



## THE EFFECT OF FITNESS ON SOCIALIZATION

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### **Abstract:**

The aim of this study is to investigate the effect of fitness on socialization. The universe of the research consists of individuals who make fitness sports in Van province. The sample consisted of 180 male and 72 female fitness workers in Van in 2017-2018. In this study was used the Socialization Scale developed by Şahan. The data were evaluated in IBM SPSS 22.0 package program. Frequency, percentage, arithmetic mean, standard deviation, one-way Anova, independent t-test were used to analyze the data. The level of significance of the statistical analyzes was evaluated ( $p < 0,05$ ). The participants significant changes were observed in the age, income levels and education of levels ( $p < 0,05$ ). According to gender and occupational variables there was no significant difference between the participant and their socialization levels ( $p > 0,05$ ). As a result, it is predicted that this study will help to better understand the importance of sports in education and to solve socialization problems of young people.

**Keywords:** fitness, socialization, indoor

### **1. Introduction**

Sport is an important social phenomenon that has gained meaning as an indicator of cultural and welfare levels in modern societies of our time and affects all aspects of social life (Imamoglu, 1992). Game, distraction, the work of the sport as a means of departure from the scene of the sport, today, the economy, politics, education, leisure, international relations, propaganda, advertising, racism, violence, tourism, environment, organizations, masses, youth, women, disabled It has become a social

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institution which has a multi-faceted and significant impact on the individual-society and international range, which is directly or indirectly associated with concepts such as occupationalization and division of labor. It is because of these characteristics that it has become a multi-faceted, very useful, multi-purpose and very effective dimension in our sport age and has become universal. To improve the physical (Pancar et al., 2017a; 2017b; 2018a; 2018b; Tahhan et al., 2018a; 2018b; Mayda et al., 2016; Yilmaz et al., 2016; 2017; Mahmood et al., 2017; Aktug et al., 2018; Biçer et al., 2015; Özer et al., 2017; ) and mental health (Cavusoğlu et al., 2017; Kabadayı et al., 2017; Özdal et al., 2013; Tuzcuoğullari et al., 2017) of the human being, which is the basic element of sports, economic, social and cultural development, to provide the development of personality, the development of character traits, to facilitate the adaptation to the environment by providing knowledge, skills and skills, to provide solidarity, union and people, In addition to increasing the combat power, it is the activities performed in order to fight in excitement, excitement and superiority in the competition according to certain rules. Sports, the individual's ability to develop the natural environment of the human environment, under certain rules with or without tools, individually or collectively in the scope of leisure activity or professionally by professionalizing, socializing, socializing, integrating into society, developing spirit and physics, competitive, solidarity and cultural is a phenomenon (Erkal, 1982).

Sport is a social phenomenon that contributes to the integrity, modernization, recognition and development of the society by providing a healthy structure to the society while contributing to the positive developments in the life of individuals and establishing a relationship with other social institutions. There is a need to explore the social aspects of sports in order to reveal the social functions of sports in individual and community life and to realize its goals.

Society is a diverse, large group of people, organized to meet their basic needs in a specific geographical region, with rules that regulate the interaction and communication between them, and institutional relations, and which have mechanisms to reproduce itself both biologically and culturally, with different characteristics from their counterparts (Demir and (1997). In other words, it is the largest group of people who share a common way of life, live in a certain geography, see themselves as a whole, and interact with people. Even if society consists of a large number of human masses, there are ties that hold these masses together (basic interests, common goals, language, history, culture, patriotism, nationalism, sports reflections, etc.) (Tan, 1981). The purpose of collective life is the happiness, prosperity and safety of man. For this purpose, it is inevitable to have a human system element in the center of the value and ethics system. Everything is for him. This fact does not change in any society. Changing human happiness, well-being and safety are the ways chosen to reach, applied methods. Although these methods and methods are different, the target is the same (Ergil, 1984). People live in a large number of social groups on the "social life sphere". All of these form the social structure. The area of social life is the area where social life, social relations and social groups are located. The social relationship is a social link between at least two people who are aware of each other, which continues for a while,

meaningful, specific purpose, all social relations of people go through the social groups, people have to cooperate in order to continue their lives. Establishing a social relationship requires social grouping in the social life According to their characteristics, there are social groups such as family, school, mosque, work place, sports club, association, union, hospital etc. In this way, a group of relationships is formed between groups of people, functional, meaningful, social bonds and interactions between social groups are established (Nirun, 1986).

