



Examination of happiness levels of students in the Faculty of Sports Sciences

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Abstract

This study was carried out to determine the happiness levels of the students in the faculties of sports sciences and to compare them in terms of various variables. In this study, which was conducted to examine the happiness levels of the students of the faculty of sports sciences, the relational screening model was used. With this model, it is aimed to determine the existence and degree of changes by applying statistical tests and measuring the level of relationship between two or more variables as a result of the comparison (Karasar, 2012). The population of the research consists of students at Erzurum Technical University. The sample group consists of 174 students, 113 of whom are male and 61 are female. In the research, the "Personal Information Form" created by the researchers to determine the demographic information of the students of the faculty of sports sciences, and the "Happiness Scale", which was developed by Demirci and Ekşi (2018) and consisting of 6 items, was used to determine the happiness levels. The analysis of the obtained data was made in the statistical program. In the study, frequency analysis to determine the demographic characteristics (personal information) of the participants, T-Test for independent variables to compare the happiness levels according to gender, marital status, sporting status and the type of sport they did; One-way Anova Test was applied to compare happiness levels according to age, class and place of residence. When comparing the happiness levels of the participants according to their gender and place of residence, significant differences were found between the groups ($p < 0.05$), and no significant differences were found between the groups in the comparison made according to the status of doing sports and the type of sport ($p > 0.05$). When the results obtained in the research were examined, it was determined that the happiness levels of female participants ($X = 3,53 \pm 0,80$) were higher than male participants ($X = 3,99 \pm 0,80$) and those living in the province ($X = 3,79 \pm 0,82$) were higher than those living in the district ($X = 3,40 \pm 0,74$). It has been determined that the happiness of the participants who do ($X = 3,68 \pm 0,87$) and do not do ($X = 3,73 \pm 0,65$) sports is at a similar level, and the happiness of the participants who do individual ($X = 3,66 \pm 0,88$) and team sports ($X = 3,71 \pm 0,78$) is at a similar level.

Keywords: Happiness, Student, Faculty of Sports Sciences

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1. Introduction

Although ancient thinkers agreed to see the concept of happiness, which dates back to the first years of humanity, as “the main reason for human existence”, they could not reach a consensus on what happiness actually means (Bulut, 2015). Happiness, according to Socrates, is the highest good. He stated that it is possible for a person to regulate himself physically and spiritually. For this, he must first know himself and grow through knowledge. It is necessary to achieve happiness, to realize some qualities. Wisdom is one of these qualities. According to another thinker, Plato also thinks that happiness can only be achieved with balance and harmony. Plato argued that happiness is the goal that ends work for all people (Doğan, 2004). According to Bülbül and Giray (2011), happiness, which has emerged as a key concept for humanity throughout history, is still up-to-date for this reason and many studies are being conducted on it.

Although the definition of happiness, which varies from society to society and even from person to person, is considered as a simple concept, its content is quite deep and it has great difficulties to be fully understood (Tingaz, 2013). From this point of view, it is observed that people can react differently in the same situations, that the situations that make people happy may not have the same effect on another person, that people who can achieve happiness are more motivated towards life compared to the people around them, they are generally able to achieve success, they can perform higher and they are more successful most of the time (Boehm and Lyubomirsky, 2008; Diener et al., 1999; Gülenç, 2013; Sancak, 2019).

The things that make people happy can change in order of priority and personal differences. To mention a few of the variables that individuals value in order to be happy, these are; success, health, work, being strong, love, love and economic freedom (Selim, 2008). Among the factors affecting happiness, besides individual preferences, environmental and environmental conditions are also important factors. These are demographic conditions; gender, age, education level, marital status, income and personality traits (Kangal, 2013).

It is known at every level that sports help individuals socialize, stay away from problems, improve morale and eliminate physical ailments, regardless of age and gender. Sports enable the individual to reach his physical and spiritual goals, to feel good and to be positive towards events. In addition, it has been scientifically proven that people feel happier when sports trigger hormones such as endorphins and dopamine (Tarhan, 2005).

It may seem fun in a short time for individuals who will prefer physical activities to increase happiness, to exercises that they want and can gain internally, but sometimes short-term studies can quickly bore the person and even result in wearing experiences (Lyubomirsky et al., 2005).

This study was carried out to determine the happiness levels of students in sports sciences faculties and to examine the effect of these personal characteristics on their happiness levels. The study was carried out with the assumption that the type of sports they do and the type of sports they do may influence their happiness.

2. Method

2.1. Purpose and Group of the Research

The aim of this research is to examine the happiness levels of the students of the faculty of sports sciences and to compare them in terms of various variables. The universe of the research consists of students at Erzurum Technical University. The sample group consists of 174 students, 113 of whom are male and 61 are female.

2.2. Model of the Research

In this study, which was conducted to examine the happiness levels of the students of the faculty of sports sciences, the relational screening model was used. With this model, it is aimed to determine the existence and degree of the changes by applying statistical tests and measuring the level of relationship between two or more variables as a result of the comparison (Karasar, 2012).

