



The Effect of Women's Active Business Life on Sports Participation

Kadınların Aktif İş Yaşamının Spora Katılımda Etkisi

ABSTRACT

In our study, it was aimed to evaluate the opinions of women in business or working life regarding their participation in sports activities. The scale of "Identification of Opinions Regarding the Participation of Women in Sports Activities" was applied to 1500 people in total, "Working" (WORKING) = 750 and "Unemployed" (N. WORKING) = 750. Arithmetic mean and Chi-square analysis were applied from the SPSS 24.0 package program. Working women; with the highest level of positive answers, they stated that sports is a woman-specific activity, a means of socialization, that they will be successful in social life, that they will be energetic, motivational to vitality, and support success. In addition, it was meaningful with the positive thoughts of working women that sports can be done anywhere, that the female anatomy is suitable for sports, that they are at peace with their bodies, that they can overcome all kinds of difficulties and severe conditions physiologically. Again, working women; It is meaningful with their positive perspectives that they are self-confident, have high self-confidence, develop their decision-making skills, mental and psychological abilities, analytical reasoning skills in the cognitive process, that women who continue their education life will continue their sports life, and their active life processes will support sports life. Unemployed women; Significant differences were found in their negative thoughts that they did not find it appropriate to do sports alone in open areas or parks, that they had self-confidence or different fears, that sports involving bodily contact were not suitable for women, and biological gender differences, and that fear of injury, being hit, and being injured would trivialize their sports experience.

Keywords: Business Life, Women, Participation in Sports

ÖZET

Çalışmamızda, iş ya da çalışma yaşamındaki kadınların, spor etkinliklerine katılımlarına ilişkin görüşlerinin değerlendirilmesi amaçlanmıştır. Çalışan" (ÇLŞ) = 750 ve "Çalışmayan" (ÇLŞM) = 750 toplamda 1500 kişiye, "Kadınların Spor Etkinliklerine Katılımına İlişkin Görüşlerin Belirlenmesi" ölçeği uygulanmıştır. SPSS 24.0 paket programından, aritmetik ortalama, Ki Kare analiz uygulanmıştır. Çalışan kadınların; en yüksek düzeyde olumlu cevaplarıyla sporun kadınlara özgü bir faaliyet olduğu, toplumsallaşma aracı olduğu, toplumsal yaşamda başarılı olacaklarını enerjik, zindelik motivasyonu, başarıyı destekleyeceğini belirtmişlerdir. Ayrıca çalışan kadınların, her yerde spor yapılabileceğini, kadın anatomisi spor yapmaya uygun olduğu, bedenleriyle barışık olduklarını, her türlü zorluğun ve ağır şartların fizyolojik olarak üstesinden gelebilecekleri yönündeki olumlu düşünceleriyle anlamlı çıkmıştır. Yine çalışan kadınların; kendilerine güvendikleri, özgüvenlerinin yüksek olduğu, karar verme becerilerinin gelişmesiyle, zihinsel ve psikolojik kabiliyetle, bilişsel süreçteki analitik muhakeme yeteneklerinin yüksek olduğunu, eğitim hayatı devam eden kadınların, spor hayatının da devam edeceği, aktif yaşam süreçlerinin spor hayatını destekleyeceği yönündeki olumlu bakış açılarıyla anlamlı çıkmıştır. Çalışmayan kadınların; tek başlarına açık alanlarda ya da parklarda, spor yapmalarını uygun bulmadıkları, özgüven veya farklı korkuları olduğu, bedensel temas içeren sporların kadınlar için uygun olmadığı biyolojik cinsiyet farklılıklarıyla, yaralanma darbe alma, sakatlanma korkularının spor deneyimlerini önemsizleştirceği yönünde olumsuz düşüncelerinde anlamlı bir farklılıklar bulunmuştur.

