literature review was provided. In the second part, the methodology was explained. In the third part frequency, in the fourth part crosstab, and the fifth part sport participation rate were shared respectively.

II LITERATURE REVIEW

According to Special Barometer Health and Food 2005 report, a small number of Europeans attend sportive or free time activities. In more than half of the country (more than 40%), none of the participants do any sport. In 2005, the rate of the ones doing regular or a little regular physical activity of EU-28 was 64% in

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[3] Haycock, D. (2015), University students' sport participation: The significance of sport and leisure careers, (Doctoral dissertation), University of Chester, United Kingdom.
[4] Andrijasevic et.al (2009), Is Sports Recreation Important to University Students?
[5] ibid.

Finland, 59% in the Netherlands, 55% in Germany and 52% in Ireland. The study reveals that these types of physical activities are carried out mostly by the youngest persons who have taken the longest education and that the students and high-rank managers carry out higher physical activity than other professional categories.

According to Special Barometer Sport and Physical Activity Report (2009), 40% of the EU citizens do sport at least once a week. In the USA, males generally do sport more than females. The difference between males and females regarding sportive activities participation rate is especially obvious in young males and females at the ages between 15-24. Sport participation rate decreased with age. Generally, Scandinavian and the Netherlands represent the most active countries of EU in physical terms. On the other hand, Mediterranean countries and twelve member states tend to make less exercise.

According to Special Eurobarometer 412 Sport and Physical Activity (2013) research, 41% of the Europeans performed sport at least once in a week. 59% of EU citizens never or rarely did sport. Even though the figures did not change much between 2009 and 2013, the rate of students who never did sport increased from 39% to 42%. The rate of regular sport participation of young males at the ages between 15-24 was 74% while it was 55% in females. Sport participation rate decreased in accordance with age. The rate of males who were above 55 and never did sport was 70% while it was 71% in females.

Haycock (2015), surveyed sport and free time activities of undergraduate students who were at the ages between 20-25 by means of retrospective analysis. The study was carried out at two universities in England during March-July 2011. The findings revealed that two obvious estimators for the difference in sport participation and sport careers of university students were their department and gender. This study also showed that the differences in the variety of sport participation and sport careers of university students can not be evaluated as "High Education Effect", but the presuppositions required to form short or long term sport (and free time) careers can be shaped during childhood rather than youth.

According to Higher Education Sport Participation and Satisfaction Survey National Report (2012), two thirds of students (65%) participated in any sportive activities and half of them (32%) carried out high level sportive activities (3x30 minutes). 29% of all students participated in sport at university. This resulted from the fact that the ones living at a university campus had more sportive opportunities to use. According to Higher Education Sport Participation and Satisfaction Survey National Report (2013), five measurements were made in order to determine sport participation rate in England during 2012-2013. Based on these measurements, two thirds of those attended any types of sport at the rate of 67%, about half of them (34%) participated in high level (3x30 minutes) sportive activities.In Briefing Paper Number CBP 8181, Lucas Audicas (2017) revealed that 74% of youth at the ages between 16-24 in England participated in sport actively while 11% of them did it fairly active.

III METHODOLOGY

This study aims to determine sport tendency of university students and hence sport and physical activity participation rate. In this respect, the 17-question questionnaire of Eurobarometer, which was used in order to measure sport and physical activity, was adopted and 12-question questionnaire was prepared by revising it so that it could become suitable for university students. After that, the questionnaire was submitted to minimum 1000 students among 525.612[6] who were studying at any university in Istanbul in 2018 by means of random sampling method and 942 unproblematic questionnaires were obtained. The findings regarding sport and pyhsical activity participation of university students were obtained by means of SPSS 23 pocket program.

IV FREQUENCY

Among the students answering the questionnaire carried out in order to determine sport participation rate, 22% of them exercise one or twice, 19% less often and 17% three or four times a week while only 6% of them exercise five times or more in a week. When the data regarding the frequency of the participants to engage in a physical activity such as cycling from one place to another, dancing or dealing with garden are examined, it is seen that 26% of the participants engage in such activities less often, 20% 1 to 3 times a month while 18% of them never do it. In addition, the rate of the ones engaging in physical activities 5 times a week or more amounts to 5% of all participants. (See Figure 1-2).

[6] https://istatistik.yok.gov.tr/

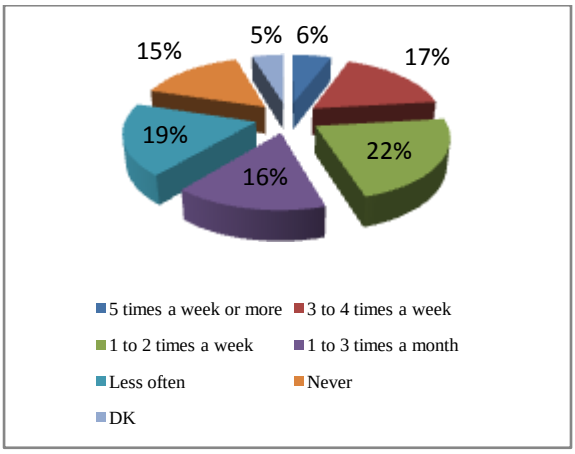

Figure 1. How often do you exercise or play sports?

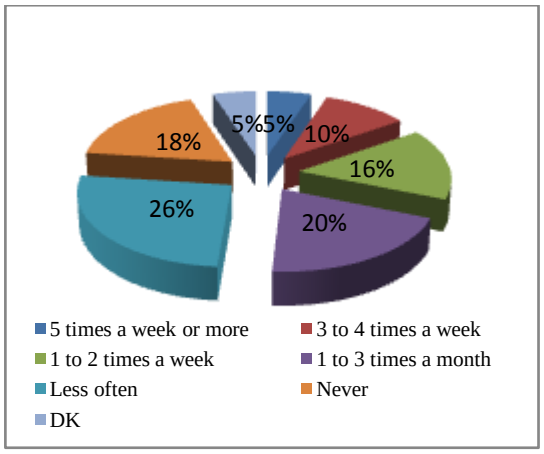

Figure1. And how often do you engage in other physical activities such as cycling from one place to another, dancing, gardening. etc.?

When the participants were asked how many days they carried out hard physical activities such as lifting heavy objects in the last 7 days, it was seen that 34% of them never do such activities as is seen in Figure 3. In addition, it is seen that 19% of them do such activities for one day, 15% for two days while only 5% of them do them for 7 days. When the results regarding the total time that the participants spent for intensive physical activities are examined, it is seen that 25% spend for 31-60 minutes, 19% spend for 61-90 minutes while 17% do not do hard physical activity. (See Figure 3-4).

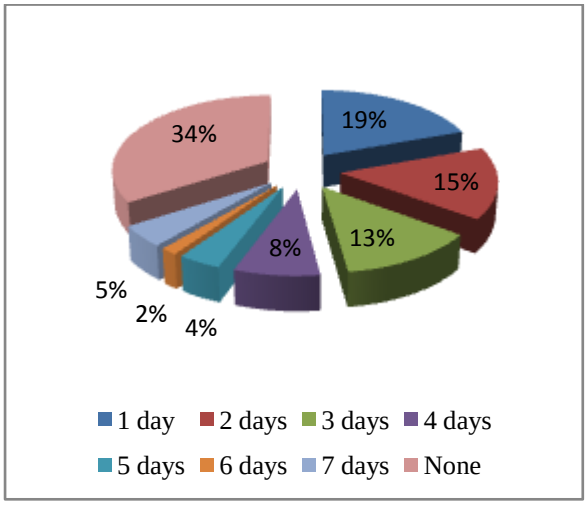

Figure2. In the last 7 days, how many days did you do hard physical activity like lifting heavy things, digging, aerobics or fast cycling?

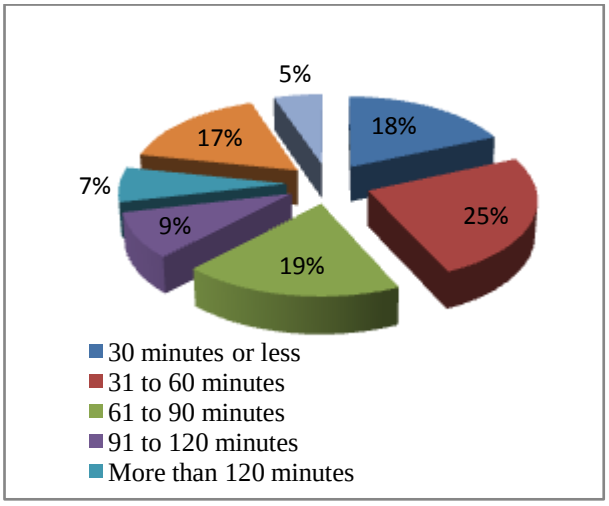

Figure3. In general, how much time in total do you usually spend on the days when you do hard pyhsical activity?

