



An Investigation on Reasons and Frequency of Individuals' Physical Activities

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Abstract: The research has been carried out with the aim of defining the reasons why individuals take part in physical activities and what their frequency is and what kind of exercises they carry out. The population of the research is Antalya city, the sampling group of the research, on the other hand, is composed of individuals having physical activities in different places. The research is in survey model and a questionnaire according to the purpose was developed. After the comprehensibility, content validity and reliability of the questionnaire were tested it was applied to the participants by face to face interview. The questionnaire forms of a total of 472 individuals, 207 of whom are male and 265 female, who completed them without any mistakes, were taken into evaluation. The Cronbach's Alpha reliability parameter of the questionnaire has been found out as 0,62. According to the researchers this parameter is a valid parameter. To the data obtained, frequency (f) and percentage (%), Crosstable (crosstab) and to define the differences X^2 (X-square) were applied as statistical operations. After these operations, each question was interpreted to define the percentage distribution and the differences between opinions by accepting 0.05 as the confidence interval. After the evaluation of data, we can say that; a total of 472 individuals, 207 of whom are male and 265 female participated in the research. The participants are of the age range between 31 and 51, mostly married and housewives, others are clients, or have self employments or have other occupations. They are mostly university, high school and college graduates and they didn't use to do sports actively. They have sportive exercises generally to keep healthy, to lose weight, to protect themselves from high cholesterol and lipoidosis, muscle and joint pains and the other illnesses. They have exercises 1-2 hour(s) in every two days, 1-2 hour(s) every day or 1-2 hour(s) in every three days. The exercises are generally taking for a walk on slow tempo, gymnastic and fitness, and taking for a walk on high tempo. On X -square analysis, which is used to define the differences between the genders, it has been found out that there are meaningful differences on 0,05 significance level in their regular exercising, exercising types, and their place and reasons for exercising ($P < 0.05$).

Key Words: *Physical Activity, Individual, Frequency*

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