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Message from the Editors

I am pleased to announce second volume and first issue of The Online Journal of Recreation and Sport (TOJRAS) in 2013. As the mission of journal is to stress the significance of different practices in the field of education by academic efforts and researches, selected research papers enlighten valuable contributions by different practice on the base of qualitative and quantitative researches, especially mix approach.

As this issue promotes how the journal is developing as regards its vision and mission, there are valuable researches and their studies that contributed to the journal. Therefore, I would like to thank to editorial board, reviewers and the researchers for their valuable contributions to the journal and this issue.

Prof. Dr. Erdal ZORBA
Editor in Chief

It is a great pleasure for me as an editor of The Online Journal of Recreation and Sport (TOJRAS) to publish current issue of 2013. I would like to thank to all authors and associate editors for their contributions to the current issue of TOJRAS that selected papers reflect the journal developments and contributions by their rich research process. On behalf of the editorial team of The Online Journal of Recreation and Sport (TOJRAS), we will welcome to share your original and valuable researchers. All authors can submit their manuscripts to tojras.editor@gmail.com for the following issues.

Assoc. Prof. Dr. İsmail Hakkı MİRİCİ
Editor

Table Of Contents

AKNEHIR SUMMER SPORT GAMES AS THE PRODUCTS OF ALTERNATIVE SPORTS TOURISM	1
Pervin Bilir, Levent Sangün, Turan Ari	
APPLICATION OF THE VALUE ENGINEERING IN SPORT TOURISM MARKETING	7
Sahar ahmadi, Mehrdad Moharamzade, Mir MOhamad Kashef, Narges Esmaieli, Golaleh Aboubak i	
EFFECT OF OUTDOOR ACTIVITIES ON THE LIFE SATISFACTION: TURKEY CASE	11
Faik Ardahan, Tevfik Turgu	
EVALUATION OF ALEXITHYMIA LEVEL IN INDIVIDUALS WHO DO SPORTS OR NOT ACCORDING TO SOME VARIABLES	19
Osman Gümüşgül, Arslan Kalkavan, Çetin Özdilek, Mehmet Demire	
MOTIVATIONS AND TO IDENTIFY ITS RELATIONSHIP WITH SOCIOECONOMIC CONDITIONS OF MALE AND FEMALE PARTICIPANTS IN PUBLIC EXERCISES IN THE CITY OF TABRIZ	25
Mohammad Tagi Aghdasi, Golamreza Mazaher	
THE INVESTIGATION OF CHILDRENS ANTHROPOMETRIC AND MOTORIC ATTRIBUTES ACCORDING TO THEIR AGES	29
Gökhan Deliceoğlu, Erdal Zorba, Metin Yaman, Hacı Ahmet Pekel, Işık Bayraktar	
THE OPINIONS OF CAMP PROGRAM AND LEADER OF FEMALE STUDENTS IN THE MINISTRY OF YOUTH AND SPORTS YOUTH CAMPS	35
Pınar Guzel, Melike Esentas, Selhan Ozbey, Muberra Celebi	
VISUAL SPACE INTELLIGENCE ACCORDING TO STRATEGY OF MENTAL MAPS AND ITS IMPACT IN THE DEVELOPMENT OF TRACKING AND THE VISUAL MEMORY TO THE SKILL OF SETTING IN VOLLEYBALL	43
Fatima Abid Malih, Afaf Al-Katib, Najla Abbas	

Aknehir Summer Sport Games as the Products of Alternative Sports Tourism

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ABSTRACT

This study introduces "Aknehir Summer Sports Games" as a product of sports tourism and determines the requirement to consider these games, which are local sports organizations, within the concept of alternative sports tourism. This is a descriptive study. Screening and unstructured interview methods were used for data collection. Changes in the consumption demands of humans have recently led tourism sector to vary their products. After 1990s, it was observed that people want to spend their free time in a different way apart from sunbathing and swimming in the sea, which are called as classical tourism. The demand of tourists with high education and income level to explore different cultures and to participate in cultural and sportive activities required emergence and marketing of these kinds of products, which are called as alternative tourism. In addition to well-known sports tourism, which begin to gain prominence in tourism sector, planning local sports organizations called "alternative sports tourism", which are conducted for recreative aims and presentation of these local sports organizations as a product will diversify sports tourism and strengthen its potential.

Keywords: *Aknehir Summer Sport Games, Tourism, Sports Tourism, Alternative Sports Tourism.*

INTRODUCTION

Tourism continues to be a steadily growing sector in world's economy. Many developing countries consider tourism as an alternative source for development. Governments, bureaucrats, academicians and working environments impose tourism as a driving force for growth and as a source for foreign exchange and employment that will revive local economy (Sreekumar and Parayıl 2002). The main reason for the inclusion of tourism in national and local development can be summarized by the declaration of OECD: "Tourism helps poor countries accelerate their development. Attracting tourist to a country is easier than selling high-tech products in world's market" (Kertsen, 1997).

From the beginning of 1980s, along with the foreign expansion and liberalization policies implemented in Turkey, tourism has become an issue to be given importance as well as goods and services trade, and investments in this area have been supported by the state. Investment incentives and financial support to the sector as per "Tourism Promotion Law" dated 1982, may have an important effect in the development of tourism (Bahar, 2006). Turkey, which achieved to be among the first ten countries in international tourism market in terms of both tourism incomes and number of inbound tourist, ranked the 20th in the world in in terms of the number of inbound tourist in the year 2000, and ranked the 7th in 2009. In terms of tourism incomes, Turkey ranked the 14th in the world in 2000, while it ranked the 9th in 2009. Tourism is tried to be developed through cooperation between state, private sector and voluntary organizations (Öztürk, 2010). According to recent data, actual tourism income is considered to be over 25 billion dollars (www.kultur.gov.tr). An increase in this share can be possible by diversification of products. Creating product diversity may result in attraction to products, and supporting these products with others will contribute to the

development of tourism.

"Aknehir Summer Sports Games" is annually held in Aknehir Village of Samandağ District, Hatay Province, which has a rich tourism potential in Turkey. The games are conducted by the participation of individuals from every age group in various sports branches. Accepting this local sports organization as "alternative sports tourism" may lead to attaching importance to different local sports organizations in terms of tourism and marketing these products.

As a theoretical basis, this study primarily defines the concepts of tourism, alternative tourism, sports, sports tourism and alternative sports tourism, and then introduces "Aknehir Summer Sports Games", a local sports organization, as a product of alternative sports tourism.

THEORETICAL FRAMEWORK

Tourism and Alternative Tourism

World Trade Organization (WTO 2005) stresses that tourism is a group of activities involving a peoples' leaving the environment they live for a certain period of time, and travelling and spending money as the principal aim (Jennings, 2007:9). Most studies on tourism in literature agree on the fact that a person has to go far from the place he/she lives in and travel to another place for at least one night in order to be regarded as tourist (Weaver and Oppermann 2000). In our age, many people temporarily travel to different countries and regions away from the places they live for the aims of sightseeing, resting, having fun, knowing different cultures and socializing. These activities constitute tourism events. Tourism can be defined as the activities involving the travel of people to different places for various reasons with their free will, their staying in these places for at least one night and benefiting from the offered goods and services, on condition that they don't settle or receive economic income. In tourism sector, the goods and services leading people to travel, as well as the travel itself, the target place of travel, an area in the target place or the combination of these areas are called as tourism products (Küçükaltan and Yıldız, 2009).

The changes in the consumption systems of people in mass tourism movement and the product diversification studies in tourism sector have resulted in a transformation from sun, sea and sand triangle, which are called as classical tourism products, to the products requiring individual and special interest. People began to prefer holidays suitable for their area of interest by dividing their vacation time into two or more parts, thanks to the speed and comfort in transportation vehicles instead of spending their free time lying under the sun. The reasons for this change include the satisfaction level from classical tourism products, the demand for exploring different cultures, diminishing distances between countries, the increase in educational and income level, the increase in the third age tourist potential, who solved their economic problems in general tourism movement, and the demand to participate in cultural and sportive activities. Tourism investors began to direct their investment in line with these changes in demands in order to have a role in the market. This emerging tourism movement is called as "alternative tourism" as it is considered as an alternative to mass tourism (Kılıç and Kurnaz, 2010)

Sports, Sports Tourism and Alternative Sports Tourism

Article one of International Olympic Treaty states that sports is a human rights for all individuals and every individual has the opportunity to get involved in sports according to their own needs (www.olimpic.org.)

Haywood et al. defined the basic elements of sports as follows: it should involve physical or psycho-motor skills, it should involve a competition within the framework of determined rules and it should have a traditional sustainability (Haywood et al. 1995) Sports is a phenomena that enables the social solidarity and integration and better acquaintance of people and different cultures. It can be stated that tourism serves to these aims.

From the beginning of 1990s, both tourism industry and sports tourism increasingly draw attention in academic circles. Travelling or watching sports are not new things. Even though the concept of sports tourism is used to define these types of travels, in the last decade, it became more common. Many developed countries with many achievements in sports have recently developed sports tourism strategies. By the end of 1990s, the number of studies on sports tourism has began to increase (Gibson, 2006).

Academic congresses on sports tourism began to be held in Turkey. The first one of these congresses in the activity program of Federation of Sports for Everyone, "1st International Sports for Everyone and Sports Tourism Congress" was held in 2009, and the second one "2nd International Sports for Everyone and Sports Tourism Congress" was held in 2012. In addition, one of the joint working area of General Directorate of Youth and Sports, and Ministry

of Culture and Tourism is expanding the effect are of sports in tourism and therefore creating value on behalf of both institutions and state economy. To that end, "Common Mind Workshop" was conducted in Istanbul on April 25th, 2009.

Sports tourism is one of the rapidly developing sectors of travelling and tourism industry. By the year 2011, the income from travelling and tourism is expected to be over 10% of universal gross national product. The economy of world cities and regions, and even the economy of countries increasingly depend on sports supporters (Ensani, 2009). Sports tourism is the events and relationships emerging from the participation of people interested in sports, individuals, groups or teams actively engaged in sports and their managers and spectators in tourism (Report of Common Mind Platform, 2009). According to Hinch and Higham, sports tourism involves sports-based journey from the resident area for a temporary time and sports, here, is characterized with its nature requiring distinctive rules and competition which aims physical engagement (Gibson, 2007). Aforementioned sports tourism definitions mainly involve major sports organizations such as Olympic Games, World Cups, Tennis Tournaments or Formula Races. Apart from these organizations, the travel arrangements in order to watch or participate in sports organizations, which are locally conducted with the participation of people mostly living in that region in their free time and which reflect the culture of that region can be defined as "alternative sports tourism" and the local sports organizations conducted with that aim can be defined as "alternative sports tourism products".

Aknehir Summer Sports Games as Alternative Sports Tourism Product

Action Plan for 2013 of Tourism Strategy of Turkey for 2023, which was prepared by the Turkish Ministry of Culture and Tourism, aims to use natural, cultural, historical and geological values of Turkey in a protection-usage balance, and to increase the share that Turkey receives from tourism through developing tourism alternatives, and also envisages important steps towards the diversification of tourism products. Health tourism and thermal tourism, winter tourism, golf tourism, eco tourism, tableland tourism, sea tourism, congress and exposition tourism are ranked as the primary tourism types. Regional and local studies on alternative products are planned to be held to introduce and market these values (Action Plan for 2013 of Tourism Strategy of Turkey for 2023, 2007). Alternative tourism is based on being aware of and protecting the environment and meeting cultures. Thanks to this movement, tourists can mingle with local residents, who therefore get important incomes. Sports tourism products can be diversified by local sports organizations that can be called as alternative sports tourism and that aims to make use of people's free time. "Aknehir Summer Sports Games", which is a promising organization to be included in sports tourism, is conducted in Hatay Province. Hatay Province is the bridge of Turkey to Middle East, and the bridge of Middle East to Mediterranean Sea, and is a rising star for tourism thanks to its history for thousands of years from B.C.s, and colorful cultural heritage due to its position as a cradle of many civilizations. Even though "destination" image in tourism is affected from individuals, institutions and laws, the environment, water, flora and fauna, cultural environment, which are the physical and social environment of "destination", are crucially important for "destination" image to be created or that have emerged (Trauer and Ryan, 2005). Within this context, the presence of mostly visited and attractive places of Hatay Province like St. Simon Abbey on the slopes of Simon Mountain and Ziyaret El-Arabi are the indicators of important location of this region in terms of tourism. In addition to these features, Aknehir Summer Sports Games are conducted in this region, which may make this region more attractive in terms of sports tourism.

Aknehir is a village on the banks of Orontes River in Samandağ District of Hatay Province. According to the census conducted in 2000, 2720 people live in Aknehir village. It has 650 households and the literacy rate is 75%. Recently, the number of people working in different jobs in foreign countries especially like Saudi Arabia, Germany, Libya and Kuwait has increased. Foreign exchange introduced to the village have changed the life style of people. The village has many groceries, a butcher's shop, two patisseries, a restaurant and ten coffee houses. Harbiye, whose ancient name is "Daphne" (a region also known as "Defne" in Turkish Language) is located in 7 km distance from Aknehir and has great importance for the history of sports. In his compiled Olympic Book Koryürek (2003) stated that the right to conduct 90' Olympics was given to Antakya region via a document for 360 years in 260 AD. Some historians claim that sports celebrations conducted in once called "Daphne" region (near Aknehir) near Antakya was the successor of the organization conducted in Olympia and there was a grand stadium in "Daphne" region even in 2nd century BC (Koryürek Eds, 2003). Unveiling this information will increase touristic attraction of the region. The driving force of tourism is the historical and cultural richness of a place. The conduction of sports summer games as a cultural phenomena, which is involved in the history of Aknehir, should be realized, and whether all society participate in these games due to its historical backgrounds should be examined.

The authors of this article joined to the opening of 33rd Aknehir Summer Sports Games, which was conducted by Aknehir Youth and Sports Club(http://aknehirsporkulubu.com/) on July 16th, 2012, information was obtained through interviews with organization committee: the games that youths called Olympics were conducted as amateur tournaments in their free time in different branches like football, swimming, shot put, high jump, 100 m sprint, 5000

m sprint, wrestling, volleyball, tug of war, javelin, table tennis and chess. Young people who brought mattresses for high jump and used smooth and appropriate sticks for pole jump used an old cannonball for shot out and an appropriate flow of Orontes River for swimming. Natural tribune on the banks Orontes River and an area with sand basis were used as game area and since this area have recently been rented to be used as quarry by Provincial Special Administration, young people had difficulties in finding a suitable place, they smoothed a field for games and continued this tradition with great self devotion. After great flood of Orontes River in 1998 and 2000, gardens were filled with sand, which therefore contributed to the inclusion of beach volley and beach football to the games. All these games were organized with the committees established by young people and all costs were covered by voluntary villagers who contributed to meeting equipment needs. The games receive participant from surrounding villages and nearby city centers. Aknehir Summer Sports Games are organized at nights for a month from July to August on annual basis. Every year, program involves competitions and games distinctive to the region like balance on bicycle, as well as well-known sports branches like tug of war, beach volley, beach football, chess, table tennis, backgammon, shot put, and sprints in women, junior, young and middle aged category. Active participant number is approximately 600 people every year and participation is limited in some highly demanded categories. Young people put every effort from refereeing, to preparation of field and fixture on voluntary basis. The biggest aim of these young people, who reinforce solidarity, sympathy, winning and defeat through these games, is to gain a sports complex to their villages who love sports and games. The presence of approximately 30 graduates from Physical Education and Sports High School can be interpreted as the evidence that these games increase the interest to sports. These individuals come to this region in summer season and voluntarily serve in every stage of games. The value of this kind of organization in terms of sports tourism is very clear. Its difference form well-known sports tourism productsis that it reflects a local sports culture and is organized in free times. As some authors state, sports and tourism are both cultural forms. Standeven and De Knop (1999) suggested that sports is the cultural motion of a physical activity and tourism is the cultural experience of a place. However, while defining these two cultural experiences as two sets, they are actually interdependent even though they seem as two different sources. When these two sources are combined, the easiness that people can reach their nearby environment is remarked (Bull, 2005). Local sports organizations within sports tourism are golden opportunities to create a society where individuals can express their cultural identities and raise a cultural nature that represent various local cultures. With the self-management structure of Aknehir Summer Sports Games, the organizers can participate in games as sportsmen, referee or manager and gain experience. These games make important contributions to the creation of sports culture.