38% of the participants asked about the moderate physical activities such as cycling at normal pace, lifting light loads said that they did not engage in such activities in the last 7 days. 16% participants do it for one day, 12% for two days and 3% for 7 days. While 47% of the participants mentioned that they walked minimum for ten minutes during 7 days, 3% of them said that they did not walk even for ten minutes during the last 7 days. (See 5-6).

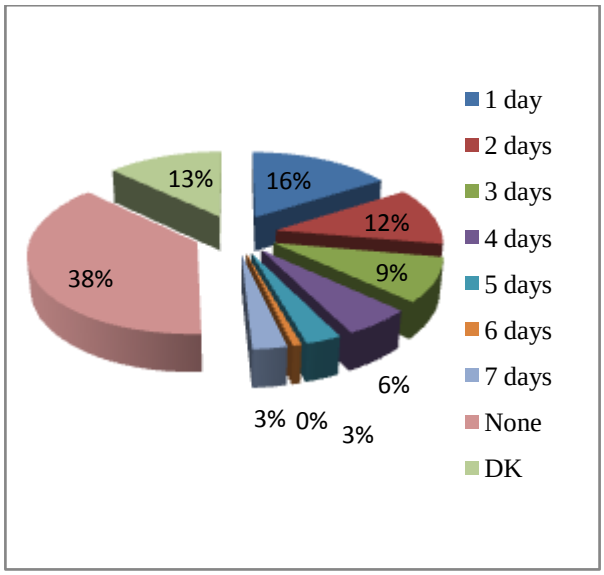

Figure4. In the last 7 days,how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or playing tennis? Please do not include walking.

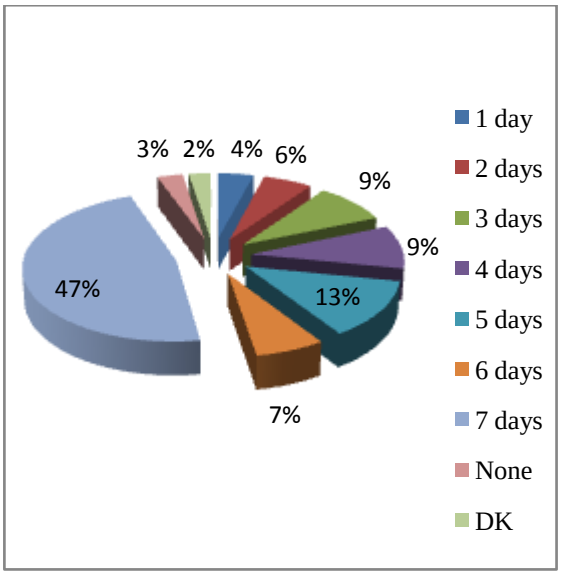

Figure5. In the last 7 days, how many days did you walk for at least 10 minutes at a time?

While 37% of the the ones mentioning that they went for a walk every day spent 30 minutes or less, 31% of them spent 31-60 minutes. Only 3% mentioned that they did not even walk for ten minutes. When the findings regarding the time the participants spentsitting on a normal day are examined, it is seen that the time that they spent is similar. While 3% of the participants mentioned that they sat down for one hour or less, 14% of them said they spent more than eight and half hours sitting.

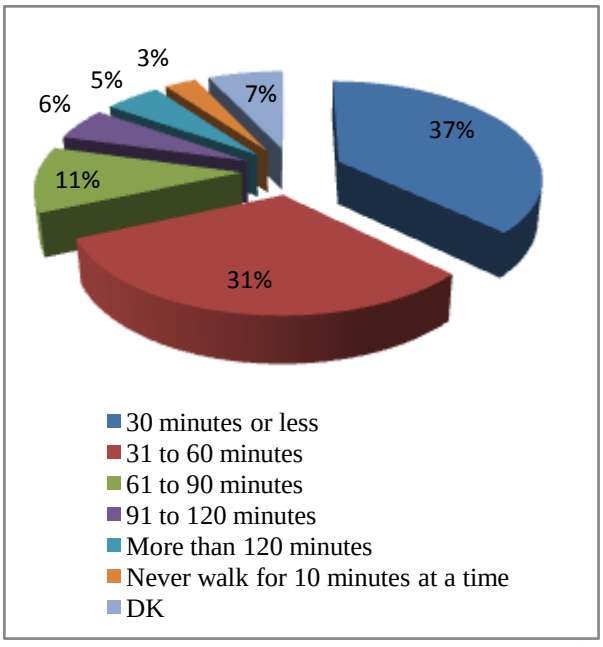

Figure6. In general, how much time in total do you usually spend for walking on days when you walk for at least 10 minutes at a time?

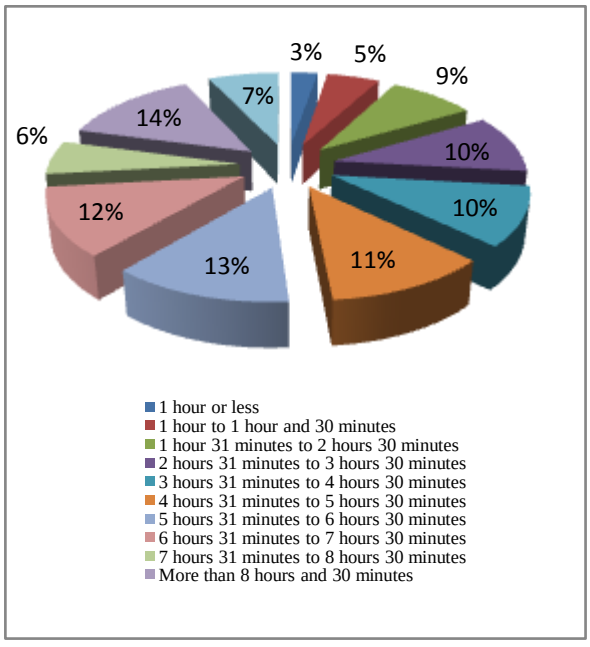

Figure7. How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

18.4% of the participants mentioned that they engaged in physical activity in a park, outside etc., 14.4% at home, 13.6% at a health or fitness centre, 12.9% on the way between home and school, at work or shops, 11.4% at school or university, 10.6% elsewhere, 7.7% at a sport club, 7.2% at a fitness centre and 3.4% at work.

Table1.Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?

		Responses	
		N	Percent
Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?	At a health or fitness centre (M)	178	13.6%
	At a sport club (M)	101	7.7%
	At a sport centre (M)	95	7.2%
	At school or university (M)	150	11.4%
	At work	45	3.4%
	At home (N)	193	14.7%
	On the way between home and school, at work or shops (M)	169	12.9%
	In a park, outdoors. etc. (M)	242	18.4%
	Elsewhere (SPONTANEOUS)	139	10.6%
Total		1312	100.0%

21.5% of the participants underlined that they dealt with physical activities to improve their health, 13.6% to improve their physical appearence, 12.7% to relax, 9.8% to have fun, 8.2% to increase their physical performance, 4.7% to counteract the effects of ageing, control their weight, improve their self-esteem, 4.5% to be with their friends, 4.1% to develop new skills, 2.6% for the spirit of competition, 1.8% to make new acquaintences, 1.7% to better integrate into society and 1.5% to meet people from other cultures.

Table2. Why do you engage in sport or physical activity?

		Responses	
		N	Percent
Why do you engage in sport or physical activity?	To improve your health	618	21.5%
	To improve your physical appearance	391	13.6%
	To counteract the effects of ageing	136	4.7%
	To have fun	283	9.8%
	To relax	365	12.7%
	To be with friends	130	4.5%
	To make new acquaintances	53	1.8%
	To meet people from other cultures	43	1.5%
	To improve physical performance	235	8.2%
	To control your weight	135	4.7%
	To improve your self-esteem	136	4.7%
	To develop new skills	119	4.1%
	For the spirit of competition	75	2.6%
	To better integrate into society	48	1.7%
	Other (SPONTANEOUS)	64	2.2%
	DK	47	1.6%
Total		2878	100.0%

The most important reason why the people do not do physical exercise is time limit. As the reasons for not doing physical exercise, 39.2% mentioned time scarcity, 12.3% its high cost, 12.1% the lack of a suitable or accessible sport infrastructure close to where they live, 8.9% lack of motivation or interest, 6.9% lack of friends to do sports with, 5.8% a disability or illness, 2.5% dislike for competitive activities, 2.1% fear for the risk of injuries, 1.4% feeling of being discriminated against by other participants.

Table3.What are the main reasons currently preventing you from practising sport more regularly?

