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THE RELATIONSHIP BETWEEN ENVIRONMENTAL ATTITUDE AND ENVIRONMENTALLY FRIENDLY RECREATIONAL BEHAVIORS IN PARTICIPATION IN PARK RECREATION ACTIVITIES[ii]

Harun Ayar[1iii],
Tebessüm Ayyıldız Durhan[2],
Suat Karaküçük[2]
[1]Ankara Hacı Bayram Veli University,
Graduate Education Institute, Recreation Management,
Ankara, Turkey
[2]Gazi University,
Faculty of Sports Science, Recreation Department
Ankara, Turkey

Abstract:
The purpose of this article is to identify the relationship between individuals' environmentally friendly recreational behavior and environmental attitudes associated with park recreation activities, to determine the environmental behaviors of individuals during park recreation activities and to examine the effect of environmental attitude variables on environmentally friendly recreational behavior. The population of the research consists of individuals who use the city parks for recreational purposes within the Istanbul Metropolitan Municipality. In this research process, individuals who participated in recreational activities in Yaşam Vadisi Park located in Beylikdüzü district of Istanbul province were investigated. Simple random sampling method was used in the study. The quantitative research conducted in line with the purpose of the research was carried out with the survey technique by applying the relational screening model. Personal information form, environmentally friendly recreational behavior and environmental attitude scales were used in the evaluation of the users. During the statistical process, descriptive analyzes were applied primarily, followed by correlation and regression analysis in line with the hypotheses. In the light of the data obtained from the findings, it was determined that the environmental attitude and environmentally friendly recreational behavior of the participants were at a good level. It has been

[i] PARK REKREASYONU FAALİYETLERİNE KATILIMDA ÇEVRESEL TUTUM VE ÇEVRE DOSTU REKREASYON DAVRANIŞLARI ARASINDAKİ İLİŞKİ

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[iii] Correspondence: email harunayar@outlook.com

confirmed that there is a moderate positive relationship between environmental attitude and environmentally friendly recreational behavior. Environmental attitudes of the participants significantly affect the environmentally friendly recreational behavior.

Keywords: leisure, recreation, environmental attitude, environmentally friendly recreational behavior

Özet:
Bireyleri park rekreasyonu faaliyetlerine yönelik çevre dostu rekreasyon davranışı ve çevresel tutumları arasındaki ilişkininin tespit edilmesi ve bireylerin park rekreasyonu faaliyetleri sırasında çevreci davranışları tespit edilerek, çevresel tutum değişkenlerinin çevre dostu rekreasyon davranışına etkisinin incelenmesi amaçlanmaktadır. Araştırmanın evrenini, İstanbul Büyükşehir Belediyesi içerisinde yer alan kent parklarına rekreasyonel amaçlı katılan bireyler oluşturmaktadır. Araştırmada basit tesadüfi örnekleme yöntemi kullanılarak, İstanbul ili Beylikdüzü ilçesinde yer alan Yaşam Vadisi parkında rekreasyonel faaliyetlere katılan bireyler oluşturmaktadır. Çalışmada kullanılacak örnekleme yöntemi ise basit tesadüfi örnekleme yöntemidir. Araştırmanın amacı doğrultusunda nicel araştırma, ilişkisel tarama modeli uygulanarak anket tekniği ile gerçekleştirilmiştir. Katılımcılara kişisel bilgi formu, çevre dostu rekreasyon davranışı ve çevresel tutum ölçekleri uygulanmıştır. İstatistiksel süreçte öncelikle tanımlayıcı analizler ardından da hipotezler doğrultusunda korelasyon ve regresyon analizleri uygulanmıştır. Bulgulardan elde edilen verilere göre katılımcıların çevresel tutum ve çevre dostu rekreasyon davranışı iyi düzeyde olduğu görülmüştür. Çevresel tutum ile çevre dostu rekreasyon davranışı genelinde orta düzeyde pozitif yönde bir ilişkinin olduğu tespit edilmiştir. Katılımcıların çevresel tutumlarının çevre dostu rekreasyon davranışı üzerinde önemli bir etkiye sahiptir.