Sport is a phenomenon that ensures social solidarity and integration and provides the opportunity to get to know different cultures better. Villagers participating in Aknehir summer sports games do sports in their free time. According to generally accepted view and the concepts closely related with sports and sports tourism, free time is the period of time that individuals spare for themselves apart from their necessary works to maintain their lives. This period of time indicates different things that individuals prefer with their free will and get as habits; however, they are about their own needs since they reflect their happiness, relief and self-enrichment. Sports is accepted as voluntary activities that offer opportunities for healing the situation of individuals and enable them to gain spiritual experiences (Gibson, 2006)

CONCLUSION AND SUGGESTIONS

Even though sports tourism had many privileged dimensions throughout 20th century, it demonstrated a development that can be remarkable social, economic and cultural phenomena (Weed and Bull, 2009). The diversification of sports products in sports tourism may cause changes in the behavior of tourists participating in tourism movement. The presentation of alternative sports products with their social, economic and cultural dimensions within this context and shaping investments in this direction will create a different dimension in sports tourism.

How many tourists would have come to other countries if they had the richness that Hatay Province has? Hatay is a virgin area and there are a lot of things to be done in this issue. The use of “Aknehir Summer Sports Games” organized in order to make use of free times at local level within tourism policies of Hatay Province as alternative sports tourism products may be attractive for tourists. Due to the characteristics of Hatay Province and the inclusion of “Samandağ Tourism City” in the first ten tourism cities of Turkey proposed by Action Plan for 2013 of Tourism Strategy of Turkey for 2023, it is clear that this has a high potential in terms of tourism. Creating product diversity within tourism and supporting them with other products in addition to their own attractiveness will contribute to the development of tourism. The evaluation of local sports organizations in the region as alternative sports tourism products will increase the attraction of the region and contribute to both tourism and sports tourism. It can be concluded that “Aknehir Summer Sports Games” organized within the context of Samandağ Tourism City is a sportive product with alternative sports tourism value conducted its natural environment.

According to Tourism Strategy of Turkey for 2023, alternative tourism based products will be examined in domestic tourism market, studies regarding increasing capacity will be conducted on regional and local basis, these values will be introduced and marketed (Action Plan for 2013 of Tourism Strategy of Turkey for 2023, 2007). Sports tourism based on alternative sports can be developed in this region by ensuring the integration of region-specific different types of tourism. Considering "Aknehir Summer Sports Games", as " alternative sports tourism" may help different local sports organizations to be accepted as "alternative sports tourism". "Aknehir Summer Sports Games", is a local sports organization held by the participation of people from every age category to different sports branches in games annually lasting for one month in Aknehir Village of Samandağ District of Hatay, Turkey, which has a rich tourism potential.

In conclusion, this study suggests that "Aknehir Summer Sports Games" should be considered as a sports tourism product within the scope of alternative tourism and due the participation of all villagers in these games, "Aknehir Summer Sports Games" organization, which has traditional characteristics and a history of 33 years, should be used as alternative tourism product through cooperation between the Ministry of Culture and Tourism, Sports for Everyone Federation and regional administrative of the province. The sports history of the region should be examined and its historical artifacts should be revealed. This region, having rich cultural and natural values, should be made a brand in sports tourism and an attractive place for tourists. Tourists increasingly demand to be more active, healthy and aware of sports during their holidays and stay in environmentally friendly places (Bramwell, 1994). Attracting these kinds of tourists to this region will contribute to revealing social and cultural values of the region and help its economic development through sports tourism.

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Application of the Value Engineering In Sport Tourism Marketing

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ABSTRACT

The purpose of this study is the application of value engineering in sports tourism. This research was a descriptive - analytic study using interviews, for picturing views of experts about the proportional situation of the tourism and sports tourism, as well as using library materials and reviewing documents and annual reports of Cultural Heritage and Tourism and the Ministry of Youth and Sports.

Keywords: *Application, Engineering, Sport Tourism, Marketing*

INTRODUCTION

Travel and Tourism industry is the world's largest and most diverse industry . Many countries consider this dynamic industry, is the main source of income, employment, infrastructure development and private sector developments. In the world and especially the developing countries who have no other sources of economic production or extraction of natural resources, the tourism industry has attracted much attention. However, the opportunity of obtaining income is equal for all countries. Sport is one of the important activities of the tourism during the tour and travel with tourism are associated with various types of exercise (1). Economic benefits of sport tourism is not covered for anyone, in a way that sport tourism is a multi-million dollar business that is growing fastest, i.e. about 4.5 billion dollars worldwide (2, 3). With this description the tourism marketing will be particularly important, as we consider the marketing a management process so all the planning, preparation of tourism products and tourist attraction needs operation and marketing activities (3).

Iran is one of the first ten countries in the world in terms of tourist attractions and because of its special geographical and climatic conditions, has the ability to receive a large number of athletes (climbers, cyclists, Desert-walkers, boatmen, and enthusiasts of the fun sports such as skiing, the rally competition and so championship rally, especially in the desert). Sports such as polo, wrestling , palestra and ancient sports are the most familiar and traditional indigenous sports. These sports have historical, artistic and cultural importance in attracting domestic and foreign tourists . Whereas our share from the tourism industry is so little and the contribution of tourism to GDP is equal to 0.1 Percent. The important issues of marketing experts and events organizers of Iran are to increase the level of international sport visitors and spectators during sporting events planning, as well as identifying the causes and contributing factors for attracting more tourists, but there has never been any good marketing programs to attract tourists to the events sport (both foreign and domestic).

Despite the huge cost that National Sport Organization, National Olympic committees, international sports federations and other institutions are putting in events, such problems causes that they can enjoy the benefits of

increased tourism development (1). One way to develop sports tourism in every place, the identification of factors influencing its development.

In order to enhance marketing tourism a new method, a value engineering, can be used. This method in the recent decades has proved its performance in many fields. The type of operation in value engineering and it simplicity in terms of knowledge and strategies are the reasons that implementation such a system is supported by many professionals who are familiar with the concepts of value engineering and each are providing ways for operating it.

The value engineering is often referred as creative and organized review of values and costs in order to maximize the index of value. Certainly the value engineering is not only for reducing costs, but it is a way to maximize the value of projects (4). So that it can be used as a new approach to the development of sports tourism marketing as a trade and profession with the use of a systematic engineering process. Several studies have been conducted in the field of value engineering and has proven its efficiency.

In a study conducted at the footwear and leather industry in the United States (2010) they reached a conclusion that the replacing new methods instead of conventional methods and use of value engineering methodology can achieve success in the economy (5). With a study that performed in the Rock River Bridge replacement project in the U.S. (2010), successful results were achieved in enhancing the project and cost saving and because of this all the officials who were previously viewing the value engineering with doubts, now they started using this method with so much enthusiasm on their projects(6). Increased global competition among steel factories, had created a grim scenario for the steel plants in India (2012). To overcome this problem, they used the VE techniques and could increase their yearly profits 9.54 Koror per year(7).

Value engineering has a working schedule with an array of approaches and necessary practices in order to obtain better and more effective solution to the problem.

Several factors are involved in the planning, development, marketing of the sports tourism. They must first be identified and then according the value engineering methodology, comprehensive and complete information produced and after analyzing them, can prepare and develop program.

The main 3 stages of the value study, based on standards published by the International Association of Engineers:

Stage 1: Pre-study

During the stage of pre-study the process can be started by organizing labor force, identify decision makers, selecting the scope of work, appointing evaluation criteria, and data collecting data and information of the project. For proper and effective planning in order to improve sports tourism marketing with assuming that the organizing labor force , determining the scope of work and selecting the criteria for assessment are known, then the process of value engineering can be used.

In this stage we start defining necessities, requests and gathering arrays of data and information about the project which in order to reach such information we can work in 2 forms:

1. meetings can be conducted by planners and these meetings are possible only by decent and correct organization of the work force .

2. Through market research in order to identify important sports tourism marketing factors. Researches in this field has shown that several important factors influencing sports tourism marketing are as following: 1- Motivation of tourists (economy oriented tourists, sensible tourists, community oriented tourists, political tourist and complementary tourist). 2- Attractiveness of events 3- Security restrictions 4- Health and Financial situation 5- New and exciting places and events 6- Audience characteristics (gender, level of intelligence, knowledge, previous experience) (3, 8).

Identifying these factors will assist us in the continuation of planning.

Stage 2: Studying the value which includes of 6 phases:

Information Phase: in the information phase the problem is broken down into specific shapes. General talks are avoided and all the information that was collected in pre-study gets completed. In this phase of value engineering, all the steps mentioned in the pre-study must be ready in order to continue the way.

Key questions in information phase are:

What is the plan?

What does Tourism marketing do?

What Marketing should do?

What is the cost of increasing tourists entering to the country?

The costs must be accurately estimated so that in the end the difference between the expenses and revenue can easily be measured ..

At the end this phase of the study will be reviewed so that if there was any issues dropped or forgotten, will be discussed and information with the operation of that phase collected..

Functional Analysis Phase: This phase includes all efforts that are done for the value. Master and slave functions are defined. This phase is the heart and vital arteries of the value engineering. The damages of not defining the exact function is specifically important and affects all subsequent phases.

The main function of marketing sports tourism, attracting tourists to a particular region.

Minor functions: the satisfaction of tourists, creating a fresh experience, organizing experience of tourists..

Creativity phases: In creative phase techniques used for creating new ideas. This method creates an array of ideas about products, processes, methods, etc., to achieve a defined function or functions. This phase is known as the spirit of value engineering .

The main objective of this phase, is the variety of ideas. In order to find best solutions, the main function must be determined. In this phase the quantity is important. We Must remember that innovation and creativity is a mental process which all our previous experiences can be combined with any other new ideas, in order to create a new ways ahead.

Evaluation phase: The evaluation phase, the judgmental mind is put on action. Opinions and ideas that created in the creativity phase, are modified, purified and combined in order to achieve the suggestion.

Key questions addressed in this phase:

Are all the ideas proposed in Phase creativity useful?

Are all ideas applicable ?

To what extent these ideas are economically feasible?

What are the advantages and disadvantages of each idea?

What is the cost of the superior idea?

By answering each of these questions for each of the ideas raised in the creativity phase, at the end all the ideas with acceptable solutions, operation, low cost, simplicity of implementation and high possibility of compliance are distinguished by planners .

Development Phase: Selection and combination of best solutions in the evaluation and designing the best options for improving the value. In this phase the best option selected and analyzed. The analyses is performed by raising the following key questions:

Would this option improve the value?

Does it include all the requirements?

Does it creates performance problems?

What are its achievements and complications, what other options do they differ?

Operation and delivery Phase: any idea that is valuable is worthless if not used. The results of all efforts which has happened in the previous phases depends on the success of this phase and it means putting suggestions of the engineering team into the operation.

In this phase the selected idea must be confirmed by the final decision maker because most of the projects in final stages face 90% trouble. This means that time progress of the project is 100% and financial progress is also with the same measure. The physical progress reports also calculations and all completed operations is one hundred percent, but the project is still not finished, and unable to exploit.

Here, there is a problem which must be resolved.. The routine operations of the organization can not be finished if there is no one there.

Third stage: the completion study

The aim of this stage is to ensure the implementation and to apply changes which are recommended in the value engineering study.

At this stage, some managers are selected for follow-up and monitoring works to ensure the implementation of the program (3,4, 9).

CONCLUSION:

Every organization which has the correct, accurate, on-time and comprehensive data and could access the data in a fasted possible time, it can then achieve its goals. The implementation of value engineering methodology in a plastic factory in Indonesia (2010), the footwear and leather industry in the United States (2010) and the Rock River Bridge Replacement Project in the U.S. (2010) showed that if the value engineering methodology is performed correctly then it would be an acceptable adaptation and systematic approach for reducing unnecessary costs and increasing productivity of the projects. The findings of this study showed that entering the value engineering methodology into the sport tourism marketing in operational organizations and performing it in step by step the whole process can enhance the efficiency of enterprise management, along with other variables mediated. Since the value engineering is a team-work and a systematic work which by collecting the views and giving values to those eventually lead to choose the best idea andit can develop a strategic plan that we can use to develop sports tourism.

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Effect of Outdoor Activities on the Life Satisfaction: Turkey Case

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ABSTRACT

The purpose of this study is to examine the effect of the participation in recreational outdoor activities as cycling (CYG), mountaineering (MTG), trekking (TRG), recreational hunting (RHG), and recreational fishing (RFG) on the life satisfaction (LS) level and to compare the LS level of participants of these activities (PR) and non-participants (NP) of these activities in relation to some demographic variables in Turkey.This descriptive study includes PR of these activities given above and NP in any outdoor activities. The number of outdoor recreation participants according to the sport branches is not known exactly in Turkey. There were 12 females (11 in RFG and 1 in RHG) answered the survey. Because of the lack of numbers of females in RHG and RFG for statistical analyzing, all females in MTG, CYG, and TRG, RHG, and RFG were excluded. Finally, sampling of this study are 326 male mountaineers (MT) (age=36.25±10.15), 331 male cyclists (CY) (age=31.72±9.79), 280 male trekkers (TR) (age=40.04±10.37), 183 male RF (age=35.96±10.53), 359 male RH (age=35.90±9.80), and 284 male NP (age=31.35±11.60), totally 1763 males (age=35.11±10.74).An electronic questionnaire form was sent to all members of MTG, CYG clubs under Turkish Mountaineering Federation and Turkish Cycling Federation, the RF and/or RH who are members of RHG, and/or RFG groups and NP through social media as www.facebook.com by using the website www.docs.google.com to gather data. The link was open for getting answers between the dates 01-12-2011 and 01-05-2012. In the process of assessing data, the descriptive statistic means such as frequency (f), percentage (%), average (M), standard deviation (SD), and to examine the correlation between LS and activities in relation to some demographic variables Pearson Correlation test; to examine the differences between marital status and activities Independent Samples T-Test and to examine the difference between activity groups in relation to LS level One-Way ANOVA test have been used. Results have been assessed according to significant level 0.01 and 0.05. As a result of this study, it was found that there is statistically significant correlation between LS and participating in outdoor activities in relation to some demographic variables. LS was found the highest for RF, but the lowest for NP and there is statistically significant difference between activities in relation to LS. According to results, it can be concluded that LS level is affected by participating in different outdoor activities as well as demographic variables as age, income, and education.

Keywords: *Life Satisfaction, Cycling, Mountaineering, Trekking, Recreational Hunting, Recreational Fishing, Outdoor Recreation, Turkey.*

INTRODUCTION AND CONCEPTUAL FRAMEWORK

In generally activities which take place in outdoor recreation, particulary outdoor sports can be defined as free time activities which create interaction between participants and nature and activities which enhance individual's health, spiritual and social benefits (Ibrahim and Cordes, 2002). According to another definition, all sport exercised in nature are defined as outdoor activities (Ardahan and Yerlisu Lapa, 2010). Recreational outdoor activities are total of activities which are done in the sea, in the air, on ice, land and snow. Some examples of these activities are picnicing, MTG, rock climbing, hiking, bird watching, upland festivals, trainings in nature, water activities, parachuting, flying kites, hunting, fishing and so on.