		Responses	
		N	Percent
What are the main reasons currently preventing you from practising sport more regularly?	You do not have the time	557	39.2%
	It is too expensive	175	12.3%
	You do not like competitive activities	35	2.5%
	There is no suitable or accessible sport infrastructure close to where you live.	172	12.1%
	You have a disability or illness	69	4.9%
	You do not have friends to do sports with	98	6.9%
	You feel discriminated against by other participants	20	1.4%
	You lack motivation or are not interested	127	8.9%
	You are afraid of the risk of injuries	30	2.1%
	Other (SPONTANEOUS)	56	3.9%
	DK	83	5.8%
Total		1422	100.0%

V CROSSTAB

As is seen in Table 4, a significant relation with 1% statistical error margin was identified between the frequency of exercise or sportive activities and the frequency of pyhsical activities such as cycling, dancing and gardening (sig. 0.000).22.2% of the ones who exercise or play sport 5 times a week or more do pyhsical exercises such as dancing, cycling or gardening more. 33.6% of the ones who never do exercise or play sport mentioned that they did not do any physical exercise. The ones mentioning that they did exercise or playedsport three-four times a week did physical activity 24.5% less.

Table4.Frequency of Exercise or Sportive Activities And frequency of Physical Activities

		How often do you exercise or play sport?						
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	Never	DK
And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardeningetc.? (M)	5 times a week or more	22.2%	4.9%	5.3%	5.4%	2.8%	2.7%	2.3%
	3 to 4 times a week	18.5%	17.8%	9.6%	10.1%	7.9%	2.7%	9.1%
	1 to 2 times a week	20.4%	17.8%	23.4%	14.9%	10.7%	10.3%	6.8%
	1 to 3 times a month	9.3%	18.4%	21.1%	31.1%	20.3%	14.4%	13.6%
	Less often	11.1%	24.5%	23.4%	21.6%	32.8%	30.1%	34.1%
	Never	13.0%	13.5%	12.9%	13.5%	22.0%	33.6%	9.1%
	DK	5.6%	3.1%	4.3%	3.4%	3.4%	6.2%	25.0%
	Total	100 %	100%	100%	100%	100 %	100%	100%
χ^2 =169.207df= 36 Sig..000*								
*. The Chi-square statistic is significant at the .05 level.								

As is seen in Table 5, a significant relation with 1% statistical error margin was identified between the frequency of exercise or sportive activities and the frequency of vigorous physical activities in the last 7 days (sig. 0.000). 22.6% of the ones doing sportive activities five times or more mentioned that they did vigorous activities such as lifting heavy things for five days in the last 7 days. 39.5% of the ones doing sport less frequently mentioned that they never did vigorous activities. 25% of the ones mentioning that they engaged in sportive activities 3 to 4 times a week did vigorous activities for 3 days a week.

Table5.Frequency of Exercise or Sportive Activities And frequency of vigorous Physical Activities

		How often do you exercise or play sport?						
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	Never	DK
In the last 7 days, how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?	1 day	1.9%	13.4%	23.0%	18.4%	21.5%	13.0%	15.9%
	2 days	7.5%	15.9%	22.5%	12.9%	7.3%	9.6%	13.6%
	3 days	9.4%	25.0%	9.6%	8.8%	9.0%	5.5%	9.1%
	4 days	15.1%	18.9%	3.8%	4.1%	3.4%	4.8%	0.0%
	5 days	22.6%	2.4%	2.9%	1.4%	2.3%	2.1%	4.5%
	6 days	9.4%	1.8%	1.0%	0.7%	0.6%	0.0%	2.3%
	7 days	17.0%	1.8%	1.9%	2.7%	4.5%	6.2%	4.5%
	None	9.4%	15.9%	25.4%	29.3%	39.5%	49.3%	31.8%
	DK	7.5%	4.9%	10.0%	21.8%	11.9%	9.6%	18.2%
	Total	100 %	100%	100%	100%	100 %	100%	100%
χ^2 =304.106 df= 48 Sig..000*								
*. The Chi-square statistic is significant at the .05 level.								

As is seen in Table 6, a significant relation with 1% statistical error margin was identified between the frequency of exercise or sportive activities and the frequency of moderate physical activities such as lifting light loads, cycling at normal pace or playing tennis the last 7 days (sig. 0.000). 20.7% of the ones mentioning that they did sportive or physical activities 3 to 4 times a week said that they did moderate activities 1 day in the last 7 days. 22.2% of the ones doing sport 5 times a week or more, 30.8% of the ones doing sport once or twice a week, 33.3% of the ones doing sport once or twice a month, 50.3% of the ones doing sport less often and 63.4% of the ones who never do sport said that they never did such moderate activities as cycling from one place to another and playing tennis.

Table6.Frequency of Exercise or Sportive Activities and Frequency of Moderate Physical Activities

		How often do you exercise or play sport?						
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	Never	DK
In the last 7 days, how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.	1 day	7.4%	20.7%	18.8%	17.0%	17.5%	7.6%	13.6%
	2 days	13.0%	18.3%	17.8%	12.2%	4.5%	6.9%	2.3%
	3 days	11.1%	13.4%	9.6%	4.8%	9.0%	6.2%	11.4%
	4 days	9.3%	11.0%	5.3%	8.2%	2.3%	2.8%	0.0%
	5 days	13.0%	4.9%	1.9%	3.4%	0.6%	0.0%	6.8%
	6 days	7.4%	0.6%	0.0%	0.0%	0.6%	0.0%	2.3%
	7 days	7.4%	2.4%	1.9%	5.4%	2.3%	2.1%	0.0%
	None	22.2%	18.9%	30.8%	33.3%	50.3%	63.4%	40.9%
	DK	9.3%	9.8%	13.9%	15.6%	13.0%	11.0%	22.7%
	Total	100%	100%	100%	100%	100%	100%	100%
χ^2 =206.185 df= 48 Sig..000*								
*. The Chi-square statistic is significant at the .05 level.								

As is seen in Table 7, a significant relation with 1% statistical error margin was identified between the frequency of exercise or sportive activities and the place where sportive or physical activities are carried out (sig. 0.000). While 44.4% of the ones doing sport 5 times a week or more and 40.2% of the ones doing sport 3 to 4 times a week preferred a health or fitness centre as the sport place, 30.9% of the ones doing sport 1 to 2 times a week, 40.8% of the ones doing sport 1 to 3 times a month and 28.9% of the ones doing sport less often preferred park, outdoor and similar places.

Table7. Frequency of Exercise or Sportive Activities and Places to Perform Sports or Physical Activities

		How often do you exercise or play sport?						
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	DK	Total
Earlier you said you engage in sport or other physical activity. vigorous or not. Where do you engage in sport or physical activity?	At a health or fitness centre (M)	13.90%	40.50%	23.70%	9.20%	8.70%	4.00%	100.00%
	At a sport club (M)	18.60%	38.10%	20.60%	10.30%	10.30%	2.10%	100.00%
	At a sport centre (M)	16.30%	31.50%	33.70%	9.80%	7.60%	1.10%	100.00%
	At school or university (M)	9.20%	22.30%	26.90%	21.50%	16.20%	3.80%	100.00%
	At work	7.70%	7.70%	33.30%	23.10%	20.50%	7.70%	100.00%
	At home (N)	6.90%	17.20%	25.30%	23.60%	21.80%	5.20%	100.00%
	On the way between home and school. work or shops (M)	2.80%	15.20%	24.80%	24.10%	26.90%	6.20%	100.00%
	In a park. outdoors. etc. (M)	5.50%	15.10%	28.90%	27.50%	20.20%	2.80%	100.00%
	Elsewhere (SPONTANEOUS)	6.30%	11.70%	17.10%	27.90%	27.90%	9.00%	100.00%
	DK	7.10%	21.50%	26.90%	19.40%	20.10%	4.90%	100.00%
χ^2 =235.23 df= 45 Sig..000*								
*. The Chi-square statistic is significant at the .05 level.								

A significant relation with 5% statistical error margin was identified among the answers given for the questions regarding the frequency of physical activities such as dancing, gardening and the place that they use to do sport(sig. 0.019).Accordingly, 44.1% of the ones preferring fitness centre, 45.6% of the ones doing sport at home, 47.3% preferring to do sport on the way between school and home, work and shops, 46.2% of the ones preferring park or outdoors perform activities such as cycling, gardening 3 times or less a month.