Anahtar kelimeler: boş zaman, rekreasyon, çevresel tutum, çevre dostu rekreasyon davranışı

1. Introduction

Since the 1950s, green spaces to meet the emerging needs began to disappear rapidly due to the industrialization, technological developments and economic changes in Turkey. Although there were many plans and new suggestions to protect the green areas and to increase these green areas in Istanbul, the loss of these areas has not prevented. With the increase in population, the increase in residential areas and the decrease in green areas per capita with the migration to Istanbul, meeting the need for green areas has become very difficult (Albayrak, 2000: 1-3). City parks are places that are used extensively by people and should have the most green areas among the lands. The ratio of open and green areas per person in cities is calculated as an average of 40 m^2/person according to Öztan (1980) and Simonds (1983) and forms the basis of many planning.

The tendency towards irregular and unplanned urbanization in our country, planning and practices not based on ecological basis cause many problems and negatively affect human health and quality of life. This situation distracts the people in the cities from natural life, makes them monotonous and negatively affects them physically and mentally (Gül and Küçük, 2001). The society should be made aware of these negativities and responsibility should be taken. People should have environmental ethics values as well as being responsible for the environment just as you would expect from a conscious individual (Akgül et al. 2017: 120-125). Ecorecreation applications that have been adopted early years in developed countries not yet fully adopted in Turkey and not specifically configured in outdoor activities (Akgül et al. 2017: 136).

Changes in living conditions and leisure behaviors have led to new recreational planning and programming and the concept of "ecology" has come to the fore in park planning and design based on nature (Panagopous, 2008). For this reason, parks have emerged as areas that allow environmental restoration. One of the most important issues regarding urban parks, which serve as public green spaces, is social parks, and these parks also have the ability to support social cohesion (Kale, 1990). In other words, parks, which are public spaces, are accepted as an indicator of social change.

In general, approaches to city parks have changed and improved the structure and functions of parks to respond to changing community needs and city-nature approaches. Many factors have emerged regarding the re-evaluation of park structures in cities in America and Western countries. The parks have moved from the suburbs to the city center and have been restored within the scope of re-vitalization and re-development and have new functions. Although ecological factors are taken into consideration in the development processes of parks, social factors have shaped these processes (Panagopous, 2008).

Cities, which are the places where social life dynamics live the most, are changing rapidly in parallel with the priority developments (Çınar, 2008). Parks, which are indispensable for cities, serve as bridges for the integration of the city dwellers with nature (Önal and Sağır, 2018). As public green areas, the most important issue about parks is their social concept. In this respect, city parks support social cohesion (Peters et al. 2010). Activity opportunities are one of the most important factors that make parks more attractive. The opportunities of citizens to engage in active and passive recreational activities in city parks will positively affect the use of park areas and will benefit people in terms of meeting their physical, psychological, social and physiological needs.

In order to increase the quality of life in the cities, it is very important to offer alternative recreational opportunities around the city that people can benefit from. City parks, which offer different active and passive recreation opportunities, contribute to increasing the quality of city life. The quality of city park environments can be improved through effective management of planning, design, management and control. Participation in outdoor recreation activities has been increasing in recent years and is expected to increase further. Considering the increase, it is important to develop effective strategies in natural resource management and public policies by evaluating the

environmental values, activity style, site-specific attitudes and behaviors of recreationists in order to promote environmental responsibility.

Increasing the frequency and interest of individuals in outdoor recreation activities will accelerate the efforts to make the environment richer, more well-groomed and usable (Karaküçük, 2001: 224). In the recreation activities carried out in the environment, the nature-centered ethical approach was prioritized and environmental awareness was tried to be created under the name of "eco-recreation". Eco recreation can also be used for "outdoor recreation". This situation prioritizes the realization of recreational activities carried out in nature, artificial and natural recreation areas to be built inside and outside the city, by preserving the ecological balance, without deteriorating the structure of the environment, by preventing extinction and by improving the environment. Eco-recreation means taking the necessary precautions for the implementation of environmentally-nature friendly leisure activities without damaging the ecological rules and ecosystem (Karaküçük and Akgül, 2016).

