



## ANALYSIS OF THE ELITE SPORTS MEN'S LIFE QUALITY IN DIFFERENT SPORTS BRANCHES

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### Abstract

It is thought that quality of life which means a person's physical and mental healthiness in appearance, wellness for him/her, his/her happiness and enjoy his/her life by doing his/her jobs as freely, can be affected by being an international. For this reason, searchment was carried out for the purpose of searching the life quality of internationals who take course at Karamanoglu Mehmetbey University Physical Education and Sport Academy.

Study's environment involves students whose branches are different at 1, 2, 3 and 4class at Karamanoglu Mehmetbey University Physical Education and Sport Academy. At the end we reach all 29 internationals.

The average of the participants age 21.79+- 1.93. It was determined that 51.7 percent of sportive are internationals in wrestle, 3.4 percent of them in cycle, 10.3 percent of them in box, 10.3 of them in taekwondo, 6.9 percent of them in field hockey, 6.9 percent of them in athleticism, 6.9 percent of them in judo and 3.4 percent of them in gymnastic branches. The average of year's participants' being an internationals is 5.62+-2.11. It was determined that there is a significant relationship between internationals' branches and quality of life functional condition subordinate area social function ( $p<0.05$ ). It was determined that being male of internationals has a significant relationship between life quality and social area ( $p<0.05$ ). It was determined that there is a significant relationship between students' spending time for themselves in residual time after sport and life quality, social and environmental areas ( $p<0.05$ ).

For internationals males' soundness grade is higher. Sex has no effect on perceived social support. The person who lives in county has more family support. Global life qualities were not affected by the place where people live. As a result of our searchment, being an international has bad effects on physical, psychology, social and environment areas which are subordinate area of quality of life. Therefore being an Internationale should not affect the students and the time which they spend for near surroundings people.

**Keywords:** internationals, quality of life, branches.

### Introduction

It is hard to describe the concept of life quality which has a dynamic property because the consistent development and change, it depends on persons, what the persons like, what they want to be and how they want to live can be effected by psychological, economical and cultural factor (A. Akyol, 1993), the concept of life quality was described many times in the view of its nominative form. However there is no common idea to describe life quality, it is described as the nominative sense if the persons feels his or her life is perfect (T. Telatar, H. Özcebe, 2004). DSO has described it as the sense of their aims, expectations, standarts and anxiety and their sense for the positions in the view of the values and culture in where they live (H. Şahin, 1997).

Sport is an important instrument to cultivate healthy generations and to create contemporary societies (G.J. Yost, W.D. Schmoll, 1995). While it helps the children and teenagers to get a healthy body, socialized individauls, it also helps to be constructive, creative, productive, self confident, polite, prudent, indulgent, ethic, good mannered, self-esttem, good mortal and marital relations, a good example for everbody (G. Ersoy, A. Hasbay, 2006).

Sport has positive contribution with friendship and peace for country's economy. Also, either the press or the people started to give more attention as a result of keeping the stress away,

international success. When we assess generally the sport is an activity which can not be ignored and given up (G.J. Yost, W.D. Schmoll, 1995). 27 percent of the population is 12-24 ages group in turkey. The rest of the population as middle age, old and the young population need sport. Developments in science and technology made the age limit higher. The need of sport increased. As a result of this the necessity of sport increased (H. Sunay, 2002).

In today's life style sport is an event which has growing importance. Sport is an effective instrument and method in life style, the development of the sport's popularity and international sportive relations widely, it made the sport gain importance in cultural and prestige way (R. Özel, 1995).

It is shown that life quality tends to be distorted with passing time, life style and working atmosphere (H. Mikami, T. Ogihara, 1999). It is possible that the distortion on this area with the intense life style is responsible for the decrease in life quality. This areas are health, functional conditions, psychological conditions, cognitive conditions and social communication (L.F. Pascual-Millan, 1998).

**The aim of research:** It is thought that quality of life which means a person's physical and mental healthiness in apperance, wellness for the person, the person happiness and enjoy the person life by doing the person jobs as freely, can be affected by being a national. For this reason, research was carried out for

the purpose of serching the life quality of national athletes who are studying at Karamanoglu Mehmetbey University Physical Education and Sport Academy. In this direction we searched replies for these questions:

- 1- Does being a national athlete affect the life quality of individuals?
- 2- Does the sex affect the ife quality of national athletes?
- 3- Does the different branches affect the life quality?
- 4- Does being a national affect their leisure time?
- 5- Does being a national athlete affect their leisure time with their relatives and friends?
- 6- Does being a national athlete create a difference between the place where they live and their life quality?