Table8.Frequency of Physical Activity And Places to Perform Sports or Physical Activities

		And how often do you engage in other physical activity such as cycling from one place to another, dancing,gardening. etc.?							
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	Never	DK	Total
or other physical activity. vigorous or not. Where do you engage in	At a health or fitness centre (M)	4.5%	13.0%	14.1%	21.5%	22.6%	20.3%	4.0%	100%
	At a sport club (M)	7.9%	17.8%	15.8%	15.8%	23.8%	14.9%	4.0%	100%
	At a sport centre (M)	8.5%	11.7%	20.2%	17.0%	22.3%	16.0%	4.3%	100%
	At school or university (M)	4.7%	12.0%	27.3%	25.3%	20.0%	9.3%	1.3%	100%
	At work	6.7%	22.2%	15.6%	17.8%	17.8%	13.3%	6.7%	100%
	At home (N)	5.7%	9.8%	19.7%	20.7%	24.9%	12.4%	6.7%	100%
	On the way between home and school, work or shops (M)	5.9%	14.2%	11.8%	20.1%	27.2%	15.4%	5.3%	100%
	In a park, outdoors. etc. (M)	6.2%	13.6%	19.4%	23.1%	23.1%	10.7%	3.7%	100%
	Elsewhere (SPONTANEOUS)	4.3%	9.4%	13.7%	22.3%	28.1%	15.8%	6.5%	100%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	Total	5.7%	10.9%	16.5%	20.8%	25.3%	15.5%	5.3%	100%
χ^2 =77.560 df= 54 Sig..019*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the frequency of vigorous physical activity in the last seven days and the place that they use to perform sport (sig. 0.000). 48.3% of the ones preferring a fitness centre, 50.4% of the ones performing sport at school or university mentioned that they performed vigorous activities such as lifting heavy things, digging, aerobics or cycling at a qucik pace3 days or less. In addition, 34.9% of the ones preferring to do sport on the way between school and home, work or shops mentioned that they never engaged in such vigorous activities.

Table9. Frequency of vigorous physical activity And Places To Perform Sports or Physical Activities

		In the last 7 days, how many days did you do vigorous physical activity like lifting heavy things. digging. aerobics or fast cycling?									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
Earlier you said you engage in sport or other physical activity. vigorous or not. Where do you engage in sport or physical activity?	At a health or fitness centre (M)	11.8%	14.6%	21.9%	14.0%	5.6%	1.7%	4.5%	16.3%	9.6%	100%
	At a sport club (M)	13.0%	14.0%	11.0%	16.0%	8.0%	4.0%	6.0%	16.0%	12.0%	100%
	At a sport centre (M)	17.9%	20.0%	9.5%	11.6%	6.3%	1.1%	4.2%	18.9%	10.5%	100%
	At school or university (M)	19.5%	16.8%	14.1%	6.7%	3.4%	0.7%	4.0%	22.8%	12.1%	100%
	At work	8.9%	13.3%	15.6%	11.1%	11.1%	2.2%	2.2%	28.9%	6.7%	100%
	At home (N)	19.7%	15.5%	11.4%	3.6%	4.1%	1.0%	5.2%	24.9%	14.5%	100%
	On the way between home and school. work or shops (M)	19.5%	8.9%	14.2%	3.6%	2.4%	0.0%	6.5%	34.9%	10.1%	100%
	In a park. outdoors. etc. (M)	19.5%	17.0%	10.4%	4.6%	2.9%	1.2%	3.7%	29.9%	10.8%	100%
	Elsewhere (SPONTANEOUS)	18.7%	15.8%	13.7%	2.9%	3.6%	0.7%	3.6%	28.1%	12.9%	100%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	Total	17.9%	14.4%	12.2%	7.5%	3.8%	1.5%	4.2%	26.7%	11.7%	100%
χ^2 =148.277 df= 72 Sig.000*											
*. The Chi-square statistic is significant at the .05 level.											

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the place used to perform sport and the time they spend on these activities on the days they perform them (sig. 0.000). 35.8% of the ones going to fitness centres for performing sport, 25.75% of the ones preferring sport clubs, 33.7% of the ones preferring sport centres mentioned that they performed vigorous physical activities for 61 to 90 minutes. 27.3% of the ones preferring to do sport in a park or outdoors, 31.6% of the ones preferring to do sport at work mentioned that they performed vigorous activities for 31 to 60 minutes.

Table10. Frequency of Vigorous Physical Activity Time and Places to Perform Sports or Physical Activities

		In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
other physical activity, vigorous or not. Where do you engage in sport or	At a health or fitness centre (M)	6.8%	26.1%	35.8%	16.5%	8.0%	3.4%	3.4%	100%
	At a sport club (M)	14.9%	18.8%	25.7%	24.8%	7.9%	5.0%	3.0%	100%
	At a sport centre (M)	11.6%	24.2%	33.7%	10.5%	8.4%	9.5%	2.1%	100%
	At school or university (M)	18.0%	24.7%	17.3%	9.3%	12.7%	12.0%	6.0%	100%
	At work	18.6%	25.6%	11.6%	9.3%	14.0%	14.0%	7.0%	100%
	At home (N)	24.9%	31.6%	16.6%	3.1%	6.7%	13.5%	3.6%	100%
	On the way between home and school. work or shops (M)	24.3%	22.5%	14.8%	7.7%	7.1%	18.9%	4.7%	100%
	In a park. outdoors. etc. (M)	21.5%	27.3%	19.4%	9.9%	7.9%	10.3%	3.7%	100%
	Elsewhere (SPONTANEOUS)	26.6%	16.5%	13.7%	7.2%	7.2%	18.7%	10.1%	100%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	Total	18.8%	25.7%	20.1%	10.0%	7.5%	12.7%	5.2%	100%
χ^2 =204.956 df= 54 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the the place that they use to do sport and the days they perform moderate activities such as carrying light things, cycling, playing tennis within seven days (sig. 0.019). 48.3% of the ones preferring fitness centres, 55.3% of the ones preferring to perform sport at work mentioned that they did moderate activity for 3 days or less while 36.5% of the ones preferring to perform sport at work, 40.2% of the ones preferring to do it on the way between home and school, 30.4% of the ones preferring to perform sport in a park or outdoors mentioned that they did not do any sport in the last seven days.

Table11. Frequency of Moderate Physical Activity and Places to Perform Sports or Physical Activities

		IIn the last 7 days,how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or doubles tennis? Please do not include walking.									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
physical activity, vigorous or not. Where do	At a health or fitness centre (M)	20.8%	14.0%	13.5%	6.7%	3.9%	1.1%	4.5%	22.5%	12.9%	100%
	At a sport club (M)	13.9%	14.9%	11.9%	9.9%	5.9%	3.0%	5.9%	25.7%	8.9%	100%
	At a sport centre (M)	10.6%	17.0%	16.0%	4.3%	8.5%	3.2%	4.3%	22.3%	13.8%	100%
	At school or university (M)	13.3%	14.0%	10.0%	8.7%	4.7%	1.3%	6.0%	29.3%	12.7%	100%
	At work	20.0%	13.3%	20.0%	4.4%	0.0%	0.0%	0.0%	31.1%	11.1%	100%
	At home (N)	16.7%	14.1%	7.3%	5.2%	2.6%	0.5%	3.6%	36.5%	13.5%	100%
	On the way between home and school. work or shops (M)	14.2%	10.1%	6.5%	3.0%	3.6%	1.2%	8.3%	42.0%	11.2%	100%
	In a park. outdoors. etc. (M)	17.4%	15.8%	6.2%	5.4%	3.3%	0.4%	5.0%	34.0%	12.4%	100%
	Elsewhere (SPONTANEOUS)	14.4%	10.8%	9.4%	4.3%	5.0%	0.7%	2.2%	38.8%	14.4%	100%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	Total	16.9%	12.6%	9.4%	6.3%	3.2%	0.8%	3.2%	34.3%	13.3%	100%
χ^2 =140.122 df= 72Sig.000*											
*. The Chi-square statistic is significant at the .05 level.											

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the frequency of moderate physical activity and the time they spend for the moderate physical activities(sig. 0.000). As is seen in Table 12, 53.1% of the ones preferring fitness centres for exercise, 51.5% of the ones preferring sport centres, 61.5% of the ones preferring home for exercise, 53.6% of the ones preferring to do sport anywhere on the way from home to school, 55.7% of the ones preferring to do sport in a park or outdoors mentioned that they did moderate activities for 60 minutes or less.

