

Analysis on life satisfaction of swimmers

Özgür KARATAS¹, Serdar SAHİN²

İnönü University Faculty of Sports Sciences, Malatya, Turkey.

İnönü University Institute of Health Sciences, Malatya, Turkey.

Address Correspondence to Ö. Karatas, e-mail: ozgur.karatas@inonu.edu.tr

Abstract

The purpose of this study is to analyze the life satisfaction of swimmers at the age group of 13-14 in Eastern and Southeastern Anatolia Region. General screening model, which is one of the descriptive methods, was used in the research. Research contains a total of 131 swimmers composed of 50 females and 81 males at the age group of 13-14 competing in semi-final of 2017-2018 Anatolian Stars League Eastern and Southeastern Anatolia Region held in Van province. As the data collection tool, "Life Satisfaction Scale" developed by Diener, Emmons, Laresen and Griffin (9) and adopted into Turkish by Köker (25) and Yetim (34) was used in the study. The scale is a self-evaluation 5-point Likert-type scale ranging from 1 (absolutely inappropriate) to 7 (absolutely appropriate). The value of .95 was found as Cronbach Alpha coefficient belonging to the life satisfaction scale of the participant swimmers. In the evaluation of the data of the study, frequency, percentage, mean and standard deviation among the descriptive statistical methods were used and t test was applied for pairwise groups and post-hoc scheffe test was applied after Anova test for multiple groups. It has been determined that "Life Satisfaction Scale" of swimmers participating in our study display statistically significant differences by the variables of sex, age, the grade studied and monthly income ($p < .05$). It has been concluded following the research that the variables of sex, age, grade studied and monthly income are important variables affecting the life satisfaction of swimmers the age group of 13-14.

Keywords: Life Satisfaction, Sports, Swimming.

INTRODUCTION

Sports is a lifestyle that complements, influences and directs the way people live. Sports doesn't mean the whole life. Sports, which is done with pleasure, has its own rules and institutions, generally emerge in the form of competition and composed of systematic physical movements serves the mental and physical development of people and also contributes to increase in the productivity in the working life (12).

Sports, which is an educational activity, reveals the power to express the common aims and the sense of appreciation. In addition, it develops the ability to carry understanding and responsibility, to gain social life skills and to ensure order within cooperation (20). By ensuring perseverance and energetic condition and providing the power of belonging to the social group and society, sports makes the individual and society relations more harmonious (14). Sports socializes people and plays a big role in people's establishing and developing social relations. It increases the individual's self-confidence. As a matter of fact, such efforts as the formation of new friendships, getting involved in the group, being able to realize its place

and recognizing the other group members make it possible for the individual to get mature and become accustomed to social life by affecting the social life of the person (13, 27, 21). At the same time, sports can make people be more optimistic about events (18) and can contribute to the creativity levels (30).

Participation in sports activities and taking part in the activity is a very important attribute for the physical and psychological health of the person. It has been revealed that sports activity at various individual or group levels, aerobic or anaerobic exercises, continuous or discontinuous activity reduce physiological and psychological tension and develop feelings of pleasure and enjoyment (8). Swimming is one of the sports branches that makes our body work best and most.

People must reach a certain satisfaction while doing sports. Satisfaction means meeting the expectations, wishes and wants. "Life satisfaction" indicates the condition or result obtained with the comparison of what people expect (what they want) with what they have (what they possess). In other

words, it is the result of comparing the expectations of the person with the real situation (28). Life satisfaction is a concept with an emotional basis that emerges depending on the individual's evaluation of life as happy, high quality and ideal (24). Life satisfaction is the situation that arises from the expectations of the individual from life and the level of meeting these expectations. This situation occurs when the individual evaluates the quality of her/his life in the fields of family, school and friend as a whole with the criteria s/he has formed about what a good life is (7). According to Diener and Lucas (10), life satisfaction includes the satisfaction from existing life, desire to change life, satisfaction from the past, satisfaction from the future and the opinions of relatives of the person about the life of that person. Satisfaction fields can be work, family, free time, health, money, self and people's close surroundings.