Outdoor activities which are studied in the present study are MTG (including rock climbing), TRG, CYG, RHG, and RFG. Outdoor sports are the sports which need organized or wild areas and can be grouped in two parts as nature based and nature related. TRG and recreational CYG are the nature related outdoor sports. If physical and mental qualification of a person is adequate, participating in trekking and recreational cycling activities in every age is possible. The term of "recreational CYG" is used for recreational usage of mountain bike, downhill bike, city bike, touring bike, cross country bike, racing bike, comfort bike and road bike. RHG, RFG and MTG and rock climbing are nature based outdoor activities and participating nature based outdoor activities needs being fit psychologically, physically and mentally (Ardahan, 2011b).

Life Satisfaction (LS), the main subject of this study, has many definitions. LS has been defined as the global judgment of a person's life. This judgment is individualistic and is often based on a person's self-imposed standards and the degree to which standards are satisfied. Individuals who are able to decrease the gap between their current situation and where they wish to be often indicate higher life satisfaction (Diener, 1984; Diener et al., 1985; Pavot and Diener, 1993). Tekin et al. (2010), Sung-Mook and Giannakopoulos (1994) define LS as "individual's emotional acts out of life and as a general attitude towards life". Telman and Unsal (2004) define LS as "generally the pleasure an individual feels in his/her life" and according to Dikmen (1995) "LS is judgments relating to quality of life and subjective prosperity which an individual reaches on the facts in his\her life".

Individuals make their own choices about what to do in their leisure time or recreational usage of this time and satisfaction with these choices is individually determined (Trottier et al. 2002). Recent literature indicates that although leisure and especially being a participant in outdoor activities may be an important indicator of subjective wellbeing, LS and quality of life, there is very little understanding as to how this occurs (Rodriguez et al., 2008; Baker and Palmer 2006; Iwasaki 2006).

The factors which affect individual's LS are ordered as getting pleasure from daily life, finding life meaningful, harmony in reaching goals, positive individual personality, confidence in physical health, economic security and positive social relationships (Schmitter et al. 2003; Otacioglu, 2008). The other factors are mental and physical wellness, health and confidence, relation with family and relatives, having a child, close relation in marriage, having close friends, helping others, participating in domestic and national activities, participating in recreational activities, learning, understanding him/herself, working, reading, listening to music, watching movies and matches, age, occupation, income level, education opportunities and level, quality of life (Bruce et al., 1976; Sung-Mook and Giannakopoulos, 1994; Palmer et al., 2002; Schmitter et al. 2003; Ngai, 2005; Augusto et al., 2006; Sahin, 2008; Ardahan, 2011a, 2011b; Faullant et al, 2011).

In the last four decades, the reasons for participating in outdoor activities have drawn attentions of scientists. While Crandall (1980) claims that the personality and conditions in which individual's life make a person participate in outdoor activities, Levy (1979) claims that a behavior emerges as a result of interaction between personality and social conditions. Many researchers have examined the cause of individual acts and the emerged data have been classified as motivational factors and needs (Ardahan and Yerlisu Lapa, 2010). Scientists who have worked on the motivational factors agreed that needs motivate people to act.

Being a participant in outdoor activities help learning group dynamics, gaining self confidence, making individual decisions, learning risk management, taking responsibility of self and others, improving physical and mental fitness, feeling healthy, making friends and socialization (Burnett, 1994; McKenzie, 2000; Yerlisu Lapa et al. 2010). The LS level of the persons who gain these benefits from outdoor activities will be affected positively.

The benefits of the Turkish MT/rock climbers, CY and TR participate in outdoor activities are feeling happier, healthier and powerful, feeling relaxed and refreshed, feeling the nature deeply, getting physical and mental fitness, learning new skills, improving skills, getting environmental consciousness, meeting new people, spending time with friends, getting self-confidence, belonging to a group, feeling more important and spending time with family. LS is the

level of satisfaction which individual gains in return for what s/he does throughout life (Ardahan, 2012).

As people used natural sources for nutritional purposes in ancient times, RHG and RFG can be accepted as the oldest outdoor activities which were at the beginning obligated activities. Today in modern society, people participate in these activities because of very different reasons. Main reasons for recreational fishing can be ordered as pleasure, enjoyment of nature, relaxation, doing something different from work, excitement, being with the family, challenge, and physical health or exercise (Government of Alberta 1994). Burger (2002) stated in her study some reasons as relaxation, to be outdoors, get away from demand, challenge or sport, commune with nature, to be with friends, to eat, to give away, for fries and socials, to sell, and recreation. Hunt and Ditton (2001) pointed out some other reasons as to be close to water, to experience adventure and excitement, for the experience of the catch, for the fun of catching fish, to develop one's skills and to test one's equipment besides same reasons of Burgers' (2002). It is claimed that recreational fishing provides numerous social benefits as providing a vehicle for family cohesion (Hunt and Ditton 2002; Toth and Brown, 1997; Dann 1993; Buchanan 1985; Knopf et al. 1973), releasing stress and mental relaxation (Toth and Brown 1997; Driver et al. 1991; Knopf et al. 1973), being away from others (Fedler and Ditton 1994), and nature enjoyment (Ditton 2004; Toth and Brown 1997). Hunt and Ditton (2001) developed a scale to measure the perceived benefits from recreational fishing under four constructs as "escaping, individual, and stressors", "being in a natural environment", "interacting with fish", and "achievement". These constructs have eleven items which are very similar to the benefits given above and is also basis of our study to measure strength of the reasons for RFG and benefits from RFG.

On the other hand, according to the results of the studies made by Safak et al. (2010), Safak (2009), Igircik et al. (2005), Ay et al. (2005), "love of nature", "to make exercise", "to be with friends", "to shoot", "to accommodate one's to friends", "to hunt", "to be alone in nature", "to obtain food", and "to make benefit" were found as the factors motivating people for hunting.

The purpose of this study is to examine the effect of the participating in recreational outdoor activity as MTG, CYG, and TRG, RHG, and RFG on LS level and to compare the LS level of PR and NP of these activities in relation to some demographic variables in Turkey.

METHODS

This is a descriptive study which aims to examine the LS levels of recreational outdoor activity participants as MTG, CYG, and TRG, RHG, and RFG and NP of these activities in relation to some demographic variables in Turkey.

Instrumentation and Gathering Data

An electronic questionnaire form was used to gather data which involves demographics questions and LS Scale which was developed by Diener et al. (1985).

Sampling

Sampling group is not defined exactly in Turkey for mountaineers, cyclists, trekkers, hunters and fishers. So electronic questionnaire form was prepared by using the website "www.docs.google.com" form has been sent to all members of outdoor sport clubs bound to Turkish Mountaineering Federation, Turkish Cycling Federation and to the RF (as angling, spearing, hand gathering, and trapping), and/or RH enthusiasts who are members of RHG and/or RFG groups and NP through social media as www.facebook.com and fishing or hunting clubs. NP were selected randomly. Link was open for getting answers between the dates 01-12-2011 and 01-05-2012.

There were 12 females (11 in RF and 1 in RH) answered the survey. Because of the lack of numbers of females in RF and RH for statistical analyzing, females in MT, in cyclists and in trekkers were excluded. Finally, sampling of this study are 326 male mountaineers ($\overline{X}_{age}$=36.25±10.15), 331 male cyclists ($\overline{X}_{age}$=31.72±9.79), 280 male trekkers ($\overline{X}_{age}$=40.04±10.37), 183 male RH ($\overline{X}_{age}$=35.96±10.53), 359 male RF ($\overline{X}_{age}$=35.90±9.80) and 284 male NP ($\overline{X}_{age}$=31.35±11.60), totally 1763 males ($\overline{X}_{age}$=35.11±10.74).

Statistical Analyses

In the process of assessing data, the descriptive statistic means such as frequency (f), percentage (%), average (M), standard deviation, and to examine the correlation between LS and activities in relation to some demographic variables Pearson Correlation test; to examine the differences between marital status and activities Independent

Samples T-Test and to examine the difference between activity groups in relation to LS level One-Way ANOVA test have been used. Results have been assessed according to significant level 0.01 and 0.05.

RESULTS

Demographic findings of participants are given in Table-1. As it seen in the table; majority of the participants are single (%61.1), graduated from university or above (%73.6), still young age between 25-34 (%37.0), and majority of them have monthly income between 401-800 €.

Table-1: Demographic Findings of Participants

	MT		CY		TR		RH		RF		NP		All	
Marital Status	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**
Married	146	44.8	119	36.0	152	54.3	71	38.8	116	32.3	82	28.9	686	38.9
Single	180	55.2	212	64.0	128	45.7	112	61.2	243	67.7	202	71.1	1077	61.1
Education Level	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**
High School and below	58	17.8	103	31.1	74	26.4	68	37.2	123	34.3	40	14.1	466	26.4
University and over	268	82.2	228	68.9	206	73.6	115	62.8	236	65.7	244	85.9	1297	73.6
Age Range	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**
24 and below	42	12.9	77	23.3	20	7.1	21	11.5	36	10.0	102	35.9	298	16.9
25-34	121	37.1	141	42.6	70	25.0	84	45.9	138	38.4	98	34.5	652	37.0
35-44	81	24.8	73	22.1	84	30.0	34	18.6	123	34.3	28	9.9	423	24.0
45 and over	82	25.2	40	12.0	106	37.9	44	24.0	62	17.3	56	19.7	390	22.1
Max-Min$_{age}$ M$_{age}$ ± SD	19-62 36.25 ± 10.15		15-64 31.72 ± 9.79		18-60 40.04 ± 10.37		18-60 35.96 ± 10.53		16-65 35.90 ± 9.80		15-65 31.35 ± 11.60		15-65 35.11 ± 10.74	
Monthly Income €	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**	**f**	**%**
0 - 400	76	23.3	138	41.7	40	14.3	39	21.3	79	22.0	114	40.1	486	27.6
401- 800	99	30.4	99	29.9	112	40.0	64	35.0	114	31.8	74	26.1	562	31.9
801-1200	84	25.8	53	16.0	58	20.7	40	21.9	94	26.2	50	17.6	379	21.5
1201 and over	67	20.6	41	12.4	70	25.0	40	21.9	72	20.1	46	16.2	336	19.1
Total	326	100.0	331	100.0	280	100.0	183	100.0	359	100.0	284	100.0	1763	100.0

Correlations and differences between LS and demographic variables are given in Table-2. As it seen in the table; it was found a positive statistically meaningful correlation between income and LS of MT, CY, RH, RF, and NP, as income increases, LS increases, too. Same as in education, as education level increases, LS level of MT and NP increases, too. It was also found a positive statistically meaningful correlation between age and LS of RF, as age increases, LS level of RF increases. There were found statistically meaningful differences between marital status and LS of MT, CY and RF ($p<0.05$). The difference in MTG, and CYG is in favor of married, namely, being married affect LS level of MT, and CYG positively. The difference in RFG is in favor of singles which means single RF have higher LS level.

Table-2: Correlations and Differences between LS and Demographics Variables

Correlation Between LS and ➔		MT	CY	TR	RH	RF	NP
Income	P	0.249**	0.271**	0.074	0.310**	0.196**	0.159**
Age	P	0.094	0.068	0.019	0.126	0.124*	0.018
Education	P	0.112*	0.083	-0.024	0.137	0.054	0.193*
Marital Status	t	2.440*	2.320*	0.117	0.100	-2.647*	1.101

*= p< 0.01 level, **= p< 0.05 level

LS level of PR and NP are given in Table-3. As it seen in the table; RF have the highest and NP have the lowest LS level. Differences were examined by three groups. D1 represents the difference between each outdoor activity participants and NP of LS level. D2 represents the difference between PR and NP of LS level. D3 represents the difference between PR of LS level. It was found statistically meaningful differences in D1 ($p<0.05$) which is in favor of RF and disadvantage of NP. It was found a statistically meaningful difference in D2 ($p<0.05$) in disadvantage of NP. It was not found statistically meaningful difference between LS level of CY and NP. The differences caused by the difference between CY and RH, RF and NP and MT, TR, RH, RF. There was found a statistically meaningful difference in D3 ($p<0.05$) which is in disadvantage of CY.

Table-3: Differences between PR and NP of LS Levels

LS Level of	➔	MT	CY	TR	RH	RF	NP
LS	Mean	3.23± 0.83	3.15 ± 0.82	3.32 ± 0.78	3.36 ± 0.67	3.38 ± 0.71	2.98 ± 0.93
D1= Difference between each outdoor activity participants and NP of LS Level							F= 10.548*
D2= Difference between outdoor activity participants (mean 3.28 ± 0.78) and NP (2.98 ± 0.93) of LS Level							F= 33.048*
D3= Difference between outdoor activity participants of LS Level							F= 5.20*

*= p< 0.05 level

DISCUSSION

This descriptive study which aimed to examine the effect of the participation in recreational outdoor activity as CYG, MTG, TRG, RHG and RFG on LS level and to compare the LS level of PR and NP of these activities in relation to some demographic variables in Turkey.

In general, LS is a measure of meeting expectation from life. The relation between meeting expectations and subjective being good and LS has been discussed by Diener et al. (1985). Ryan et al. (1996) claim that behaviors aimed internal needs like interest, sufficiency and autonomy lead to happiness over time and recreational activities which are maintained on suitable talent level lead to satisfaction. In this respect, it can be accepted that the process of recreational activities as CYG, MTG, TRG, RHG, and RFG, the aims which are taken up in this process and achieving aims make people find their life satisfactory (Toros et al., 2010). It is certain that people who participate in recreative activities produce positive energy that affects their life favorably (Ardahan, 2011a; Ardahan, 2011b; Yerlisu Lapa et al., 2010; McKenzie, 2000; Levi, 1994; Burnett, 1994; McRoberts, 1994; Hilton, 1992; Wagner & Rowland, 1992). These mentioned statements overlap with the findings of present research. According to the results of the current study, there is a difference between PR and NP of outdoor activities in all demographic variables and sub-values of variables in relation to LS. The results of this study support these conclusions.

Even in literature the relationship between participating in outdoor activity and marital status hasn't been studied sufficiently, many studies emphasize the contribution of good marriage to LS. it can even be thought that having meaningful and satisfying marriage can motivate people to participate in recreative activities and help building relations (Ardahan and Yerlisu Lapa, 2010; Hicks and Platt, 1970; Laws, 1971). The results which were reached in this study are supporting this conclusion for MTG and CYG, but not for RFG.

The relation between participation in outdoor recreation and variables such as age, income and education has been examined in detail. While Lee et al. (2001); Solop et al. (2001) claim that progress in education and income affect participation in outdoor recreation positively, White (1975) claims that the main determining factors are age, income and education for participating in outdoor activities. Similarly; Scott and Munson (1994) emphasize the affect of income on participation in outdoor recreation. In a study which conducted by Ardahan and Yerlisu Lapa (2010) the effect of these three variables on participation in outdoor recreation has been emphasized. In this study, as monthly income increases, participating in MTG, CYG, RHG, and RFG increases, too. As age increases, participating in RH increases, too. As education level increases participating in MT increases, too. This conclusion overlaps with studies of many other researchers (Ardahan 2011a, 2011b, 2012; Ardahan and Yerlisu Lapa, 2010; Yerlisu Lapa et. al., 2010; Lee et al., 2001; Solop et al., 2001; White, 1975).

The results of this study are considerably clear that participating in any of outdoor activities affect LS level of participants positively. From this perspective in order to increase LS of persons and society, local and governmental solutions must be organized such as adding outdoor activities in curricula in all levels of education process from primary school to university or later, the second and third age groups, singles and men must be supported and motivated to join outdoor activities by their job providers both in private and public sector. Nonprofit organizations like outdoor sports clubs, and other associations must be supported. Municipalities, universities, educational institutions, youth centers, nonprofit organizations, private and public sector must take responsibility and leadership to organize and deliver outdoor activities. Some activities must be organized for different parts of the society especially for the disadvantaged groups like the elderly, the disabled and their families, those with chronic illnesses, the homeless and the young people in dormitories. Some activities must be done free of charge or with low costs to increase the number of participants.