Table12. Frequency of Moderate Physical Activity Time and Places to Perform Sports or Physical Activities

		In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
Earlier you said you engage in sport or some physical activity. vigorous or not. Where do you	At a health or fitness centre (M)	15.8%	37.3%	25.4%	8.5%	2.3%	2.8%	7.9%	100.0%
	At a sport club (M)	14.9%	33.7%	16.8%	14.9%	7.9%	4.0%	7.9%	100.0%
	At a sport centre (M)	14.7%	36.8%	25.3%	7.4%	6.3%	4.2%	5.3%	100.0%
	At school or university (M)	18.8%	29.5%	18.1%	12.1%	3.4%	8.1%	10.1 %	100.0%
	At work	15.6%	28.9%	20.0%	0.0%	6.7%	13.3%	15.6 %	100.0%
	At home (N)	31.3%	30.2%	14.1%	5.2%	2.6%	8.9%	7.8%	100.0%
	On the way between home and school. work or shops (M)	26.8%	26.8%	11.9%	8.3%	5.4%	13.1%	7.7%	100.0%
	In a park. outdoors. etc. (M)	23.1%	32.6%	18.2%	5.4%	4.5%	10.3%	5.8%	100.0%
	Elsewhere (SPONTANEOUS)	27.3%	28.8%	13.7%	4.3%	3.6%	11.5%	10.8 %	100.0%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Total	22.0%	31.5%	16.6%	6.6%	4.0%	10.1%	9.3%	100.0%
χ^2 =125.805 df= 54 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 5% statistical error margin was identified among the answers given for the questions regarding the place that they use to do sport and the number of days on which they went for a walk for minimum ten minutes within seven days (sig. 0.049).In this context, 51.7% of the ones preferring fitness centres to do sport or exercise, 53.6% of the ones preferring any place on the way between school and home, 52.3% of the ones preferring park or outdoors mentioned that they went for a walk for minimum 10 minutes within the last seven days.

Table13. Frequency of Walking and Places to Perform Sports or Physical Activities

		In the last 7 days,how many days did you walk for at least 10 minutes at a time?									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
Earlier you said you engage in sport or some physical activity. vigorous or not. Where do you engage in sport or	At a health or fitness centre (M)	2.2 %	5.1 %	12.4 %	7.9%	12.4 %	3.9%	51.7 %	1.1 %	3.4 %	100 %
	At a sport club (M)	2.0 %	6.9 %	15.8 %	7.9%	12.9 %	5.0%	42.6 %	3.0 %	4.0 %	100 %
	At a sport centre (M)	4.2 %	4.2 %	10.5 %	13.7 %	5.3%	7.4%	48.4 %	3.2 %	3.2 %	100 %
	At school or university (M)	4.0 %	6.0 %	6.0%	10.7 %	14.8 %	6.7%	45.6 %	2.0 %	4.0 %	100 %
	At work	2.2 %	2.2 %	2.2%	15.6 %	15.6 %	8.9%	42.2 %	4.4 %	6.7 %	100 %
	At home (N)	4.1 %	6.7 %	4.7%	6.7%	14.0 %	7.8%	49.7 %	3.1 %	3.1 %	100 %
	On the way between home and school. work or shops (M)	3.6 %	7.7 %	6.0%	7.1%	8.3%	10.1 %	53.6 %	1.8 %	1.8 %	100 %
	In a park. outdoors. etc. (M)	3.3 %	2.9 %	7.5%	9.5%	14.5 %	7.5%	52.3 %	1.7 %	0.8 %	100 %
	Elsewhere (SPONTANEOUS)	3.6 %	6.5 %	4.3%	6.5%	17.4 %	7.2%	50.0 %	0.7 %	3.6 %	100 %
	DK	0.0 %	0.0 %	0.0%	0.0%	0.0%	0.0%	0.0%	0.0 %	0.0 %	0%
	Total	3.9 %	5.7 %	9.0%	9.1%	12.7 %	6.9%	47.2 %	2.8 %	2.6 %	100 %
χ^2 =93.006 df= 72 Sig.049*											
*. The Chi-square statistic is significant at the .05 level.											

When Table 14 was examined, a significant relation with 5% statistical error margin was identified among the answers given for the questions regarding the place that they used to do sport and the number of days on which they went for a walk for minimum ten minutes within seven days (sig. 0.016). 74.5% of the ones preferring a health or fitness centre for sport or exercise, 70% of the ones preferring a sport centre, 69.5% of the ones preferring to do sport at home, 67.4% of the ones preferring somewhere on the way between home, at work or shop mentioned that they went for a walk for 60 minutes or less.

Table14. Frequency of walking time And Places To Perform Sports or Physical Activities

		In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
Earlier you said you engage in sport or other physical activity, vigorous or not. Where do you engage in sport or physical activity?	At a health or fitness centre (M)	35.0%	39.5%	6.8%	4.5%	5.1%	0.0%	9.0%	100%
	At a sport club (M)	27.7%	28.7%	12.9%	9.9%	9.9%	3.0%	7.9%	100%
	At a sport centre (M)	36.8%	33.7%	13.7%	6.3%	2.1%	3.2%	4.2%	100%
	At school or university (M)	34.0%	32.7%	12.0%	6.7%	6.7%	2.0%	6.0%	100%
	At work	22.2%	28.9%	17.8%	6.7%	13.3%	2.2%	8.9%	100%
	At home (N)	35.8%	33.7%	16.1%	4.7%	4.1%	2.1%	3.6%	100%
	On the way between home and school, work or shops (M)	34.3%	33.1%	8.9%	9.5%	8.3%	1.2%	4.7%	100%
	In a park, outdoors, etc. (M)	33.9%	32.2%	11.6%	8.3%	7.4%	2.9%	3.7%	100%
	Elsewhere (SPONTANEOUS)	38.1%	31.7%	11.5%	3.6%	6.5%	2.2%	6.5%	100%
	DK	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Total	36.3%	31.9%	11.1%	5.6%	5.7%	2.6%	6.8%	100%
χ^2 =78.663 df= 54 Sig.016*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the frequency of exercise or sportive activities and the reason for engaging in sport (sig. 0.000). 62% of the ones engaging in sport to improve their health, 60% of the ones engaging in sport to improve their physical appearance, 62.5% of the ones engaging in sport to be with friends, 65.1% of the ones engaging in sport to make new acquaintances, 65% of the ones engaging in sport to meet new people from other cultures, 67.8% of the ones engaging in sport to improve their physical performance, 65.1% of the ones engaging in sport to develop their self-esteem, 71.6% of the ones engaging in sport to develop new skills, 75.7% of the ones engaging in sport for the spirit of competition, 74.4% of the ones engaging in sport to better integrate into social life mentioned that they did sport 1 to 2 times a week or less.

Table15. Frequency of Exercise or Sportive Activities and the Reason for Engaging in Sport

		How often do you exercise or play sport?						
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	DK	Total
Why do you engage in sport or physical activity?	To improve your health	8.1%	25.0%	28.9%	17.4%	16.9%	3.7%	100.0%
	To improve your physical appearance	6.9%	26.0%	27.1%	19.7%	16.3%	3.9%	100.0%
	To counteract the effects of ageing	9.4%	20.3%	28.9%	24.2%	13.3%	3.9%	100.0%
	To have fun	8.4%	20.5%	27.0%	22.8%	16.7%	4.6%	100.0%
	To relax	6.6%	24.5%	27.5%	18.8%	19.4%	3.3%	100.0%
	To be with friends	7.8%	21.7%	33.0%	15.7%	16.5%	5.2%	100.0%
	To make new acquaintances	9.3%	30.2%	25.6%	16.3%	18.6%	0.0%	100.0%
	To meet people from other cultures	10.0%	30.0%	25.0%	22.5%	12.5%	0.0%	100.0%
	To improve physical performance	12.6%	28.3%	26.9%	17.9%	11.7%	2.7%	100.0%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	To control your weight	9.8%	22.0%	27.6%	22.0%	13.8%	4.9%	100.0%
	To improve your self-esteem	9.8%	25.2%	30.1%	17.9%	14.6%	2.4%	100.0%
	To develop new skills	9.2%	24.8%	37.6%	15.6%	10.1%	2.8%	100.0%
	For the spirit of competition	17.1%	32.9%	25.7%	15.7%	4.3%	4.3%	100.0%
	To better integrate into society	18.6%	25.6%	30.2%	14.0%	9.3%	2.3%	100.0%
	Other (SPONTANEOUS)	16.0%	18.0%	24.0%	16.0%	20.0%	6.0%	100.0%
	DK	7.7%	11.5%	3.8%	7.7%	42.3%	26.9%	100.0%
	Total	7.0%	21.2%	26.5%	19.0%	21.0%	5.4%	100.0%
χ^2 =238.7518728 df= 80Sig.000*								
*. The Chi-square statistic is significant at the .05 level.								

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the frequency of physical activities such as cycling, dancing and gardening (sig. 0.000). 50.8% of the ones engaging in sport to counteract the effects of ageing, 54.7% of the ones engaging in sport to make new acquaintances, 50.8% of the ones engaging in sport to develop new skills mentioned that they did such physical activities 3 times a month or less. On the other hand, 37.2% of the ones engaging in sport to have fun, 36.6% of the ones engaging in sport to relax, 36.4% of the ones engaging in sport to improve their physical performance, 37.9% of the ones engaging in sport for the spirit of competition mentioned that they did such activities as cycling from one place to another, dancing and gardening 1 to 2 times a week or less.

