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Original article

THE STUDY OF THE DURATION OF COLLEGE STUDENTS' FREE TIME AND THE WAY THEY OBSERVE AND EVALUATE THEIR FREE TIME AND ACTIVITIES

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Abstract

Aim: This study aimed to determine college students' understanding of free time, the duration of the free time they have, how they observe free time activities and how they evaluate their free time.

Method: This study was carried out at the Faculty of Sports Sciences of Selçuk University in Konya, Turkey and the study group was composed of undergraduate students of the mentioned faculty. The theoretical framework in the study was obtained from the literature and the data in the research area by the method of a questionnaire. A goal-oriented questionnaire was prepared. Intelligibility, construct validity and reliability of the questionnaire was determined. The questionnaire's Cronbach's Alpha coefficient for reliability was found to be 0.54. Using the method of random sampling, the questionnaires were filled out by the determined individuals during their one on one interviews. A total of 604 people have participated in the questionnaire; 311 men, 283 women and 10 individuals who did not specify their gender.

The obtained questionnaire data were entered into a computer for statistical analysis and, using the proper statistics software program (SPSS?), the statistical analysis was carried out. Statistically, for the detection of frequency (%), Crosstabs and differences, Chi-Square(X²) test was used. The answers given to each question were interpreted. A p-value of less than 0.05 between the (compared?) variables was considered as statistically significant.

Results: In result of evaluating the obtained data; the participants' free time is mostly regarded as the remaining time outside of class hours, the time besides the things they are obliged to do, between the range of 1-4 hours of free time per day, while they consider free time activities as means for happiness, having fun, a time to be spent with friends, as well as educational, knowledge and culture enhancing.

Conclusion: When put in order according to the percentage of given answers, we can say that, generally they spend their free time by watching various television shows, actively doing sports, having conversations with their friends at the school canteen, listening to music, going to the theatre and cinema, reading various books, newspapers and magazines, attending social and societal activities, walking around town, surfing on the internet and being occupied with crafts.

Keywords: Leisure time, Duration, Perspective, Student, Leisure activities.

Introduction

Nowadays, it is clear to see that there has been an improvement in individuals' living conditions and that they have been able to obtain several opportunities easier due to industrialization and technological advancement. Along with a positive impact, these developments also have that much of a negative influence upon individuals. The easy living conditions of individuals have a negative influence in physiological, psycho-social and cognitive terms.

The developing technological advancement has taken place in every part of individuals' lives, and with the ability to do what they want in the shortest period of time, this has led to opportunities of individuals having free time with nothing obligatory to do. This case is more or less seen in every segment of society. We see that scientists define the concept of free time in different

ways, as well as, essentially identical as regards to point of view

While (Mull et al., 1997) define it as the remaining period of time left from the things an individual is obliged to do, (Torkilson, 2005), defines it as the remaining time after fulfilling the practical needs of life (physiological needs such as working hours, eating and sleeping). The activities that individuals choose with free will and participate without depending on certain rules are called leisure (free time) activities (Ragheb & Tate, 1993) or recreational activities.

We see that the concept of free time in Turkish comes from the Latin word (recreatio). It means renewal or recreation. As for the Turkish meaning; it is used for the evaluation of free time, meaning the relaxing and entertaining activities that people or social groups do voluntarily on their free time (Ozankaya, 1980; Karaküçük, 1995).

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In a sense, the concept of recreation is a matter of explanation of the jobs that. We should be doing in our spare time. Recreational activities make a contribution in satisfying the person's psychological needs, making them feel good and the development of their social behavior (Tinsley & Eldredge, 1995). Recreational activities are generally activities that enhance the quality of life and add meaning to it (Sevil, 2012).

The ability of evaluating free time actively and productively is an ability that can only be gained through learning. The purpose of this education is to help the individual gain the ability to choose a leisure activity that develops the individual's personality and helps in expressing oneself creatively (Süzer, 2000). Leisure activities provide benefit when the choice is made consciously with the individual's own will and desire without any force (Datillo, 2015). Studies on this subject commonly state that the increase in evaluating free time positively contributes to the development of a youth that self-actualize themselves and are spiritually healthy (Paasmore & French, 2001).