For the realization of eco-recreation activities, it is very important to raise awareness of the society and to exhibit exemplary behaviors in creating a sustainable environment. For example, Akgül et al: (2018) have implemented a green student project in order to increase the awareness of university students, to inform them, and to encourage active participation by displaying positive and permanent behaviors. It is expected that activities, projects and trainings that can positively affect the environment, the attitudes and behaviors of individuals in all segments of society. Beginning with individuals, all segments of society should be taught to live in nature, examine nature and create environmental awareness (Demirel, Gürbüz and Karaküçük, 2009).

As a result of the literature research, it has been revealed that there is a relationship between outdoor recreational activities, demographic characteristics and ecological behaviors of individuals. Kil, Holland, and Stein (2014) measured the effect of environmental attitude on environmentally friendly behavior. Thapa (2010) investigated the environmental attitude-behavior relationship of recreationists and the effect of orientation towards outdoor recreation activities on attitude-behavior. Ayyıldız Durhan and Karaküçük (2020) conducted research on the environmental attitude behaviors of university students. Kement and Güçer (2018) investigated the environmental attitudes and environmentally friendly behaviors of individuals camping, but the lack of sufficient research on the environmental attitudes and behaviors of individuals participating in park recreation activities made it more important to conduct this study. Therefore, it is important to examine individuals' environmentally friendly recreational behavior towards park recreation activities, their environmental attitudes and the relationship between them. In the study, the relationship between environmental attitude and environmentally friendly recreation behavior of individuals participating in park recreation activities and its effects were tried to be determined in order to achieve the desired goal.

2. Material and Method

2.1. Research Design

After the third quarter of the century, studies examining the relationship between attitude and behavior have shown that this attitude has a positive effect on behavior. According to the expectation-value model prepared by Ajzen and Fishbein (1980), attitudes develop with people's beliefs. The more compatible the attitude and behavior are, the stronger the relationship between the two. Many researchers have studied the effect of attitude on behavior, especially in the context of designed action theory and planned behavior theory. Kil et al. (2014) measured the effect of environmental attitude on environmentally friendly behavior. Thapa (2010) investigated the environmental attitude-behavior relationship of recreationists and the effect of orientation towards outdoor recreation activities on attitude-behavior. H1-H2 was formed in order to achieve the goal determined in the present study.

H1: There is a relationship between the participants' environmental attitudes and environmentally friendly recreational behaviors.

H2: Environmental attitudes of the participants positively affect the environmentally friendly recreational behavior.

2.2. Population and Sample

The population of the research consists of individuals who use the city parks for recreational purposes within the Istanbul Metropolitan Municipality. The sample of this research consists of individuals who participated in recreational activities in Yaşam Vadisi Park located in Beylikdüzü district of Istanbul province were investigated. The sampling method to be used in the study is a simple random sampling method in which the probability of all individuals participating in the sample is equal and random. This method also enables research results to be presented quickly and easily (Yazıcıoğlu and Erdoğan, 2004; Ural and Kılıç, 2018).

A questionnaire was applied to a total of 520 participants in order to represent the population in the study. After the participants were informed about the study, the study was conducted on a voluntary basis. After examining the answers given, the incomplete and incorrectly filled questionnaires were canceled and a total of 490 questionnaires were evaluated.

2.3. Data Collection Technique

The data obtained within the scope of the research were collected using face-to-face interview method and questionnaire technique. The questionnaire was prepared in Turkish and consists of two parts and a total of 17 questions. In the first part of the questionnaire, the personal information form for determining the socio-demographic characteristics of the participants and the scale forms of the variables to be measured within the scope of the research are included.

2.4. Data Collection Tools

In the first part of the study, there are questions about gender, place of residence, age, marital status and education level in order to determine the socio-demographic characteristics of the participants.