Table16. Frequency of Physical Activity and the Reason for Engaging in Sport

		And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?							
		5 times a week or more	3 to 4 times a week	1 to 2 times a week	1 to 3 times a month	Less often	Never	DK	Total
Why do you engage in sport or physical activity?	To improve your health	5.8%	9.4%	17.6%	22.7%	26.7%	13.4%	4.5%	100.0%
	To improve your physical appearance	5.9%	10.5%	14.9%	24.1%	24.9%	14.9%	4.9%	100.0%
	To counteract the effects of ageing	7.4%	11.8%	18.4%	24.3%	26.5%	8.8%	2.9%	100.0%
	To have fun	7.4%	11.0%	18.8%	20.9%	24.8%	13.5%	3.5%	100.0%
	To relax	4.7%	12.1%	19.8%	22.0%	24.5%	12.1%	4.9%	100.0%
	To be with friends	5.4%	10.8%	16.2%	26.2%	23.1%	16.2%	2.3%	100.0%
	To make new acquaintances	1.9%	17.0%	7.5%	28.3%	26.4%	15.1%	3.8%	100.0%
	To meet people from other cultures	4.7%	11.6%	9.3%	30.2%	20.9%	11.6%	11.6%	100.0%
	To improve physical performance	7.3%	12.4%	16.7%	20.5%	23.5%	15.4%	4.3%	100.0%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	To control your weight	6.7%	8.2%	16.4%	20.9%	23.1%	17.9%	6.7%	100.0%
	To improve your self-esteem	5.2%	12.6%	16.3%	23.0%	25.2%	14.1%	3.7%	100.0%
	To develop new skills	6.8%	15.3%	8.5%	25.4%	25.4%	11.0%	7.6%	100.0%
	For the spirit of competition	8.1%	20.3%	9.5%	23.0%	16.2%	17.6%	5.4%	100.0%
	To better integrate into society	17.0%	14.9%	6.4%	23.4%	21.3%	14.9%	2.1%	100.0%
	Other (SPONTANEOUS)	10.9%	12.5%	14.1%	14.1%	21.9%	21.9%	4.7%	100.0%
	DK	2.1%	8.5%	6.4%	10.6%	27.7%	29.8%	14.9%	100.0%
	Total	5.5%	10.7%	16.2%	20.3%	26.0%	16.1%	5.3%	100.0%
χ^2 =154.487 df= 96 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the frequency of engaging in vigorous physical activities within the last seven days(sig. 0.002). As is seen in Table 17, 54.6% of the ones engaging in sport to develop new skills, 52.2% of the ones engaging in sport to integrate into social life mentioned that they engaged in vigorous physical activities for 1 to 3 days. In addition, about 50% of the ones engaging in sport to make friends, discover new cultures, increase their physical performance, control their weight, for the spirit of competition do vigorous activities for 1 to 3 days.

Table17. Frequency of Vigorous Physical Activity and the Reason for Engaging in Sport

		In the last 7 days, how many days did you do vigorous physical activity like lifting heavy things, digging, aerobics or fast cycling?									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
Why do you engage in sport or physical activity?	To improve your health	17.4%	15.8%	12.7%	6.9%	4.0%	1.3%	3.1%	27.6%	11.1%	100.0%
	To improve your physical appearance	16.4%	14.9%	13.1%	6.7%	3.3%	1.3%	2.6%	29.5%	12.3%	100.0%
	To counteract the effects of ageing	13.2%	16.9%	12.5%	10.3%	4.4%	0.7%	3.7%	24.3%	14.0%	100.0%
	To have fun	18.4%	13.5%	13.1%	9.6%	1.1%	1.4%	5.7%	24.8%	12.4%	100.0%
	To relax	20.3%	14.6%	14.6%	6.9%	3.8%	1.1%	3.3%	25.5%	9.9%	100.0%
	To be with friends	20.9%	13.2%	14.0%	7.8%	3.1%	0.0%	6.2%	23.3%	11.6%	100.0%
	To make new acquaintances	24.5%	11.3%	11.3%	11.3%	1.9%	0.0%	7.5%	20.8%	11.3%	100.0%
	To meet people from other cultures	30.2%	11.6%	7.0%	16.3%	2.3%	0.0%	9.3%	16.3%	7.0%	100.0%
	To improve physical performance	15.0%	17.1%	17.5%	9.0%	3.8%	1.7%	6.0%	21.4%	8.5%	100.0%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	To control your weight	19.3%	15.6%	14.8%	8.1%	5.9%	0.7%	5.2%	19.3%	11.1%	100.0%
	To improve your self-esteem	14.7%	16.2%	11.8%	11.0%	2.9%	0.0%	5.9%	25.0%	12.5%	100.0%
	To develop new skills	18.5%	21.0%	15.1%	10.1%	4.2%	0.8%	4.2%	16.8%	9.2%	100.0%
	For the spirit of competition	17.3%	14.7%	17.3%	12.0%	5.3%	0.0%	8.0%	20.0%	5.3%	100.0%
	To better integrate into society	16.7%	18.8%	16.7%	6.3%	2.1%	2.1%	12.5%	18.8%	6.3%	100.0%
	Other (SPONTANEOUS)	14.1%	9.4%	14.1%	4.7%	6.3%	1.6%	10.9%	25.0%	14.1%	100.0%
	DK	10.6%	8.5%	14.9%	6.4%	2.1%	2.1%	8.5%	38.3%	8.5%	100.0%
	Total	17.7%	14.1%	12.0%	7.2%	3.6%	1.5%	4.3%	28.0%	11.7%	100.0%
χ^2 =179.091 df= 128 Sig.002*											
*. The Chi-square statistic is significant at the .05 level.											

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the time they spent on vigorous activities(sig. 0.000).In this context, 46.7% of the ones engaging in sport to improve their health, 47% of the ones engaging in sport to improve their physical appearance, 45.6% of the ones engaging in sport to counteract the effects of ageing, 43.8% of the ones engaging in sport to relax, 47.4% of the ones engaging in sport to control their weight spent for 60 minutes or less for vigorous physical activity.

Table18. Frequency of Vigorous Physical ActivityTime and the Reason for Engaging in Sport

		In general, on days when you do vigorous physical activity, how much time in total do you usually spend at it?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
Why do you engage in sport or physical activity?	To improve your health	19.2%	27.5%	22.8%	8.3%	6.7%	11.4%	4.2%	100%
	To improve your physical appearance	19.0%	28.0%	25.2%	9.0%	5.1%	11.1%	2.6%	100%
	To counteract the effects of ageing	23.5%	22.1%	21.3%	8.1%	10.3%	9.6%	5.1%	100%
	To have fun	17.7%	23.0%	22.7%	11.7%	9.9%	9.6%	5.3%	100%
	To relax	18.7%	25.1%	24.2%	8.8%	8.0%	11.6%	3.6%	100%
	To be with friends	14.0%	20.2%	26.4%	10.1%	15.5%	9.3%	4.7%	100%
	To make new acquaintances	9.4%	20.8%	28.3%	7.5%	15.1%	13.2%	5.7%	100%
	To meet people from other cultures	7.1%	28.6%	23.8%	4.8%	19.0%	11.9%	4.8%	100%
	To improve physical performance	12.0%	27.4%	29.9%	12.0%	9.8%	6.0%	3.0%	100%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	To control your weight	16.3%	31.1%	27.4%	8.9%	5.9%	9.6%	0.7%	100%
	To improve your self-esteem	13.3%	25.9%	29.6%	6.7%	11.1%	11.1%	2.2%	100%
	To develop new skills	13.6%	24.6%	25.4%	11.0%	13.6%	10.2%	1.7%	100%
	For the spirit of competition	13.5%	12.2%	25.7%	20.3%	17.6%	8.1%	2.7%	100%
	To better integrate into society	10.9%	15.2%	23.9%	17.4%	19.6%	8.7%	4.3%	100%
	Other (SPONTANEOUS)	21.9%	17.2%	23.4%	7.8%	14.1%	14.1%	1.6%	100%
	DK	10.9%	10.9%	8.7%	10.9%	6.5%	37.0%	15.2%	100%
	Total	18.4%	25.6%	19.8%	9.6%	7.1%	14.2%	5.3%	100%
χ^2 =329.018 df= 96 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the days on which moderate activities such as carrying light loads, cycling at normal pace or playing tennis within the last seven days(sig. 0.000). As is seen in Table 19, 46.2% of the ones engaging in sport to be with their friends, 45.4% of the ones engaging in sport to develop new skills, 45.8% of the ones engaging in sport integrate into social life mentioned that they performed moderate activities for 3 days or less.