The types of leisure activities that individuals participate during the period of free time they have in their lifetime is important for their development. This is even more important for children and adolescents because those are the ages that individuals develop, mature and form. The formal and informal education received within this period is likely to turn into the terminal behavior in the future ages. In the study Huang and Carleton (2003) did on college students, they determined that participation of recreational activities increases students' life satisfaction.

Individuals evaluating their free time with positive activities is beneficial in strengthening social harmony and especially in avoiding bad habits (Tuncay, 2000).

With the development of campuses in the recent years and the administrators' effort on this matter, it has been observed that, day by day, the students' participation in leisure activities is rapidly increasing in various colleges in our country (Balci, 2003). However, it is known that, unfortunately, this situation is not at a sufficient level in many colleges in our country.

Despite the positive impact that participating in leisure activities has on the individuals, it has been observed that individuals do not participate in these types of activities, that are very much important for them, due to different reasons or are not able to participate because of various obstacles they come across (Karaküçük and Gürbüz, 2007). Some studies on college students have revealed that the majority of the youth do not know how to spend their free time of that they

spend it with passive activities but are disposed to participating in active activities if they had the opportunity (Demir, 2003).

As is seen, the various activities individuals do in their free time provide positive impacts on individuals' developmental characteristics.

This study aimed to determine the college students' understanding of free time, the duration of free time they have, how they see free time evaluating activities and the type of activities they participate in their free time.

Methods

A total of 604 undergraduate students from the Faculty of Sports Sciences at Selçuk University selected through random sampling were recruited for this study. The theoretical data were gathered from the literature and the empirical data were obtained by questionnaires. A goal-oriented questionnaire was prepared. In the questionnaire, there was a total of 26 questions (items) two on personal characteristics, eight on free time and the participant's perception of free time, fifteen on how leisure activities are evaluated and one on the usage of the departmental social and sports facilities for free time evaluation. For each question (item) of the questionnaire, construct validity was performed regarding "its relevance to the subject to be studied and the targets to be measured" by obtaining the views of experts, as well as applying it to a total of 40 people as a test group, each item being asked and discussed for understandability.

The reliability of the questionnaire was assessed using Cronbach's Alpha model. The resulting coefficient of reliability for the questionnaire was found to be 0,54. There are several methods developed for assessing the reliability of a study. One of the most commonly used ones is the Alpha model (Cronbach's Alpha Coefficient) (Lorlu, 2015). Cronbach's Alpha coefficient of reliability ranges from 0 to 1; which is a function of the number of test items and the average inter-correlation among the items (Özdamar, 2002). Cronbach's Alpha (coefficient) is a measure of internal consistency of a set of items. The questionnaire forms were filled out by the participants who were selected by the random sampling method during one on one interviews. A total of 604 participants were included in the study; 311 male subjects, 283 female subjects and 10 individuals who did not specify their gender.

Data Analysis

The raw data obtained through the questionnaires were entered into a computer and analyzed statistically using a software program (SPSS software, version 18.0 for Windows was used for statistical computation). Statistically,

frequency (%), Crosstabs and Chi-Square(X^2) tests (for the detection of significance) were performed. To determine the differences between the variables,

*P*values of 0.05 and under were considered to represent statistically significant differences.

