

## İKTİSADİ VE İDARİ BİLİMLER FAKÜLTESİ ÖĞRENCİLERİNİN SERBEST ZAMAN TERCİHLERİNİN İNCELENMESİ (MEHMET AKİF ERSOY ÜNİVERSİTESİ ÖRNEĞİ) <sup>1</sup>

### EXAMINATION OF LEISURE TIME PREFERENCES OF STUDENTS OF FACULTY OF ECONOMICS AND ADMINISTRATIVE SCIENCES (MEHMET AKİF ERSOY UNIVERSITY EXAMPLE)

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#### ABSTRACT

In this research, it is aimed to examine the free time preferences of students of economics and administrative sciences. The study included 159 students from Mehmet Akif Ersoy University Faculty of Economics and Administrative Sciences. The "Leisure Time Assessment Questionnaire" was used to determine the ways in which the students' leisure time was assessed. Frequency analysis was used in the SPSS 22.0 data analysis program in the analysis of the obtained data. During the free time of the students, it was determined that they participated in activities such as watching TV, watching video, going to cinema and theater, chatting with friends, going to coffee shop and cafeteria, taking care of hobbies and spending time on the internet. In conclusion, it can be said that the students of Faculty of Economics and Administrative Sciences evaluate their free time with activities that they are physically passive.

**Keywords:** Leisure time, university students, recreation

#### ÖZET

Yapılan bu araştırmada iktisadi ve idari bilimler fakültesi öğrencilerinin serbest zaman tercihlerinin incelenmesi amaçlanmıştır. Araştırmaya Mehmet Akif Ersoy Üniversitesi İktisadi ve İdari Bilimler Fakültesi öğrencisi olan 159 birey katılmıştır. Öğrencilerin serbest zamanlarını değerlendirme biçimlerinin belirlenmesinde "Serbest Zaman Değerlendirme Anketi" kullanılmıştır. Elde edilen verilerin analizinde SPSS 22.0 veri analiz programında Frekans analizinden yararlanılmıştır. Öğrencilerin serbest zamanlarında genellikle TV, video izleme, sinema ve tiyatroya gitme, arkadaşları ile sohbet etme, kahvehane ve kafeteryaya gitme, hobileri ile ilgilenme ve internette vakit geçirme gibi etkinliklere katıldıkları tespit edilmiştir. Sonuç olarak, İktisadi ve İdari Bilimler Fakültesi öğrencilerinin serbest zamanlarını bedensel açıdan pasif oldukları etkinlikler ile değerlendirdikleri söylenebilir.

**Anahtar kelimeler:** Serbest zaman, üniversite öğrencileri, rekreasyon

**JEL CODE:** L83

#### INTRODUCTION

Free time can be defined as the period during which people are free to evaluate their own wishes, except for the efforts and actions they are obliged to carry on in their social structure and reach a higher level. Recreation includes various activities that they show in their free time, in order to get rid of the effects of boring, disciplined and monotonous work of daily life, to rest and to have a good time (Uzun & Altunkasa, 1991). Technological improvements have increased demand for recreational activities resulting in factors such as the increase in people's leisure time, the increase in education and income levels, and the prolongation of

<sup>1</sup> Yapılan bu araştırma 4. Uluslararası Spor Bilimleri Turizm ve Rekreasyon Öğrenci Kongresi'nde poster bildiri olarak sunulmuştur.

their life span (Anonymous, 2002). Free time can be considered as "positive" such as doing sports, being healthy and participating in cultural events, or "negative" such as various crimes, drug addiction and violence. The role that recreation can be taught and the prevention of violence is crucial in directing the future habits of young people (Burkeen & Alston, 2001). In this research, it is aimed to examine the free time preferences of students of economics and administrative sciences.

## MATERIAL AND METHOD

In the study, a screening model was used from descriptive research models. Mehmet Akif Ersoy University, Faculty of Economics and Administrative Sciences, 159 individuals participated in the research. The leisure time evaluation questionnaire developed by Tel (2007) was used to determine the frequency of participation in the free time events and activities attended by the students. The questionnaire contains detailed questions and sections about the ways in which leisure time is assessed and the factors that affect leisure time evaluation. In this study, only the questionnaire of leisure time which is consisted of 17 questions in the questionnaire was used. Students in the questionnaire always respond in the form of (1), often (2), occasionally (3), rarely (4), never (5). Thus, it is determined that the students have free time preferences as well as the frequency of participation in each free time activity. In the analysis of obtained data, frequency analysis was used in SPSS 22.0 data analysis program.

## FINDINGS

**Table 1. Percentage Distributions of Participants by Gender**

Gender	N	%
Female	106	66,7
Male	53	33,3

It has been determined that 66.7% of the students participating in the research are female, and 33.3% are male students.

The following are the free time activities that are always or often preferred by the participating students;

- Listening to music and playing musical instruments
- TV and video surveillance
- Handling of mobile phones
- Spending time on the Internet
- Chat or roam with friends

The free-time activities that students in the survey choose from time to time are presented below;

- Reading books, magazines and newspapers
- Going to cinema and theater
- Shopping in the bazaar, market and shopping
- Participation in social and cultural activities
- Do not spend time with family
- Go to coffee shop and cafeteria

The leisure time activities rarely preferred by the participating students are presented below;

- Do not deal with anything and rest
- Watch sports and sports competitions
- Visiting neighbors and relatives

## CONCLUSION AND RECOMMENDATIONS

As a result, it has been found that students usually participate in activities such as TV, video surveillance, going to cinema and theater, chatting with friends, going to coffee shop and cafeteria, taking care of hobbies and spending time on the internet. According to these results, it can be said that the students who participated in the research generally go to the free time activities that they are physically passive. The following suggestions can be made in the light of findings obtained;

- Similar work can be done by wider research groups. Demographic variables (age, gender, economic situation, etc.) affecting the leisure time preferences of the students can be examined in the researches conducted.
- University administrations can make some applications to increase the participation of university students in leisure time activities.

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