



Determination of the Reasons to Start Swimming Among the Swimmers Who Did Performance Sports and their Expectations

Performans Sporunu Yapan Yüzme Sporcularının Yüzmeye Başlama Nedenleri ve Beklentilerinin Belirlenmesi

ABSTRACT

The purpose of this search was to investigate the reasons of beginning swimming and expectations of swimmers who do the performance sport in Ankara and to compare differences between sex and education level.

Selected random 4 clubs and 97 professional swimmers in Ankara (2013) province of the operation of the survey. This survey which has high reliability consists of 3 sections and 29 questions about reasons of beginning swimming and expectations of swimmers.

The scope of this research, swimmers, it was used the survey form. Demographic characteristics of swimmers according to the views of relationships have been cross-checked with tables and $p=0.05$ level of significance was considered and calculated with student t test. An analysis of this search is conducted by using computer programs in SPSS 15.0. It has found that differences between sex and education levels of reasons of beginning swimming and expectations of the in some parts of the survey.

Keywords: Swimming, Performance, Expectation

ÖZET

Bu araştırmanın amacı, Ankara'da performans sporu yapan yüzme sporcularının yüzmeye başlama nedenleri ve beklentilerinin cinsiyet ve eğitim değişkenleri arasında farklılıkların olup olmadığını araştırmaktır.

Araştırmanın çalışma evrenini 2013 yılında Ankara'da ulusal yarışlara katılan 14-16 yaş kategorisinde sporcusu olan 4 kulüpten kadın ve erkek olarak rastgele seçilen 97 yüzme sporcusu oluşturmaktadır. Araştırmada kullanılan anket, Sunay ve Saracaloğlu'nun 1997 yılında Türk sporcularına uyguladıkları çalışmadan alınmış olup; yüzme sporunu seçme nedenleri, yüzme sporu ile profesyonel olarak uğraşma nedenleri ve yüzme sporundan beklentiler olmak üzere 3 bölüm ve 29 sorudan oluşmaktadır. Anketin geçerlik ve güvenilirliği 89 olarak hesaplanmıştır. 5'li Likert tipine göre derecelendirilmiştir. Sporcuların beklenti ve görüşleri cinsiyet farklarına ve eğitim derecelerine göre bilgisayar ortamında SPSS 15,0 programındaki Student T testi kullanılarak $p<0,05$ anlamlılık düzeyi ile hesaplanmıştır.

Çalışmada cinsiyetlere göre yüzme sporuna başlama nedenleri, yüzme sporu ile profesyonel olarak uğraşma sorularına verilen bazı cevaplar arasında anlamlı fark bulunmuştur ($p<0.05$).

Anahtar Kelimeler: Yüzme, Performans, Beklenti

INTRODUCTION

The aim of the current study was to investigate whether or not the reasons to start swimming among the swimmers who did performance sports in Ankara and their expectations differed in terms of variables of gender and education.

Today; families approach sports more positively, pay more money, spend more time and guide their children towards sportive activities and courses. As seen in the studies done in the literature; the most effective factor to begin sports is the family and sportive perspective of the family (Görücü, A. 2001; Sunay, H., Saracaloğlu, S.2003; Yetim, A. A. 2006). Considering the fact that 27% of the Turkish population is composed of those aged 12-24 years; the need for sports is very high both among the middle aged and the elderly population as well as young population. Today; scientific and technological advancements as well as medical improvements have increased average life expectancy and explored positive effects of sports upon life; thus have elevated the need to do sports. Over the recent years; swimming popularity of which has been increasing and in which more and more people have been interested and participated thanks to the projects (swimming pools, TV programs, etc.) has been one of the most widespread sports. (Aslan, M. 2002; Sunay, H. 2002; Kayıkçı, N. 2006)

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How to Cite This Article

Kaya, M. & Kaya, O. (2023). "Determination of the Reasons to Start Swimming Among the Swimmers Who Did Performance Sports and their Expectations" International Social Sciences Studies Journal, (e-ISSN:2587-1587) Vol:9, Issue:111; pp:6812-6816. DOI: <http://dx.doi.org/10.29228/sssj.69561>

Arrival: 19 February 2023
Published: 31 May 2023

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METHOD

The population of the study was composed of 97 girl and boy swimmers who participated in national competitions and were randomly recruited from four clubs in Ankara where children aged 14-16 years were trained. The questionnaire forms were administered to the swimmers between January and March 2013.

In order to gather the data; the questionnaire form composed of 29 items to discover the reasons to start swimming and expectations of the swimmers who did performance sports in Ankara was used.

In order to gather the data; the researcher implemented the questionnaire forms among those randomly selected with face to face interviews. After distributions of frequency, percentages and arithmetical means were found by using the data gathered; one of the parametric tests –t test- was employed to compare the responses given to the questionnaire forms by the participant swimmers. The ranges of the responses given to 5-point Likert scale were calculated by the formula of $4/5=0.80$.

FINDINGS

52.6% of the swimmers were girls while 47.4% of the swimmers were boys. 81.4% of the swimmers were primary school students while 18.6% of the swimmers were high school students.