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Evaluation of Alexithymia Level in Individuals Who Do Sports or Not According To Some Variables

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ABSTRACT

The aim of this study to evaluate of alexithymia level in individuals who do recreative sports or not according to some variables. Data is gathered through Toronto Alexithymia Scale created by Taylor and friends in 1985. Alexithymia Scale has been translated to Turkish Language , as first time, by Dereboy in 1990. The arithmetic mean and standard deviations of the data were calculated variance analysis was used to identify whether there were any differences between groups or not; Tukey test was used for determining groups that show a difference and level of importance was taken as (0,05). According to the findings, there are significant differences of alexithymia levels on participants ($p<0,05$). As a result, to do sports or not, genders, income levels, education level of parents are variables that significant differences has been emerged. Key words: Sports, Recreation, Alexthymia.

Keywords: *Sports, Recreation, Alexthymia*

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INTRODUCTION

The term alexithymia was first introduced by Sifneos(Sifneos, 1973) to describe the absence of emotions and fantasies exhibited by patients with classical psychosomatic diseases, such as asthma, peptic ulcer, ulcerative colitis, and rheumatoid arthritis. It was originally hypothesized that alexithymia was a risk factor for the development of these diseases, but there has been little evidence indicating that alexithymia leads to the development of organic disease(Feldman, Lehrer, Hochron, 2002).

Alexithymia was found to be more prevalent in somatizers than in healthy subjects(Shipko,1982), positively correlated with depression(Honkalampi, Hintika, Tanskanen, Lehtonen & Viinamaki, 2000), associated with personality disorder including borderline(Berenbaum, 1996) and with worse general health status(Jyvasjarvi, Joukamaa, Vaisanen, Larivaara, Kivela, 1999).

Alexithymia refers to difficulties in emotional self-regulation and is thought to be one of several possible risk factors in a variety of medical(Kauhanen, Kaplan, Cohen, Salonen, Salonen J. 1994 & Porcelli Taylor, Bagby, De Came, 1999) and psychiatric disorders(Bourke, Taylor, Parker, Bagby, 1992. & Parker, Taylor, Bagby, Acklin, 1993). Alexithymia is literally “no words for feelings” is a personality construct characterized by deficits in the cognitive processing and regulation of emotions(White, Mcdonnel, Gervino, 2011) Despite the limits of individuals rating their own emotional awareness deficits(Lane, Ahern, Schwartz , Kasniak, 1999 & Sifne’os, 1996)

According to Lumley and Bazydlo Affective characteristics of alexithymia include deficits in the ability to identify one's emotional state, to distinguish emotions from physical sensations, and to communicate emotions to others. Cognitive characteristics of alexithymia include a predilection for concrete, externally oriented thought, and a

lack of daydreaming, fantasy, and introspection(Lumley, Bazydlo, 2000). Given their difficulty with emotions, alexithymic individuals may find it easier to identify emotions in highrisk settings where emotions such as anxiety may be more easily identified than in other domains, e.g., personal relationships(Woodman, Huggins, Scanff, Cazenave, 2009).

It is thought that alexithymia may influence cardiovascular and other organic diseases through several physiological, behavioral, cognitive, or social pathways. For instance, Lumley et al. (Lumley, Norman, 1996) reviewed several studies showing that alexithymia was associated with negative affect, unhealthy behaviors, nonadherence to medical regimens, and social isolation (Linden, Lenz, Stossel, 1996 & Waldstein, Kauhanen Neumannm, Katzel, 2002 & Fukunishi, Sei, Morita, Rahe, 1999 & Friedlander, Lumley, Farchione, Doayl, 1997 & Nemiah, Sifneos, Apfel-Savitz, 1997 & Newton, Contrada, 1994 & Wehmer, Brejnak, Lumley, Stetner, 1995& Berenbaum, Irvin, 1996 & Haviland, Shaw, Mmurray, Cummings M, 1988 & Kauhanen, Julkunen, Salonen, 1991 & Valkamo, et all, 2001).

There is no doubt that due to its theoretical as well as clinical importance, alexithymia still warrants a great deal of empirical attention today (Larsen, Brand, Bermond,Hijman, 2003). One important issue is the relationship between alexithymia and culture(Besharat, Sharidi, 2011).

MATERIAL AND METHOD

Sample Group

The sample of the research is described as 130 individuals (64 male, 66 female) who do recreative sports or not in Adana Hayal Park Leisure Centre.

Data Gathering Tool

To gather the data for the research, the demographic information forms and ‘‘Toronto Alexythimia Scale” have been used. It is an easy to implement scale which the individuals can answer by themselves. The scale has been thought to the sampling group and it has been filled by the group in accordance with the principle of voluntary participation. At what degree, the thoughts and behaviours written in the scale match with theirs, has been asked to the participants.

Statistical Analysis

The datas gathered from the participants have been evaluated with the statistics package program SPSS 17.0. The arithmetic mean and standard deviations of the data were calculated variance analysis was used to identify whether there were any differences between groups or not; Tukey test was used for determining groups that show a difference and level of importance was taken as (0,05).

FINDINGS

Table 1. Information about Demographic Features of The Participants

		N	%
Gender	Male	64	49,2
	Female	66	50,8
	Total	**130**	**100,0**
Age	20 and less	22	16,9
	21-23	11	8,5
	24-27	30	23,1
	28 and over	67	51,5
	Total	**130**	**100,0**
Places that the participants have lived for the longest period of time	County	7	5,4
	Province	53	40,8
	Metropole	70	53,8
	Total	**130**	**100,0**
Education Level	Primary School	7	5,4
	High School	57	43,8
	University	59	45,4
	Master Degree	7	5,4
	Total	**130**	**100,0**
Free time period	1 hour and less	6	4,6
	2-3 hours	32	24,6
	4-5 hours	53	40,8
	6 hours and more	39	30,0
	Total	**130**	**100,0**
Monthly Income	499 TL and less	8	6,2
	500 TL – 999 TL	18	13,8
	1000 TL – 1499 TL	29	22,3
	1500 TL – 1999 TL	34	26,2
	2000 TL and more	41	31,5
	Total	**130**	**100,0**

	Yes	96	73,8
Do you exercise regularly?	No	34	26,2
	Total	**130**	**100,0**

In Table 1 the distribution of the personal information on the participants have been given. According to the datas, it can be seen that 49,2% of the students who have participated in the research are “male” and 50,8% are “female” (M=64; F=66). Four different age intervals are used. When evaluated, it can be seen that as a big mass, 51.5% of the participants are at the age “28 and over” and “21-23” aged students have been the lowest number of participants who took place in the research with a rate of %8,5. It has been determined that 53,8% of the sample group have lived in a metropole while 5,4% have lived in a county for the longest period of their life. It has been seen that %73,8 of participants exercise recreative sports regularly.

Table 2. t-test results according to gender of the participants

	Gender	**N**	$\overline{X}$	**SS**	**t**	**P**	
Emotions	Male	64	16,62	3,39	-,327	,744	
	Female	66	16,83	3,85			
Emotionally and Physically	Male	64	26,37	5,75	,998	,320	
	Female	66	25,28	6,64			
Imagination, fantasy	Male	64	14,45	3,11	,309	,758	
	Female	66	14,28	2,98			
Out centered	Male	64	11,65	4,08	1,356	,178	
	Female	66	10,69	3,97			

P=0.05

A meaningful statistical difference of alexythimia points related to gender variable has not been determined in Table-2 (p>0.05).

Table 3 ANOVA Test results according to age of the participants

	Age	**N**	$\overline{X}$	**SS**	**F**	**P**	**Tukey**
Emotions	20 and less	22	18,31	4,53			
	21-23	11	16,63	1,91			
	24-27	30	16,30	3,44	1,750	,160	
	28 and older	67	16,41	3,50			
	Total	**130**	**16,73**	**3,62**			
Emotionally and Physically	20 and less	22	28,31	7,33			

	21-23	11	23,72	6,97			
	24-27	30	26.10	5,99	1,857	,140	
	28 and older	67	25,22	5,67			
	Total	**130**	**25,82**	**6,22**			
Imagination, fantasy	20 and less		22	12,22	3,33		
	21-23	11	16,00	1,67			1-2*
	24-27	30	14,83	2,30	5,615	,001	1-3*
	28 and older	67	14,59	3,09			1-4*
	Total	**130**	**14,36**	**3,03**			
Out centered	20 and less		22	10,72	4,02		
	21-23	11	12,36	5,18			
	24-27	30	12,16	4,33	1,365	,257	
	28 and older	67	10,67	3,66			
	Total	**130**	**11,16**	**4,04**			

As a result of the variance analysis which has been performed to find the differences of the alexythimia points related age variable, a meaningful difference has been found (p>0,05). To find the groups which cause the difference Tukey test has been performed. According to this, meaningful differences between the participants who are at age 20-less and 21-23; 20- less and 24-27; 20- less 28 and older, have been determined (p<0,05).

CONCLUSION

In this research which is thought to be an example for the researches on alexythimia and sports, the alexythimia level of the participants doing recreative sports or not, has been evaluated. According to statistical analysis, significant differences have not been found between participants' alexythimia level and their gender. This result is similar with Lumley and Bazydlo's study(Lumley , Bazydlo, 2004). On the other hand, the result of this study is not similar with the study researched by Modestin et al., 2004. Significant differences have not been found between participants' alexythimia level and their longest lived place, education level, free time period, monthly income, regularly exercise situation according to statistical analysis. Individuals have different emotions in their daily life and introduce their feelings verbally or somehow. They use different words and phrases when they introduce these feelings. There are different ways for individuals to understand and transfer their own feelings to others. In this case, individuals may have problems to communicate with others and may be thought as inscrutable. Recreational sports may be thought as an useful element to feel more comfortable to introduce feelings for individuals. Individuals, doing recreative sports, may be more self-confident when they communicate with others. In this study, significant difference between individuals who do recreative sports or not has not been found.

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Motivations and to identify its relationship with socioeconomic conditions of male and female participants in public exercises in the city of Tabriz

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ABSTRACT

This study was conducted in order to determine motivations and to identify its relationship with socioeconomic conditions of male and female participants in public exercises in the city of Tabriz. To do this, a sample containing 200 people was selected by simple randoming from statistical population. To collect information, we used SMS-6 Malite cliford et.al questionnaire for recognition of motivational factors. We also used another questionnaire which comprised of demographic features of testable samples. We used statistical methods of Spirman correlation coefficient, and t test and mann-whitney u , with error rate of α ≤o.o5, which resulted in following findings: Most of participants in morning exercises were belonged to range of 20-40 years old people , and least of them to 60-80 ones. Educationally, most participants, 33.5%, were belonged to people who had diploma. Housewives were also the ones who had most participation, 30.5%, in morning exercises. Most important motivations of athletes in doing exercise included : felling of inner sprightliness and happiness, and lack of sadnees feeling. there was a meaningful relationship between the age and motivations of people, but this relationship was not meaningful in their income and motivations. Also there was no meaningful relationship between educational level and motivation of people. It was observed that there is meaningful relationship between male and female motivations, as well as married and single people. Thus, we can point out finally that doing exercise has meaningful relationship with same demographic features of people, which should be considered in our planning's.

Keywords: *Motivation, morning exercise, demographic features.*

INTRODUCTION

The public sport among the countries since 1900, with different motivations, is including: providing physical and mental health, enrichment, recreation, development of social relationships, living away from the machine, return to nature, the layout of work areas for growth doctors athletics and has been considered [3]. For example, research results showed that Denmark was to motivate people to participate in sports, to reach high levels and achieve the Olympic motto (faster, higher, stronger), but the health, vitality and social relations, an important reason participation in sports has been [9]. The Shfard, (1994) after

the general health and fitness motivation, motivation for joy, happiness and sense of belonging to a group are same priority with six of sport centers in the city came after British Lykstr physical health, motivation for comfort, fit and sense organs were successful [12]. Malte and Fltz, (2001) with the motivation of young people participating in recreational and competitive sport, showed that both skill development, physical fitness and competition are the order of priority [5]. The Sasakava, (2001) Japan's motivation in sport, business is healthy [8]. Smith (2002) investigated the motivation for participating students revealed that women are superior to men on the physical environment [10]. kilpatric, Herbert and Bartholomew, (2005) compared with the internal and external motivation of young athletes were Participate in physical activity and exercise, motivation, internal motivation, such as joy and happiness on external motivation is superior. They found that students with internal motives such as pleasure and joy in sports activities. If the motivations of female students are often motivated to participate in exercises such as keeping the outer physical environment, reduce stress and weight control [2]. Iran in this regard, the results of kashif (2000) show that the health of the participants in the sport [3]. Ramezani Khalil Abad (1993) concerning the motives of people participating in public events in Tehran came to the conclusion that: Internal motivation for such joy and pleasure, Beneficial and positive effects of touch and the benefits of exercise, self-belief, feeling the need for physical activity, mental health and reduce the stress of having more than 80 percent of the subjects involved Belong to groups such as the need for external motivation and satisfaction, body weight Vtnasb, entertain, advertise and get bonus material media On average, about 84 percent of affected subjects [6].Tagavi Takiar, (2006) in their study to examine the social conditions - economic incentives for participants in sports and public addressed the city of Rasht, Results showed that motivation for health and fitness, enjoyment and happiness from the perspective of subjects is a priority [11]. So in this study with regards that people's motivation has a wide range about the participation in the morning exercises, we try to study its relationship with their socioeconomic conditions.

METHODS

The methodology of this study is survey or description field. In this study, samples selected randomly from different parts of the city Tabriz athletes who were paid to the morning exercises (N = 300). The required data was collected by two types questionnaire:

1) Motivation Questionnaire: A questionnaire to identify triggers sms-6 Mallet Keliford taxes and colleagues (2007) [4] with 24 buoy and the following six groups: no incentive, external control, Interjected regulation, a comprehensive monitoring, control and identification of intrinsic motivation that the following four groups were used to buoy.

2) Questionnaire and socio-economic status: This questionnaire is a sport and socioeconomic subjects in the morning to collect the buoy 9.

To find a relationship between variables, Spearman correlation coefficient of the 05 / 0 ≥ p, t-test and Mann-Whitney test was used.

RESULTS AND FINDINGS

Information obtained from this study shows that Morning exercise the highest percentage of participants in age from 20 to 40 years with 47 percent participation rate form And the lowest participation rate of 7% related to the age group 60 to 80 years. If you can see the level of sports participation is reduced with age..

The housewives were employed with 29/5 percent, 8 percent of staff, students and five tenths percent of students with 9/5 percent, respectively, and retired people, unemployed, and seminary students are military. In the other part of results was obtained the negative relationship between the rate of income and the sports participation·

About education, 29/5 percent of people with sub-degree diploma, 33/5 of a degree, diploma and 14 percent above 21 percent with Bachelor Degree and Masters Degree and Doctorate are the only 2 percent. Diploma holders can see the largest number of participants in the form of morning exercise. The results show that married people with the highest participation sport in the morning and single people are the second priority. The results show that 38 percent of people participating in morning exercises with private car and 62 percent are without personal vehicles. According to information obtained motivating factor for most participants in sports Tabriz morning in order were:

1) Interjected regulation: it has the root of inner feeling refreshed and alert the person being there.

2) Internal motivation: internal motivation includes the psychological needs such as the effectiveness and curiosity.

3) Integrated regulation: it forms the factors such as belief in an appropriate lifestyle, good development, consistent with the principles of faith.

4) Identified regulation: it includes the best way to develop life, the maintenance of his friends, the easy performance of hard training and the good performance of skills.

5) External motivation: its source and effectiveness are in the person's environment (material rewards and other's pressures) and as an external factor, it encourages the individual to do activity.

