

The Effect of Sports Recreation Activities on Continuous Anxiety and Life Satisfaction Levels of Inmates

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Abstract

This research was carried out to determine continuous anxiety and life satisfaction levels of inmates who participate in sportive recreation activities. The population of the research consists of the inmates within the scope of probation and the sample of research consists of the inmates within the probation directorate of Gaziantep province. Totally 112 (62 experimental, 50 control) inmates participated in the study voluntarily. Sportive recreation activities (Basketball, Volleyball and Educational Games) were applied regularly for 36 weeks to the experimental group who participated in the research, no study was applied in the control group by researchers. Continuous anxiety and life satisfaction scales were used in the study. As a result of the research, sportive recreation activities made a positive contribution to inmates by reducing the continuous anxiety of the inmates and increasing their life satisfaction. According to this result, it can be said that sportive recreation activities make an important contribution to the reintegration of inmates into society.

Keywords: Recreation, Inmates, Continuous Anxiety, Life Satisfaction.

Sportif Rekreasyon Aktivitelerinin Mahkûmların Sürekli Kaygı ve Yaşam Doyumu Düzeylerine Etkisi

Özet

Bu araştırma, Gaziantep ili denetimli serbestlik müdürlüğünde sportif rekreasyon aktiviteleri katılım sağlayan mahkûmların, sportif rekreasyon aktivitelerinin sürekli kaygı ve yaşam doyumu düzeylerine etkisinin belirlenmesi amacıyla yapılmış bir bilimsel çalışmadır. Araştırmanın evreni denetimli serbestlik müdürlüğünde mahkûmlar oluşturmakta olup, örneklemini ise Gaziantep ili denetimli serbestlik müdürlüğü bünyesindeki mahkûm olan kişiler oluşturmaktadır. Araştırmaya gönüllü olarak çalışmaya katılım sağlayan toplam 112 (62 deney, 50 kontrol) mahkûmdan oluşmaktadır. Araştırmaya katılan bireyler deney ve kontrol gurubu olarak incelenmeye çalışılmış, deney gurubuna 36 hafta düzenli olarak sportif rekreasyon aktivitesi yapılmış (Basketbol, Voleybol ve Eğitsel oyunlar), kontrol gurubuna ise hiçbir bilimsel bir çalışma yapılmamıştır. Araştırmada geçerlilik ve güvenilirlik analizi daha önce bilimsel çalışmalarda kullanılan sürekli kaygı ve yaşam doyumu ölçekleri kullanılmış olup, İstatistiksel analizler için SPSS 23.0 paket programı kullanılmıştır. Sürekli değişkenlerin normal dağılıma uygunluk kontrolünde Kolmogorov Smirnov testi kullanılmıştır. Tanıtıcı istatistik olarak, yüzde ve ortalama değerleri verilmiştir. Ön test ve son testler t-testinden yararlanılmış ve sayısal değişkenler arasındaki ilişkiler bivariante korelasyon analizi ile test edilmiş ve $P < 0.05$ istatistiksel olarak anlamlı kabul edilmiştir. Bilimsel araştırma sonucunda sportif rekreasyon aktivitelerinin mahkûmların sürekli kaygılarında azalma olurken, yaşam doyumlarında ise artış olarak olumlu katkı sağladığı sonucuna varılmıştır.

Bu sonuca göre sportif rekreasyon aktivitelerinin mahkûmların topluma kazandırılmasında sürekli kaygılarını azaltarak, yaşam doyumlarına olumlu katkılar sağladığı söylenebilir.

Anahtar Kelimeler: Rekreasyon, Mahkûm, Sürekli kaygı, Yaşam doyumu.

INTRODUCTION

Sport which contributes to the physical, mental and spiritual development of individuals is a social phenomenon that regulates social behavior of individuals (40). Although sport is a phenomenon that directs and positively affects human behaviors and attitudes in daily life, it has a direct or indirect relationship with many concepts. Sports have very important effects on physical health.