When the swimmers' distributions of the opinions about the reasons to start swimming were examined; the answer which was marked the most was "The effect of parents and sisters and/or brothers upon starting sports" and 34% of the swimmers chose this answer with the option "very much" on the questionnaire form. On the other hand; the answer which was marked the least was "The effect of the teachers of physical education upon starting sports" and 45.4% of the swimmers chose this answer with the option "never" on the questionnaire form. It was found out that statistical significances were $p=.038$ for the answer given to the item "The effect of parents and sisters and/or brothers upon starting sports", $p=.025$ for the answer given to the item "The effect of friends and peers upon starting sports" and $p=.005$ for the answer given to the item "The effect of a trainer in immediate surroundings upon starting sports" and it was seen that there were significant differences between the responses given to these items and gender. Therefore; it was possible to argue that gender was effective upon these items.

It was found out that there were significant differences between the item "to get satisfied with winning" and gender ($p=.000$) $p<0.05$. This finding indicated that the rate of the answers given to this item was higher among the boy swimmers than girl swimmers.

It was observed that there were significant correlations among educational status, and "The effect of the teachers of physical education upon starting sports" ($p=0.049$) and "The effect of TV channels upon starting sports" ($p=0.023$).

Also; statistically significant differences existed among educational status, and "The effect of continuing the social relations with the social environment as a popular athlete" ($p=0.000$) and "The effect of the wish to be a teacher of physical education upon starting sports" ($p=0.021$) $p<0.05$.

Table1: The differences among the reasons to start swimming in terms of gender (n=97)

Questionnaire Items	1	2	3	4	5	MEAN
The effect of parents and sisters and/or brothers upon starting sports	21 %21.6	4 %4.1	22 %22.7	17 %17.5	33 %34	3.28
The effect of the social environment	25 %25.8	17 %17.5	14 %14.4	16 %16.5	25 %25.8	2.90
The effect of friends and peers upon starting sports	20 %20.6	12 %12.4	17 %17.5	30 %30.9	18 %18.6	3.05
The effect of the teachers of physical education upon starting sports	44 %45.4	8 %8.2	12 %12.4	19 %19.6	14 %14.4	2.42
The effect of mass media upon starting sports	43 %44.4	17 %17.5	9 %9.3	14 %14.4	14 %14.4	2.30
The effect of TV channels upon starting sports	42 %42.3	18 %18.6	11 %11.3	11 %11.3	15 %15.5	2.30
The effect of a trainer in immediate surroundings upon starting sports	35 %36.1	13 %13.4	15 %15.5	14 %14.4	20 %20.6	2.62
The effect of the wish to become a worldwide popular athlete upon starting sports	17 %17.5	10 %10.3	24 %24.7	15 %15.5	31 %31.0	3.24
The effect of the wish to become a national team athlete upon starting sports	13 %13.4	6 %6.2	16 %16.5	22 %22.7	40 %41.2	3.61
The effect of the athlete that I loved very much upon starting sports	22 %22.7	10 %10.3	18 %18.6	21 %21.6	26 %26.8	3.10

Table 2: The differences among the reasons to swim professionally in terms of gender (n=97)

Questionnaire Items	Girls n = 46	Boys n = 51	t test	
			t	P
To increase financial income	2.17±1.37	2.22±1.50	.667	.508
To love swimming	4.50±0.94	4.55±0.78	.438	.664
To know the positive contributions of the sports to health	3.96±1.07	4.18±1.05	1.000	.323
To use free time positively by doing sports	3.96±1.33	4.22±0.99	.990	.328
To be health by doing sports	4.54±0.78	4.65±0.72	.829	.411
To be known, respected and loved by friends as an athlete	3.70±1.43	3.75±1.31	.082	.935
To get satisfied with winning	4.15±1.15	4.22±0.90	5.714	.000*
To visit new countries	3.70±1.47	3.51±1.41	.797	.430
To find the true happiness in swimming	4.20±1.00	3.69±1.38	1.942	.058

Table 3: The differences among the reasons to start swimming in terms of educational status (n=97)

Questionnaire Items	Primary school n = 79	High school n = 18	t test	
			t	P
The effect of parents and sisters and/or brothers upon starting sports	3.39±1.49	3.33±1.71	1.011	.326
The effect of the social environment	3.06±1.52	2.67±1.71	.940	.361
The effect of friends and peers upon starting sports	3.16±1.42	3.06±1.43	1.481	.157
The effect of the teachers of physical education upon starting sports	2.49±1.56	2.50±1.62	2.026	.049*
The effect of mass media upon starting sports	2.29±1.49	2.72±1.64	1.229	.236
The effect of TV channels upon starting sports	2.29±1.47	2.72±1.67	1.623	.023*
The effect of a trainer in immediate surroundings upon starting sports	2.72±1.57	2.61±1.65	.428	.674
The effect of the wish to become a worldwide popular athlete upon starting sports	3.39±1.46	3.11±1.49	.089	.930
The effect of the wish to become a national team athlete upon starting sports	3.80±1.35	3.39±1.61	.186	.855
The effect of the athlete that I loved very much upon starting sports	3.14±1.52	3.44±1.50	.716	.484