CONCLUSION

The results of this study showed a significant relationship between the age and the motivation of people's identification. It means that the motivation of people's identification is high with the increasing of age. The motivation of identification has formed from these factors: a good method for useful learning of other dimensions of life, the maintenance of his friends and the performance of hard training and the good performance of skill. The results of this study are consistent with Ramezani's (2009) findings in a study titled "Motivation for sports participation in outdoor public spaces," concluded that the motivation of individuals in different age groups is highly variable, And high motivation of middle-aged and older individuals cannot be found was unknown, The motivation for social interaction, especially those above 60 years and was significantly higher than other groups [7]. The results of the study a significant relationship between income level and motivation of participants was not confirmed in the morning exercise. With the increase in income does not change their incentives.

Top of Form

According to information obtained from this research, there are significant differences in the motivations of men and women, so men than women are Interjected, regulation and motivation and motivation into a comprehensive control and internal motivation in women than men. Interjected, regulation within the control of feeling refreshed, he is alive, feel good about yourself and not feel the sadness and the feeling is bad Comprehensive control of individual motivation and belief in the good life, good growth, consistent with the principles of faith and life are complementary. Rooted in psychological needs, such as the effectiveness of internal motivation and curiosity that in the absence of external sources of motivation to start paying back loans and behavior. And the whole dates back to the engagement in activities for enjoyment and satisfaction from work well done The findings of this research are consistent with the studies conducted by the kashef and Khaledan (2000) [3], Takyar Taghavi (2006) [11], Smith (2002) [10], Kilpatrik, Herbert and Bartholomew (2005) [2], that they reported the difference in the women's motivations with the men. According to information obtained from this study showed a significant difference between married and unmarried individuals are motivated so motivation is identified by single people than married people. Identification of incentives: a useful method for learning other aspects of life, their friends and hold the appropriate skills, training and implementation has been established. Finally, it can conclude that the findings of this study can be explained based on the humanism approach. In addition, each group of the individuals of society turns to and participants in the morning sports based on their socioeconomically characteristics and potion to their age and class. Therefore, the city managers should consider and pay these cases in planning for development of public participation.

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The Investigation of Childrens Anthropometric and Motoric Attributes According To Their Ages

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ABSTRACT

Anthropometric and motoric attributes which are leading the criteria of talent are seen as the pre-condition for talent identification. It is important to identify in advance and follow-up the potential to develop the high-level yield. To identify the anthropometric attribute is important for the performance of the athlete's training. Observing changes of motoric attribute in the characteristics of age and gender for talent selection and direction is crucial in order to determine which education program should be used. The purpose of the study is to investigate anthropometric and motoric attributes of children between the 7-15 years of age. The research group is selected of 1142 children from different provinces. The body mass index, height, weight, flexibility, hand grip, vertical (squat) jump, kneeling medicine ball throw for arm strength and 20 m sprint of the research group have been identified. Mean and standard values or the data obtained from the research group were calculated according to age and gender. In order to compare some of the motoric attributes by age and gender the data is converted into Standard scores. According to the data obtained from the motoric attributes of the research group the boys between 7 and 11 years of age are superior to the girls, at the age of 12, they have values close to each other. At the age of 13 the superiority of boys is increasing and as they are 15 years old they reach the highest level. According to the findings, the change status of girls and boys in adolescence affects the motoric attributes. It has been identified that in all age groups some of the motoric attributes of the boys are superior to girls.

Keywords: *adolescent, anthropometric, motoric attribute*

INTRODUCTION

Anthropometric and motoric attributes which are leading the criterions of talent are seen as the pre-condition for talent identification. It is important to identify in advance and follow-up the potential to develop the high-level yield.

To identify the anthropometric attribute is important for the performance of the athlete's training. Observing changes of motoric attribute in the characteristics of age and gender in talent selection and direction is crucial in order to determine which education program should be used. The purpose of the study is to investigate anthropometric and motoric attributes of children between 7-15 years of ages.

METHODS

Research Group

The research group is selected of 1142 children from different provinces. The body mass index (BMI), height, weight, flexibility, hand grip (HG), vertical (squat) jump (SJ), kneeling medicine ball throw (MBT) (age 7-12 1 kg., age 13-15 2 kg.) for arm strength and 20 m sprint of the research group have been identified.

Data Collection Tool

The body mass index and height of the subjects were measured while they were on bare feet and with minimal clothes by a 0.01 kg and 0.01 m. stadiometer with accuracy. Flexibility test stand used for the measurement is 35 cm. long, 45 cm wide and 32 cm. high. Dimensions of the upper surface of the stand are 55 cm. long and 45 cm. wide. The upper surface is 15 cm more outside than the feet which based on the surface. To measure the HG a Baseline brand hand dynamometer was used. For the SJ measurement jump mats developed by Fusion Sport Smart Jump have been used. For the Speed measurements the Fusion Sport brand SMARTSPEED photocell device were used for.

Data Analysis

The mean and standard deviation value data obtained from the research group were calculated according to age and gender. Some motor characteristics like age and sex were converted into standard scores in order to compare the data. The height, body weight, the average and standard deviation values of some of the motoric features of the research group have been identified. For data analysis SPSS 17.0 software package was used. For the significance 0.05 level was adopted.

FINDINGS

Standard scores according to the scores obtained by the research group, the mean and standard deviation values are given in the tables. The findings of the research, the standard score (T-score) values are converted according to the values given in table 1 for the comparison of boys and girls.

Table1. A comparison of the values obtained from the boys and girls of the research group converted into a standard score (T-score):

Age	n	Boys	Girls	Difference
7	34	40,91	39,34	E>K
8	55	42,87	41,39	E>K
9	60	44,78	42,97	E>K
10	67	47,50	44,76	E>K
11	113	49,12	47,87	E>K
12	127	51,1	51,95	K>E
13	97	54,09	52,13	E>K
14	74	55,62	53,37	E>K
15	52	58,88	53,30	E>K

Table 1 shows that according to the data obtained from the research group boys of age 7 until 11 are more superior than the girls, at the age of 12 it is determined to have values close to each other. At the age of 13 the superiority of the boys increases and reaches its highest level at the age of 15.

The obtained values of the research group and the mean and the standard deviation according to stature, body mass, flexibility, HG, SJ, BMI, MBT for arm strength and 20 m. speed are given in Table 2.

Table2. The mean and the standard deviation values according to stature, body mass, flexibility, HG, SJ, BMI, MBT for arm strength and 20 m. speed.

Age	Sex		Stature (cm)	Mass (kg)	Flexibility (cm)	HG-Right (kg)	HG-Left (kg)	SJ (cm)	BMI (kg/m^2)	MBT (cm)	20 m (sec)
7	BOY	Mean	121,2970	25,0264	23,0000	10,4783	9,3200	16,23	15,9697	236,9697	4,95
		SD	9,60942	8,21997	4,68025	3,32852	3,02379	3,06	3,82005	85,09131	,81
	GIRL	Mean	116,2192	21,2088	22,7438	8,4286	8,2857	15,14	15,5769	206,7308	5,15
		SD	5,38338	3,15647	4,12439	1,93834	1,67758	2,49	1,90101	52,07576	,64
8	BOY	Mean	124,7685	25,3569	21,8947	12,4412	11,8529	17,03	15,1296	240,9091	4,71
		SD	7,54663	5,21388	6,18101	2,98675	2,82984	3,70	4,20712	60,16252	,59
	GIRL	Mean	123,4938	25,0494	22,9750	10,8421	10,5556	16,19	15,6563	239,8437	4,95
		SD	5,05613	3,83583	5,96054	2,75405	2,89466	5,87	3,57057	67,03976	,65
9	BOY	Mean	130,8407	28,5747	18,6591	16,2162	12,8649	17,92	15,7119	296,0345	4,50
		SD	6,91291	5,06804	7,06841	20,01962	3,69806	4,20	3,42431	94,23635	,35
	GIRL	Mean	130,6175	29,8863	23,3423	11,6000	11,5806	16,59	17,1250	285,0000	4,80
		SD	7,37619	7,01875	8,89036	3,39980	3,80153	3,89	2,62324	68,64999	,46
10	BOY	Mean	135,6940	32,9216	19,9896	15,3953	14,9149	19,44	16,3284	362,0152	4,33
		SD	10,53775	9,39850	7,25412	4,63496	4,14849	4,21	5,03138	100,20525	,37
	GIRL	Mean	133,2489	31,2971	21,8182	14,2424	13,2424	17,72	17,0667	309,2045	4,59
		SD	8,30273	6,86549	7,58784	4,18353	4,11575	4,21	2,53521	102,05985	,45
11	BOY	Mean	140,4434	37,6650	22,4939	17,6092	16,6591	19,35	18,3602	407,0202	4,32
		SD	8,58755	10,54704	8,07239	4,03288	3,67622	3,88	4,54693	113,63637	,45
	GIRL	Mean	142,3506	38,5010	26,2250	16,9067	16,4730	18,50	18,4045	377,7397	4,39
		SD	8,48543	9,63802	7,86851	4,85513	4,42355	4,43	3,44344	120,67530	,43
12	BOY	Mean	145,2120	39,6033	23,5000	19,7087	18,6038	21,13	17,8480	461,4673	4,22
		SD	8,72302	9,84420	8,69374	4,91822	4,64487	4,77	4,00817	106,96802	,63
	GIRL	Mean	147,7500	42,3502	27,3913	19,7500	19,3000	19,80	18,8750	448,2692	4,30
		SD	7,76157	7,80153	7,12968	4,82183	4,27260	5,14	2,95200	112,76770	,36
13	BOY	Mean	152,8789	45,5092	22,2306	25,1146	23,3639	23,12	18,6737	417,9747	3,96
		SD	9,42762	10,78175	8,26289	6,97127	6,68439	4,20	2,96591	107,42475	,35
	GIRL	Mean	152,1620	47,8730	27,2353	23,0333	22,2364	19,49	19,7606	399,7273	4,31
		SD	8,36150	9,25105	9,06441	6,25600	4,68237	4,22	4,19341	121,40923	,42
14	BOY	Mean	156,8352	48,8616	22,8000	26,6944	26,0694	23,84	19,2338	455,2703	3,90
		SD	8,61651	10,47954	9,12237	7,00430	6,64667	4,49	3,03804	109,74407	,56
	GIRL	Mean	154,9255	53,4652	29,5538	25,4079	24,3231	18,90	21,7021	428,1395	4,18
		SD	6,88093	9,92092	8,69406	5,47280	4,61088	4,35	3,66484	76,61766	,40
15	BOY	Mean	161,7729	53,2500	25,1633	31,4510	30,2549	25,70	18,7271	518,0980	3,64
		SD	11,36064	12,63958	9,12445	8,65174	8,28696	6,13	6,42706	148,70538	,31
	GIRL	Mean	154,6690	55,3023	30,8500	25,7436	25,7027	19,34	22,8857	404,7619	4,40
		SD	8,91840	11,96406	7,27792	6,16321	4,61799	4,51	6,39533	117,26015	,43

Table 2 shows that for boys and girls the performance values are increasing together with the increasing age.

DISCUSSION

Children till the age of 10 have the similar physical structure. After 10 the male and female hormones changes in their body and are increasing so the sexual difference rises. On the other hand in several studies it is mentioned that girls thrive earlier than boys (Haslofça, 1998; Muratlı, 2003; Turgut & Çetinkaya, 2006). On this point of view it is

natural that, as it is shown in Table-1, girls at the age of 12 are better than the boys according to the t-points.

As the values in Table 2 are analyzed it is seen that they are parallel to similar studies. The foundings of Balcı and Tamer (2005) show following values; 6-11 aged boys and girls average boys of 7 years are about 125,3 cm, 8 years 128,6cm., 9 years 135,3cm., 10 years 140, 7cm and 11 years 148,5cm. In the same study for girls following values were identified; for 7 years 124,7cm, 8 years 129,7cm., 9 years 134,6cm., 10 years 139cm., 11 years 137,7cm. In the study of Pekel about 10-12 years old children following values were founded 10 years old girls 133,24cm., boys 134,7cm; 11 years old girls 140,1 cm., boys 139,7cm; 12 year old girls 146,2cm., boys 145,3cm. (Bayraktar et al., 2010). It has been determined that the data obtained from the study was parallel. The founding of Turgut and Çetinkaya (2006) for girls between 6-11 years of age had shown that 7 years old girls 123,7, 8 years old girls 131,1cm., 9 years old girls 136,2cm., 10 years old girls 141,6cm., 11 years old girls 145,0cm.

In Holland a research has been done through 200 children being 12 year old boys and girls. The percent values have been graded in five different groups. They are characterized as “low”, “lower average”, “average”, “over average” and “high”. In that classification the group of boys categorized as “low” are 152 cm. and less, “lower average” 153-156 cm, “average” 157-160 cm. and “over average” 166cm, another value classified as excellent is 166cm. and above. For 12 years old girls the “low” value is 153cm. and less, “lower average” 154-158 cm, “average” 159-162 cm, “over average” 163-166 cm., “high” 167 cm. and above (Mechelen et al. 1991). If we compare this study done in Holland with our study it is seen that the values from Holland are much better. But there are two important points. First even if the classes were selected randomly there is no information about whether they have done sport or not. Second different studies show that in countries with good socio-economic development the physical conditions of the people are always better (Akgün, 1997). So it is normal that values comparing Holland and some of our Turkish provinces show differences. According to another search done in Sweden with 225 girls at the age of 10 who don't do sport, the average body length have been shown as 139,7±6,3 cm. (Örjan et al. 2005).

The weight of the research group shows that 11 year old boys and girls are equal but after the age of 11 the girls are heavier than the boys. In a research from India it was shown in a group of 9-10 year old, 60 girls who they are about 31,34±6,79 kg., 11 years old 60 girls 35,03±8,88 kg., 12 years old 54 girls about 40,20±9,49 kg. (Mondal, 2006). These research results show parallel lines to our research. In the research of Balcı and Tamer (2005) for 6-12 year old children, the boys at the age of 7 are 27,1 kg., 8 years old boys are 26,4 kg., 9 years old boys are 30,8 kg., 10 years old boys are 35,9 kg, and 11 years old boys are 46,0 kg. In the same research the girls of age 7 have average 26,1 kg., 8 years old girls 29,0 kg., 9 years old girls 32kg., 10 years old girls 33,8 kg, and 11 years old girls 36,0 kg.

Turgut and Çetinkaya (2006) have done a research with a group of 6-11 year old girls in which it was founded that 7 are old girls are 25,2 kg., 8 years old 29,5 kg., 9 years old 32,5 kg., 10 years old 36,4 kg. and 11 years old 36,7 kg. In Pekel’s research of 10-12 years old boys and girls which are not do sport, the average values were founded for 10 years old girls are 19,7 cm, 11 years old girls are 18,2 cm., and 12 years old girls are 20,0cm. But for the boys 10 years old boys 17,3 cm., 11 years old boys 17,6cm. and 12 years old boys 18,4cm. (Bayraktar et al., 2010). In another research of Gül et. al. (2006) of a group 10-12 years old boys these average flexibility values of 10.7 cm was founded. In the same research the average values of right hand grip was 15,7 kg., but for left hand grip was 15,3 kg. In the normative study of Pekel for 10 years old boys the average value for right hand grip was 14,5 kg. and left hand grip 13,9 kg., 11 years old boys right hand 16,7 kg., left hand 16,0 kg., 12 years old boys right hand 19,2 kg., left hand 18,6kg. But for 10 years old girls right hand grip 13,5 kg., left hand 12,9 kg., 11 years old girls right hand grip 16,0 kg. left hand 15,3kg. and 12 years old girls right hand grip 18,2 kg., left 17,6 kg. (Bayraktar et al., 2010).

