

Examinations of the Reasons for Participation of Children between the Ages of 9-16 to Summer Sports Schools (Instance of Malatya Province)

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ABSTRACT

The aim of this study is to determine the reasons for participation of children between the ages of 9-16 to summer sports schools in Province of Malatya. "General survey model" which is one of the descriptive survey models has been used in this study. Population of the study has been constituted by students between the ages of 9-16 who participated in summer sports school in Province of Malatya in 2012 summer season; the sampling has been constituted by 240 participants selected randomly and casually among different age groups. Cronbach's Alpha reliability coefficient of the survey used in the study was recounted and determined as 0,76. Statistical package has been used in analysing of the survey data and in the course of data analysing; frequency (f), percentage distribution (%), arithmetical mean (x), and F tests have been used. In consequence of the survey, it has been determined that the participation status of children, in sampling, to summer sports school; sub-scale scores ($x=2,07$) for physical fitness which is one of the sub-dimensions of used survey and sub-scale scores ($x=1,96$) for entertainment status were in lower medium level. In this circumstance, it may be said that the children participating in survey generally participated in summer schools because they believe that it will improve their physical fitness and they want to make their free time more fun. It may also be concluded that there is a significant difference between the participation levels to summer sports school and entertainment sub-dimension taken place at lower medium level in regard to age variable of participants, whereas there is no significant difference between them in regard to physical fitness lower limit.

Keywords: *Summer Sports School, Child, Physical Fitness, Entertainment*

INTRODUCTION

The reasons why people get involved in sports may vary from person to person and it may affect the duration of person's remaining in activity. When you direct someone to the question of "Why do you sport", you may be given many reasons concerning this issue. At the point of providing continuity of people in sports activity, determination of the reasons for involving in sports plays an essential role (Kazak, 2007).

Today, summer sports schools have become an important activity because of the fact that the most of children living in city reside in apartment blocks; being picked by school bus services instead of going by foot; being addicted to

TV and Computer; getting ill-tempered after receiving wrong reactions from their parents as a result of their tendency towards bad habits and negative effects of all these factors on relationship between students and families (Selçuk, 2010).

Children, by their nature, need to play games and in order for meeting this need children requires play grounds, the narrowing (in fact vanishing) of playgrounds in parallel with booming urbanizations has increased the importance of the summer sports school prioritizing the game as an essential instrument (Selçuk, 2010). It has been stated that the physical education activities being performed in summer sports school have improved the children's physical, mental development as well as their thinking. Game along with gymnastic and sportive activities provides a solid body, strong-thought and healthy mind for children (Arslan, 1979). Tamer (1987), in his research, has stated that the physical movements must be converted to life experience in line with a planned development.

Children may find a way out by explaining their emotional problems and also may be interested in surroundings and friends by getting rid of egocentrism. Thus, they may acquire sense of aesthetic by improving self-confidence as well as having a strong liking and happiness. They may learn and implement proper social skills such as socialization, respecting rights and freedoms of others, protecting their rights and freedoms, cooperation, sharing, solidarity, collaborating, and etiquettes (Atlı, 1986). It has been stated that the sports events, whether for the purpose of performance or make use of free time, would make contribution, to a certain extent, to development of personality and formation of individuality (İkizler 2000). It has been also stated that the person, who takes pleasure from competence motivation in success domains such as sports, tended towards mastery attempt and his/her perception of success in this mastery attempt enhance the positive and negative sense of feelings (Cox, 1998).

Children may have knowledge about them self and others, and may find out their capacity and limits and their differences with adults by means of sport activities thought in summer sports schools. Most of all, children may develop habits likes of organizing and inspecting their life. In this context, in order for children to be responsible and productive members as well as good citizens of future, family and educational institutions, in cooperation, must create well organized and game environment for children (Öztürk, 1998).

In today's technological age, It may be said that further studies on this issue must be carried out by the scientist working in the field of sports event such as notably physiology, psychology, sociology, philosophy, science, biomechanics and training all of which known as providing benefit to society in many ways (Koç, 1994). Nowadays, it is also observed that the importance of movement has been emphasised by specialist. It has been stated that the causes of most of the death in world today arises from cardiovascular diseases. It may be thought that person with sports habit gets over these problems with the least damage. In this sense, in this study; we will try to find answers to the questions in direction of determining the underlying reasons for participation of children, aged between 9 and 16, to summer sports schools, by taking some variables into consideration.