## 2. Material and Method

The universe of the research consists of individuals who make fitness sports in Van province. The sample consisted of 180 male and 72 female fitness workers (Table 1) in Van in 2017-2018. In the study, the questionnaire developed by Şahan was used and 34 questions were asked under the heading of socialization and 35 questions about sports and socialization were asked. A 5-point Likert-type scale was used in the questions (Şahan, 2007). Participants in the study responded to the questionnaire in an average of 15-20 minutes.

**Table 1:** Descriptive parameters of subjects

<b>Gender</b>	<b>N</b>	<b>%</b>	<b>Mean</b>	<b>Standard dev.</b>	<b>Min</b>	<b>Max</b>
Male	108	60.0	1.4	0.49	1	2
Female	72	40.0				
Total	180	100.0				
<b>Income Rate</b>	<b>N</b>	<b>%</b>	<b>Mean</b>	<b>Standard dev.</b>	<b>Min</b>	<b>Max</b>
1000 TL and under	69	38.3	1.91	0.95	1	5
1001-2000 TL	74	41.1				
2001-3000 TL	26	14.4				
3001-4000 TL	6	3.3				
4001-5000 TL	5	2.8				
Total	180	100.0				
<b>Age</b>	<b>N</b>	<b>%</b>	<b>Mean</b>	<b>Standard dev.</b>	<b>Min</b>	<b>Max</b>
18-20 age	45	25.0	2.5	1.15	1	4
21-23 age	50	27.8				
24-26 age	34	18.9				
27 and over age	51	28.3				
Total	180	100.0				
<b>Job</b>	<b>N</b>	<b>%</b>	<b>Mean</b>	<b>Standard dev.</b>	<b>Min</b>	<b>Max</b>
Doctor	4	2.2	8.79	3.1	1	11
Nurse	17	9.4				
Teacher	7	3.9				
Lawyer	3	1.7				
Pharmacist	1	.6				
Student	58	32.2				
Artisan	9	5.0				
Other	81	45.0				
Total	180	100.0				

Education Status	N	%	Mean	Standard dev.	Min	Max
Illiterate	1	.6	3.42	0.58	1	4
Primary education	6	3.3				
High school	88	48.9				
University	85	47.2				
Total	180	100.0				
Interested sport branch frequency	N	%	Mean	Standard dev.	Min	Max
Weekday everyday	55	30.6	2.4	1.13	1	4
Three days a week	35	19.4				
Only weekends	52	28.9				
Sometimes	38	21.1				
Total	180	100.0				
Dealing with specific sports	N	%	Mean	Standard dev.	Min	Max
Personal evolution	35	19.4	2.85	1.41	1	6
Healthy lifestyle	59	32.8				
Professional career	12	6.7				
Socio-cultural activities join	46	25.6				
Personal and skills	27	15.0				
Other	1	.6				
Total	180	100.0				

## 2.1. Statistical analysis

The data were evaluated in IBM SPSS 22.0 package program. Frequency, percentage, arithmetic mean, standard deviation, One-way Anova, Independent t-test were used to analyze the data. The level of significance of the statistical analyzes was evaluated as ( $p < 0,05$ ).

## 3. Results

**Table 2:** Analysis of subjects socialization data

Gender		N	Mean	S.D.	F	P
Socializing	Male	107	97.1	17.1	13.28	0.30
	Female	72	99.4	9.96		
Sport and Socializing	Male	108	97.0	16.9	6.44	0.76
	Female	72	97.7	12.1		
Income Rate		N	Mean	S.D.	F	P
Socializing	1000 TL and under	68	98	14.7	2.39	0.05
	1001-2000 TL	74	90.8	1.78		
	2001-3000 TL	26	91.7	17.1		
	3001-4000 TL	6	91.3	7.14		
	4001-5000 TL	5	99.1	16.0		
	Total	179	100.3	12.2		
Sport and Socializing	1000 TL and under	69	98.0	14.5	2.00	0.09
	1001-2000 TL	74	90.8	5.31		
	2001-3000 TL	26	90.5	17.4		
	3001-4000 TL	6	97	4		
	4001-5000 TL	5	98.8	15.3		
	Total	180	97.3	15.19		