Results

Table 1. Personal characteristics of the participants

Variables		N(Distributio)	%(Distribution)
Gender Distribution	Male	311	51,5
	Female	283	46,9
	Total	594	98,3
	Non-responsive	10	1,7
	Grand Total	604	100,0
Department	Physical Education and Sports Teaching	112	18,5
	Coaching Education	428	70,9
	Sports Management	54	8,9
	Total	594	98,3
	Non-responsive	10	1,7
	Grand Total	604	100,0

Table 1 questions the participants' personal characteristics. A total of 604 individuals have participated in the study. 51,5% male individuals, 46,9% female individuals and 1,7% who did not specify their gender. Out of these

participants, 70,9% are studying in the department of Coaching Education, 18,5% in Physical Education and Sports Teaching and 8,9% in Sports Management

Table 2. The participants' answer distribution to the question "what is free time"

Variables	The remaining time outside of class hours	The remaining time left after doing what an individual is obliged to do	The time an individual can spend freely at any time	Total
Male	185 59.5%	109 35.0%	17 5.5%	311 100,0%
Female	104 36.7%	170 60.1%	9 3.2%	283 100,0%
Total	289 48.7%	279 47.0%	26 4.4%	594 100,0%

$X^2 = 37.264$ $P = .000$ $P < 0.05$

In Table 2, the participants' answer distribution to the question "what is free time" is given. A total of 594 participants have answered this question. When we look at the total of given answers we see that 48.7% see free time as the remaining time outside of class hours, 47% see it as the remaining time left after doing the things an individual is obliged to do and 4.4% see it as the time that an individual can spend freely at any time. When we analyze the given answers among the two

genders, the value of X^2 was found to be 37.264, $P = .000$ in the comparative statistical analysis. This value is statistically quite significant ($P < 0.05$). When the table is analyzed in detail it is observed that 60.1% of the female participants see free time as the remaining time left after doing the things an individual is obliged to do, whereas, 59.5% of the male participants see it as the remaining time outside of class hours.

Table 3. The distribution of the duration of the free time the participants have

Variables	1-2. Hours	3-4. Hours	5-6. Hours	7. Hours and above	I do not have free time	Total
Male	122 39.2%	62 19.9%	63 20.3%	47 15.1%	17 5.5%	311 100.0%
Female	112 39.6%	53 18.7%	58 20.5%	29 10.2%	31 11.0%	283 100.0%
Total	234 39.4%	115 19.4%	121 20.4%	76 12.8%	48 8.1%	594 100.0%

$X^2 = 8.384$ $P = .078$ $P > 0.05$

In Table 3, the duration of the free time the participants have daily is questioned. A total of 594 participants have answered this question. When we look at the total of given answers, we see that 39.4% said 1-2 hours, 20.4% said 5-6 hours, 19.4% said 3-4 hours, 12.8% said 7 hours and above, whereas, 8.1% said they do not have any free time. When we looked at the comparative statistical

analysis of the given answers according to the variable of gender, it is observed that the value of X^2 was found to be 8.384, $P = 0.078$. This value is statistically non-significant ($P > 0.05$) meaning there is no significant difference in the duration of the free time the participants have according to the variable of gender

Table 4. the participants' answer distribution to the question "how do you observe free time evaluating activities"

Variables	Yes	No	Total	X^2/P	
I see it as meeting up with friends and having fun	Male	186 61.0%	119 39.0%	305 100.0%	1,452 / ,228
	Female	157 56.1%	123 43.9%	280 100.0%	
	Total	343 58.6%	242 41.4%	585 100.0%	
I see it as educational and beneficial time for individuals	Male	113 37.0%	192 63.0%	305 100.0%	2,871 / ,090
	Female	123 43.9%	157 56.1%	280 100.0%	
	Total	236 40.3%	349 59.7%	585 100.0%	
I see it as a knowledge and culture enhancing process	Male	90 29.5%	215 70.5%	305 100.0%	8,072 / ,004*
	Female	114 40.7%	166 59.3%	280 100.0%	
	Total	204 34.9%	381 65.1%	585 100.0%	
I see it as means for escape from stress and distress	Male	68 22.3%	237 77.7%	305 100.0%	,460 / ,497
	Female	56 20.0%	224 80.0%	280 100.0%	
	Total	124 21.2%	461 78.8%	585 100.0%	
	Male	47 15.4%	258 84.6%	305 100.0%	