If we take a look to the values 10 and 11 years old boys and girls it can be seen that the measurements are parallel to each other. It is seen that after the age of 12 right hand grip of boys improve more than the girls. Some sources show us that after the age of 10 the hormonal excretion starts, and after the age of 11 these hormones are increasing (Haslofça, 1998; Muratlı, 2003).

Under the hormonal aspect there is no notable difference. Testosterone level is much lower than normal people. Testosterone level for boys is getting ten times higher before puberty but this level is much lower for the girls (Haslofça, 1998).

According to this fast increasing (Parallel to this the other hormones are increasing as well) gender differences are occurring.

These causes an increasing difference in the physical performance and anthropometric values between boys and girls. Especially the muscles mass of boys is enhancing (Weineck, 1987). This enhancement is leading to better performance according to strength variables for boys.

In a research Rachev (1979) did in Bulgaria with 10-11 years old children seen as talented it was determinated that vertical jump value for 10 years old boys 36 cm., and for girls 32 cm., 11 years old boys 38 cm. and for girls 36 cm. (Coşan&Demir, 2005).

Gül et. al. (2006) founded in their study 10-12 years old children for the vertical jump average value 31,87cm. In Pekel's study for the 10 years old group the value 23,5 cm. was founded for 11 years 24,9 cm. and 12 years 26,5cm. But for the 10 years old girls 21,3 cm.,11 years 23,2 cm. and 12 years 23,9 cm. (Bayraktar et al., 2010). Turgut and Çetinkaya (2006) determined for 7 years old girls the average value 20,3cm., 8 years 24,2cm., 9 years 27,2cm., 10 years 29,2cm. and 11 years 31,4cm. in their study.

As the participant were evaluated according to the body mass index normally the values which are in balance until the age of 12 change after the age of 12. This situation is the one which is influencing physical performance and anthropometric values because of the hormonal changing as discussed above (Weineck, 1987).

Balcı and Tamer (2005) calculated these average values for 7 years boys 17,1kg/m^2, 8 years 15,9 kg/m^2, 9 years 16,8kg/m^2, 10 years 18,0kg/m^2. But for 7 years old girls 16,7kg/m^2, 8 years 17,0kg/m^2, 9 years 17,6kg/m^2, 10 years 17,4kg/m^2.

Pekel founded in his study for 10 years old boys 17,4kg./m^2, 11 years 18,1 kg./m^2 and 12 years 18,6 kg./m^2 but for 10 years old girls 17,3 kg./m^2, 11 years 18,0 kg./m^2, and 12 years 18,5 kg./m^2 (Bayraktar et al., 2010). In a research from Sweden on 221 non-athlete girls it was determined that the BMI for 10 years old 18,3±3,0 kg/m^2, but for 282 non-athlete boys the BMI 18,1±2,9 kg/m^2. Percentage of 25% value was 16,1 kg/m^2, average value 17,4 kg/m^2, 75% value was 19,4 kg/m^2 (Örjan, 2005).

In Pekel's normative study for kneeing medicine ball throw of 10 years old boys the average value was 471,5cm., 11 years 531,6cm., 12 years 579,1 cm. but for 10 years old girls 419,2cm., 11 years 481,9cm. and 12 years 543,8cm. (Bayraktar et al., 2010). Gül et.al. (2006) obtained for 10-12 years old boys the value of 614,8cm.

20 m which is known as the most important indicator speed as the given values are investigated the I.P.P.T.P. tests norms are divided in three groups. At the assessment which were defined as plus, neutral and minus were for 9-10 years old girls 4,5 sec. which is bad and lower, the neutral value is 4,2 sec. and the good and better value was 4,0 sec. The same graduation stays for the boys of 9-10 year old boys. As the 11-12 year old boys were investigated 4,4 sec. for the bad value 4,0 sec. neutral, 3,7 sec. best performance. For girls 4,3 sec. stands for bad performance, 4,0 sec. neutral, 3,8 sec. good performance (Kamar, 2003). Balcı and Tamer (2005) founded for 7 year old boys 5,09 sec., 8 year old boys 4,68 sec., 9 year old boys 4,76 sec., 10 year old boys 4,35 sec. In the same study it was founded for girls of 7 years old girls 5,45 sec., 8 years old girls 5,15 sec., 9 years old girls 5,39 sec., 10 years old girls 4,72sec. Turgut and Çetinkaya (2006) investigated that for 7 years old girls the average values are 4,94 sec., 8 years old 4,69 sec., 9 years old 4,56 sec.,10 years old 4,63 sec. and 11 years old 4,22 sec.

CONCLUSIONS

As a result; besides testing to effect on growing, improvement and health, physical and physiological tests for children were carried out in order to determine status analyze of children with sport specialists. According to the obtained founding the changes during the adolescent term affect on the motoric abilities of boys and girls. In all age groups it was determined that some motoric abilities of boys were higher than the abilities of the girls.

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The Opinions of Camp Program and Leader of Female Students in the Ministry of Youth and Sports Youth Camps

Pınar Guzel [1], Melike Esentas [2], Selhan Ozbey [3], Muberra Celebi [4]

ABSTRACT

One of the driving forces behind Turkey's economic growth is a young, dynamic and highly ambitious population. There are 20 million under-20s in Turkey and nearly 50% of the population is under 25. Minister of Youth and Sport (GSB) has long given high priority to issues of the extention of youth services in order to organize their leisure time; the support of the youth studies and youth projects and the cooperation and the coordination with other institutions. Ministry is also aiming at increasing the number of youth centers, to ameliorate them in terms of quality and to further increase the number of youth leaders compared to the previous year. Youth camps In this survey it was aimed to analyse, interpret and to give proposals when necessary to the ideas of girls students according to the age groups and types of camping. Survey research method was used for data collection. In analysis of the data cross tabulation method were employed. According to the results of the survey, girls participants had positive ideas about camp leaders. The most important finding in the nature camps was basic requirements for the elimination of "food" issue 28,8%. Another important finding was that, by the families of the participants using of the internet and mobile phones had been criticized. Thus, the negative features of camp programs need to be healed. However, participants expressed positive opinions about the leader of the youth camp and they put an emphasis on the importance of the camp leader during the activities.

Keywords: *Youth Camps, Girls students, Leisure Time, Youth Camps Leader*

INTRODUCTION

In our society, especially among young people we see that many problems. These problems being faced by parents and educators and adversely affect the quality of life as a threat emerges. In this context, recreation programs as in the leisure time activities should be considered as an important alternative approach to avoid all these problems and improve the quality of life (Çelebi, Özbey ve Güzel 2012). Leisure time is a time slot in order to sustain the life from the remaining jobs. Nowadays, the increasing economic, cultural and social needs and also an effort to keep pace with technological developments has revealed with intensive, tiring and monotonous lifestyle. People who want to get away from this situation physically and spiritually, have resulted in the emergence of leisure time activities (Güzel, 2011).

Youth camps organized in order to assess their leisure time, are applied in two ways. These are Nature Camp and Sea Camp. Thousands of young people through youth camps, acquires new friends and share something with them. And also, they had the opportunity to get to know the historical and cultural values of Turkey. Youth Camps for young people gives new life experiences, understandings of different ideas and enrich their personal wealth, provide

to share time and venues with other friends, enables them to see the shortcomings in team work and realize their talents (Çoşkuner, 2009).

If person set some of the requirements and objectives that cannot reach alone, he or she need to act together with people who come together not bewaring and work to create for being a group. Taking people to specific goals, with the needs of personal desires and interests we have to follow what they are. Then we must gathered these people around a group for increasing powers, courage, desire and energy. In this case, by detecting this energy, capable of leading to an individual to stimulate the leader is needed. Leader represents the person and has the power to influence the group members (Özbey ve Çelebi, 2003). Leaders are encourage and inspire people. Agroup without a leader would quickly degenerate at a debate and confusion (D. QuinnMills, 2005).

With the law as of 08.08.2011, Youth and Sports Ministry (GSB), new activities within the scope of Youth services was seen as a leisure time activity or those that have started to be implemented differently. Youth Camps in the Sea and Nature camp launching new applications are arranged in boys and girls groups instead of mixed groups. This research was done with the total of 747 girls participants who attended to the Nature and Sea camp in the summer semester of 2012. In this survey it was aimed to analyse, interpret and to give proposals when necessary to the ideas of girls students in the Youth and Sports Ministry's Youth camps according to the age groups and types of camping.

METHOD

Research Method

In this research it was analyzed to the ideas of girls students about the camp program and leader baheviors as leisure time activity. Survey research method was used for data collection. A personal data form and questionnaire form was prepared in order to establish the demographic features and profiles of the participants.

Population and Sampling

The population of this study was "Kastamonu Nature Camp and Çeşme Büyükliman Sea Camp" and the sample group was the girls participants to the 5th&6th Kastamonu Kadıdağı and 8th Term Çeşme Büyükliman Camps. The participants were asked to complete questionnaires after giving information on the subject. Total 747 questionnaires were distributed and 100% of the feedback was taken.

Gathering Datas

For this research data to be gathered in two stages. In the first stage; in order to determine the profile of the participants involved in the youth camp a personal information form containing demographic characteristics was established. In the second stage; personal data form including questions about the behavior of the leader and the camp program was established to the participants.

Analysing Datas

All the personal data forms and questionnaires had been cheched to gain information by the researchers and datas had been coded to be comfarable to code instruction. The coded datas had been interpreted by using explanatory statistics and setting the tables. Results was evaluated with the "Crosstab" method using by SPSS.

Validity and Realibility

The questionnaire was established with systematic data collection technique. These questionnaire included Yes - No and multiple choice questions depending on the study's problem and sub problems. Questions were prepared from literature.Generally, the survey tried to adjust a research problem as a whole. All questions about the specifics of the problem separately, private and independent questions that have occurred. For finding the aspect valid;

1. Problems associated with each question being examined.
2. The survey covered the whole subject.
3. Questions were clear and understandable.

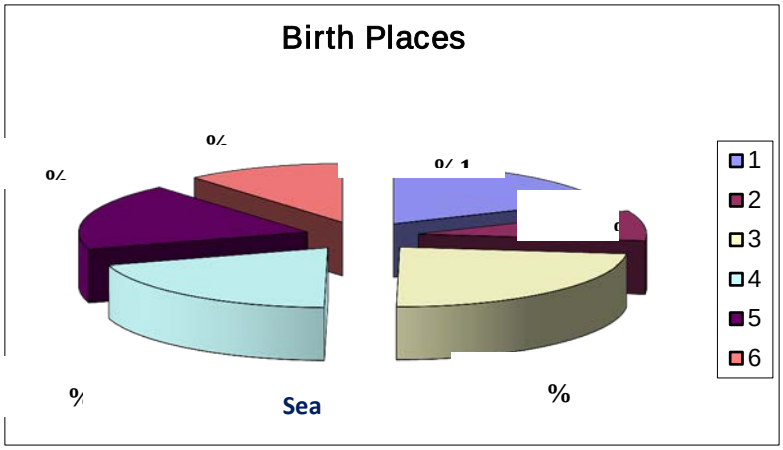
FINDINGS

The findings of the study were examined in three parts. These are;

- Demographic Characteristics
- Leader's Behaviors
- Camp Program

Demographic Characteristics

According to research data, while the female students in the 13-15 age group on the Sea camp were 205 (28%), the number of participants with the age group of 16-17 in the Nature camp were 542 (72%). Participants had been identified that; 22,9% lived metropolitan, 63,7% lived in the city, 6,8% lived in the county, 0,7 lived in town and 5,9% lived in the village.



*1: Aegean Region
*2: Marmara Region
*3: Central AnatoliaRegion
*4: East AnatoliaRegion
*5: Black Sea Region
*6: Mediterranean Region
*7: South East AnatoliaRegion

Figure 1: The distribution of birth places of the girls students on the Sea Camp

After examing Figure 1, attendance of girls participants in the Sea camp at GSB at the age of 13-15 age group, the highest rate of 23,4% was in Central Anatolia Region and the lowest rate of 8.2% was in Marmara Region.

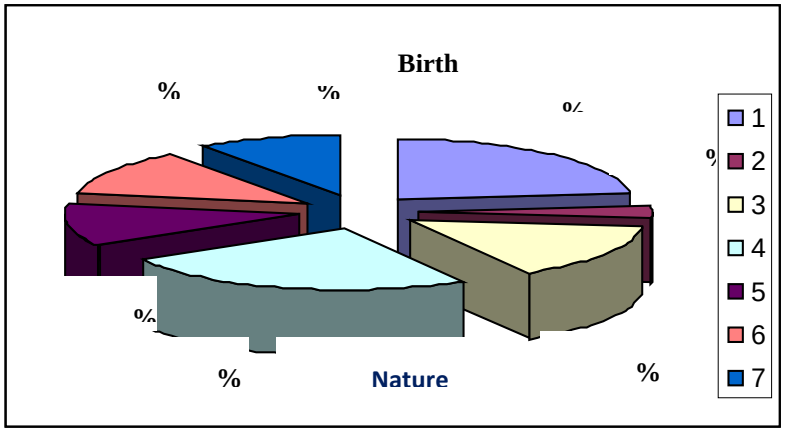


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Figure 2: The distribution of birth places of the girls students on the Nature Camp

After examing Figure 2, attendance of girls participants in the Sea camp at GSB at the age of 16-17 age group, the highest rate of 24,9% was in East Anatolia Region and the lowest rate of 2,9% was in Marmara Region.

Table 1: Percent and frequency distributions of girls participants' slating issues by families according to age and camping type

Youth Camp	AGE	Slating Issues by Families					
		Not Studying	Friends	Clothes	Relationships with Siblings	Internet-Cellular Phone	Total
Sea Camp	13-15	97 %47.3	26 %12.6	5 %2.4	55 %26.9	22 %10.8	205 %27.5
Nature Camp	16-17	183 %33.8	97 %17.8	34 %6.3	126 %23.2	102 %18.9	542 %72.5
	Total	280 %37.5	123 %16.5	39 %5.2	181 %24.2	124 %16.6	747 %100

According to the Table 1, girls participants in the Sea and Nature camp at GSB, the highest rate of 37,5% was for not studying and the lowest rate of %5,2 for the clothes that they wear were the slating issues by their families.

Table 2: Percent and frequency distributions of participants' smoking behaviors according to age and camping type

Youth Camp	AGE	Smoking or Not		
		Yes	No	Total
Sea Camp	13-15	17 %8.3	188 %91.7	205 %27.5
Nature Camp	16-17	34 %6.3	508 %93.7	542 %72.5
	Total	51 %6.8	696 %93.2	747 %100

According to the Table 2, girls participants in the Sea and Nature camp at GSB, for the answer of “Smoking or not smoking” question the participants of Sea camp gave “NO” answer with the rate of 91,7% and for the Nature camp 93,7%.