Anahtar Kelimeler: İş Yaşamı, Kadınlar, Spora Katılım

INTRODUCTION

The international women's movement over the past 30 years has enabled women to develop intellectually and physically. As a result, the roles of women in work and family life have been redefined and the participation of women, who have more time and financial means, in sports has increased (Martin, Richardson, Weiller, & Jackson, 2004). An increase is observed in studies on the gender distribution of participation in sports in Turkey (Koca, 2006). However, dropout rates are equally high. There are many factors that affect women's participation in sports today, which is called modern Turkey. Social statuses, religious and cultural beliefs, and ideological views cause women to differ in their perceptions of their participation in sports (Amman, 2006). Due to the changes in the social structure of the industrial society and finally the information society, it has caused great differences between women who are guided by traditions in today's rural areas, women in small cities, women in shanty towns and women living in big cities. These differences are also reflected in sports. Family life centers etc. in metropolitan areas. While women participate in various sports activities in the areas established under these names, in more rural areas and villages, sports fields appear only as activities related to daily social life (Gökdağ, 2018). The most important factor in coping with stress, which is called the disease of our age, is undoubtedly sports. It is possible to eliminate the monotonous

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How to Cite This Article

Meveşe, A. (2023). "The Effect of Women's Active Business Life on Sports Participation", Journal of Social, Humanities and Administrative Sciences, 9(66):3097-3103. DOI: <http://dx.doi.org/10.29228/JOSH.AS.70568>

Arrival: 09 June 2023

Published: 31 July 2023

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This journal is an open access, peer-reviewed international journal.

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lifestyle and understanding that individuals encounter in daily life through sports. In addition to providing relaxation and relaxation, individuals feel happy and experience the pleasure of achieving something (Güçlü, 2005). The presence of women in the public sphere and their participation in sports are in line with research on gender. The regulations that give equal rights to women in the legislation, women's movements and the increasing interest in the media about women playing sports increased women's participation in sports starting from the 1970s (Koca, Aşçı & Kirazcı 2005). Any sportive activity, especially those requiring physical strength and endurance, was seen as a danger that would make women unfeminine, make them muscular and harm reproduction. It is necessary to underline the influence of medicine in the acceptance of the view that women are too weak to withstand heavy sports activities as victims of a pathological physiology: Medical discourses about the inconvenience of physical exercises for women have heightened the ideology of the physical incapacity of the female body (Parker, 2010).

Long hours of internet use, which is another disease of our age, and the increase in the rates of addicted and risky users with numbers and analysis methods have brought along physiological and behavioral addictions in which it is inevitable to experience problems that may threaten physiological health in neurobiological mechanisms. Therefore, in these days when we have become a technology society, the participation and orientation of our women, who are role models and especially the most important factor that can affect their children, in sports activities has led to an inevitable necessity (Menevse, 2023).

METHODOLOGY

Research Model

The aim of the research is to evaluate the opinions of "WORKING" and "NOT WORKING" women in the private and public sectors in business life regarding their participation in sports activities. As a descriptive and descriptive study of the research, data were collected by using the data collection tool "Identification of Opinions on the Participation of Women in Sports Activities". After a questionnaire form was prepared for our participants, this form was applied to the willing people by taking the printout of the one-to-one text in the electronic environment. Our sample group, "Working" (WORKING) = 750 and "Unemployed" (N. WORKING) = 750, in total 1500 people, between the ages of 20-40, with associate degree and undergraduate degrees from Marmara region, Aegean region, Central Anatolia region and Mediterranean region. has been applied. Non-working participants; from the participants who have not worked in the public and private sectors for the last five years; Participants who worked regularly for at least the last five years, and who did sports regularly for at least 3 days a week for at least the last five years, who did not do sports for the last five years, and who did not do any sports were evaluated.