**Material and method**

**Universe and sample:** Work- Group at the study involves students whose branches are differant at 1., 2., 3., and 4. class at Karamanoğlu Mehmetbey University Physiycal Education and Sport Academy. At the end we reach all 29 national athletes.

**Scale equipments:** As data collecting device in study, question form related with socio-demographic features and "WHOQOL-BREF measure of life quality" were used. While analyzing the datas SPSS 10.0 programme were used. In statistical evaluating numeral-percent distributions, Mann Whitney U and One-Way Anova were used.

**Whoqol-Bref (TR) Life Quality Scale**

First form is a kind of form which questionize their age,sex,branch, family, hometown, parents and how long are they an athlete as a national. Second form WHOQOL-BREF (TR) (Shorly, DSÖ life quality form for Turks). WHOQOL-BREF (TR) includes 26 questions which questionize widespread life quality and health condition. Finally there are 27 questions after an international question was added. Questions should be replied by taking last 15 days into consideration (E. Tüzün, L. Eker, 2003). The other questions except first and second were asked to calculate physical, psychological, social, environmental and national environmental area points.After WHOQOL-BREF was carried out, physical, psychological, social, environmental and national

environmental area points are calculated between 0-20 points and if the points are high, the life quality is high. Personal and Correlational quotients of the individuals' subjective healthiness point and branch points of WHQOL-BREF (TR) are found as 0.62 for physical, 0.40 for psychological, 0.30 social, 0.25 environmental area. Totally, correlational quotients between the healthiness and life quality points and general health problems were found as 0.34 and 0.64 (Y.S. Eser, H. Fidaner et al., 1999).

**Form of collecting personal information:**

Survey's changes about athletes were developed with the aim of getting information. The form collected information about their age, sex, branch, how long are they an athlete as a national, family, hometown, parents and their leisure time.

**The kind and time of the survey:**

This work is a descriptive type and its statistics were collected between 6-24 October 2008.

**Analysis of the statistics:**

In statistical evaluating numeral-percent distributions, Mann Whitney U and One-Way Anova were used.

**Findings**

The average age of the participants was 21.79±1.93. The 17.2 % percentage of athletes are women and 82.8 % percentage of athletes are men. It was determined that 51.7% percent of athletes are national in wrestle, 3.4% percent of them in bicycle, 10.3% percent of them in box, 10.3% of them in taekwondo, 6.9% percent of them in grass hockey, 6.9% percent of them in athleticism, 6.9% percent of them in judo and 3.4% percent of them in gymnastic branches. The average years of participants' being a national is 5.62±2.11. It was determined that 6.9% percent of their family lives in village, 20.7% lives in township, 72.4% lives in cities. The 82.7% percent of their mothers graduated from primary school, 17.3% percent secondary school, high school and university. The 55.1% percent of their fathers graduated from primary school, 44.9% percent of them graduated from secondary school, high school and university. The 17.2% percent of the athletes can not find time for themselves because of the sports and 72.4% percent of them said they can not find time for the people around them.

**Table 1 Comparing the average points of sex and life quality of national athletes.**

Point type	Female N=5 $\bar{x} \pm SD$	Male N=24 $\bar{x} \pm SD$	P *
Physical area	10.52 ± 1.13	12.05± 1.19	0.53
Psychological area	9.86± 2.33	11.27± 3.17	<b>0.01 *</b>
Social area	10.48± 1.77	12.83± 2.37	<b>0.04 *</b>
environmental area	10.42±1.98	12.03± 1.86	0.42 *

Males have higher physical, psychological, social, environmental and national environmental area points than females when we compared their sex and

life quality points. There was a statistical difference between life quality, psychological, social area points average and sex area (p<0.05) (Table1).

**Table 2. Comparing The Avarage Points Of Branches And Life Quality Of National Athletes**

Branches	N	Point type			
		Physical	Psychological	Social	Environmental
		$\bar{x} \pm SD$	$\bar{x} \pm SD$	$\bar{x} \pm SD$	$\bar{x} \pm SD$
Wrestling	15	10.44±2.23	9.42±1.76	11.32±2.32	12.54±2.87
Boxing	3	11.83±1.57	10.41±2.17	9.38±3.15	11.75±1.23
Taekwondo	3	11.76±2.05	10.89±2.27	11.78±2.74	12.54±3.13
Grass hockey	2	10.37±2.36	12.63±2.72	9.14±2.43	9.46±2.92
Athletism	2	9.42±1.65	10.36±1.44	12.87±2.34	9.32±1.38
Judo	2	11.67±1.46	11.48±2.53	9.79±2.54	12.75±3.54
Cycle	1	11.86±2.54	11.86±2.62	9.34±3.76	12.53±3.75
Gymnastic	1	11.77±1.18	10.53±1.72	11.19±3.01	11.42±2.63
P*		0.52	<b>0.01*</b>	<b>0.02*</b>	0.74