Leader’s Behaviors

Table 3: Percent and frequency distributions of participants' perceptions of leader’s behaviors according to age and camping type

Leader Behaviors	YES		NO		SOMETIMES		TOTAL		
	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	Total
Solving the conflict	171 %83.4	462 %85.2	7 %3.4	32 %5.9	27 %13.2	48 %8.9	205 %27.5	542 %72.5	747 %100
To support the group to be	161 %78.6	442 %81.5	22 %10.7	59 %10.9	22 %10.7	41 %7.6	205 %27.5	542 %72.5	747 %100
Support for participation in activities	192 %93.7	462 %85.2	4 %1.9	32 %5.9	9 %4.4	48 %8.9	205 %27.5	542 %72.5	747 %100
Opinions of Leader	155 %75.6	438 %80.8	15 %7.3	33 %6.1	35 %17.1	71 %13.1	205 %27.5	542 %72.5	747 %100
Creation of communication	173 %84.4	458 %84.5	8 %3.9	28 %5.2	24 %11.7	56 %10.3	205 %27.5	542 %72.5	747 %100
Collaborative support (intra-group)	185 %90.2	470 %86.7	4 %1.9	23 %4.2	16 %7.9	49 %9.1	205 %27.5	542 %72.5	747 %100
Communicating Solidarity	174 %84.9	468 %86.3	5 %2.4	28 %5.2	26 %12.7	46 %8.5	205 %27.5	542 %72.5	747 %100
To use the word of “We”	175 %85.4	476 %87.9	9 %4.4	23 %4.2	21 %10.2	42 %7.9	205 %27.5	542 %72.5	747 %100
To give	172	449	7	24	26	68	205	542	747

Leader Behaviors	YES		NO		SOMETIMES		TOTAL		
	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	Total
confidence in subject	%83.9	%82.9	%3.4	%4.5	%12.7	%12.6	%27.5	%72.5	%100
To ask the thoughts	189 %92.2	454 %83.7	1 %0.4	24 %4.5	15 %7.4	64 %11.8	205 %27.5	542 %72.5	747 %100
Pattern making during the event	198 %96.6	483 %89.1	2 %1	20 %3.7	5 %2.4	39 %7.2	205 %27.5	542 %72.5	747 %100
To implement the camp program	190 %92.7	504 %93	13 %6.3	19 %3.5	2 %1	19 %3.5	205 %27.5	542 %72.5	747 %100

Leader Behaviors	YES		NO		SOMETIMES		TOTAL		
	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	13-15 age Sea Camp	16-17 age Nature Camp	Total
Sincerity	143 %69.8	459 %84.7	8 %3.9	36 %6.6	54 %26.3	47 %8.7	205 %27.5	542 %72.5	747 %100
To take into account the proposals	142 %69.3	431 %79.5	10 %4.9	38 %7.1	53 %25.8	73 %13.4	205 %27.5	542 %72.5	747 %100
To support the new ideas	182 %88.8	423 %78.1	3 %1.5	45 %8.3	20 %9.7	74 %13.6	205 %27.5	542 %72.5	747 %100
To Support	175 %85.4	451 %83.2	10 %4.9	42 %7.7	20 %9.7	49 %9.1	205 %27.5	542 %72.5	747 %100
To take precautions	179 %87.3	453 %83.6	5 %2.4	27 %4.9	21 %10.3	62 %11.5	205 %27.5	542 %72.5	747 %100
To give responsibility	164 %80	401 %73.9	19 %9.3	66 %12.2	22 %10.7	75 %13.9	205 %27.5	542 %72.5	747 %100

On Table 3, participant students in the sea and nature camps had reported a positive opinion (*Yes*- ~80%) about expected leader behaviors during the camp. Considering the age groups of the participants, some differences were found about the behavior of the leaders. Age group of 13-15 students who participated in the Sea Camp, had expressed the opinion with the highest percentage (96,6%) about **"Pattern making during the event"** and the lowest rate were **"Sincerity"** (69,8%) and **"To take into account the proposals"** (69,3%). Evaluating the Nature Camp students' in the age group 16-17, the highest rate of behavior was **"To implement the camp program"** (93%) and the lowest rate were **"To give responsibility"** (73,9%) and **"To support the new ideas"**. According to the views of student participating in both Sea and Nature Camps all in the age groups; negative view of the high rate of behavior about the group leader were ~10,8% **"To support the group to be"** and **"To give responsibility"**. According to the various age groups of and the camp types the participants'; with the highest rate of disagreement between leader behavior was **"Sincerity"** 14,9%. Participants in the age group of 13-15, 26,3% sometimes believed the leader as **"sincere"** and 25,8% thought **"To take into account the proposals"** so that this was a significant finding. Nature Camp participants in the age group 16-17, gave *"sometimes"* respond about the leader behaviors with the rate of 13,4% **"To take into account the proposals"** and 13,6% **"To support the new ideas"**. According to the findings of the Table 3, students who participated in the Sea Camp with the Nature Camp students' in the age group 16-17, view of the high level of similarity between these groups were leader's **"Creation of communication"** ~84% , **"Solving the conflict"** ~84%, 85,6% **"Communicating Solidarity"** and 92,9% **"To implement the camp program"**.

Camp Program

Table 4: Determination of problems in the camp events

YOUTH CAMP	AGE	The adequacy of the activities			
		Yes	No	Sometimes	Total
Sea Camp	13-15	80 %39.1	59 %28.8	66 %32.1	205 %27.5
Nature Camp	16-17	326 %60.1	72 %13.3	144 %26.6	542 %72.5
	Total	406 %54.3	131 %17.6	210 %28.1	747 %100

According to table 4, in the Sea and Nature camp at GSB, participants gave the answer for the **"Determination of problems"** question; 54,3% said "YES", 17,6% said "NO" and 28,1%1 said "SOMETIMES". The reason of the extent and content of the camp program had given on the Table 5.

Table 5: The distribution of the sources of the problems according to the camp types

Problems in the Camp program	Youth Camp		
	13-15 Age Sea Camp	16-17 Age Nature Camp	Total
Lack of material	13 %16.4	11 %9.4	24 %12.2
More events	12 %15.2	20 %17.1	32 %16.3
Inadequate leading	15 %18.9	36 %30.7	51 %26.1
Timeless event	1 %1.3	2 %1.8	3 %1.5
Deficiencies in the application	-	4 %3.4	4 %2.1
Low level skills of the events	17 %21.5	29 %24.7	46 %23.5
Lack of space	9 %11.4	-	9 %4.6
Risky and dangerous activities	9 %11.4	9 %7.7	18 %9.2
Lack of activities	2 %2.6	1 %0.9	3 %1.5
Lack of interest	1 %1.3	2 %1.8	3 %1.5
High level of skill	-	3 %2.5	3 %1.5
TOTAL	79 %40.3	117 %59.7	196 %100

The analysing of the participants about the extent and applicability about the camp program (Table 5); "Inadequate leading" (%26.1) and "Low level skill events" (%23.5) were the basic problems. According to the age groups; 13-15 age group participants had seen that "Easy Events" (%21.5) was the basic problem of the camp program. With this 16-17 age group participants had thought that Inadequate Leading" (%30,7) was the most important problem.

Table 6: According to the camp types and age groups satisfying the basic needs on the camp program

YOUTH CAMP	AGE	Satisfy basic needs			
		Yes	No	Sometimes	Total
Sea Camp	13-15	155 %75.7	23 %11.2	27 %13.1	205 %27.5
Nature Camp	16-17	217 %40.1	161 %29.7	164 %30.2	542 %72.5
	Total	372 %49.8	184 %24.7	191 %25.5	747 %100

In table 6, the participants of the 13-15 age group Sea camp noted that their basic needs had met on the rate of 75,7% but 16-17 age group Nature camp participants emphasized this 59,9% sometimes or never. This a high level's reason shown in detail in Table 7.

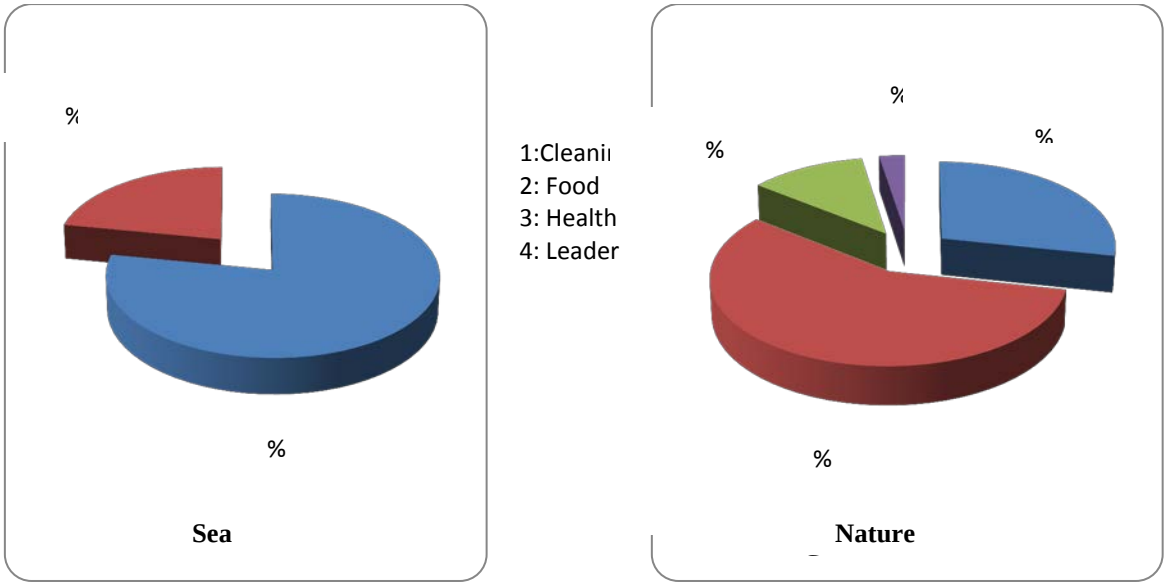

Figure 3: The problems about the basic needs of the participants based on camp types.

According to figure 3, "food" was the most important problem in Nature camp fort he participants. But, in the Sea camp about "Food" negative opinion was at the low level. To the Sea and Nature camp participants, with the rate of 4,6% had seen "cleaning" as a problem. In the Sea camp there had been no problem about the "health".

RESULTS CONCLUSIONS AND SUGGESTIONS

In the research results those findings were reached: girls participants' birth places, smoking behaviors, communication with the Youth camp leader and confidence ambiance (Table 3-6). Differences between birth places and regions participated in the camp were found. In the Sea camp no girls according to birth place participants East Anatolia Region. In order to eliminate the difference between the regions equally participating right is recommended. Girls participants in the Sea and Nature camp at GSB, the highest rate of 37,5% was for not studying and the other important rate of 16,6% for the internet-cellular phone using and clothes that they wear were the slating issues by their families (Table 2). That result could be seen as a result of inactivity and obesity. To Esentaş's study, (2012) the participants of girls and boys Youth camps, prefering leisuring activities in a passive way was in the high level. Girls students' smoking behaviors rates were minimum level. At the same time, it will be a positive effect for giving a general knowledge about this subject.

"Inadequate Leading" "and Low level skills of the events" in the Camp programs were the basic problems for the camp participants. Besides that "cleaning" and "health" subjects were the other basic needs problems that were seen in the Youth Camps.

Youth camps conducted by GSB is one of the most comprehensive services that reach to the youth. So it is important to support with the academic studies for educating **Youth Camp Leaders** and **applications of Camp** Programs. For this reason, co-operation of GSB and the university in every way will contribute to young people too many things.

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Visual Space Intelligence according to Strategy of Mental Maps and its impact in the development of tracking and the visual memory to the skill of setting in volleyball

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ABSTRACT

Research has proved the existence of a strong link between mental processes (such as memory, imagination and thinking) with intelligence, so the modern trends measure the intelligence through the link between mental and physical processes together. During the first stage information is transmitted via the senses to the brain while the brain does its work of registering information. In the second stage some of information are kept in the short-term memory and not in the long-term memory, unless the brain processes the information through dialogue and discussion, and draw charts and graphs in other concepts and facts.

Keywords: *Visual Space, Intelligence, Strategy of Mental Maps, tracking, visual memory, volleyball*

INTRODUCTION

Research has proved the existence of a strong link between mental processes (such as memory, imagination and thinking) with intelligence, so the modern trends measure the intelligence through the link between mental and physical processes together. During the first stage information is transmitted via the senses to the brain while the brain does its work of registering information. In the second stage some of information are kept in the short-term memory and not in the long-term memory, unless the brain processes the information through dialogue and discussion, and draw charts and graphs in other concepts and facts.

In this case we get the information to install and easy to recall and use it in a specific educational situation. So drawing ideas and lines in a clear and exciting style directs the brain to do complex processes to store and choose what it wants as it receives things within the contexts of the surrounding environment and puts interpretations, analysis, and encode.

Here, mental maps are working to organize ideas, information and present it in a way that helps to flow ideas and solutions, and open the way for thinking. The mental map helps to store information systematically; so, we can note that there is a link between the visual space intelligence that represented by those persons who have the ability to presence the shapes and objects, and the ability for linear presentation, visible and the use of color and shapes with the mental map which is characterized in graphs and pictures that help the learner to remember words, sections, and movements. In addition to the existence of an important element does not lose sight of, namely the existence of individual differences in one class then we have used here educational means in different frameworks which presented in a way that gets the attention of the learner.

Volleyball is one of the games that rely on incentives because of its characteristics of speed and the effectiveness of the focus and attention, offset by rapid response through affecting the nerve centers that responsible for the work. And perhaps the sense of sight is the first channel which receives the picture and detailed information about the environment around the learner making it provides the brain with information about the movement of the ball, its direction, and speed and then to move to select a appropriate response by creating a state of balance between the brain and the sense of sight to achieve the goal. Moreover, it is known that visual functions can be improved and developed through continuous training and practice.

Therefore, the importance of this research is through the identification of visual space

Intelligence according to the mental maps and its impact in the development of visual responsiveness and visual memory and the skill of the setting in volleyball.

Research Problem

Through the experience of researchers in the field of academic sport work it has become imperative for us to investigate and search for the causes that raise the learner for the educational situation and make him more capable of facing the environment around him and its problems and difficulties that imposed on him thinking and research about the situation and the steps he needs to make the right decisions through educational means, photos, drawings and maps that will help him to achieve the objective, in addition to the delivery of the learner into a state of imagination and contemplation and the creation of solutions within the group, especially that volleyball is a game of collective cooperative games which is characterized by the work of one team. Reaching to good performance does not depend on the teacher, but also on the information that given in the classroom and what they contain of the necessities of using renewable methods that create a state of appropriate environment. In addition to the interaction between student and teacher and through the stimulation and development of visual response speed and teach them how to get the information and how to re-organize this information in a form of result of learning.

Objectives of this research:

Determine the visual space intelligence for the sample individuals. Identify the impact of visual space intelligence according to the mental maps in development of tracking and visual memory and the skill of setting in volleyball.

Hypothesis of this research:

The visual space intelligence according to the mental maps has differences of statistic significant in the development of the tracking and visual memory and the skill of setting for volleyball post-test.

Fields of research:

1. Field of human / sample of students of fourth stage - college of physical education for girls.
2. Temporal field / 16-10 - 2011 up to 21-11 - 2011
3. Spatial field / university of baghdad / college of physical education for girls / the inner hall.

Determine The Terms:

1. visual space Intelligence : - is the ability to observe accurately the outside world and turn it into sensory perceptions(1)

2. mind maps:- are a great way to draw whatever we want in one sheet of paper in an organized way, where we try as much as possible to replace the words with drawings that refer to them so that we can put whatever we want in a single sheet in a focused and concise way, and it is easy to remember as it is a tool that helps to think and learn. (2)

3. visual functions :- is a set of functions that provide visual information about the environment around us, which has a direct impact in improving the visual resolution types of fixed and mobile.

4. is a sensory system: - compounds that are stimulated by different types of incentives as well as the system is able to provide detailed reports about the type of stimuli that received from the environment. (3)

METHODOLOGY, AND FIELD PROCEDURES:

Research Methodology:

The use of the experimental method which is "the only approach that can be the real test for the hypotheses for the special differences of cause and effect" [(4)]

Sample Search:

Sample is selected of students in the fourth stage section (B), (30) student are chosen randomly, and (4) students were excluded to perform the exploratory experiment on them, and thus bringing the number of the sample (26) student were also excluded students who did not be present for more than two educational units for whatever reason. and we consider the students are congeners because of their being of the same age group and were subjected to the same school, that is what increases the stability of the information given. The sample is divided randomly into two groups where the first group (control group) of (13) students learn in the traditional manner, while the second group (experimental) of (13) students learn according to strategy of mental maps. The equivalence is conducted for the sample in (visual space intelligence) and shown in the table (1).