In the second part of the study, the New Environmental Paradigm (NEP) scale developed by Dunlop and Liere in 1978 was revised by Dunlop et al. (2000), based on the environmental attitude scale as 15 items, to measure the environmental attitudes of the participants. Kil et al. (2014), Thapa (2010) and Kline (2015) used the Environmental Attitudes Scale in their research. Kil et al. (2014) used the environmental attitude scale consisting of 9 items in their study, and this scale was adapted into Turkish by Kement and Güçer (2015). Since 1 item did not fully reflect the scale, they used it in 8 items. This scale, created with a 5-point Likert type, includes the statements (1) Strongly disagree, (5) Strongly agree. Since the 8th item of the scale contains negative expressions, it was reversed during the analysis and the analyzes made on this part were carried out with new values after the cycle phase. The internal reliability analysis of the scale was determined as 0.88.

In the third part of the study, in order to measure the environmentally friendly recreation behaviors of individuals participating in park recreation activities, the scale of environmentally friendly tourism behaviors of the mud festival participants in South Korea was used by Song et al (2012). The Environmentally Friendly Recreation Behavior scale, adapted to Turkish by Kement and Güçer (2015), was applied. The scale consists of a 5-point Likert and 4-item scale consisting of expressions of strongly agree (5) and strongly disagree (1). The internal reliability analysis of the scale was determined as 0.87.

2.5. Data Analysis

The data obtained from the scales on the environmental attitude and environmentally friendly recreation behavior of the individuals participating in the park recreation activities were transferred to the IBM SPSS 25.0 package program and statistical analyzes were made through this program. The collected data on the demographic characteristics of the participants were analyzed in terms of descriptive statistics and frequency. Within the scope of the research model, which was designed as a statistical process, correlation and regression analysis was applied to test the determined hypotheses. Correlation analysis is a statistical method that provides information about the relationship between variables, the direction and severity of this relationship. The correlation coefficient is the measure of the linear relationship between two variables (Lorcu, 2015: 229). This coefficient ranges from +1 to -1. A correlation coefficient of ± 1 is a perfect relationship, while a 0 means that there is no relationship between variables. If the coefficient ratio is less than 0.30, it can be concluded that the relationship is weak, if it is between 0.30 and 0.70 it is moderate, if it is greater than 0.70, it can be concluded that it is high (Köklü, Büyüköztürk, & Çokluk, 2007).

3. Results

Table 1: Demographic characteristics of the participants

		N	%
Gender	Male	293	59.8
	Female	197	40.2
	Total	490	100
Age	18-24	113	23.1
	25-34	176	35.9
	35-44	122	24.9
	45-54	60	12.2
	55 and older	19	3.9
	Total	490	100
Education Status	Primary education	63	12.9
	Secondary Education	245	50.0
	Bachelor	168	34.3
	Master	14	2.9
	Total	490	100
Marital Status	Married	221	45.1
	Single	269	54.9
	Total	490	100
Place of Residence	Beylikdüzü	332	67.8
	Avcılar	63	12.9
	Büyükçekmece	33	6.7
	Esenyurt	48	9.8
	Other	14	2.9
	Total	490	100

When Table 1 is examined, the results are as follows: 59.8% of the volunteers participating in the study are men and 40.2% are women; 23.1% were 18-24 years old, 35.9 were 25-34 years old, 24.9 were 35-44 years old, 12.2 were 45-54 years old, 3.5% were 55-64 years old, 4% of them are 65 years or older; 12.9% of the volunteers are primary education, 50.0% are secondary education, 34.3% are undergraduate and 2.9% are graduate; 45.1% are married, 54.9% are single; 67.8% live in Beylikdüzü, 12.9% in Avcılar, 6.7% in Büyükçekmece, 9.8% in Esenyurt and 2.9% in other districts.

Table 2: Descriptive analysis of participants' responses to the environmental attitude scale

	Min	Max	Mean±Ss
Environmental Attitude Scale	1.75	5.00	4,16±.57

When Chart 2 is studied, it is revealed that the participants' evaluations of the environmental attitude scale are between the minimum (1.75) and the maximum (5.00) range. The assessment average for the environmental attitude scale was found to be 4.16±.57. It is seen that the participants' assessment of this environmental attitude is at a high level.