2.3. Data Collection Tools

In the study, the "Personal Information Form" created by the researchers to determine the demographic information of the students of the faculty of sports sciences, and the "Happiness Scale", which was developed by Demirci & Ekşi (2018) and consisted of 6 items, were used to determine the happiness levels. The analysis of the obtained data was made in the statistical program.

2.4. Analysis of Data

In the study, frequency analysis to determine the demographic characteristics (personal information) of the participants, T-Test for independent variables to compare the happiness levels according to gender, marital status, sporting status and the type of sport they did; One-way Anova Test was applied to compare happiness levels according to age, class and place of residence.

3. Results

In this part of the research, the demographic characteristics, happiness levels and the effects of demographic characteristics on the happiness levels of the students of the faculty of sports sciences participating in the research were examined by comparing them.

Table 1
Demographic Variables

		N	%
Gender	Male	113	64,9
	Woman	61	35,1
Age	18-20 Ages	68	39,1
	Ages 21-23	84	48,3
	Ages 24 and Over	22	12,6
Do you do sports?	Yes	140	80,5
	No	34	19,5
Sport Type	Team	80	46,0
	Individual	94	54,0
Class	1st Grade	54	31,0
	2nd Grade	35	20,1
	3rd Grade	42	24,1
	4th Grade	43	24,7
Place of Residence	Province	122	70,1
	District	35	20,1
	Village	17	9,8
	TOTAL	174	100

When the demographic characteristics of the participants were examined, according to their gender, 113 people %64,9 were men, 61 people and %35,1 were women; According to their age, 68 people and %39,1 were 18-20 years old, 84 people %48,3 were 21-23 years old, 22 people and %12,6 were 24 years old and over; according to sporting status, 140 people and %80,5 do sports, 34 people and %19,5 do not; According to the type of sport they do, 80 people %46,0 are team athletes, 94 people and %54,0 are individual athletes; According to the class variable, %31,0 of them were in the 1st grade, 35 people were in the 2nd grade with %20,1, and %24,1 were in the 3rd grade with 42 people and %24,7 with 43 people. one of them is 4th grade; According to their place of residence, %70,1 of 122 people resides in the province, 35 people in %20,1 in the district and 17 people in %9,8 in the village.

Table 2
T-Test Results in Independent Variables Based on Participants' Happiness Levels

Variables		N	\bar{X}	sd	t	p
Gender	Male	113	3,53	0,80	-3,648	,000*
	Woman	61	3,99	0,80		
Do you do sports?	Yes	140	3,68	0,87	-,318	,751
	No	34	3,73	0,65		
Sport Type	Team	80	3,66	0,88	-,375	,708
	Individual	94	3,71	0,78		

*: p<0,05

When the t-test results were analyzed in the independent variables according to the happiness levels of the participants, it was found that there were significant differences ($p < 0,05$) when compared according to their gender status ($p = ,000$); sports status ($p = ,751$) and the type of sports they did ($p = ,708$), there were no significant differences ($p > 0,05$).

According to the results obtained, it was determined that women ($\bar{X} = 3,53 \pm 0,80$) had higher levels of happiness than men ($\bar{X} = 3,99 \pm 0,80$) in the gender variable.

Table 3

One-Way ANOVA Test Results According to Participants' Happiness Levels

Variables		N	\bar{X}	ss	F	p	difference
Age	A) Ages 18-20	68	3,69	0,83	,482	,619	-
	B) Age 21-23	84	3,73	0,84			
	C) Age 24 and Over	22	3,53	0,77			
Class	A) 1st Grade	54	3,82	0,80	2,192	,091	-
	B) 2nd Grade	35	3,50	0,79			
	C) 3rd Grade	42	3,52	0,90			
	D) 4th Grade	43	3,85	0,79			
Place of Residence	A) Province	122	3,79	0,82	3,288	,040	A>B
	B) District	35	3,40	0,74			
	C) Village	17	3,56	0,97			

*: $p < 0,05$

One-way according to the happiness levels of the participants When the anova test results were analyzed, it was found that there were significant differences in the comparison according to the place of residence ($p = ,040$) ($p < 0,05$), and there was no significant difference in the comparison of their age ($p = ,619$) and their class ($p = ,091$) ($p > 0,05$).

According to the results obtained, it has been determined that the level of happiness of those living in the province ($\bar{X} = 3,79 \pm 0,82$) is higher than those living in the district ($\bar{X} = 3,40 \pm 0,74$) in the place of residence variable.

4. Discussion and Conclusion, Suggestions

This study, which was carried out to determine the happiness levels of students in sports science faculties, was compared according to gender, age, sports status, sports type, class and place of residence. When the data obtained were examined, it was determined that the general happiness levels of the students were “High”.

When the happiness levels of the participants were examined according to their gender, significant differences were found between the groups, and it was determined that the happiness levels of the female participants were higher than the male participants. According to the results obtained, it can be said that the gender variable has an effect on the level of happiness.