The scale, which was developed as a five-point Likert rating scale and developed within the scope of the master's thesis conducted by Kızılyalı (2014), which is the data collection tool, was applied to 465 students studying at Ankara University School of Foreign Languages Preparatory Classes and Faculty of Pharmacy. In the pre-application, there were 55 questions in the scale. As a result of the Validity and Reliability study, the number of questions in the measurement tool was reduced to 39. Kaiser-Meyer-Olkin (KMO) value was found to be 0.91. The Barlett test result for factor analysis was found as [9484,825 ($p < 0.001$)]. The explained total variance rate of the scale is 32.78%. For this reason, it was decided to make the scale one-dimensional. The Cronbach's Alpha internal consistency coefficient calculated for the reliability of the scale was found to be 769. Thus, it was concluded that the scale is valid and reliable. The scale was arranged as a Likert type scale. In the ranking, there are "Full Agree", "Highly Agree", "Moderately Agree", "Little Agree" and "Highly Disagree" options. The highest score that can be obtained from 24 positive items in the scale is $24 \times 5 = 120$. The lowest possible score is $24 \times 1 = 24$. The highest score that can be obtained from negative items is $15 \times 5 = 75$, and the lowest score is $15 \times 1 = 15$. The data obtained were evaluated through this scoring.

Statistical Analysis of Data

.The data obtained in the research is understood from the SPSS 24.0 package program by looking at the Kolmogorov-Smirnov and ShapiroWilk tests to test whether the data show normal distribution. ShapiroWilks test is used when the number of observations is less than 29, and Kolmogorov-Smirnov (Lilliefors) test is used when it is more (Kalaycı et al., 2008). Since the number of data was more than 30, the result of the Kolmogorov-Smirnov (Lilliefors) test was examined. deviation (not included for showing in one table), Chi-square analysis applied.

RESULTS

Table 1. The arithmetic mean and chi-square analyzes of the responses of working and non-working women to the scale of their participation in sports activities

		N	\bar{X}	FULL I AGREE	MULTI AGREE	MIDDL AGREE	LESS AGREE	I NEVER AGREE	P
1. Sport is a male activity	WORK	750	4,90	%	%	%	%	%76,3	$\chi^2 = 3,485$ P= ,033*
	N.WORKING	750	2,11	%	%	%	%	%23,7	
2.Sport is a means of socialization for women.	WORK	750	1,14	%77,8	%	%	%	%	$\chi^2 = 14,202$ P= ,005**
	N.WORKING	750	2,12	%22,2	%	%	%	%	
3.Women who do sports are successful in social life.	WORK	750	1,02	%83,3	%	%	%	%	$\chi^2 = 3,111$ P= ,025*
	N.WORKING	750	1,13	%16,7	%	%	%	%	
4. There are sports that women should not do (such as motor sports, bodybuilding and combat sports).	WORK	750	4,01	%	%66,7	%	%	%	$\chi^2 = 5,658$ P= ,324
	N.WORKING	750	3,15	%	%33,3	%	%	%	
5. I find it appropriate for women to do sports in gyms	WORK	750	4,86	%	%	%76,2	%	%	$\chi^2 = 8,456$ P= ,034*
	N.WORKING	750	2,21	%	%	%23,8	%	%	
6.Sports is a suitable activity for women to spend their free time.	WORK	750	2,30	%	%	%	%58,3	%	$\chi^2 = 5,173$ P= ,367
	N.WORKING	750	1,45	%	%	%	%41,7	%	
7. I do not find it appropriate for women to do sports alone in open areas or parks.	WORK	750	1,14	%20,9	%	%	%	%	$\chi^2 = 10,442$ P= ,047*
	N.WORKING	750	4,85	%79,1	%	%	%	%	
8.Women can do sports at any age	WORK	750	1,14	%77,8	%	%	%	%	$\chi^2 = 14,303$ P= ,002**
	N.WORKING	750	2,87	%22,2	%	%	%	%	
9. Sports involving bodily contact are not suitable for women	WORK	750	1,38	%	%19,6	%	%	%	$\chi^2 = 6,900$ P= ,032*
	N.WORKING	750	1,06	%	%80,4	%	%	%	
10. Women who play sports are more likely to be sexually harassed	WORK	750	1,03	%	%	%	%42,9	%	$\chi^2 = 12,243$ P= ,005**
	N.WORKING	750	2,65	%	%	%	%57,1	%	
11. A married woman who does sports regularly may neglect her home, spouse and child.	WORK	750	4,93	%	%50,7	%	%	%	$\chi^2 = 2,445$ P= ,563
	N.WORKING	750	4,50	%	%49,3	%	%	%	
12. Female anatomy is suitable for sports	WORK	750	1,15	%	%70,2	%	%	%	$\chi^2 = 4,539$ P= ,016*
	N.WORKING	750	2,33	%	%29,8	%	%	%	
13. I don't find it appropriate for women who do sports to show their bodies.	WORK	750	4,34	%49,1	%	%	%	%	$\chi^2 = 7,658$ P= ,436
	N.WORKING	750	4,86	%50,9	%	%	%	%	
14. I find women who do sports repulsive.	WORK	750	2,03	%	%	%	%39,1	%	$\chi^2 = 5,044$ P= ,591
	N.WORKING	750	3,08	%	%	%	%60,9	%	
15. I do not find it appropriate for women to work with male trainers.	WORK	750	4,54	%	%47,8	%	%	%	$\chi^2 = 10,387$ P= ,017*
	N.WORKING	750	4,83	%	%52,2	%	%	%	
16. A woman who does sports is confident	WORK	750	1,59	%71,4	%	%	%	%	$\chi^2 = 5,032$ P= ,034*
	N.WORKING	750	1,33	%28,6	%	%	%	%	
17.Women should get permission from their husbands or fathers to do sports.	WORK	750	4,56	%53,5	%	%	%	%	$\chi^2 = 4,875$ P= ,044*
	N.WORKING	750	4,44	%46,5	%	%	%	%	
18. Sports contribute to the physical development of women	WORK	750	3,98	%	%67,7	%	%	%	$\chi^2 = 11,754$ P= ,561
	N.WORKING	750	2,54	%	%32,3	%	%	%	
19. Sport harms a woman's body.	WORK	750	1,03	%	%	%	%31,2	%	$\chi^2 = 13,433$ P= ,005**
	N.WORKING	750	2,33	%	%	%	%68,8	%	
20. A woman who does sports is a woman who cares about her appearance	WORK	750	4,23	%	%55,4	%	%	%	$\chi^2 = 8,304$ P= ,168
	N.WORKING	750	3,99	%	%44,6	%	%	%	
21. A woman who does sports becomes a healthy mother	WORK	750	4,93	%	%	%	%79,7	%	$\chi^2 = 12,659$ P= ,037*
	N.WORKING	750	2,51	%	%	%	%20,3	%	
22. Professional female athletes are just as successful as male athletes	WORK	750	4,90	%	%	%	%77,1	%	$\chi^2 = 5,521$ P= ,009**
	N.WORKING	750	2,14	%	%	%	%22,9	%	