Diener and Seligman (11) attracted attention to the differences of very happy people from sad people in terms of the behavior and personality traits. They have found that those who are happy are more social than unhappy individuals and have strong and social relations. It has been determined that happy people are more extravert and agreeable in terms of their personality traits, they remember good events more and bad things less, their positive feelings are higher than negative feelings on a daily basis, they provide higher satisfaction in interpersonal relationships, they spend less time alone and they are in good relations while unhappy individuals don't provide satisfaction from their family and friends and their positive and negative feelings are equal. Daily lives of people can be said to be effective in their happy or sad moods and high life satisfaction they get. High life satisfaction of athletes may reveal their desire to keep their ability and to be superior over other athletes. It is thought that those getting high satisfaction from life perform most. Thus, high life satisfaction brings about being a star athlete and recognition (31).

The purpose of this research is to determine whether life satisfaction of swimmers differ by some demographic variables and to interpret the results.

MATERIAL & METHOD

Population and Sample

The population of our research is composed of swimmers in Eastern and Southeastern Anatolia region and the sample is composed of 131 swimmers as 50 females and 81 males at the age group of 13-14 competing in the semi-finals of 2017-2018 Anatolian Stars League Eastern and Southeastern Anatolia region in the provinces of Van, Adıyaman, Elazığ, Diyarbakır, Kilis, Ağrı, Malatya, Bingöl, Şanlıurfa, Tunceli and Mardin.

Data Collection Tool

"Life Satisfaction Scale" developed by Diener, Emmons, Laresen and Griffin (9) and adopted into Turkish by Köker (25) and Yetim (34) was used in the study. The scale is a self-evaluation 5-point Likert-type scale ranging from 1 (absolutely inappropriate) to 7 (absolutely appropriate). Turkish translation of the scale and the validity studies with the "surface validity" technique was performed by Köker (25) and the test-retest reliability coefficient of the scale was found to be .85. Yetim (34) has found the split-half value as .75 and Kuder Richardson-20 value as .78. The value of .95 was found as Cronbach Alpha coefficient belonging to the life satisfaction scale of the participant swimmers.

Data Analysis

It has been determined that data distribute normally in the normality test and t test was applied for pairwise groups and post-hoc scheffe test was applied after Anova test for multiple groups. $\alpha=0.05$ was established as the significance level.

FINDINGS

It has been determined in Table 1 that there are significant differences between the life satisfaction scores of swimmers by the variable of sex ($p<0.05$). Mean scores of male swimmers about the life satisfaction ($\bar{X}=4.38$) have been found to be significantly higher than the life satisfaction mean scores of female swimmers ($\bar{X}=2.38$).

Table 1. Analysis on Life Satisfaction Levels of Swimmers by the Variable of Sex

Sex	N	\bar{x}	SS	t	p
Male	50	4.38	1.12	-6.453	.000
Female	81	2.38	2.00		

P <0.05

Table 2. Analysis on Life Satisfaction Levels of Swimmers by the Variable of Age

Age	N	\bar{x}	SS	t	p
13	57	2.95	1.59	-3.518	.000
14	74	4.12	2.09		

P < 0.05

It has been determined in Table 2 that there are significant differences between the life satisfaction scores of swimmers by the variable of age (p < 0.05). Mean scores of swimmers aged 14 about the life satisfaction (\bar{x} = 4.12) have been found

to be significantly higher than the life satisfaction mean scores of swimmers aged 13 (\bar{x} = 2.95).

Table 3. Analysis on Life Satisfaction Levels of Swimmers by the Variable of Grade Studied

Grade Studied	N	Mean	SS	F	p	Significant Difference
6	12	2.21	.77	9.406	.000	6 < 8
7	57	3.16	1.69			
8	62	4.30	2.12			
Total	131	3.61	1.97			7 < 8

P < 0.05

It has been determined in Table 3 that there are significant differences between the life satisfaction scores of swimmers by the variable of grade studied (p < 0.05). This difference has been found to exist between 6th grade students and 8th grade students, between 7th grade students and 8th grade students.

Life satisfaction mean scores of swimmers studying in the 8th grade (\bar{x} = 4.30) have been found to be significantly higher than the life satisfaction mean scores of swimmers studying in 7th grade (\bar{x} = 3.16) and 6th grade.