Table 3: Descriptive analysis of participants' responses to the scale of environmentally friendly recreational behavior

	Min	Max	Mean±Ss
The Environmentally Friendly Recreation Behavior Scale	2.25	5.00	4,25±.53

When Chart 3 is studied, it is revealed that the participants' evaluations of the environmentally friendly recreation behavior scale are between the minimum (2.25) and the maximum (5.00) range. The assessment average for the environmentally friendly recreation behavior scale was found to be 4.25±.53. It is seen that the participants' assessment of this environmentally friendly recreation behavior is at a high level.

Table 4: The relationship between participants' environmental attitude and environmentally friendly recreational behavior

		The Environmentally Friendly Recreation Behavior
Environmental Attitude	r	.499**
	p	.000

*P<0.05, **P<0.01

In Table 4, the direction and level of the relationship between the environmental attitude levels of the participants and their environmentally friendly recreational behavior were examined. According to Ural and Kılıç (2018:232), the level of the relationship between variables is weak if the correlation coefficient is between 0-0.29, if it is between 0.30-0.64 is moderate, if it is between 0.65-0.84 it is strong/high and If it is between 0.85-1 it is very strong/very high. It has been confirmed that there is a moderate positive relationship between environmental attitude and environmentally friendly recreational behavior (r=.499; p=.000). The h9 hypothesis was accepted in the relationship between environmental attitude and environmentally friendly recreational behavior.

Table 5: Simple linear regression analysis of the effect of environmental attitude on environmentally friendly recreational behavior of individuals

	B	Standard Error B	β	t	P	Tolerance
Steady	1.868	.181		10.331	.000**	
Environmental Attitude	.540	.042	.502	12.807	.000**	1.000
R=.502		R^2=.252				
F=164,016		p<0.001		Durbin-Watson=1.729		

*P<0.05, **P<0.001

When the chart 5 is studied, the result is <0.05, so the harmony of the model with linearity is significant. According to this result, the relationship between environmental attitude and environmentally friendly recreational behavior can be explained by a linear model. It is clear that there is a significant relationship between environmental attitude and environmentally friendly recreational behavior (R=.502, R^2=.252; p<0.05). Based on the standardized regression coefficient (β), t and p (=.502; t = 12.807; p =.000) values, it is seen that environmental attitude positively affects the environmentally friendly recreational

behavior of the individual. In addition, the specificity number (r^2=.252) was calculated and it was revealed that 25.2% of the change in the environmentally friendly recreational behavior of the individuals was explained in the model. In other words, the environmental attitudes of the participants have a significant effect on environmentally friendly recreational behavior. According to the results obtained from the analysis data, the VIF<5 value indicates that there is no problem in terms of multicollinearity (Gürbüz & Şahin, 2018). Therefore, the h2 hypothesis "Environmental attitudes of the participants positively affect their environmentally friendly recreational behavior" was accepted.

4. Discussion

In this section, the findings regarding "the relationship between environmental attitudes and environmentally friendly recreational behaviors in participating in park recreation activities" are discussed and interpreted.

Among the minimum and maximum values to be taken at the environmental attitude levels of the participants, the average values were found to be 4.16 ± .57 at a high level. In their study on individuals participating in nature walks, Ayyıldız Durhan et al. (2018) found that the participants had a high level of eco-recreational attitude. In the study conducted by Thapa (2010) on the environmental attitudes of individuals participating in the state forests in Pennsylvania for recreational purposes, it has been determined that the environmental attitude levels of the participants were above average (3.87). As a result of the studies conducted by Kil et al. (2014) on individuals who walk in natural environments such as forests, parks and lakeside, it is seen that the environmental attitude levels of the participants are the lowest (3.38) and the highest (3.82) in the sub-dimensions. In a study conducted by Milfront (2009) on university students in New Zealand, it was concluded that the environmental attitude levels (3.59) of the participants were above the average. Lee and Jan (2015) investigated the environmental attitudes of individuals in Taomi and Smangus regions of Taiwan for touristic purposes. As a result of the data obtained by the participants with a 7-point Likert-type scale, it is understood that their environmental attitude levels are at least (5.79) above average (6.34). As a result of the study conducted by Kement (2015) on individuals camping in natural environments, it is seen that the average environmental attitude of the participants is the lowest (4.79) and the highest (4.93). In the study conducted by Lee (2009) on individuals who have visited Taiwan for water-based tourism purposes, it has been determined that the average environmental attitude level of the participants is the lowest (4.42) and the highest (6.22) according to the 7-point Likert-type scale. Environmental attitude level average is at a high level. The researches in the literature are similar to the current study findings. It has been concluded that the environmental attitude level of the participants towards natural areas is at a high level. The participation of individuals in outdoor recreation activities in natural environments has a positive effect on their environmental attitudes.