23. A woman who does sports is healthy	WORK	750	3,59	%	%52,5	%	%	%	$\chi^2 = 14,887$ P= ,460
	N.WORKING	750	2,27	%	%47,5	%	%	%	
24. I don't think it's right for women to be professionally involved in sports.	WORK	750	1,11	%	%	%	%41,0	%	$\chi^2 = 5,771$ P= ,149
	N.WORKING	750	2,37	%	%	%	%59,0	%	
25. I do not find it appropriate for women to do sports without their husbands or fathers.	WORK	750	4,44	%	%46,2	%	%	%	$\chi^2 = 2,134$ P= ,588
	N.WORKING	750	4,88	%	%53,8	%	%	%	
26. A woman who does sports is disciplined.	WORK	750	1,29	%44,1	%	%	%	%	$\chi^2 = ,774$ P= ,881
	N.WORKING	750	1,56	%55,9	%	%	%	%	
27. Women who do sports have information about basic health rules and first aid.	WORK	750	1,24	%	%	%	%47,3	%	$\chi^2 = ,457$ P= ,559
	N.WORKING	750	1,53	%	%	%	%52,7	%	
28. I do not find it appropriate for female athletes to go out of the city for competitions.	WORK	750	4,16	%	%	%	%45,5	%	$\chi^2 = 4,551$ P= ,004**
	N.WORKING	750	4,77	%	%	%	%54,5	%	
29. It is good for women to meet new people through sports.	WORK	750	2,45	%	%	%51,8	%	%	$\chi^2 = 4,087$ P= ,609
	N.WORKING	750	2,19	%	%	%48,2	%	%	
30. Sport improves women's ability to cope with many tasks.	WORK	750	3,55	%	%63,6	%	%	%	$\chi^2 = 7,055$ P= ,050*
	N.WORKING	750	1,78	%	%36,4	%	%	%	
31. Women who do sports are tolerant and respectful of others.	WORK	750	1,22	%	%	%	%51,8	%	$\chi^2 = 12,034$ P= ,003**
	N.WORKING	750	1,13	%	%	%	%48,2	%	
32. Sports give women the habit of working collaboratively.	WORK	750	2,05	%	%	%	%46,9	%	$\chi^2 = 9,063$ P= ,041*
	N.WORKING	750	2,46	%	%	%	%53,1	%	
33. Doing sports increases women's self-confidence	WORK	750	4,12	%	%	%53,6	%	%	$\chi^2 = 6,143$ P= ,146
	N.WORKING	750	2,65	%	%	%46,4	%	%	
34. Leadership characteristics develop in women who do sports	WORK	750	2,56	%	%	%	%50,7	%	$\chi^2 = 10,001$ P= ,059
	N.WORKING	750	2,36	%	%	%	%49,3	%	
35. Sports contribute to the psychological development of women.	WORK	750	2,98	%	%	%66,7	%	%	$\chi^2 = 5,919$ P= ,338
	N.WORKING	750	2,23	%	%	%33,3	%	%	
36. Doing sports harms a woman's reproductive organs	WORK	750	2,66	%	%	%	%57,9	%	$\chi^2 = 12,003$ P= ,556
	N.WORKING	750	2,18	%	%	%	%42,1	%	
37. Decision-making skills of women who do sports develop	WORK	750	1,10	%	%84,3	%	%	%	$\chi^2 = 4,130$ P= ,011*
	N.WORKING	750	1,49	%	%15,7	%	%	%	
38. Women who continue their education life continue their sports life.	WORK	750	1,12	%	%71,4	%	%	%	$\chi^2 = 3,083$ P= ,008**
	N.WORKING	750	2,39	%	%28,6	%	%	%	
39. Women who do sports cope with stress and excitement more easily	WORK	750	4,88	%	%	%	%75,9	%	$\chi^2 = 5,345$ P= ,019*
	N.WORKING	750	2,39	%	%	%	%24,1	%	