I find it beneficial in terms of health	Female	30	250	280	2,816 / ,093
		10.7%	89.3%	100.0%	
Total		77	508	585	
		13.2%	86.8%	100.0%	
		247	60	307	
	Male	80.5%	19.5%	100.0%	
I see it as means for happiness	Female	216	62	278	,672 / ,412
		77.7%	22.3%	100.0%	
Total		463	122	585	
		79.1%	20.9%	100.0%	

P<0.05*

Table 4 shows the distribution of the participants' answers given to the question "how do you observe free time evaluating activities." A total of 585 participants have answered this question. From these questions, when we look at the total of given answers to the question "I see it as meeting up with friends and having fun" we observe that 58.6% said yes and 41.4% said no as an answer. In the comparative statistical analysis in accordance with gender, the value of X^2 was found to be 1.452, $P=0.228$. This value is statistically not significant ($P>0.05$).

It is observed that, to the question "an educational and beneficial process for individuals," 59.7% said no and 40.3% said yes as an answer. In the comparative statistical analysis of the given answer among the two genders, the value of X^2 was found to be 2.871, $P=0.090$. This value is statistically non-significant ($P>0.05$).

When we look at the total of given answers to the question "I see it as a knowledge and culture enhancing process" we observe that 65.1% of the participants said no and 34.9% of them said yes as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 8.072 $P=0.004$. This value is statistically significant ($P<0.05$). When the table is analyzed in detail, we observe that 40.7% of the female and 24.5% of the

male participants observe free time evaluating activities as a knowledge and culture enhancing process.

When we analyze the total of given answers to the question "I see it as means for escape from stress and distress" we observe that 78,8% of the participants said no and 21.2% of them said yes as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 460 $P=0.497$. This value is statistically not significant ($P>0.05$).

When we look at the total of given answers to the question "I find it beneficial in terms of health" we observe that 86.8% of the participants said no and 13.2% of them said yes as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 2.816 $P=0.093$. This value is statistically not significant ($P>0.05$).

When we look at the total of given answers to the question "I see it as means for happiness" we observe that 79.1% of the participants said yes and 20.9% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 672 $P=0.412$. This value is statistically not significant ($P>0.05$).

Table 5. The participants' answer distribution to the question "how do you evaluate your free time"

Variables		Yes	No	Total	X^2/P
	Male	255	52	307	1.472 / .225
		83.1%	16.9%	100.0%	
I go to the theatre and cinema	Female	220	58	278	1.472 / .225
		79.1%	20.9%	100.0%	
Total		475	110	585	
		81.2%	18.8%	100.0%	
	Male	257	50	307	
		83.7%	16.3%	100.0%	



I read books, magazines and newspapers	Female	215	63	278	3.805 / .051*
		77.3%	22.7%	100.0%	
Total		472	113	585	
		80.7%	19.3%	100.0%	
	Male	264	43	307	
		86.0%	14.0%	100.0%	
I actively do sports	Female	234	44	278	.382 / .537
		84.2%	15.8%	100.0%	
Total		498	87	585	
		85.1%	14.9%	100.0%	
	Male	256	50	306	
		83.7%	16.3%	100.0%	
I participate in social and societal activities	Female	210	69	279	6.342 / .012*
		75.3%	24.7%	100.0%	
Total		466	119	585	
		79.7%	20.3%	100.0%	
	Male	23	283	306	
		7.5%	92.5%	100.0%	
I participate in scientific and cultural activities	Female	12	267	279	2.682 / .101
		4.3%	95.7%	100.0%	
Total		35	550	585	
		6.0%	94.0%	100.0%	
	Male	230	75	305	
		75.4%	24.6%	100.0%	
I surf on the internet	Female	204	76	280	.497 / .481
		72.9%	27.1%	100.0%	
Total		434	151	585	
		74.2%	25.8%	100.0%	

P<0,05

Table 5.Contd.