It has been determined that the average value (4.25) between the minimum and maximum values to be taken at the environmentally friendly recreation behavior levels of the participants is at a high level. As a result of the study conducted by Kement (2015) on individuals camping in natural environments it is seen that the average environmentally friendly recreational behavior levels of the participants is the lowest (4.85) and the highest (4.88). Environmentally friendly recreational behavior averages are high. It has similar characteristics with the current study. Cottrel (2003), as a result of a study conducted on recreational skiers in the city of Maryland, stated that the average environmentally friendly behavior level of the participants would be between 1 and 10 points. It has been revealed that the individuals participating in the study have an average of (4.9) environmentally friendly behavior levels. The fact that the average of environmentally friendly behaviors of individuals who ski is not at a high level is not similar to the current study. Individuals support environmentally friendly behaviors by participating in outdoor recreation activities.

It has been confirmed that there is a moderate positive relationship between environmental attitude and environmentally friendly recreational behavior (r=.499; p=.000.) (the chart 4). The h1 was accepted in the relationship between environmental attitude and environmentally friendly recreational behavior.

In a study conducted by Cottrell (2003) among individuals skiing for recreational purposes in Maryland in 1992, it was concluded that there was a relationship between the cognitive (knowledge of environmental issues), affective (environmental interest) and environmental (verbal commitment) components of participant attitudes and environmentally friendly behaviors. Kement and Güçer (2015; 2018) found a moderate positive relationship between the environmental attitudes of the participants and their environmentally friendly recreational behaviors in their research to determine the environmentally friendly behaviors of individuals who carry out recreational camping activities. Thapa (2010) divided outdoor recreational activities in Florida, USA into three groups: first group valuable activities (camping, swimming, nature photography, canoeing, etc.), second group consumer activities (hunting, fishing, etc.), motor activities (snow-motor vehicles, off-road vehicles, etc.). In the research they conducted on their participants, they found a relationship between environmental attitudes and environmentally friendly behaviors of individuals who only participated in motor activities. In general, the effect of participation in the activity on the attitude-behavior relationship has not been demonstrated in a meaningful way. The results of Tarrant and Green (1999), on the other hand, found a mediating effect in the environmental attitude-behavior relationship only for appreciative outdoor recreational activities (day walks, backpacking, nature / bird watching). Kil et al. (2014) found a positive relationship between environmental attitudes and environmentally responsible behaviors as a result of their research on individuals who take recreational trekking along Florida national landscape pathways. Tarrant and Green (1999) found a positive relationship between individuals' environmental attitudes and behaviors in participating in recreational activities as a result of the research. Lee and Jan (2015) examined the relationships

between the recreational experience, environmental attitude and general and region-specific environmentally responsible behaviors of tourists who visit Taomi and Smangus cities of Taiwan to experience biodiversity and natural resources. In this study, they concluded that there is a moderate positive relationship between the environmental attitudes of the participants and their environmentally friendly behaviors.

The researches in the literature are similar to the current study findings (Cottrell, 2003; Kement and Güçer, 2015; 2018; Thapa, 2010, Tarrant and Green, 1999; Kil et al, 2014; Tarrant and Green 1999; Tarrant and Green, 1999; Lee and Jan, 2015). Since individuals do not perform recreational activities in the natural environment in the study, the possibility of a positive relationship between environmental attitudes towards these areas and environmentally friendly recreational behaviors is considered.