With the positive answers of working women (WORKING); 1. The participants' answer to the question "Sport is an activity specific to men" (\bar{X} = 4.90; 76.3% and "I do not agree at all"), with the positive perspective of working women ($\chi^2 = 3.485$; $p = 0.033 < ,05$) is a statistically significant difference.

2. The positive opinions of the working women ($\chi^2 = 14,202$; $p = 0.005 < ,05$) to the question "Sports is a means of socialization for women" (\bar{X} = 1.14; 77.8%, with the answer "I Fully Agree") of the participants were statistically significant. there appears to be a significant difference.

3. The positive thoughts of the women working with the answer of "I Fully Agree" to the question "Women who do sports are successful in social life" (\bar{X} = 1.02; 83.3%) of the participants ($\chi^2 = 3.111$; $p = 0.025 < ,05$) It is seen that there is a statistically significant difference.

5. The participants answered the question "I find it appropriate for women to do sports in gyms" (\bar{X} = 4.86; 76.2% and "I agree at a moderate level") with the positive perspective of working women ($\chi^2 = 8.456$; $p = 0.034$). $< ,05$) it is seen that there is a statistically significant difference.

12. The participants' answer to the question "Female anatomy is suitable for sports" ($\bar{X} = 1.15$; 70.2%, and "I agree very much", and the positive thoughts of the working women ($\chi^2 = 4,539$; $p = 0.016 < .05$) It is seen that there is a statistically significant difference.

16. The participants' positive thoughts ($\chi^2 = 5.032$; $p = 0.034 < .05$) of the women who work with the answer to the question "Women who do sports are self-confident" ($\bar{X} = 1.59$; 71.4%, and "I totally agree") are statistically significant. there appears to be a significant difference.