However, it is also known to have benefits in terms of mental health (20). Sport ensures the most appropriate development for the benefit of society without harming its spiritual and social integrity besides that it is known that sports is being healthy, happy and strong, gaining personality, character and values, acculturation and socialization education (16).

Anxiety is a circumstance of excitement in which fear and hope are often replaced(24). High levels of anxiety often cause a performance which is below as compared to usual standards of people who in a performance area (19). Continuous anxiety is the perception of the stressful situation as dangerous situation and it is the increase and persistence of state emotional reactions to these threats (26). Anxiety is a feeling of uneasiness and kind of fear in the face of events and situations that people do not know the reason for and see as threatening and dangerous (30). Continuous anxiety is gaining continuity of state emotional reactions with increasing intensity and frequency to threats perceived as dangerous or threatening in stressful situations (28).

Life satisfaction is generally pleasure that get from one's own life(37). Life satisfaction is one of the most important factors affecting an individual's mental health and social relations. Life satisfaction generally includes one's entire life and all aspects of that life. Life satisfaction is not a satisfaction with a particular situation, it is a satisfaction with all experiences in general(21). On the other hand, life satisfaction constitutes the cognitive or judgmental dimension of subjective well-being (10). It refers to a cognitive or judgmental process and it is a general assessment of individuals' quality of life according to self-selected criteria(36,9). It is the comparison of the individual's conditions that have with appropriate standards.

The fact that the positive evaluations relating with individual's life are higher than the negative valuations show that the quality of individual's life is also higher (25).Life satisfaction is some of the concepts such as stress, burnout, health, quality of life (31,15). It can be also defined as degree of achievement of one's goals (14). It is believed that life satisfaction has a significant psychological variability, especially during adolescence (22).

In this context, the present study is important in terms of determining the level of effect of sportive recreation activities on the inmate's continuous anxiety and life satisfaction and understanding how it relates to the attitude towards sports and life satisfaction. Based on these considerations, the aim of the study is to examine the relationship between the inmate's attitudes towards sports and their life satisfaction. In addition, the results of the study will be a source for the literature.

METHOD

At the meeting of the Humanities Ethics Committee, dated 12.04.2022 and numbered 06, it was seen that this study could be carried out as a scientific research study, with the decision of the ethics committee numbered 174246.

In this section, it can be seen that explanations model, research group, data collection and analysis processes used in the research are given.

Participants

A total of 112 inmates who within the Gaziantep probation directorate were included to study with the principle of voluntariness and 62 people were regularly applied 36 weeks of sportive recreation activities (Basketball, Volleyball and Educational Games). Continuous anxiety and life satisfaction scales were applied to all participants before and after the study without any study being applied on 50 people.

In this study, sportive recreation activities were applied on 62 people 2 days a week and 90 minutes a day.

Collection of Data

Before the research, necessary permissions were taken from the provincial directorate of probation. In the study, quasi-experimental method was used for pre-test, post-test and experimental-control groups. According to the results obtained from the pre-tests and post-tests applied in the experimental studies, the effect of the technique used on the experimental group can be investigated(4). Because of this feature, the experimental method stands out as the most suitable method for the purpose of the research. The data collection tool used in the research consists of three parts. In the first part, personal information was obtained from the participants. In the second part, continuous anxiety scale which consist of 20 questions that developed by Spielberger and his friends and translated into Turkish, reliability and validity studies were made by Oner and Le Compte was used. In the third part, "Life Satisfaction Scale" that validity and reliability studies were made by Dağlı and Baysal in Turkey and developed by Diener, Emmons, Larsen, and Griffin was used.

Analysis of Data

SPSS 23 program was used for data analysis. Percentage and mean values are given as introductory statistics. Paired samples t-test was used for pre-test and post-test and relationships between numerical variables were tested with bivariate correlation analysis and ($P < 0.05$) was accepted statistically significant.

