

DETERMINATION OF THE PSYCHOLOGICAL RESILIENCE LEVELS OF INDIVIDUAL ACTIVATED INDIVIDUALS

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Abstract

Objective. This research was carried out to determine the psychological resilience levels of physically active individuals.

Methods. This research is descriptive cross-sectional. The universe of the research is composed of individuals who are actively interested in a sports branch in a municipal sports center and all individuals who agree to participate in the study without going through the sample selection method are included in the sample. 85 individuals who agreed to participate in the study constituted the sample of the study. The sociodemographic information form and the Psychological Resilience Scale for Adults were used to collect the data. In evaluating the demographic data of the research, chi-square test was used to evaluate the relationship between number and percentage distributions, socio-demographic characteristics and psychological resilience.

Results. When the socio-demographic characteristics of the individuals were examined, the mean age was 34.62 ± 3.23 , 52.6% were women, 35.1% were university graduates, 42.1% worked for any job, 43.2% It was determined that 64.3% of them perceived their health as medium and 58.5% of them lived in the metropolitan for the longest time. It was determined that the mean score of the individuals' psychological resilience scale was 118.63 ± 6.07 . When the socio-demographic characteristics of individuals and their mean scores from the psychological resilience scale are evaluated; The psychological resilience score averages of men are higher than the women's average, and the difference was statistically significant ($p < 0.05$). When the educational status and psychological resilience scale mean scores were evaluated, a significant difference was found and it was seen that the difference was due to university graduates ($p < 0.05$). Similarly, the mean score of the psychological resilience scale of those working in any job ($p < 0.05$), married people ($p < 0.05$), those who perceive their health well ($p < 0.05$) and those living in the district ($p < 0.05$) high and the difference was found to be statistically significant.

Conclusion. In line with the results obtained from the study; It has been observed that physically active individuals have a very good psychological endurance score. In terms of psychological resilience, women, primary and high school graduates, those who do not work in any job, singles, those who perceive their health poorly and moderately, and those who live in the metropolitan area are included in the risk group.

Key words: Individuals, Physical activity, psychological resilience.

Introduction

Psychological resilience is defined as the ability of individuals to struggle against difficult life experiences, to recover themselves, to recover quickly and to overcome these difficulties (Masten and Coatsworth 1998, Earvolino-Ramirez 2007). At the same time, psychological resilience is seen as the person's ability to cope with the disability, uncertainty and many other negative situations, the ability to succeed and the adaptation process (Tusaie and Dyer 2004, Luthans et al 2006, Schaal et al 2011). Although psychological resilience is

seen as a variety of situations with significant risks for psychological disorders that people may encounter, it can also be described as a good result (Masten and Reed 2002). From these perspectives; Protective factors, processes and mechanisms that can contribute to good results can be seen as psychological resilience. In other words, psychological resilience has become a conceptual umbrella that covers all protective factors.

Physical activity, which is a specific protective factor, also plays a very important role in understanding health behavior (Gerber and Pühse

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2008, Haskell et al. 2007). It should not be forgotten in today's conditions that there is a linear relationship between physical movement and health. The fact that individuals in the society are physically active will contribute well both in the prevention of diseases and in the treatment of diseases. Being physically active is known to lead to positive psychosocial outcomes, as well as beneficial effects on the physical health of individuals as well as individuals (Penedo and Dahn 2005, Southwick et al 2005, Warburton et al 2006, Ströhle 2009, Biddle and Asare, 2011, Pickett et al 2012, Lök and Bademli 2017). When the literature is examined, it can be seen that being physically active has protective and therapeutic effects from the disease. It is also seen that physical activity supports mental well-being and has positive effects on coping with difficulties. In this context, the research was carried out to determine the psychological resilience levels of physically active individuals.

METHODS

This research is descriptive cross-sectional. The universe of the research is composed of individuals who are actively interested in the sports branch in a municipal sports center and all individuals who agree to participate in the study without going through the sampling selection method are included in the sample. 85 individuals who agreed to participate in the study constituted the sample of the study. Sociodemographic information form and the Psychological Resilience Scale for Adults were used to collect the data.

Personal Information Form

In the personal information form, questions such as age, gender, educational status, employment status, marital status, perceived health status and longest living place were included.

Psychological Resilience Scale for Adults-YPRS: In 2005, Friborg et al. Validity reliability was translated into Turkish by YPDÖ, Basım and Çetin (2011), which was developed by. The evaluation of the scale items was released as in the original study. Five boxes, which are prepared to get rid of acquaintance bias and are in the face of the answers, can be evaluated as desired by considering five-point Likert form. If the psychological resilience is desired as the scores increase, the answer boxes should be evaluated as 12345 from left to right. If this view is taken into consideration, the scale; Questions 1-3-4- 8-11-12-13-14-15-16-23-24-25-27-31-33 will be inverted questions (if the psychological resilience is

desired as scores decrease, answer boxes will be evaluated as 54321 and the reverse questions will then be questions 2-5-6- 7-9-10-17-18-19-20-21-22-26-28-29-30-32). As the scores increased, the procedure was chosen by choosing the preference of increasing psychological resilience. The total Cronbach Alpha coefficient of the original scale was 0.86, and it was determined to be 0.90 in this study (Çetin and Basım 2011).

Collecting data

The data of this study were collected from face-to-face interviews from individuals registered in a sports center.