Table19. Frequency of Moderate Physical Activity and the Reason for Engaging in Sport

		In the last 7 days,how many days did you do moderate physical activity like carrying light loads, cycling at normal pace or playing tennis? Please do not include walking.									
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
Why do you engage in sport or physical activity?	To improve your health	17.8%	13.4%	9.1%	5.1%	3.8%	0.4%	3.1%	34.1%	13.1%	100%
	To improve your physical appearance	20.0%	13.1%	8.2%	4.6%	2.6%	0.8%	2.3%	36.2%	12.3%	100%
	To counteract the effects of ageing	16.9%	15.4%	8.8%	6.6%	4.4%	0.0%	3.7%	32.4%	11.8%	100%
	To have fun	14.1%	13.8%	9.5%	8.1%	5.7%	1.1%	4.6%	30.7%	12.4%	100%
	To relax	16.7%	13.4%	10.1%	6.3%	4.4%	1.1%	3.3%	35.3%	9.3%	100%
	To be with friends	16.2%	19.2%	10.8%	3.8%	6.2%	1.5%	5.4%	30.0%	6.9%	100%
	To make new acquaintances	15.1%	17.0%	11.3%	3.8%	3.8%	3.8%	9.4%	30.2%	5.7%	100%
	To meet people from other cultures	9.3%	11.6%	2.3%	18.6%	2.3%	7.0%	11.6%	25.6%	11.6%	100%
	To improve physical performance	16.6%	14.5%	11.9%	6.4%	5.1%	1.3%	3.0%	32.8%	8.5%	100%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	To control your weight	17.0%	15.6%	11.1%	5.2%	3.0%	1.5%	4.4%	33.3%	8.9%	100%
	To improve your self-esteem	11.1%	14.8%	12.6%	13.3%	5.9%	2.2%	3.0%	29.6%	7.4%	100%
	To develop new skills	14.3%	16.8%	14.3%	7.6%	3.4%	1.7%	3.4%	29.4%	9.2%	100%
	For the spirit of competition	13.3%	17.3%	12.0%	12.0%	5.3%	1.3%	5.3%	22.7%	10.7%	100%
	To better integrate into society	12.5%	20.8%	12.5%	8.3%	0.0%	4.2%	8.3%	22.9%	10.4%	100%
	Other (SPONTANEOUS)	17.2%	12.5%	9.4%	6.3%	6.3%	0.0%	9.4%	29.7%	9.4%	100%
	DK	10.9%	6.5%	13.0%	6.5%	0.0%	0.0%	8.7%	39.1%	15.2%	100%
	Total	16.6%	12.1%	9.3%	6.1%	3.1%	0.8%	3.0%	35.7%	13.2%	100%
χ^2 =270.737 df= 128 Sig.000*											
*. The Chi-square statistic is significant at the .05 level.											

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport or physical acitivity and the time they spent on moderate activities(sig. 0.000). About 60% of the ones engaging in sport to improve their health and physical appearance, develop new skills do sport for 60 minutes or less. 39% of the ones engaging in sport to improve their self-esteem mentioned that they did sport for 31 to 60 minutes, 33.9% of the ones engaging in sport mentioned that they performed sport or physical exercise for 31 to 60 minutes.

Table20. Frequency of Moderate Physical Activity time and the Reason for Engaging in Sport

		In general, on days when you do moderate physical activity, how much time in total do you usually spend at it?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
Why do you engage in sport or physical activity?	To improve your health	21.2%	37.0%	17.6%	6.7%	2.2%	8.7%	6.7%	100%
	To improve your physical appearance	25.1%	34.5%	18.9%	5.6%	2.3%	6.9%	6.6%	100%
	To counteract the effects of ageing	24.3%	27.2%	22.1%	7.4%	4.4%	3.7%	11.0%	100%
	To have fun	18.4%	31.4%	21.2%	8.5%	5.3%	8.1%	7.1%	100%
	To relax	22.9%	33.9%	19.0%	8.0%	3.3%	6.3%	6.6%	100%
	To be with friends	14.0%	26.4%	18.6%	10.1%	10.9%	7.8%	12.4%	100%
	To make new acquaintances	9.4%	20.8%	20.8%	15.1%	11.3%	15.1%	7.5%	100%
	To meet people from other cultures	9.3%	27.9%	25.6%	16.3%	9.3%	4.7%	7.0%	100%
	To improve physical performance	16.6%	34.5%	23.0%	8.1%	4.7%	6.0%	7.2%	100%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	To control your weight	23.0%	30.4%	15.6%	8.9%	5.2%	7.4%	9.6%	100%
	To improve your self-esteem	14.0%	39.0%	16.9%	8.8%	5.9%	8.1%	7.4%	100%
	To develop new skills	21.8%	35.3%	20.2%	6.7%	7.6%	3.4%	5.0%	100%
	For the spirit of competition	21.6%	28.4%	21.6%	6.8%	8.1%	4.1%	9.5%	100%
	To better integrate into society	16.7%	20.8%	29.2%	8.3%	12.5%	6.3%	6.3%	100%
	Other (SPONTANEOUS)	15.6%	35.9%	15.6%	4.7%	1.6%	18.8%	7.8%	100%
	DK	26.1%	10.9%	6.5%	0.0%	6.5%	37.0%	13.0%	100%
	Total	21.4%	31.3%	16.1%	6.3%	3.8%	11.3%	9.7%	100%
χ^2 =338.637 df= 96 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the number of days on which they went for a walk for minimum ten minutes withint the last seven days(sig. 0.010).As is seen in Table 21, 50% of the ones engaging in sport to improve their health, 55.3% of the ones engaging in sport to have fun, 53.7% of the ones engaging in sport to relax, 53.5% of the ones engaging in sport to be with their friends, 62.8% of the ones engaging in sport to meet people from other cultures, 56.2% of the ones engaging in sport to improve their physical performance, 65.5% of the ones engaging in sport to develop new skills, 52.1% of the ones engaging in sport to integrate into social life mentioned that they went for a walk for seven days.

Table21. Frequency of Walking and the Reason for Engaging in Sport

			In the last 7 days,how many days did you walk for at least 10 minutes at a time?								
		1 day	2 days	3 days	4 days	5 days	6 days	7 days	None	DK	Total
Why do you engage in sport or physical activity?	To improve your health	4.0%	5.8%	6.7%	9.6%	13.1%	6.2%	50.0%	2.4%	2.2%	100%
	To improve your physical appearance	3.1%	5.6%	10.0%	9.2%	11.8%	7.4%	48.6%	2.0%	2.3%	100%
	To counteract the effects of ageing	6.6%	5.1%	8.1%	6.6%	14.7%	7.4%	47.1%	1.5%	2.9%	100%
	To have fun	3.5%	5.0%	6.4%	5.7%	12.8%	6.0%	55.3%	3.2%	2.1%	100%
	To relax	2.7%	5.2%	7.4%	7.7%	13.4%	7.1%	53.7%	1.6%	1.1%	100%
	To be with friends	3.1%	4.7%	7.0%	8.5%	12.4%	6.2%	53.5%	1.6%	3.1%	100%
	To make new acquaintances	5.7%	3.8%	9.4%	9.4%	15.1%	3.8%	49.1%	0.0%	3.8%	100%
	To meet people from other cultures	4.7%	7.0%	2.3%	9.3%	9.3%	2.3%	62.8%	0.0%	2.3%	100%
	To improve physical performance	2.6%	7.2%	6.8%	6.4%	12.3%	6.0%	56.2%	1.3%	1.3%	100%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	To control your weight	2.2%	7.4%	8.1%	9.6%	11.9%	5.9%	48.1%	2.2%	4.4%	100%
	To improve your self-esteem	5.9%	5.1%	6.6%	5.9%	11.8%	8.1%	51.5%	2.2%	2.9%	100%
	To develop new skills	1.7%	5.0%	5.0%	5.9%	9.2%	4.2%	65.5%	0.8%	2.5%	100%
	For the spirit of competition	1.4%	9.5%	9.5%	2.7%	16.2%	6.8%	50.0%	1.4%	2.7%	100%
	To better integrate into society	2.1%	10.4%	6.3%	8.3%	14.6%	2.1%	52.1%	0.0%	4.2%	100%
	Other (SPONTANEOUS)	0.0%	7.8%	9.4%	9.4%	9.4%	12.5%	51.6%	0.0%	0.0%	100%
	DK	4.3%	6.5%	10.9%	4.3%	8.7%	6.5%	41.3%	8.7%	8.7%	100%
	Total	4.2%	5.7%	9.0%	9.0%	12.7%	6.9%	46.8%	2.9%	2.7%	100%
χ^2 =168.032 df= 128 Sig.010											
*. The Chi-square statistic is significant at the .05 level.											

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reason for engaging in sport and the time they spent walking on days on which they went for a walk for minimum ten minutes(sig. 0.000). Accordingly, 72.4% of the ones engaging in sport to improve their health, 71.8% of the ones engaging in sport to improve their physical appearence, 71.4% of the ones engaging in sport to develop new skills, 70.2% of the ones engaging in sport to develop their physical performance mentioned that they walked for 60 minutes or less.