METHODS AND METHODOLOGY

"General survey model" which is one of the descriptive survey models has been used in this study carried out in an attempt to determine the underlying reasons for the participation of children between the ages of 9-16 to the summer sports school in Malatya.

Population of the study has been constituted by students between the ages of 9-16 who participated in summer sports school in Province of Malatya in 2012 summer season; the sampling has been constituted by 240 participants selected randomly and casually among different age groups. The scale used in order to determine the research data was "Participation Motivation Questionnaire" developed by Gill, Gross and Huddleston (1983) to determine the underlying reasons for youths' participation in sports which adapted as "Katılım Motivasyonu Envanteri" to Turkish by Oyar,Aşçı, Çelebi and Mülazimoğlu (2001).

Cronbach's Alpha value has been determined as 0,76 by exercising validity and reliability of the scale used in the research. As Cronbach's Alpha value is above 0,70, it indicates the reliability of the survey (Arseven, 2001). Reliability is the characteristic for consistently and accurately displaying or explaining a thing wanted to be measured or described by a measurement or a scientific explanation (Gökçe, 1999). Statistical package has been used in analysing of the survey data and for data analysing; frequency (f), percentage distribution (%), arithmetical mean (x), and F tests have been used.

FINDINGS

In this section, data obtained from children between the ages of 9-16 and the statistical data related to these findings will take place:

Table 1. Demographic information of the children taken part in the research

Sex	Female	84	35,0
	Male	156	65,0
	Total	240	100
Age	7-9	34	14,2
	10-12	119	49,6
	13-16	87	36,3
	Total	240	100

It has been determined that 65% (f=156) of the children taken part in the research were male and 35% (f=84) of the children taken part in the research were female. Considering the age groups, it has been determined that 49,9% (f=119) of them were between the ages of 10-12, and 36,3% (f=87) of them were between the ages of 13-16.

Table 2. General arithmetical mean of answer scores of the questions addressed to the children taken part in the research

Question Addressed	X	Ss
I want to consume my energy	2,27	0,81
I would like to exercise	2,19	0,90
I like travelling	2,04	0,80
I would like to relive my stress	2,09	0,93
I like entertainment	2,01	0,86
I would like to be physically healthy	1,97	0,95
I like excitement	1,96	0,83
I would like to be popular	1,88	0,78
I like challenging	1,87	0,77
I would like to keep fit	1,81	0,90
I like going out	1,81	0,76
My family and my friends want me to play	1,51	0,73
I would like to be with my friends	1,37	0,61
I would like to meet new friends	1,30	0,55
I like competing	1,26	0,79
I would like to gain status and prestige	1,25	0,78
I like team spirit	1,22	0,49
I like leaders, trainers and instructors	1,22	0,47
I like teamwork	1,17	0,45
I like to cope with things	1,16	0,45
I like movement	1,16	0,45
I like winning	1,15	0,41
I like winning awards	1,14	0,41
I like feeling of being important	1,14	0,38
I would like get promoted in my branch	1,12	0,45
I like to be in a team	1,11	0,39
I would like to gain new skills	1,06	0,29
I would like to do things in a subject I am good at it	1,06	0,29
I would like to improve my skills	1,05	0,65

*Table-2 General Arithmetical Mean has been listed top-down.

*General Arithmetical Mean has been determined as ($\bar{X}=1,49$).

Considering the general arithmetical mean of children's reasons for participating in summer sports schools, it has been determined that it is at "low-level" with points of $\bar{X}=1,49$. Examining survey articles by one by, it has been observed that the average mean obtained from the articles varies between "low-level" ($\bar{X}=1,05$) and "lower medium level" ($\bar{X}=2,27$).

It has been also observed that the participation behaviours of the participants described such as "I want to

consume my energy", "I like travelling", "I would like to relive my stress", "I like entertainment", "I would like to be physically healthy", "I like excitement", "I would like to be popular", "I like challenging", "I would like to keep fit", "I like going out" have remained at "lower medium level" with the points varying between ($x= 2,27$) and ($x= 1,81$) with reference to survey scoring.