Variables		Yes	No	Total	X ² /P
	Male	218	88	306	
		71.2%	28.8%	100.0%	
I am occupied with crafts	Female	186	93	279	1.430 / .232
		66.7%	33.3%	100.0%	
Total		404	181	585	
		69.1%	30.9%	100.0%	
	Male	253	53	306	
		82.7%	17.3%	100.0%	
I listen to music	Female	232	47	279	.023 / .879
		83.2%	16.8%	100.0%	
Total		485	100	585	
		82.9%	17.1%	100.0%	
	Male	237	69	306	
		77.5%	22.5%	100.0%	
I walk around town and the bazaar	Female	222	57	279	.388 / .533
		79.6%	20.4%	100.0%	
Total		459	126	585	
		78.5%	21.5%	100.0%	
	Male	214	91	305	
		70.2%	29.8%	100.0%	
I visit my friends	Female	176	104	280	3.507 / .061
		62.9%	37.1%	100.0%	
Total		390	195	585	
		66.7%	33.3%	100.0%	



I play a musical instrument	Male	145 47.5%	160 52.5%	305 100.0%	.258 / .611
	Female	139 49.6%	141 50.4%	280 100.0%	
Total		284 48.5%	301 51.5%	585 100.0%	
I watch sports competitions	Male	139 45.6%	166 54.4%	305 100.0%	.237 / .626
	Female	122 43.6%	158 56.4%	280 100.0%	
Total		261 44.6%	324 55.4%	585 100.0%	
I watch various television shows	Male	280 91.8%	25 8.2%	305 100.0%	2.937 / .087
	Female	245 87.5%	35 12.5%	280 100.0%	
Total		525 89.7%	60 10.3%	585 100.0%	
I go to cafes	Male	102 33.4%	203 66.6%	305 100.0%	2.138 / .144
	Female	78 27.9%	202 72.1%	280 100.0%	
Total		180 30.8%	405 69.2%	585 100.0%	
I have conversations with friends at the school canteen	Male	265 86.9%	40 13.1%	305 100.0%	1.853 / .173
	Female	232 82.9%	48 17.1%	280 100.0%	
Total		497 85.0%	88 15.0%	585 100.0%	

P<0.05*

Table 5 shows the participants' answer distributions given to the question "how do you evaluate your free time." A total of 585 participants have answered this question. When we look at the total of the given answers to the question "I go to the theatre and cinema" we observe that 81.2% of the participants said yes and 18.8% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 1.472 $P=.225$. This value is statistically not significant ($P>0.05$).

When we look at the total of the given answers to the question "I read books, magazines and newspapers" we observe that 80.7% of the participants said yes and 19.3% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 3.805 $P=0.051$. This value is statistically significant ($P<0.05$). When the table is analyzed in detail, it is observed that the male participants read books, magazines and newspapers more than the female participants.

When we look at the total of the given answers to the question "I actively do sports" we observe that 85.1% of the participants said yes and 14.9% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 382 $P=.537$. This value is statistically not significant ($P>0.05$).

When we analyze the total of the given answers to the question "I participate in social and societal activities" we observe that 79.7% of the participants said yes and 20.3% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 6.342 $P=.012$. This value is statistically significant ($P<0.05$). When the table is analyzed in detail, it is observed that the male participants participate in social and societal activities more than the female participants.

When we analyze the total of given answers to the question "I participate in scientific and cultural activities" we observe that 6% of the participants said yes and 94% of them said no as an answer. In



the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 2.682 $P=.101$. This value is statistically not significant ($P>0.05$).

As to the question "I surf on the internet" we observe that 74.2% of the participants said yes and 25.8% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 497 $P=.481$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I am occupied with crafts" we observe that 69.1% of the participants said yes and 30.9% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 1.430 $P=.232$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I listen to music" we observe that 82.9% of the participants said yes and 17.1% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 023 $P=.879$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I walk around town and the bazaar" we observe that 78.5% of the participants said yes and 21.5% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 388 $P=.533$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I visit my friends" we observe that 66.7% of the participants said yes and 33.3% of

them said no as an answer. In the comparative statistical analysis of the given answered according to the variable of gender, the value of X^2 was found to be 3.507 $P=.061$. This value is statistically not significant ($P>0.05$).