Mumcu (2019) found that women's happiness levels were higher than men's, although it was not statistically significant, in his study with university students who did and did not do active sports. In the study conducted by Forrest & Mchale (2009), they concluded that the happiness levels of women who do sports increase more than men. The findings in these studies are consistent with our study. In the study conducted by Doğan & Eser (2013), they concluded that men's happiness level increases with sports. There are also studies in which there is no positive or negative effect of sports on the level of happiness in terms of men and women, and it has been stated in these studies that the effect of sports on the relationship between gender and happiness is low (Huang & Humphreys, 2012). The results of these studies are inconsistent with those in our study.

As a result of the comparison of the happiness levels of the participants according to their sports status, no significant differences were found between the groups, and it was determined that the happiness of the students who did and did not do sports was at a similar level. According to the results obtained, it can be said that the state of doing sports does not have any effect on happiness. In this case, it is thought that the happiness levels of the participants vary depending on different factors. In the study conducted by Mumcu (2019) for university students, it was determined that the happiness levels of licensed athletes were higher than unlicensed athletes. In another study, in which the effect of recreational cycling or brisk walking on the happiness level of individuals was examined, a significant relationship was found between doing sports activities and happiness, and it was seen that those who did sports stated that they were happier (Rasciute & Downward, 2010). There are other studies in which regular exercise increases happiness (Lloyd & Little, 2010; Mochon et al., 2008; Harvey et al., 2017; Lök and Bademli, 2017; Khazaeepool et al., 2015; Uğurlu et al., 2015). Regular physical activity; It has benefits such as body and health concepts, helping others, self-sufficiency, intellectual development, learning the relationship between right and wrong, courage, leadership, lifelong behavior and habits. Improved quality of life will have positive effects

such as a positive body image, self-confidence, coping with stress and physical health (Asan & Çingöz, 2021)

When the happiness levels of the participants doing team and individual sports were compared, it was determined that there were no significant differences between the groups. According to the results obtained, it can be said that the happiness of the participants who do team and individual sports is at a similar level and that the type of sport does not have any effect on happiness. Accordingly, the feeling of well-being of a happy individual affects both himself and his teammates, and thus versatile efficiency can be achieved. If the athlete feels good and happy, it will be inevitable that his motivation will be positively affected. The motivation level of the athlete with a high level of happiness will increase simultaneously and will be among the important factors in achieving success. A happy brain creates a strong motivation in the mind, and a high motivation will make the athlete successful (Özgün et al., 2017). The findings in these studies are consistent with those in our study.

When comparing the happiness levels of the participants according to their ages, it was determined that there was no significant difference between the groups and that the happiness of all age groups was at a similar level. According to the results obtained, it can be said that age does not have any effect on happiness. In the study conducted by Demir and Duman (2019) "Examination of the Relationship Between Individuals' Doing Sports and Their Self-Esteem and Happiness Levels", it was determined that there was no significant difference between the groups as a result of comparing the happiness levels of the participants according to their ages. Dogan et al. (2018) found that age did not have any effect on happiness. Şentürk (2011) concluded in his study that individuals between the ages of 18-24 are happier. In the study titled "The Effect of Mental (Psychological) Well-Being Levels on Happiness Levels of Kocaeli University Faculty of Sport Sciences Students" by Görener, Öztürk & Yılmaz (2017), significant differences were found between the groups as a result of comparing the happiness levels of the participants according to the age variable. It has been seen between the ages of 29 and over and between the ages of 21-23 and 24-26. The findings in these studies contradict our study.

When comparing the happiness levels of the participants according to the classes they were in, no significant differences were found between the groups, and it was determined that the happiness of the students in all classes was at a similar level. According to the results obtained, it can be said that the classes of the participants did not have any effect on their happiness levels.

Dogan et al. (2018), it was found that there were no significant differences between the groups as a result of comparing the happiness levels of university students according to classes. The findings in this study are consistent with our study. In the doctoral thesis titled "Examination of Happiness, Hope and Narcissism Levels of University Students

"Taking Sports Education" by Gezer (2022), no significant differences were found between the groups as a result of the comparison of the happiness levels of the participants according to their classes. In the study, statistical differences were found between the students studying in the last year and the students studying in the second and third years.

As a result of the comparison of the happiness levels of the participants according to their place of residence, significant differences were found between the groups. According to the findings, it has been determined that the happiness levels of those living in the province are higher than those living in the district. Communication, transportation, etc., is the reason why people living in the province are happier than those living in the district. It can be considered that there are more opportunities, more social opportunities, and wider employment areas. In the study conducted by Gezer (2022), it was concluded that there was no significant difference between the groups as a result of comparing the happiness levels of the participants according to their place of residence. The findings in this study contradict with our study.

When examined in general, individuals who prefer physical activities to increase happiness may find it enjoyable in a short time to turn to exercises that they want and can get internally productive, but sometimes short-term studies can quickly bore the person and even result in wearing experiences. may have significant effects on happiness (Lyubomirsky et al., 2005).

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