Ethical and Legal Aspects of the Research

Institutional permission and consent was obtained from individuals to conduct the research. Verbal permissions of individuals were obtained before starting the research. The principle of "Enlightened Consent" by explaining the purpose of the research, the duration of the research and the procedures to be done during the research, is explained in a language they will understand, and the principle of "Autonomy" is stated by saying that the individual information will be protected after sharing with the researcher. Before the forms to be used in the research were given, necessary explanations were made orally, and care was taken to create a quiet environment with little stimulus during application.

Statistical analysis

After collecting the data, the option researchers specified by each individual for each item included in the scales were entered into the SPSS 21 program and the total scores of the individuals were calculated. In the evaluation of the demographic data of the research, chi-square was used to evaluate the relationship between the number and percentage distributions and the socio-demographic data and the Psychological resilience scale. Results were evaluated at 95% confidence interval and $p < 0.05$ significance level.

RESULTS

When the sociodemographic characteristics of the individuals are examined, the average age is 34.62 ± 3.23 , 52.6% are women, 35.1% are university graduates, 42.1% are working for any job, 43.2% married, 64.3% perceived their health as medium and 58.5% lived in the metropolitan for the longest time. The mean score of the individuals' psychological resilience scale was found to be 118.63 ± 6.07 (Table 1).

Table 1. Distribution of Individuals' Psychological Resilience Scale Scores

Variable	Mean±SD
Psychological Resilience Scale	118,63±6,07

When the socio-demographic characteristics of individuals and their mean scores from the psychological resilience scale are evaluated; The psychological resilience score averages of men are higher than the women's average, and the difference was statistically significant ($p < 0.05$). When the educational status and psychological endurance scale mean scores were evaluated, it was found that there was a

significant difference and it was seen that the difference was due to university graduates ($p < 0.05$). Similarly, the mean score of the psychological resilience scale of those working in any job ($p < 0.05$), married people ($p < 0.05$), those who perceive their health well ($p < 0.05$) and those living in the district ($p < 0.05$) the difference was found to be high and statistically significant (Table 2).

Table 2. Evaluation of Individuals' Sociodemographic Characteristics and Psychological Resilience Scale Scores

Variable	MEan±SD	Test value, p
Gender		
Woman	105,02±6,18	X²:4,189 p:0,02*
Male	132,24±5,04	
Marital status		
The married	128,56±4,09	X²:1,023 p:0,04*
Single	108,70±3,78	
Education status		
Primary education	103,58±3,76	F: 3,024 p: 0,02*
High school	120,56±1,47	
University and above	131,75±2,18	
The longest lived place		
District	129,62±3,07	X²:2,56 p:0,02*
Big city	107,64±6,02	
Perceived health		
Middle	96,16±3,25	X²:3,072 p:0,04*
Good	141,07±0,26	
Working status		
working	129,56±3,09	X²:0,561 p:0,03*
Not working	107,7±6,34	

$p < 0,05$

Discussion

According to the findings obtained in this study aiming to determine the level of psychological resilience of physically active individuals, it was found that the mean score of physically active individuals was high. This finding is similar to the literature. In a study conducted by Schaal et al. (2011), it was determined that physical activity performed at a professional level had a positive effect on the level of psychological resilience. It is reported that being physically active is a protective factor in terms of psychological resilience and participation in physical activity programs may have positive effects on individuals' mental well-being (Ströhle 2009, Pickett et al 2012, Lök and Bademli 2017). It can also be thought that the physical endurance of the physically active

individual strengthens the individual and supports him in overcoming difficulties.

It was determined that the average of psychological endurance score of physically active individuals participating in this study showed a significant difference according to gender and the mean score of men was significantly higher than that of women. Bonanno et al (2007) reported that women have low psychological resilience compared to men in their studies. Similarly, studies indicating that men are more resistant than women are available in the literature (Campbell-Sills et al 2009, Lee et al 2008). However, in a longitudinal study by Werner (2005) in Kauai, it is stated that women are more resilient and better at dealing with difficulties than men.

In this study, it was determined that those with higher education level had higher psychological resilience score than those with lower education. As the level of education increases, it can be said that the cognitive processes of individuals act as a buffer to cope with difficulties and support psychological resilience positively. It can also be thought that the level of education of psychologically resistant individuals increases and is successful (Campbell-Sills et al 2009).

Another finding obtained from the study is that the psychological endurance score average of married individuals is significantly higher than singles. This finding is similar to the literature (Dane and Olgun 2016, Ülker and Receptoğlu 2013). This situation can be explained by the good perception of social support of the married people and the fact that social support is a protective factor in psychological resilience. Similarly, Lazarus (1993) emphasized that spouse support will positively affect psychological resilience.

In the study, it was found that the individuals who evaluated their health well were significantly higher in psychological endurance score. Gooding et al (2012) investigated psychological resilience in young adults and older adults; found that overall poor health perception was associated with low levels of psychological resilience. In this sense, it can be said that individuals with high psychological resilience and positive health perceptions have effective coping skills, focus on positive, adapt quickly and have features such as self-expression.

Conclusion and suggestions

In line with the results obtained from the study; It has been observed that the physiologically active individuals have a very good psychological endurance score. In terms of psychological resilience, women, primary and high school graduates, those who do not work in any job, singles, those who perceive their health poorly and moderately, and those who live in the metropolitan area are included in the risk group. Particular attention should be paid to these risk groups in terms of psychological resilience. It can be recommended to organize physical activity programs that will encourage individuals to become physically active in the society, and to conduct experimental studies to determine the changes in the psychological resilience level of the individuals participating in these programs.

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