When we look at the total of given answers to the question "I watch sports competitions" we observe that 44.6% of the participants said yes and 55.4% said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 237 $P=.626$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I watch various television shows" we observe that 89.7% of the participants said yes and 10.3% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 2.937 $P=.087$. This value is statistically not significant ($P>0.05$).

The total of given answers to the question "I go to cafes" is observed that 30.8% of the participants said yes and 69.2% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 2.138 $P=.144$. This value is statistically not significant ($P>0.05$).

When we analyze the total of given answers to the question "I have conversations with my friends in the school canteen" we observe that 85% of the participants said yes and 15% of them said no as an answer. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 1.853 $P=.173$. This value is statistically not significant ($P>0.05$).

Table 6. The answer distribution of the participants' usage of the school's social and sports facilities for leisure activities

Variables	I am not able to use it at all	I use it to a limit	I am able to use it	I use it at all times	Total
1-Male	30 9.7%	141 45.8%	115 37.3%	22 7.1%	308 100,0%
2-Female	28 9.9%	136 48.2%	97 34.4%	21 7.4%	282 100,0%
Total	58 9,8%	277 46,9%	212 35,9%	43 7,3%	590 100,0%

$X^2=.566$ $P=.904$ $P>0.05$

In Table 6, the participants' usage of their school's social and sports facilities for leisure activities is questioned. A total of 590 participants have answered this question. When looked at the total of given answers, it is observed that 46.9% said they use it to a limit, 35.9% said they are able to use it, 9.8% said they are not able to use it and

7,3% said they use it at all times. When we analyze the given answers among the two genders, in the comparative statistical analysis, which is used to determine the differences, the value of X^2 was found to be 566, $P=0.904$. This value is statistically non-significant ($P>0.05$) meaning there is no difference



in opinion in the given answers among the two genders.

Discussion

This study, that has aimed to determine college students' understanding of free time, the duration of the free time they have, how they observe free time activities, how they evaluate their free time and to what extent they use their school's social and sports facilities, has been evaluated in accordance with the obtained data. According to the obtained data;

A total of 604 individuals have participated in the study. 51.5% of them being male individuals, 46.9% being female individuals and 1.7% who did not specify their gender. 70.9% are studying in the department of Coaching Education, 18.5% in Physical Education and Sports Teaching and 8.9% in Sports Management (Table 1).

According to the total of answers given by the participants, 48.7% see free time as the remaining time outside of class hours, 47% see it as the remaining time left after doing the things an individual is obliged to do and 4.4% see it as time that an individual can spend freely at any time.

In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 37.264 $P=.000$ (Table 2). This value is statistically significant, meaning there is a difference of opinion in the given answers. When the table is analyzed in detail, we observe that while the male participants observe free time as the remaining time outside of class hours, the female participants observe free time as the remaining time left after doing what an individual is obliged to do. In result of the obtained data, we can say that, in general, the participants observe free time as the remaining time left after doing what an individual is obliged to do.

According to the total of participants' answers to the duration of the free time they have, 39.4% said they have 1-2 hours, 20.4% said 5-6 hours, 19.4% said 3-4 hours, 12.8% said 7 hours and above and 8,1% said they do not have any free time. In the comparative statistical analysis of the given answers according to the variable of gender, the value of X^2 was found to be 8.384 $P=.078$. This value is statistically not significant ($P>0.05$). This means that there is no difference of opinion in the given answers among the two genders (Table 3). According to the obtained data, we can say that the participants' duration of the free time they have on a daily basis is between the range of 1-5 hours. In conclusion, we can say that, besides the things the participants are obliged to do, they have free time they can spend freely. (Terzioğlu & Yazıcı, 2003; Ehlizoğlu, 2004; Arslan, 2014; Paksoy et al., 2006) have obtained similar results in the studies they

carried out. These findings match up with the findings of the study.

