

An assessment on puritan and hedonist work ethics of elite student athletes

Suzan Dal^{1*} and Süleyman Şahin²

¹Sports Science Faculty, Istanbul University - Cerrahpasa, Turkey.

²Bursa Uludag University, Turkey.

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ABSTRACT

The study aims to determine and evaluate elite student athletes' attitudes toward puritan and hedonist work ethics. The study group consisted of 729 athletes at university and high school levels (female n = 276, male n = 453). "From Puritanism to Hedonism: New Ethics of Working Questionnaire (PH-NEWQ)" was used as the study's data collection tool. According to the study findings, elite student athletes generally adopted puritan work ethics rather than hedonistic tendencies. In this sense, national athletes and team athletes had puritan work ethics. However, female athletes and individual athletes had a hedonistic mindset. Thus, it is recommended to plan the educational lives of elite athletes by considering the puritan values in elite sports.

Keywords: Elite athletes, student, hedonism, puritanism.

*Corresponding author. E-mail: suzann.dal@gmail.com.

INTRODUCTION

Production processes in pre-modern societies have entirely changed with the industrial revolution (Osmanlı and Kaya, 2014). There are a unique individual and ethos in the post-modern age. The emphasis in these societies has shifted from reasoning and hard labor to creativity and leisure activities (Şahin, 2012). In "The Right to be Lazy" (1883), Lafargue protested the madness called 'work' and upheld a maximum of 3 hours (Lafargue, 1999). The remaining time should be spared for people to engage in creative activities. People have to follow the consumption mechanism imposed by the economic system while spending free time (Omay, 2008). In the post-industrial transformation, specific changes have occurred in work philosophy, and puritan ethics have no longer been the ethos of this era (Bozkurt, 2011). In other words, people have shifted away from puritan ethical values and displayed hedonist tendencies (Fidan, 2017).

The moral values of man, which oscillates between hedonism and asceticism, have also been shaped by these two forces. We witness the rise of puritan work ethics parallel to industrial civilization (Şahin, 2012). The effects of work discipline, which were imposed by the industrial revolution, are evident today. The beginning of the rise of work discipline and the concept of 'work,'

which was "inferior and bad" in the primitive period, was the Reform movements and the religious revolution pioneered by Martin Luther and Jean Calvin. Following the religious revolution and its political, economic, and social outcomes, "Protestantism" emerged and became one of Christianity's three main branches. Protestantism has also created a puritan identity (İyem, 2011). Puritan ethics is characterized by the oppression of desires, the central importance of working discipline in life, producing much but consuming less, the glorification of work, and considers it as a command of God (Bozkurt, 2000). According to Weber (1958), the Protestant work ethic is not only a moral value but also brings personal satisfaction (Weber, 1958; cited in Fidan, 2017).

However, today with the post-industrial transformation, a new pattern with hedonist/narcissist features has emerged, characterized by emphasizing spending money and entertainment instead of puritan values such as working and achieving. Puritan ethics - the symbol of modern capitalism - and its rationalization principles have lost importance with the technological developments and the emergence of the consumer society; in other words, it has impaired the puritan ethics that created the modern age and resulted in a crisis (İyem, 2011). It is

acknowledged that pleasure is happiness, and it shapes the 'right action.' If a moral action gives pleasure, it is the right action. It is expected that the ultimate goal of human behaviors is bodily pleasure, because, by their very nature, people avoid pain and approach pleasure (Özlem, 2010: 62).

Profound changes have occurred in work ethics in this century due to the pressure of the hedonist / narcissistic culture provoked by the media and the differentiation in the production procedures. Today, people do not want to sacrifice their time to earn more. "They think that there are various aspects of life apart from working, and they do not want to allow jobs to restrain their freedom. "Work is assumed as a way of self-realization," and puritan work ethics based on financial security are not approved, especially in countries where a post-industrial transformation has taken place among the educated groups. The oppressive and abstemious understanding of the puritan culture embraced by the old leaders in Turkey has been replaced by a hedonistic mentality emphasizing "comfort" after the 1980s.

In this sense, the study aims to evaluate the puritan and hedonist work ethics and tendencies of elite student athletes. The exclusive nature of elite sports is characterized by training, discipline, competition, and challenge. Thus, elite athletes have to adopt work ethics that generally reflect severe working conditions, the central role of training and competitions in life - even in leisure- and suppressing certain worldly pleasures and desires. From this point of view, it is known that elite and professional athletes are laborers who have 'puritan' characteristics. However, sports have become a fundamental part of a healthy life, leisure activities, and entertainment in the new hedonist consumer society. Hence, it is necessary to address the concept of sports in terms of work ethics. It is suggested that the evaluation and investigation of elite student athletes' opinions about work ethics will provide guidelines in success, performance, and motivation.