Table 3. Analysis of significance among physical fitness sub-dimensions in regard to age groups of children taken place in the research

Age	N	X	Ss	Variance Source	Sum of Squares	Sd	Average of Squares	F	p
7-9	34	2,22	,51	Inter-groups	,967	2	,483		
10-12	119	2,05	,47	Intra-groups	51,857	237	,219	2,2087	,11
13-16	87	2,02	,44	Total	52,824	239			
Total	240								

No significant statistical differences [$F = 2,2087$, $p>.05$] among participation reasons of the children participated in summer sports school has been determined in reference to age variable of children taken place in research. Considering the arithmetical means in regard to age groups, it has been determined that the children between the ages of 7-9 with $x=2,22$ have attached great importance to their physical development in lower medium level.

Table 4. Analysis of significance among entertainment sub-dimensions in regard to age groups of children taken place in the research

Age	N	X	Ss	Variance Source	Sum of Squares	Sd	Average of Squares	F	p
7-9	34	1,83	,43	Inter-groups	1,401	2	,701	4,003	,02
10-12	119	1,93	,41	Intra-groups	41,473	237	,175		
13-16	87	2,05	,41	Total	42,874	239			Significance
Total	240								3-1

A significant statistical difference [$F = 4,003$, $p<.05$] among participation reasons of the children participated in summer sports school has been determined in reference to age variable of children taken place in research. As a result of Scheffe test carried out to find the source of difference, it has been concluded that the reason of 13-16 age group's ($x=2,05$) participation to the summer school was for more entertainment, in comparison to 7-9 age group ($x=1,83$).

DISCUSSION AND RESULT

It has been found out that the children taken place in this study carried out in order to determine the participation reasons of children between the ages of 9-16 to summer sports schools in Province of Malatya mostly consisted of males ($f=156$) among 10-12 age group ($f=119$) (Table-1). In a similar study performed by Kazak (2007), it has been observed that in comparison to females, males provided more participation, and the participants' age group generally were 12.

Considering the general arithmetical mean of participants' participation reasons to summer sports school, it has been determined that it was at "low level" with $\bar{x}=1,49$ points. Examining survey articles by one by, it has been observed that the average mean obtained from the articles varies between "low-level" ($\bar{x}=1,05$) and "lower medium level" ($\bar{x}=2,27$) (Table-2).

It has been also observed that the participation behaviours of the participants described such as "I want to consume my energy", "I like travelling", "I would like to relive my stress", "I like entertainment", "I would like to be physically healthy", "I like excitement", "I would like to be popular", "I like challenging", "I would like to keep fit", "I

like going out” have remained at “lower medium level” with the points varying between ($x= 2,27$) and ($x= 1,81$) with reference to survey scoring.

No significant statistical differences [$F = 2,2087$, $p>.05$] among participation reasons of the children participated in summer sports school has been determined in reference to age variable of children taken place in research (Table-3). Considering the arithmetical means in regard to age groups, it has been determined that the children between the ages of 7-9 with $x=2,22$ have attached great importance to their physical development in lower medium level. In another study carried out by contrast this, it has been stated that age groups of 12 and above had performed their sports activities more caringly in summer sports schools (Kazak, 2007). It is related with changes and equilibrium process in function of physical development, physical structure of individual, nervous and muscular systems (Hickson and Rosenkdetter, 1981). In this case, it may be stated that physical appearances in activities can come into prominence with increasing age and entering puberty.

A significant statistical difference [$F = 4,003$, $p<.05$] among participation reasons of the children participated in summer sports school has been determined in reference to age variable of children taken place in research (Tablo-4). As a result of Scheffe test carried out to find the source of difference, it has been concluded that the reason of 13-16 age group's ($x=2,05$) participation to the summer school was for more entertainment, in comparison to 7-9 age group ($x=1,83$). In support of our finding, Toros (2001), in his research, has come to conclusion that main participation reasons of the individuals decided to take place in physical activity were delight and pleasure. In another research carried out on this issue, it has been determined that a significance dimension was absent between age and entertainment sub-dimension (Kazak, 2007).

As a consequence, it has been determined that the physical subscale points ($x=2,07$) and entertainment subscale points ($x=1,96$) for summer sports schools participation status of children in the sampling were at lower medium level. In this case, it can be said that children in this study participated to summer sports school because they wanted to improve their physical developments and make their free time more fun. It has been concluded that there is a significant difference between the participation levels to summer sports school and entertainment sub-dimension taken place at lower medium level in regard to age variable of participants, whereas there is no significant difference between them in regard to physical fitness lower limit.

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