Table 4. Analysis on Life Satisfaction Levels of Swimmers by the Variable of Monthly Income

Monthly Income	N	Mean	SS	F	p	Significant Difference
Very poor	10	4.94	2.45	12.654	.000	Very poor > Good Poor > Good Moderate < Very good Good < Very good
Poor	15	4.41	2.01			
Moderate	52	3.41	1.88			
Good	37	2.37	.75			
Very good	17	5.48	1.74			
Total	131	3.61	1.97			

P < 0.05

It has been determined in Table 4 that there are significant differences between the life satisfaction scores of swimmers by the variable of monthly income ($p < 0.05$). This difference has been found to exist between very poor and good, poor and good, moderate and very good, good and very good. Life satisfaction mean scores of swimmers with very good monthly income ($\bar{X} = 5.48$) have been found to be significantly higher than the life satisfaction mean scores of swimmers with good ($\bar{X} = 2.37$), moderate ($\bar{X} = 3.41$), poor ($\bar{X} = 4.41$) and very poor ($\bar{X} = 4.94$) monthly income.

DISCUSSION & CONCLUSION

It has been determined in Table 1 that there are significant differences between the life satisfaction scores of swimmers by the variable of sex ($p < 0.05$). Mean scores of male swimmers about the life satisfaction ($\bar{X} = 4.38$) have been found to be significantly higher than the life satisfaction mean scores of female swimmers ($\bar{X} = 2.38$). The results of researches conducted by Tuzgöl Dost (33), Cenkseven and Akbaş (4), Kaygusuz et al., (23), Gandelman and Piani (16) show similarity with our findings.

It has been determined in Table 2 that there are significant differences between the life satisfaction scores of swimmers by the variable of age ($p < 0.05$). Mean scores of swimmers aged 14 about the life satisfaction ($\bar{X} = 4.12$) have been found to be significantly higher than the life satisfaction mean scores of swimmers aged 13 ($\bar{X} = 2.95$). Our findings show parallelism with the results of researches conducted by Kaygusuz et al., (23), Akandere et al., (1), Hanbay et al., (19) and Gökçe (17). We can say that as the age increases, the life satisfaction levels of the individuals increase, because as the age increases, it is thought that people can reach their goals more easily.

It has been determined in Table 3 that there are significant differences between the life satisfaction scores of swimmers by the variable of grade studied ($p < 0.05$). This difference has been found to exist between 6th grade students and 8th grade students, between 7th grade students and 8th grade students. Life satisfaction mean scores of swimmers studying in the 8th grade ($\bar{X} = 4.30$) have been found to be significantly higher than the life satisfaction mean scores of swimmers studying in 7th grade ($\bar{X} = 3.16$)

and 6th grade. It has been observed that the life satisfaction of the swimmers in the 8th grade are higher than the life satisfaction of the 6th and 7th grade students who receive less education. Ardahan (2), Cheung and Chan (5) have determined significant difference between education and life satisfaction. Ergin et al. (15) have found that the student's grade affects life satisfaction. These results comply with our findings. The higher the education level of swimmers is, the higher their life satisfaction becomes.

It has been determined in Table 4 that there are significant differences between the life satisfaction scores of swimmers by the variable of monthly income ($p < 0.05$). This difference has been found to exist between very poor and good, poor and good, moderate and very good, good and very good. Life satisfaction mean scores of swimmers with very good monthly income ($\bar{X} = 5.48$) have been found to be significantly higher than the life satisfaction mean scores of swimmers with good ($\bar{X} = 2.37$), moderate ($\bar{X} = 3.41$), poor ($\bar{X} = 4.41$) and very poor ($\bar{X} = 4.94$) monthly income. Our findings are in parallel to the results of researches conducted by Yılmaz and Altınok (35), Kumartaşlı (22), Moller (26), Akandere et al., (1), Tuzgöl -Dost (33), Özkara et al., (29), Chow (6), Toy (32), Aydınır (3).

It has been concluded that life satisfaction scores of male swimmers are higher than the life satisfaction scores of female swimmers, life satisfaction of swimmers increases as age increases, the higher the grade studied is, the higher their life satisfaction becomes, life satisfaction of swimmers with very good income are higher than the life satisfaction of swimmers with good, moderate, poor and very poor income level. It has been concluded that the variables of sex, age, grade studied and monthly income level affect the life satisfaction of the swimmers.

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