37. Participants' positive opinions of working women with the answer of "I agree very much" with the question "The decision-making skills of women who do sports improve" ($\bar{X} = 1.10$; 84.3%) ($\chi^2 = 4.130$; $p = 0.011 < .05$) It is seen that there is a statistically significant difference.

38. Participants' positive perspectives ($\chi^2 = 3.083$; $p = 0.008$) with the answer of "I agree very much" to the question "Women who continue their education life continue their sports life" ($\bar{X} = 1.12$; 71.4% < .05) it is seen that there is a statistically significant difference.

With the negative answers of working women (WORKING); 21. Participants' negative viewpoints of working women ($\chi^2 = 12,659$; $p = 0.037 < .05$) to the question "A woman who does sports becomes a healthy mother" ($\bar{X} = 4.93$; 79.7% and "I agree less" with It is seen that there is a statistically significant difference.

22. The participants' negative thoughts on the question "Professional female athletes are as successful as male athletes" ($\bar{X} = 4.90$; 77.1% and "I agree less" with 77.1%) negative thoughts of working women ($\chi^2 = 5.521$; $p = 0.009 < .05$) It is seen that there is a statistically significant difference

39. Participants' negative perspectives of working women ($\chi^2 = 5.345$; $p = 0.019$) to the question "Women who do sports cope with stress and excitement more easily" ($\bar{X} = 4.88$; 75.9% and "I agree less" with 75.9%) < .05) it is seen that there is a statistically significant difference

With the negative answers of non-working women (N. WORKING); 7. The participants' answer to the question "I do not find it appropriate for women to do sports alone in open areas or parks" ($\bar{X} = 4.85$; 79.1% and "I Fully Agree") responded to the negative perspectives of non-working women ($\chi^2 = 10,442$; $p = 0.047 < .05$) it is seen that there is a statistically significant difference.

9. Participants responded to the question "Sports involving bodily contact are not suitable for women" ($\bar{X} = 1.06$; 80.4% and "Very agree" with negative thoughts of non-working women ($\chi^2 = 6,900$; $p = 0.032 < .05$)) is a statistically significant difference.

DISCUSSIONS

In our study, comments/discussion and evaluation of the findings obtained in this study, which aims to reveal the views of "WORKING" and "NOT WORKING" women in the private and public sector, about their participation in sports activities are included.

With the positive answers of working women (WORKING), to the question "Sports is an activity specific to men", ($\bar{X} = 4.90$; 76.3%, with the answer "I Never Agree", with the positive perspective of working women, it is stated that it is an activity specific to women as well. with the positive thoughts of working women ($\chi^2 = 3.485$; $p = 0.033 < .05$), the answer to the question "Sport is a means of socialization for women" ($\bar{X} = 1.14$; 77.8%, "I Fully Agree" ($\chi^2 = 14,202$; $p = 0.005 < .05$) it is seen that there is a statistically significant difference. The answer to the question "Women who do sports are successful in social life" ($\bar{X} = 1.02$; "I totally agree" with 83.3%) indicated that working women were energetic with their positive thoughts, their fitness motivation, and they believed that they would support success ($\chi^2 = 3.111$; $p = 0.025 < .05$), to the question "I find it appropriate for women to do sports in gyms" ($\bar{X} = 4.86$; 76.2%, with the answer "I agree at a moderate level", with the positive perspectives of working women, who actually support that sports can be done anywhere. A statistical difference was found with their opinions ($\chi^2 = 8.456$; $p = 0.034 < .05$).