Based on the standardized regression coefficient (β), t and p (=.502; t = 12.807; p =.000) values, it is seen that environmental attitude positively affects the environmentally friendly recreational behavior of the individual. In addition, the specificity number (r^2=.252) was calculated and it was revealed that 25.2% of the change in the environmentally friendly recreational behavior of the individuals was explained in the model. In other words, the environmental attitudes of the participants have a significant effect on environmentally friendly recreational behavior (chart 5.). Based on these findings, "environmental attitudes of the participants positively affect the environmentally friendly recreational behavior." H2 hypothesis was accepted.

When the previous studies in the literature are examined; Kement and Güçer (2018; 2015) concluded that the environmental attitudes of the participants positively affect the environmentally friendly recreational behaviors (β= 0.52), as a result of their research to determine the environmentally friendly recreational behaviors of individuals who carry out recreational camping activities. In the study conducted by Cottrell (2003) among individuals skiing for recreational purposes in Maryland in 1992, it was determined that the education level of the participants and their knowledge of the environment were effective in their environmentally friendly behavior. Kil et al. (2014) concluded that the environmental attitudes of individuals positively affect their environmentally friendly behaviors (β= 0.42) as a result of their research on individuals who take recreational trekking along Florida national landscape pathways. Lee and Jan (2015) examined the relationships between the recreational experience, environmental attitude and general and region-specific environmentally responsible behaviors of tourists who visit Taomi and Smangus cities of Taiwan to experience biodiversity and natural resources. In this study, they concluded that the environmental attitudes of the participants positively affected their environmentally friendly behavior in both fields.

There is a similarity between the current study and the studies in the literature. It has been observed that individuals' attitudes towards the environment also positively affect their environmentally friendly behavior. It has also been determined that the attitudes of individuals in natural environments are effective in exhibiting environmentally friendly behaviors.

5. Conclusion

It has been confirmed that there is a moderately positive significant relationship between environmental attitude and environmentally friendly recreation behavior. Therefore, increasing the environmental attitude levels of individuals participating in park recreation activities will also increase environmentally friendly recreational behaviors. The high level of environmental attitude and environmentally friendly recreation behavior of individuals participating in outdoor park recreation activities will affect the relationship between attitude and behavior. It is also important for the relationship that both attitudes and behaviors are specific to the environment.

Within the scope of the research, it has been revealed that the environmental attitude affects the environmentally friendly recreational behavior of the individual positively. In addition, 25.2% of the change in environmentally friendly recreational behavior of individuals has been explained in the model. In other words, the environmental attitudes of the participants have a significant effect on environmentally friendly recreational behavior. Therefore, the environmental attitudes of the participants are effective in determining environmentally friendly recreational behaviors. Studies to be carried out to increase the environmental attitude levels of individuals will be effective in increasing environmentally friendly recreational behaviors.

Therefore, local governments are highly responsible for managing parks in cities. Trainings, seminars, conferences or various nature-themed events can be organized to increase the awareness of individuals about the environment. Based on this result, as the environmental attitude levels of individuals will increase, it will also be effective in environmentally friendly recreational behavior.

Within the scope of the research, there may be different factors that affect the environmental attitude, place commitment and recreation experience preferences of the individuals on the environmentally friendly recreation behavior, or the attitudes and behaviors in this study may have an effect. It is important to focus on these variables in future studies.

Conflict of Interest Statement
The authors declare no conflicts of interests.

About the Authors

PhD Student **Harun Ayar,** Ankara Hacı Bayram Veli University, Graduate Education İnstitute, Recreation Management, Ankara Turkey. Research interests: Recreation, leisure, ecorecreation.

Professor **Dr. Suat Karaküçük**, Gazi University, Sports Science Faculty, Recreation Department, Ankara Turkey. Research interests: Recreation, leisure, ecorecreation, therapeutic recreation.

Dr. Tebessüm Ayyıldız Durhan, Gazi University Sports Science Faculty Recreation Department, Ankara Turkey. Research interests: Recreation, leisure, psychosocial areas in sports and recreation.

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