[1] -Thouqan Obaidat and others: (op cit, 2007) p 139.
[2] - Wajeeh Mahjoub: the physiology of learning, first edition (Dar Al-fikr for printing and publishing, Jordan, 2002), p 122.
[3] - http:www.thin .smart.com/2 /articles /mind mapping.html.
[4] - Ali Hassan Sulaiman; The entrance to the Sports Coaching (Library of Printing and Publishing, University of Mosul, 1983) page 60.

Devices and tools used in the research.

Table (1) shows the arithmetic mean and the standard deviation and the calculated value of (t) and the tabular between experimental and control groups in visual space intelligence for the purpose of equivalence

Means of statistical Tests	Experimental group		Control group		the calculated value of (t)	the result
	mean	standard deviation	mean	standard deviation		
Visual space intelligence / degree	16.3	0.73	15.9	0.84	1.8	Insignificant

Note : Tabulated value of T at a freedom 24. And the probability of error = 0.05 2.06

Mental maps of the setting skill, legal tennis volleyball, legal volleyballs, a scale of visual space intelligence, a scale of tracking and dynamic memory, boards of kink-dafik measuring (20 × 40 cm) , Computers, stopwatch.

Exploratory Experiment

Exploratory experiment was performed on (16-10-2011) on a sample of (4) students has been excluded from the research sample. The purpose of this experiment is to find out possible errors and work to avoid them in the course of learning, whether such errors by a team work) •) or by members of the research sample, and in order to achieve the following:

- The constraints which coincides when making the basic experiment.
- To ensure the safety and validity of the devices used.
- Measurements and tests of the research.
- To avoid the mistakes that may occur during application the test.
- The understood of the research sample for the tests that used.
- To identify the time taken to measure each individual sample.

Tests Used: -

Visual space intelligence test :

To identify the visual space intelligence, the researchers use the scale of multiple intelligences, which measures visual space intelligence as one of its types through a certain percentage, which is a scale of zero to five and on the student to estimate quickly how much the phrase applies on her and gives five points if the phrase consistent strongly with her and zero if they do not agree with her strongly, and then collect the tags for each section of this measure and record them in the appropriate column and the degree which it fits her in the relative key and the scale are shown in the Appendix (1)

Visual tracking test (eye tracking test). (5)

- The purpose of the test: Measuring visual tracking.

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- M. Hoda Abdel Samie. Volleyball, College of Physical Education for Girls.

[5] - Alan Berman, OD, Institute for Sports Vision, www.opt.pacificu.edu/ce/,2011.

- Method of performing the test: The boards of kink-dfek measuring (20 × 40 cm) are hanged on the wall at a distance of three meters from the student with the illumination light detector. The student tracks the characters on the boards from left to right as soon as possible without making mistakes. As in the extension (2).

NOTE: Student must not move her head during the test, but is tracking through the movement of the eye and the head is installed in a special holder.

Method of registration: calculates the time for each test as well as the total time, given to the student (3) attempts to try and take that has been as much as possible without errors.

visual memory test (Ocular Memory Test) [6]

The purpose of the test: measuring of visual memory.

Tools used: A set of different pictures, computers, test papers, stopwatch.

How to perform the test: is displayed on student 12 photos for different people represent the first group of photos separating Showing images with a time of four seconds, then is to wait for five minutes and then show the second group of photos and consisting of 12 photos of different people too, and then is Showing 48 pictures include pictures in the group I and II and 24 new images have not seen by the student before, and when showing the images in the third group to the student, she will register in the test paper provided to her the image sequence as to appear and answer, if saw the picture in the first group or second group, or she did not see the image .

Method of registration : is calculated by the degree of the test by the number of correct answers for students through (4) minutes to view the images as given, for each correct answer (2 degrees) and thus the highest grade (96) and minimum (zero), as shown in the Appendix (3).

Level of the performance of the skill of setting :

have been introduced the development of skills through the test that is described in the Appendix (4and5)

Procedures Of Search Field:

the pre-tests

the pre-tests are preformed on the sample of the research on the day (23-10-2011) in the hall of volleyball in the College of Physical Education for girls. The researchers tried as much as possible to install the circumstances relating to the test in terms of (time, place and the tools used and the method of implementation and team work) in order to work on its availability in post-tests.

Experimental Developmental curriculum

In order to achieve the objectives of the research. The researchers developed a evolutionary curriculum which is a collection of exercises to develop the skill of the setting in volleyball. It has been distributed into 4 evolutionary units started on Sunday, 30/10/2011 as well as the recruitment of mental maps to develop this skill through doing a full description for everything related to this skill. The researchers have worked to deliver the idea of mental map correctly to the students through two definitional units before the evolutionary program start. To reinforce that ,the supervisor teacher started to apply the program by asking the students to make mental maps ie the students do charts for the skill mentality after each evolutionary unit about what they have learned during the unit. And after the final evolutionary unit the researchers did the post-tests.

The post-tests

Post- tests were made on (21/11/2011). The researchers took into consideration making these tests under the same conditions of conducting the pre-tests in terms of space and time and tools used in the measurement.

Statistical treatments:

Results were treated statistically by spss system with using the following laws:

- The arithmetic mean, standard deviation, coefficient of torsion , T-test for averages associated with ,and T-test for averages not associated. [7]

[6] - http://www. bbc.co.uk/science/human body/sleep/tmt/

[7] - Wadih Yassin and Hassan Mohammed : applications of statistical and computer applications in the research of Physical Education, (Dar al kutub for Printing, University of Mosul 0.1996), pp. 101.

RESULTS, ANALYZED AND DISCUSSED :-

groups	Tests	Pre-test mean	Pre-test Standard- d	Post-test mean	Post-test standard -d	differences Means	Standard- d	Calculated (t) value	significance
Experimental group	visual tracking / s	17.3	0.6	14.4	0.8	2.9	0.73	12.6	Significant
	Visual memory / d	50	13.8	74	14.6	24	15.9	21.8	Significant
	The ability of the skill of setting / d	5	0.14	8.9	0.28	3.9	1.3	12.5	Significant
	Technique /d	6.2	0.17	9	1.25	2.8	0.9	10.7	Significant
Control group	visual tracking / s	17.13	0.85	15.9	0.92	1.4	1.6	4	Significant
	Visual memory / d	52	12.9	60	13.6	8	13.2	7.9	Significant
	The ability of the skill of setting / d	5.13	0.69	6.8	0.69	1.67	0.89	6.4	Significant
	Technique /d	6.4	0.72	7.6	0.19	1.2	1.13	4.13	Significant

Tabulated value of (T) at a freedom 12. And the probability of error 0.05 =2.15

Table (2) shows the differences between pre and post tests of experimental and control groups

Shown in Table (2) that the experimental and control groups had significant between the pre and post-tests for the post-tests, because the calculated value of (T) is greater than the tabulated value.

For the purpose of identifying any of the two groups is better, the results of the post-tests for the two groups in the table (3) have been treated by t-test for independent samples, indicating the existence of significant differences between group1 and group2 in the post-tests for the experimental group, because the calculated value of (T) is greater than the tabulated value.

This means that the learning by depending on the domain of visual space intelligence according to the mental maps had an effective role in the development of tracking, visual memory, and then the skill of the setting in volleyball. Where the skill of the setting is the most skills in the game of volleyball effectiveness as its being the foundation for building the attack on the opponent, and it is a link between two skills, one defense is the reception, and the other purely offensive is overwhelming beating, so the skill of the setting is the more skills that needs to track the movement of the ball before it reaches to the prepared player, and after getting out of his hands and it moves for the hitter player. On this basis, the skill the setting is considered the first step to build an attack against the opponent, and this in harmony with the opinion of (Tariq Hassan and Hussein Sabhan), who they see that the skill of setting (means prepare, adapt, and prepare the ball to the attacker player to hit it successfully to the opposing team. (8)

[8] - Tariq Hassan. Hussein Sabhan. Skills and offensive and defensive plans in volleyball. "(Press of Al-kalmia Al- Tibia , Baghdad 0.2011), p 56.

Tests	Experimental group		Control group		Calculated (t) value	Significance
	Post- test					
	mean	Stan- d	mean	Sta- d		
visual tracking / s	14.4	0.8	15.9	0.92	10	Significant
Visual memory/ d	74	14.6	60	13.6	3.4	Significant
The ability in the skill of setting / d	8.9	0.28	6.8	0.69	14	Significant
Technique /d	9	1.25	7.6	0.19	6.4	Significant
Tabulated value of T at a freedom 24. And the probability of error 0.05 =2.06						

Table (3) shows the differences between the experimental and control groups in the post-test

In the view of researchers. the development of the tracking and the visual memory, those visual capabilities play the main role in coordinating and organizing works, duties and requirements of the important physical practiced activity in a muscular nervous compatibility, and composing the perfect picture for the skill which is performed by supplying the brain with information about the colors and attributes the dimensions of the objects and the impression of distance or dimension and the ability to follow the movements. Tracking and visual memory is one of the visual capabilities that have an important role in learning and examining objects and distinction its properties ,and the relationship between the elements and the integration of information to help in the formation of integrated information(9).

Eye is largely responsible for receiving information and understand it , then stored and restored it properly, especially the person receives approximately 80-90% of the information via the sense of sight, therefore, any defect in the visual system in the case of the absence of diagnosis and treatment will result a significant decline in the level of vision efficiency (10). since the concept of learning according to the mental maps depends entirely on linking relations by the sense of sight, so we find that the experimental group achieved a better evolution than the Control group. As those visual capabilities have been done through the exchanged functional relations between the nervous and visual system , therefore, it is a (physiology, sensory perception) compound , moreover, it is the most important means of communication between man and the world around him (11).

It Means to change the size of the angle of sight for the components of the visual scene according to the size of the part that the eye focuses on, where the angle of sight that is made up as a stimulus differs from those that made up for one of its features. So, the movements of deviation differ from the jumping movements in the time it takes, they are faster than movements deviation, because the movements of deviation always focus on the accurate details of objects to realize it(12). The nervous centre plays a major role in the process of directing parts of the body in the space through getting information that it receives from the external environment. Receiving this information has a great role in the accuracy of control process of direction and moving the body. The information is transmitted from the eye to the center of vision in the nervous system which does the the temporal and spatial analysis for movement completion, as the vision system controls the rest of the sensory systems, so it deserves a special attention for the great role in movement control(13).

CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:

The visual space intelligence according to strategy of mental maps contributes effectively to develop visual tracking and visual memory for the skill of setting in volleyball.

[9] - Ibrahim Abdullah Faraj Alzeriqat. Visual disability - basic concepts and educational considerations. I 1 (Amman: Dar al-maseerah for publication, distribution and printing, 2006), pp. 54

[10] - Http://WWW.lebarmy.gov.16 / arricle

[11] - Abdul-Aziz Abdul-Karim Mustafa. Motor evolution of the child. M 2 (Rawaea Al-faker for publication and distribution, Riyadh: 1996) p. 138 .

[12] - Jehan Mohammed Fouad, Iman Abdullah Zaid; the effectiveness of visual training on some of the skill variables and visual capabilities in volleyball, research published in the Scientific Conference VIII (University of Zigzag, Faculty of Physical Education for Benin, 2005) p 25 .

[13] - Mohammad Hassan Allawi, Abu-Ela Abdel Fattah. Physiology of sports training. (Dar Al-faker Al-Arabia, Cairo: 2000) p 87.

- The existence of significant differences between the pre-test and the post-test in both groups the experimental and the control for the experimental group in visual tracking and visual memory for the skill of setting in volleyball.
- The existence of significant differences between the two groups of research the experimental and the control in the post-tests for the experimental group in visual tracking and visual memory for the skill of setting in volleyball.

Recommendations :

- Paying attention to the visual space intelligence for its importance in developing the skills of volleyball.
- Paying attention to the strategy of mental maps for its importance in the process of learning and evolution
- Paying attention to the visual capacities for its importance for the development of volleyball skills.
- Doing further studies about visual space intelligence according the mental maps, and about other skills in other sport games and activities .

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Thouqan slaves and others: the brain and learning and thinking, i 1, (Publishers and Distributors of Dar al fikr, 2007).

ttp:www.thin .smart.com/2 /articles /mind mapping.httml.

Wadeaa Yassin and Mohammed Hassan; statistical applications and uses of computer research in Physical Education, (National Library of Printing, University of Mosul 0.1996).

Wajeah Mahjoub: the physiology of learning, i 1 (House thought for printing and publishing, Jordan, 2002).

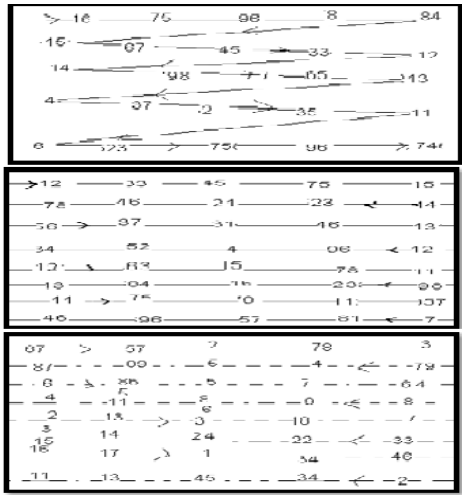
APPENDIX (1) shows the scale of visual space intelligence[14]

Dear student : In your hands a group of questions, please read it carefully with focus then answer it clearly. In case the phrase agree strongly with you, give yourself (5) points and if the phrase disagree strongly with you, give yourself (0) but if your answers are between (5 / 0) choose one of the numbers between the two numbers (1,2,3,4) you determine.

Phrases of questionnaire	Degree
1 – I express myself in writing manner easily.	
2 – I follow a lecture or a written essay easily.	
3 – I have a large sum of vocabulary.	
4 – I have good ability to explain things to others	
5 – I have a tendency to deal with numbers	
6 - I possess a good capacity to distinguish between models	
7 – I enjoy solving problems	
8 – I like treating the task in an organized and logical way	
9 – I have good ability for reading the maps	
10 – it is easy to solve the puzzles, which include the successive forms	
11 – I can keep some pictures in my mind	
12 – I find charts and graphs a way help me to understand information	
13 – I can remember the tune easily	
14- I can play the music	
15 - I can distinguish between the different musical instruments.	
16- I can spend time listening to music or musicians	

[14] - Mohammed Ibrahim Qattawi: methods of teaching social studies, i 1, House of the Arab Thought Oman .2007. P 242.

Appendix (2) shows Kank- Defek plates for measuring visual tracking



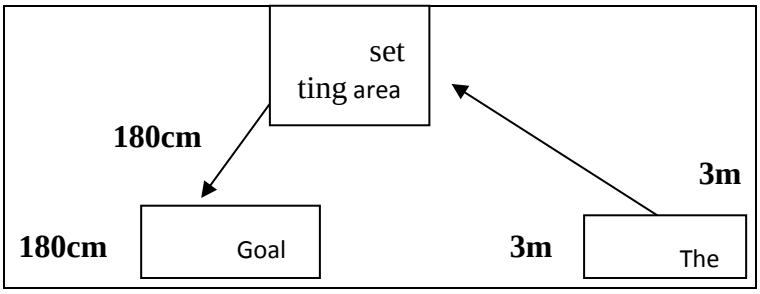
Appendix (3) shows the test of visual memory

Appendix (4) shows the form of the skill of setting (technique) test [15]

Shows the performance evaluation form that was used by the evaluators [•] in the test for assessing the performance of volleyball skill of setting..

sequence	Preparatory section (3)	Main section (5)	The final section (2)	Final degree (10)

Appendix (5) shows the test in volleyball the skill of setting (accurate)



[15] - Loma Samar: The impact of the use of utilities in the learning speed and accuracy of some basic volleyball skills, Master Thesis, University of Baghdad, College of Physical Education 1999.

[•] - Expert evaluators (a. M. D. Suhad denominator, m. D. Hoda M. Badawi. D Sondos Moses - Volleyball)