Table 4: The differences among the expectations from swimming in terms of gender (n=97)

Questionnaire Items	Girls n = 46	Boys n = 51	t test	
			t	P
To be healthy and to maintain wellness	4.59±0.88	4.61±0.70	.286	.776
To have a good physical image	4.43±0.91	4.35±1.11	.427	.671
To continue the social relations with the social environment as a popular athlete	3.61±1.37	3.39±1.37	1.110	.273
To study sports at universities in the future	3.76±1.39	3.55±1.43	1.211	.232
To get educational scholarships from the universities abroad thanks to swimming	3.85±1.40	3.49±1.35	1.598	.117
To become a trainer	2.74±1.39	2.80±1.69	.395	.694
To become the teacher of physical education	1.98±1.36	2.33±1.58	.651	.519
To lead financially comfortable life	3.22±1.47	3.24±1.61	.455	.652
To become a national team athlete	4.02±1.45	3.86±1.48	.720	.475
To become an athlete known by everybody	4.04±1.25	3.86±1.50	1.000	.323

DISCUSSION

When the swimmers' distributions about the reasons to start swimming were examined; it was noted that the answer which was marked the most was "The effect of parents and sisters and/or brothers upon starting sports" and 34% of the swimmers chose this answer with the option "very much" on the questionnaire form; which pointed out that this finding was similar to the findings in the literature and familial encouragement and guidance was very influential for the swimmers to start swimming. On the other hand; it was seen that according to the responses given to the item "The effect of the social environment", the social environment was not so much effective as the family guidance. Thus; it was concluded that the social environment was not so much effective as the family guidance. (Bayraktar, B., Sunay, H. 2004; Şimşek, D. 2005)

45.4% of the swimmers chose the item "The effect of the teachers of physical education upon starting sports" with the option "never" on the questionnaire form. When girl swimmers and boy swimmers were compared in terms of gender; it was noted that the teachers of physical education had no effect upon starting doing sports.

It was found out that 42.3% of the swimmers marked the item “The effect of TV channels upon starting sports” with the option “never” on the questionnaire form.(Bayraktar, B., Sunay, H. 2004; Şimşek, D. 2005)

The answers given to the item “The effect of the athlete that I loved very much upon starting sports like” was by 26.8% with the option “very much” on the questionnaire form.

When the swimmers’ distributions of the reasons to swim professionally were investigated; it was seen that 48.5% of them responded the item “To increase financial income” with the option “never” on the questionnaire form; which indicated that to increase financial income was not effective upon professional swimming for most of the swimmers. (Bayraktar, B., Sunay, H. 2004)

It was noted that the swimmers’ answers given to the item “To love swimming” were by 69.1% with the option “very much” on the questionnaire form.(Sunay, H. 2002; Bayraktar, B., Sunay, H. 2004)

It was seen that the item “To know the positive contributions of the sports to health” was chosen by 47.6% with the option “very much” on the questionnaire form.

It was found out that the item “To use free time positively by doing sports” was chosen by 52.6% of the swimmers with the option “very much” on the questionnaire form.

It was observed that 41.2% of the swimmers marked the item “To be known, respected and loved by friends as an athlete” with the option “very much” on the questionnaire form; which meant that to be known, respected and loved by friends as an athlete was very effective upon swimming professionally. (Bayraktar, B., Sunay, H. 2004; Şimşek, D. 2005)

It was seen that the item “To get satisfied with winning” was chosen by 50.5% of the swimmers with the option “very much” on the questionnaire form.

It was found out that the item “To visit new countries” was chosen by 41.2% of the swimmers with the option “very much” on the questionnaire form.

It was observed that 43.3% of the swimmers marked the item “To find the true happiness in swimming” with the option “very much” on the questionnaire form (Table 3). This demonstrated that to find the true happiness in swimming was very effective upon swimming professionally.

It was found out that the item “To have a good physical image” was chosen by 66.0% of the swimmers with the option “very much” on the questionnaire form.

It was seen that the item “To continue the social relations with the social environment as a popular athlete” was chosen by 34.0% of the swimmers with the option “very much” on the questionnaire form.

It was observed that 41.2% of the swimmers marked the item “To study sports at universities in the future” with the option “very much” on the questionnaire form.

It was seen that the item “To get educational scholarships from the universities abroad thanks to swimming” was chosen by 39.2% of the swimmers with the option “very much” on the questionnaire form.

It was explored that the item “To become a national team athlete” was chosen by 55.70% of the swimmers with the option “very much” on the questionnaire form; which pointed out that swimmers’ wish to be a national team athlete played a key role in their expectations from swimming and that most of the swimmers wanted to represent our county abroad by becoming a national team athlete and by wearing the uniform of the national team in their branches. (Bayraktar, B., Sunay, H. 2004; Şimşek, D. 2005)

It was discovered that the item “To become an athlete known by everybody” was chosen by 53.6% of the swimmers with the option “very much” on the questionnaire form.

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