79% of the participants consider leisure activities as means for happiness, 65% as knowledge and culture enhancing, 59.7% as an educational and beneficial process for individuals and 58,6% as a time to be spent with friends and have fun. The comparative statistical analysis of the given answers according to the variable of gender is not significant ($P>0.05$). This means that there is no difference of opinion in the given answers among the two genders (Table 4). According to the results, we can say that the participants participate in leisure activities with the purposes of being happy, enhancing their knowledge and culture, learning new things, meeting up with their friends and having fun.

(Yerlisu Lapa, & Armadan, 2009; Tekin et al, 2007) In the similar studies, the view that individuals participate in leisure activities due to entertainment, being together with their friends, relaxation and learning new stuff and an attractive ambience are in agreement to our findings.

When put in order according to the percentage of given answers, it has been observed that the activities the participants participate in as leisure activities are as follows; 89% of them watch various television shows, 85% have conversations with their friends at the school canteen, 85% actively do sports, 82% listen to music, 81% go to the theatre and cinema, 80% read books, magazines and newspapers, 79% attend social and societal activities, 78% walk around town and the bazaar, 74% are concerned with doing things on the computer, 69% are occupied with crafts, 66% visit their friends and 6%, having the least participation, attend scientific and cultural activities (Table 5). According to the variable of gender, it has been observed that there is a significant association between the activities of participating social and societal activities and reading books, magazines and newspapers ($P<0.05$). When the table is analyzed in detail, it is observed that the male individuals participate in these two activities more than the female participants. As to the other activities, there is no significant difference of opinion among the genders ($P>0.05$). According to the obtained results, we can say that, in general, the participants participate in physical, social, knowledge and culture enhancing activities that require active and inactive participation.

Our results, are in agreement with the one reported by (Yerlisu Lapa & Armadan, 2009) in which they show that the students spend their free time in places where they are able to meet their needs such as eating, drinking, shopping, as well as departmental canteens, the green fields and outdoor/indoor sports areas/centers; and also the one



by (Kır,2007) reporting that the students usually spend their leisure activities in/as passive activities, as well as the ones reported by Kiper 2009, Süzer 2000, Önder 2003 all of which shows that the students prefer to evaluate their leisure activities into passive activities (Kiper, 2009; Süzer 2000;Önder,2003).

To the situation of the participants' usage of the social and sports facilities at their school for leisure activities, from the total of the given answers, 46.9% of them said they use it to a limit, 35.9% said they are able to use it, 9.8% said they are not able to use it at all and 7,3% said they use it at all times. In the comparative statistical analysis of the given answers in accordance with the variable of gender, the value of X^2 was found to be $X^2=.566$ $P=.904$. This value is statistically non-significant ($P>0.05$). In result of the obtained data, we can conclude that, in general, the participants more or less use their school's social and sports facilities for leisure activities.

Conclusion

As a result of the findings obtained in the scope of the research; we can say that college students have between the range of 1-5 hours of free time per day. They generally consider leisure activities as means for happiness, knowledge and culture enhancing and as an educational process that is beneficial to individuals. In their free time, as leisure activities, they participate in active and inactive activities like watching various television shows, having conversations with their friends at the school canteen, actively doing sports, listening to music, going to the theatre and cinema, reading books, magazines and newspapers, attending social and societal activities and while participating in these activities they more or less use their school's social and sports facilities.

Suggestions

- Students should be informed that they should spend their free with self-improving activities.
- Activities about leisure activities should be organized so students can be educated about free time.
- Universities should prepare and present several grounds and fields in which a diverse range of physical activities suitable for every age and gender can be carried out.
- Activities about leisure activities and the variety of them should be increased in order to encourage students.
- Universities should establish a unit that organize the students to spend their free time for activities in favor of themselves.
- Occasionally, some surveys should be performed regarding the students' leisure activities and accordingly the weaknesses and

deficiencies should be improved as well as taking precautions for better outcomes.

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