To the question "Female anatomy is suitable for sports" ($\bar{X} = 1.15$; 70.2%, with the answer "I agree very much", again, the working women expressed their positive thoughts that they are at peace with their bodies and that they can overcome all kinds of difficulties and severe conditions physiologically ($\chi^2 = 4,539$; $p = 0.016 < .05$), to the question "Woman who does sports is self-confident" ($\bar{X} = 1.59$; 71.4%, with the answer of "I Fully Agree", the positive opinion of working women that their self-confidence is high ($\chi^2 = 5.032$; $p = 0.034 < .05$). To the question "Women who do sports improve their decision-making skills" ($\bar{X} = 1.10$; 84.3%, with the answer of "I agree very much", with the

opinions supporting that the mental and psychological abilities of working women and their analytical reasoning abilities in the cognitive process are high ($\chi^2 = 4,130$; $p= 0.011 < , 05$), the answer to the question "Women whose education continues, sports life also continues" ($\bar{X} = 1,12$; 71,4%, "I agree very much"; Statistically significant differences were found with positive perspectives ($\chi^2 = 3.083$; $p= 0.008 < . 05$)

With the negative answers of working women (WORKING); The answer to the question "Woman who does sports becomes a healthy mother" ($\bar{X}= 4.93$; 79.7% and "I agree less" ($\chi^2 = 12,659$; $p= 0.037 < , 05$) said, "Professional female athletes are as much as male athletes. A significant difference was found between the negative thoughts of working women ($\chi^2 = 5.521$; $p= 0.009 < , 05$) due to physiological and individual differences. Again, the answer to the question "Women who do sports cope with stress and excitement more easily" ($\bar{X}= 4.88$; 75.9%, with the answer "I agree less" with the negative view that the stress and excitement of working women continue outside of working hours) ($\chi^2 = 5.345$; $p= 0.019 < . 05$) statistical differences were found.

With the negative answers of non-working women (NOT WORKING); The answer to the question "I do not find it appropriate for women to do sports alone in open areas or parks" ($\bar{X} = 4.85$; 79.1% and "I Fully Agree" with the answer to the negative perspective of non-working women that they have self-confidence or different fears ($\chi^2 = 10,442$; $p= 0.047 < , 05$), the answer to the question "Sports involving bodily contact are not suitable for women" ($\bar{X} = 1.06$; 80.4%, and "I agree very much" with the biological gender differences of the women who did not work, Statistically significant differences were found, with fears of injury trivializing sports experiences ($\chi^2 = 6,900$; $p= 0.032 < , 05$).

When the literature is examined; In the study of (Menevse, 2023), while the opinions of the students, academicians and other professional groups who do and do not do sports do not show similarity about social media and sports channels, it was found that the participants who do sports have a higher level of positive thoughts about social media and sports channels than the participants who do not do sports. In the study conducted by Singh and Devi (2013), students who do sports have higher attitudes towards sports than students who do not. In the study of sports attitudes conducted by Türkmen et al., (2016) on the students of the Faculty of Islamic Sciences of Bartın University, there is a significant difference between the students' sporting status and their attitudes towards sports. It was said that students who regularly do sports exhibit higher attitudes than other students. Gokdag, 2018; According to the results of the study, which aims to reveal whether there is a difference between school administrators' perceptions of women's participation in sports activities according to their gender, it is seen that there is a significant difference between the perceptions of female administrators about women's participation in sports activities and the perceptions of male administrators. It has been concluded that female school administrators have a more positive attitude towards women's doing sports than male school administrators. In Tatar and Kuru's (2009) study of some factors affecting the sports of working and non-working women between the ages of 20-40 (Sivas city center example), no difference was found in the direction that age is not an important factor in women's sports ($p>0.05$). Varol, 2017; It has been observed that there is a statistically significant difference between the mean score of the scale for determining the opinions of women about their participation in sports activities and the variable of doing sports, and the score of the students who "do sports regularly" is lower than the students who do not do sports at all. In the study conducted by Kangalgil et al., (2006), it was determined that the attitudes of university students who have an athlete license are higher than those who do not have an athlete license. Sew (2021); It was determined that there was a moderately negative and statistically significant relationship between the participants' attitudes towards sports and their views on women's participation in sports activities ($r=-0.325$, $p<0.01$). Tatar, (2001). It has been observed that working women participate in sports more than non-working women. It has been seen that the main factors that lead women who do sports to do sports are the aim of being healthy, and then factors such as losing weight, maintaining physical appearance, getting away from daily troubles and making use of free time lead women to sports. Our study showed similarities with the positive thoughts of working women.

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