FINDINGS

Table 1. Personal information table of the participants					
	Variable	Experimental Group		Control Group	
		Sayı (62)	Percentage	Sayı (50)	Percentage
Marital Status	Married	40	64.5	34	68.0
	Single	22	35.5	16	32.0
Age	18-24	14	22.6	7	14.0
	25-31	15	24.2	13	26.0
	32 and more	33	53.2	30	60.0
Education Level	Primary, secondary sc.	39	61.9	33	66.0
	High school	23	36.5	17	34.0
Occupation	Worker	26	41.3	24	48.0
	Retired	3	4.8	3	6.0
	Unemployed	33	52.4	23	46.0
Smoking	Yes	46	73.0	37	74.0
	No	16	25.4	13	26.0
Conviction Time	1-3 years	33	53.2	24	48.0
	4-6 years	18	29.0	16	32.0
	7 years and more	11	17.7	10	20.0

When Table one is examined; Personal information (Marital status, Age, Educational level, Occupation, Smoking, Conviction time) for the participants of the research was included into the table.

Table 2. Continuous anxiety and life satisfaction pre-test and post-test table for the participants of the study (Control and Experiment)

	Control Group (N=62)						Experiment Group (N=62)					
	Pre test		Post test		t	p	Pre test		Post test		t	p
	Avg.	S.S	Avg.	S.S			Avg.	S.S	Avg.	S.S		
Cont. anxiety	2.49	0.61	2.49	0.62	0.42	0.68	2.82	0.60	2.87	0.77	-2.59	0.01 ^x
Life satisf.	3.19	1.30	2.33	0.30	1.32	0.19	3.27	1.19	3.80	1.34	-4.50	0.00 ^x

When table two is examined; There was no significant difference between continuous anxiety and life satisfaction pretest and posttest in the control group participating in the study (Respectively $p=0.678$ and $p=0.192$), However, there was a significant difference between continuous anxiety and life satisfaction level in pretest and posttest in the experimental group participating in the research (Respectively $p=0.012$ and $p=0.000$).

According to this result, it can be said that the continuous anxiety of the inmates participating in sports recreation activities decreased and their life satisfaction increased.

Table 3. Correlation table of continuous anxiety test post test and continuous anxiety test pretest, anxiety control pretest and post test scale scores

Variable	n	r	p
Anxiety exp. pre test	62	0.001	-0.956 ^{xx}
Anxiety control pre test	50	0.020	-0.294 ^x
Anxiety control post test	50	0.082	-0.223 ^x

When Table three is examined; A significant negative correlation was observed between the post-test of the continuous anxiety test and the pre-test of the continuous anxiety test ($r=0.001$, $p=-0.956$), A weak negative correlation was observed between continuous anxiety control pretest and posttest (Respectively $r=0.020$, $p=-0.294$ and $r=0.082$, $p=-0.223$).

According to this result, It can be said that the anxiety levels of the inmates who participated in the sportive recreation activities were high before and at the same time, the sportive recreation activities contributed positively to their anxiety levels even it was weak compared to inmates who are not participated.

Table 4. Correlation table of the life satisfaction test post test and life satisfaction test pretest, life satisfaction control pretest and post test of the scale scores

	n	r	p
Life satisfaction experiment post test	62	0.000	0.863 ^{xx}
Life satisfaction control pre testi	50	0.000	0.925 ^{xx}
Life satisfaction control post testi	50	0.000	0.735 ^{xx}

When Table for is examined; a significantly positive high correlation was observed between life satisfaction post-test and life satisfaction experimental group pre-test ($r=0.001$, $p=0.863$), a high positive correlation was observed between life satisfaction control pretest and posttest (Respectively $r=0.000$, $p=-0.925$ and $r=0.000$, $p=-0.223$).

According to this result, it can be said that the life satisfaction of the inmates who participated in sportive recreation activities increased significantly compared to the inmates who did not participate in the study and before the study.

DISCUSSION AND CONCLUSION

It is seen that the continuous anxiety of the inmates who participated in the sportive recreation activities decreased and their life satisfaction increased.