No significant difference in physical and environmental area when we compared internationale's branches and life quality points of natinal athletes but there is a difference between psychological and social area points ( $p < 0.05$ ). It was found that national wrestlers have the lowest psychological area life

quality points. Athletism national's have higher social are life quality points than the national wrestler's, taekwondo, boxing, judo, bicycle and gymnastic have. National boxers have the lowest social area life quality points among the others (Table 2).

**Table 3. Comparing the average points of leisure time after sport and life quality of national athletes**

Point type	Who has enough time for themselves N=24	Who has not enough time for themselves N=5	P*
	$\bar{x} \pm SD$	$\bar{x} \pm SD$	
Physical area	12.74±2.26	11.46±1.62	0.86
Psychological area	11.74±2.88	10.95±1.74	<b>0.00*</b>
Social area	10.86±3.84	9.84±2.98	<b>0.01*</b>
Environmental area	12.94±1.82	10.73±2.33	<b>0.00*</b>

There is no significant difference was found in leisure time for themselves and life quality points average. There is a statistical difference between the persons who have enough time for themselves after

sport and who have not time for themselves after sport in life quality, social, psychological and environmental area ( $p < 0.05$ ) (Table 3).

**Table 4. Comparing the average points of leisure time and life quality of national athletes.**

POINT TYPE	Who has enough time for themselves	Who has not enough time for themselves	P*
	$\bar{x} \pm SD$	$\bar{x} \pm SD$	
Physical area	12.47±2.65	11.65±3.26	0.78
Psychological area	11.56±2.38	9.24±1.28	<b>0.01*</b>
Social area	10.74±2.26	9.78±2.16	<b>0.04*</b>
Environmental area	12.36±1.84	10.38±2.18	<b>0.01*</b>

The difference between national's leisure time for the people around them and their life quality was

found eloquently. The difference between national athletes who have time for the people around them and



who have no time for themselves was found eloquent statistically ( $p < 0.05$ ) (Table 4). The difference between the parents education conditions and life quality was not found eloquent statistically. Another result of this survey is life quality point average of athletes was not effected by place in which they live.

**Discussion.** When we compare the sex and life quality point, men have higher physical psychological, environmental and social area point averages. The difference between life quality social, psychological area point average and sex area was found eloquent statistically ( $p < 0.05$ ). As a result men are more powerful while struggling with the daily life.

When we check the branches of national athletes, the national Grass hockey players have higher psychological area life quality points than the national wrestlers, taekwondo, boxing, judo, bicycle and gymnastic have ( $p < 0.05$ ). As a result of this, Grass hockey branch is the most least stressful branch. National wrestlers have the most least psychological area life quality when we compare with the other branches ( $p < 0.05$ ). National athletes have higher social area life quality points than the national wrestlers, taekwondo, boxing, judo, bicycle and gymnastic have. Boxers have the lowest social area life quality points among the others. The difference between the athletics and boxing was eloquent statistically result with social support between these two branches was different.

There was an eloquent relation between national athlete's leisure time for themselves and life quality in social and environmental area ( $p < 0.05$ ). There was a statistical difference between the people who have enough time for themselves after sport and who have not time for themselves after sport in life quality, social, Psychological and environmental area ( $p < 0.05$ ). It does not matter how long a person is a national athlete for life quality. In the survey carried out by W.J. Rejeski and S.L. Mihalko (2001), the difference life quality physical area according to sex was not eloquent, life quality point average was eloquent for male in social, psychological and environmental area. In our survey sex has difference in life quality point average. In physical and environmental area, the difference between the life quality and sex area points was not eloquent. In social area the difference was a result of being an international. In the survey carried out by M.E. Ustun and G. Karadeniz (2006), the difference between life quality and sex was not eloquent, in our survey the difference between the sex and life quality was eloquent in physical, social, psychological and environmental area.

#### Results

In our survey, as a result, being a national athlete has not negative effect on life quality physical, social, psychological and environmental area. So, being

a national does not effect the leisure time of nationals for the people around them. The difference between the parents education condition and life quality point average is not eloquent statistically. By enlarging the study groups of our survey and applying it to nationals may support the survey.

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