Age		N	Mean	S.D.	F	P
Socializing	18-20 age	45	98.1	8.94	3.14	0.02
	21-23 age	49	95.9	15.6		
	24-26 age	34	104.5	11.8		
	27 and over age	51	95.6	18.2		
	Total	179	98	14.7		
Sport and Socializing	18-20 age	45	94.1	13.3	3.08	0.02
	21-23 age	50	98.8	15.0		
	24-26 age	34	103.2	14.1		
	27 and over age	51	94.8	16.5		
	Total	180	97.3	15.1		
Job		N	Mean	S.D.	F	P
Socializing	Doctor	4	105	10	0.97	0.44
	Nurse	17	93.4	6.38		
	Teacher	7	94.5	17.9		
	Lawyer	3	88	0		
	Pharmacist	1	94	.		
	Student	58	96.6	14.2		
	Artisan	9	101.1	20.7		
	Other	80	100	15.5		
	Total	179	98	14.7		
Sport and Socializing	Doctor	4	83	0	1.77	0.09
	Nurse	17	101.4	10.0		
	Teacher	7	100.7	9.81		
	Lawyer	3	99	0		
	Pharmacist	1	98	.		
	Student	58	93.2	15.5		
	Artisan	9	95.4	19.4		
	Other	81	100	15.6		
	Total	180	97.3	15.1		
Education status		N	Mean	S.D.	F	P
Socializing	Illiterate	1	45	.	15.0	0.00
	Primary education	6	76.3	33.4		
	High school	87	102.5	12.9		
	University	85	95.5	11.2		
	Total	179	98	14.7		
Sport and Socializing	Illiterate	1	54	.	4.87	0.00
	Primary education	6	84.3	27.3		
	High school	88	99	15.2		
	University	85	97	12.9		
	Total	180	97.3	15.1		

#### 4. Discussion

In this study, which we investigated the effect of fitness builders on socialization, a significant difference was observed between the income levels of 4001-5001 TL compared to other income levels ( $p < 0,05$ ). It can be said that the socialization situation increases as the income level increases and the people who have more economic freedoms participate in activities and socialization and there is no economic concern.

Ağkurt (2018), in his study on the effect of social inclusion of the participation of the sport in the university students, it was seen that the level of socialization of the students increased as the income levels increased. Another result of our study showed that there was a significant difference in socialization rate among people aged 24-26 years according to age distribution ( $p<0,05$ ). The reason for this is that the people in this age group are the last year students of the university and their income levels are high and they are the interests of these sporting activities and the period they are the most productive. Şahan (2007), in his doctoral study on the role of sports activities in the socialization process of university students that he did in 2007 supports our findings in age variables.

This study shows that there is a significant difference in the distribution of educational levels. As education levels increase, it shows significance in socialization situations. This is directly proportional to the educational status of individuals. When we look at the social institutions, facts and events in which sports is intensively related, the importance and dimensions of the subject can be understood more easily. Social dimension of sport within the social dimension of family, family, youth, woman, child, education, culture, economy, policy, religion, management, law, social security, media, leisure, international relations, tourism, environment, morality, gentlemen, socialization social mobility, social status, personality, modernity, peace, production, advertising, propaganda, facility, material, nutrition, development, professionalism, amateurism, violence etc. social institutions, concepts and events can be shown. These show us how much the sport is intertwined with the social system and social life. As we have seen, sport is a social phenomenon integrated with all aspects of social life. In the life of modern societies, sports and sporting activities have become very important and hence have played an important role in the health, happiness and success of individuals. Ensuring that societies and their individuals consciously gain the understanding and opportunities of sports is considered as identical with modernity today. Societies that consciously make sports for individuals, on the one hand provide a great benefit to their individuals, on the other hand, as an important function for society as one of the elements of social development. The societies that are composed of healthy individuals in all respects are equally healthy, conscious, strong, discreet, moral, hardworking, national unity and integrity. As a result, the most general social objective of sport, knowing the duties and responsibilities towards society, the place of physical and mental health, constructive, creative, competitive, productive, moral, virtuous, strong, high morale, smooth behavior, personality, honorable, prudent, hardworking generations is to create a modern society with a high level of culture and a strong social structure and values.

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