Looking at some studies in the literature; in Ogut's study, it was determined that those who do sports have lower continuous anxiety levels than those who do not (27). In the study of Sarıkabak and his friends, it is seen that the continuous anxiety level scores of and U-21 age group karate national team athletes decreased after the competition (34). As a result of the research conducted by Karabulut and his friends that applied to football players, they concluded that sports age does not make a significant difference in continuous anxiety levels (17). In the study conducted by Bedir, in which he examined the anxiety scores according to the degree of competition, no statistically significant difference was found between the state anxiety scores of the older women before the competition and the state anxiety scores after the competition (1). In a study conducted by Coksevim and his friends, a significant difference was found in the continuous anxiety states of kickboxers before and after the match (6). In the study conducted by Groff and his friends that applied to physically disabled people over the age of 18. It was concluded that individuals participating in sports activities have a positive effect on social and psychological conditions such as enjoying life, feeling good, and performing daily life activities(13). In the study of Dogan and Eygu named "Examination of competition anxiety levels of athletes who do winter sports", no significant difference was determined (11). In Ozgul's study, no significant difference was found between the continuous and state anxiety scores of athletes and non-athletes (30).

It can be said that the anxiety levels of the inmates who participated in the sportive recreation activities were high before and at the same time, the sportive recreation activities contributed positively to their anxiety levels even it was weak compared to inmates who are not participated. Looking at some studies in the literature; In Berger and Owen's study, an inversely proportional relationship was found between sports and physical activities with the level of stress, anxiety and depression (2). In a study conducted by Spielberg and his friends, examining the relationship between student's test anxiety level and school success, it was observed that there was a significantly negative relationship between the two variables and individuals with high anxiety had lower efficiency in cognitive activities such as school success and learning (35). In the study conducted by Dalkıran, it was found that the test anxiety levels of the students studying in the private teaching institution have significantly difference according to their participation status in physical activity (8). As a result of Oznur's study, it was determined that students who were physically active had significantly lower test anxiety levels (32). In study conducted by Canan and Ataoglu, it is stated that doing sports regularly has a positive effect on anxiety (5). In the study of Coskun and his friends in which they examined the effect of university student's level of doing sports on continuous anxiety, as a result of the study, It was concluded that the group, which was determined to have a high level of doing sports, had a low level of continuous anxiety (12).

It can be said that the life satisfaction of the inmates who participated in the sportive recreation activities increased at a higher rate compared to the inmates who did not participated in the study and before the study. In the study conducted by Mr. Karademir and his friends it is stated that the positive reflection of their perceptions towards the society with the confidence of belonging to a group and having themselves accepted by the group because they do sports, creates a source of happiness for the disabled individuals who do sports (18). It is stated that the life satisfaction and quality of life of disabled individuals who participate in sports are higher in the study conducted by Yazıcıoğlu and his friends that is a comparing the physically disabled individuals who participated in sports with the disabled individuals who did not participate in sports (39). Brown and Frankel said that mid-level correlation was found between physical activities and life satisfaction in the study was applied to 685 people between the ages of 18 and 70(3). He found that leisure satisfaction and quality of life had a decreasing relationship with participation in recreation and stated that leisure satisfaction would increase the quality of life (38). In the studies of Lu and Hu; they are stated that people who show a certain seriousness, order and voluntariness in leisure activities are more satisfied than others(23). In the study conducted by Yazıcıoğlu, it was found that the total test anxiety scores of the students did not differ significantly according to their perceived academic achievement levels. This result does not differ from the result of the research (39).

CONCLUSION AND RECOMMENDATIONS

As a result; It can be said that the continuous anxiety of the inmates who participated in sports and recreation activities decreased and their life satisfaction increased. It can be said that the anxiety levels of the inmates who participated in the sportive recreation activities were high before and at the same time, the sportive recreation activities contributed positively to their anxiety levels even it was weak compared to inmates who are not participated, the life satisfaction of the inmates who participated in sportive recreation activities increased at a higher rate than before the study and compared to the inmates who did not participate in the study. It is recommended to compare this study by applying it in different provinces and different countries.

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