Table22. Frequency of Walking Time and the Reason for Engaging in sport

		In general, on days when you walk for at least 10 minutes at a time, how much time in total do you usually spend walking?							
		30 minutes or less	31 to 60 minutes	61 to 90 minutes	91 to 120 minutes	More than 120 minutes	Never do vigorous physical activities	DK	Total
Why do you engage in sport or physical activity?	To improve your health	36.4%	36.0%	11.8%	5.1%	4.9%	1.3%	4.4%	100%
	To improve your physical appearance	35.1%	36.7%	12.8%	4.1%	3.8%	1.5%	5.9%	100%
	To counteract the effects of ageing	33.1%	30.9%	14.0%	6.6%	6.6%	2.2%	6.6%	100%
	To have fun	31.8%	30.0%	13.8%	8.1%	7.8%	1.8%	6.7%	100%
	To relax	33.7%	35.6%	11.8%	5.8%	6.0%	1.4%	5.8%	100%
	To be with friends	32.3%	29.2%	13.1%	10.0%	8.5%	2.3%	4.6%	100%
	To make new acquaintances	26.4%	24.5%	15.1%	9.4%	13.2%	1.9%	9.4%	100%
	To meet people from other cultures	18.6%	30.2%	14.0%	16.3%	9.3%	2.3%	9.3%	100%
	To improve physical performance	33.6%	36.6%	12.3%	6.4%	3.8%	1.7%	5.5%	100%
	To improve fitness	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	To control your weight	35.6%	33.3%	10.4%	7.4%	5.2%	3.0%	5.2%	100%
	To improve your self-esteem	29.4%	37.5%	8.8%	7.4%	8.1%	2.9%	5.9%	100%
	To develop new skills	35.3%	36.1%	12.6%	5.0%	5.0%	0.8%	5.0%	100%
	For the spirit of competition	34.7%	34.7%	13.3%	5.3%	4.0%	1.3%	6.7%	100%
	To better integrate into society	31.3%	27.1%	16.7%	8.3%	10.4%	4.2%	2.1%	100%
	Other (SPONTANEOUS)	35.9%	37.5%	15.6%	6.3%	4.7%	0.0%	0.0%	100%
	DK	43.5%	21.7%	2.2%	2.2%	4.3%	17.4%	8.7%	100%
	Total	36.8%	31.3%	10.8%	5.6%	5.5%	2.8%	7.2%	100%
χ^2 =202.296 df= 96 Sig.000*									
*. The Chi-square statistic is significant at the .05 level.									

A significant relation with 1% statistical error margin was identified among the answers given for the questions regarding the reasons for not doing sport and time spent sitting in a day(sig. 0.000). 66.7% of the ones giving the fear of the risk of getting injured as the reason for not doing sport, 57.6% of the ones mentioning their lack of motivation to do sport said that they sat for 5 hours 30 minutes or more in a day. 20% of the ones mentioning that doing sport is an expensive activity said that they sat for more than 8 hours 30 minutes in a day. 36% of the ones mentioning that they do not have enough time for sport and 60% of the ones mentioning that they were discriminated by other participants said that they sat for 4 hours 30 minutes or less in a day.

Table23. The Main Reasons Currently Preventing You From Practising Sport And Time Spent Sitting

		How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.											
		1 hour or less	1 hour to 1 hour and 30 minutes	1 hour 31 minutes to 2 hours 30 minutes	2 hours 31 minutes to 3 hours 30 minutes	3 hours 31 minutes to 4 hours 30 minutes	4 hours 31 minutes to 5 hours 30 minutes	5 hours 31 minutes to 6 hours 30 minutes	6 hours 31 minutes to 7 hours 30 minutes	7 hours 31 minutes to 8 hours 30 minutes	More than 8 hours and 30 minutes	DK	Total
What are the main reasons currently preventing you from practising sport more regularly?	You do not have the time	2.8%	4.1%	9.6%	9.4%	10.1%	13.1%	12.0%	13.5%	5.9%	14.2%	5.4%	100%
	It is too expensive	.6%	4.6%	8.0%	9.1%	12.0%	8.0%	12.0%	13.1%	9.7%	20.0%	2.9%	100%
	You do not like competitive activities	2.9%	2.9%	11.8%	5.9%	8.8%	14.7%	14.7%	11.8%	5.9%	14.7%	5.9%	100%
	There is no suitable or accessible sport infrastructure close to where you live.	3.5%	7.6%	7.6%	9.3%	8.7%	5.8%	8.7%	15.7%	10.5%	15.7%	7.0%	100%
	You have a disability or illness	2.9%	7.2%	10.1%	5.8%	10.1%	8.7%	21.7%	10.1%	7.2%	10.1%	5.8%	100%
	You do not have friends to do sports with	2.0%	6.1%	9.2%	7.1%	7.1%	10.2%	9.2%	12.2%	10.2%	17.3%	9.2%	100%
	You feel discriminated against by other participants	5.0%	0.0%	15.0%	15.0%	25.0%	0.0%	5.0%	0.0%	10.0%	15.0%	10.0%	100%
	You lack motivation or are not interested	.8%	3.2%	4.0%	4.8%	9.6%	10.4%	16.0%	12.0%	7.2%	22.4%	9.6%	100%
	You are afraid of the risk of injuries	3.3%	0.0%	10.0%	3.3%	6.7%	10.0%	20.0%	16.7%	16.7%	13.3%	0.0%	100%
	You are already doing sport regularly (SPONTANEOUS)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0%
	Other (SPONTANEOUS)	1.8%	8.9%	10.7%	8.9%	5.4%	14.3%	10.7%	12.5%	7.1%	8.9%	10.7%	100%
	DK	2.4%	2.4%	8.4%	10.8%	10.8%	7.2%	13.3%	7.2%	6.0%	15.7%	15.7%	100%
	Total	2.7%	5.2%	8.6%	9.9%	10.6%	11.6%	12.4%	12.0%	6.1%	13.8%	7.0%	100%
χ^2 =150.590 df= 110 Sig.006*													
*. The Chi-square statistic is significant at the .05 level.													

VI SPORT PARTICIPATION RATE

First of all, eight critical questions of the questionnaire that are related to sport participation were evaluated by the experts in accordance with The Analytic Hierarchy Process Table of Saaty with the aim of calculating the sport participation rate of 942 students that attended the research and weights were obtained in the light of these evaluations. For these weights, consistence rate was measured as mentioned in Analytical Hierarchical Method and it was identified that the obtained evaluation was consistent (0.08<0.10 – this is critical value).[7]The weights obtained for each question are given in Table 24.

Table24: Weights of the Questions

S1	S2	S3A	S3B	S4A	S4B	S5A	S5B
0.27	0.16	0.09	0.17	0.07	0.04	0.04	0.17

The sport participation scores of each student attending the questionnaire by using the mentioned weights in Table 24 were measured by multiplying weights with the answers they gave. The sport participation scores of individuals were later turned into percentage. While the highest score of sport participation was 98.70%, the minimum sport participation rate was 0% as there were individuals among the participants who never do sport. In addition, while 57.4% of the participants took scores between 0% anf 40%, only 3% took

[7]In measurement of the weights used in the study, weighing method of Analytical Hierarchical Process was adopted. For detailed information, see
Thomas L. Saaty. "The Analytic Hierarchy Process In Conflict Management", International Journal of Conflict Management, Vol. 1 Issue: 1. pp.47-68.

scores at 70% or more. According to the findings obtained from the data related to 942 students, the average rate of youth sport participation was identified as 36.69%. Finally, 95% confidence interval of the measured participation rate and interval prediction of the average of universe were determined (using z distribution in interval estimation as sample size is big enough)($P = (\bar{x} - z_{\frac{a}{2}}\frac{\sigma}{\sqrt{n}} < \mu < \bar{x} + z_{\frac{a}{2}}\frac{\sigma}{\sqrt{n}})$. According to the results, the average of universe ranges between 34.35% and 37.77%. This result shows that the average minimum sport participation rate for the students studying in İstanbul will be minimum 34.35%, maximum 37.77%.

Table25. Distribution of Sport Participation Scores

Score(%)	Number of people	The share of number of people	Cumulative %
0-10	49	5.2%	5.2%
10-20	122	13.0%	18.2%
20-30	175	18.6%	36.7%
30-40	195	20.7%	57.4%
40-50	203	21.5%	79.0%
50-60	118	12.5%	91.5%
60-70	52	5.5%	97.0%
70-80	21	2.2%	99.3%
80-90	5	0.5%	99.8%
90-100	2	0.2%	100.0%
Total	942	100.0%	

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