MATERIALS AND METHODS

Research group

The study sample consisted of 729 elite student athletes in Turkey who were between 18-23 years old. Among the sample, 276 were female, and 453 were male. The participants engage in 15 different sports (e.g., Football, Volleyball, Basketball, Handball, Badminton, Tennis, Boxing, Karate, Swimming, Wrestling, Judo, Fencing, Taekwondo, Table Tennis, Gymnastics).

Data collection tools

"From Puritanism to Hedonism: New Ethics of Working

Questionnaire (PH-NEWQ)" developed by Veysel Bozkurt was used in the study (Bozkurt, 2000). The instrument consists of 42 statements. The word "students" in the questionnaire was replaced with "athletes," and the word "lessons" was replaced with "training." The tool's original version is a 5-point Likert type, but a 3-point Likert type was applied in the current study. The questionnaires were implemented to the student athletes in the Turkish Olympic Preparation Center (TOHM) and national camps by team coaches.

The questionnaire with 48 items was applied to 729 elite student athletes. Six items in the first part of the questionnaire were demographic information. The other 42 statements were evaluated in three groups: the puritan work ethics (14 items), the new work ethics (19 items), emphasizing hedonist cultural elements, and leisure rather than working. In the light of Weber's famous quote, "Human perceives what is in his heart," the third group includes nine statements on elite student athletes' opinions about the social work ethics in the culture. Since there are explicit and sharp expressions towards puritan and hedonistic approaches in the first two groups, the participant elite student athletes may feel uneasy in expressing their ideas, so the third group (including the opinions about society's work ethics, were used. It is also concluded that the statements in the third group were beneficial in revealing precise results.

Data analysis

The study data were analyzed with SPSS (21) package programs. Frequency distributions were examined to evaluate the puritan and hedonistic perceptions and attitudes of the athletes. Finally, the t-test was performed to determine the differences by the demographic characteristics of the athletes.

RESULTS

As shown in Table 1, a total of 729 university and high school student athletes participated in the study. Among the participants, 37.9% (n = 276) were female and 62.1% (n = 453) were male. In terms of the sports experience, 11.1% (n = 81) had 1-3 years of experience, 22.9% (n = 167) 4-6 years of experience, 40.1% (n = 292) 7-10 years of experience and 25% 9 (n = 189) 11 years and more experience. When the educational status of the participants was examined, it was found that 63.7% (n = 464) were high school graduates, and 36.4% (n = 265) were university graduates. Also, the rate of national athlete students was 54.6% (n = 398).

According to the distribution of the sports among the participant athletes (Table 2), 12.6% (n = 92) engaged in football, 6.3% (n = 46) in volleyball, 6.4% (n = 47) in basketball, 5.6% (n = 41) in handball, 6% (n = 44) in

Table 1. Demographic information.

		Frequency	Percent (%)
Gender	Female	276	37.9
	Male	453	62.1
Sports experience	1-3 years	81	11.1
	4-6 years	167	22.9
	7-10 years	292	40.1
	11 years and more	189	25.9
Education status	High school student	464	63.7
	University Student	265	36.4
National athlete status	Yes	398	54.6
	No	331	45.4
Sports type	Team sports	270	37
	Individual sports	459	63

Table 2. Sports branches.

		Frequency	Percent (%)
Sports	Football	92	12.6
	Volleyball	46	6.3
	Basketball	47	6.4
	Handball	41	5.6
	Badminton	44	6
	Tennis	52	7.1
	Boxing	47	6.4
	Karate	35	4.8
	Swimming	73	10
	Wrestling	48	6.6
	Judo	46	6.3
	Fencing	56	7.7
	Taekwondo	24	3.3
	Table Tennis	39	5.3
	Gymnastics	39	5.3

badminton, 7.1% (n = 52) in tennis, 6.4% (n = 47) in boxing, 4.8% (n = 35) in karate, 10% (n = 73) in swimming, 6.6% (n = 48) in wrestling, 6.3% (n = 46) in judo, 7.7% (n = 56) in fencing, 3.3% (n = 24) in taekwondo, 5.3% (n = 39) in table tennis and 5.3% (n = 39) in gymnastics.

Table 3 presents 14 statements to determine puritan work ethics. In this sense, the majority stated that "Nothing makes people happier than working" (73%), "I am an athlete who trains regularly" (89.7%), and "If you work hard, you will be successful" (77.5%). They mostly agreed on those statements: "Even if I hit the jackpot, I would work hard" (57.1%), "Life would be meaningless if we did not suffer" (63.6%), "The absence of hard work is usually a sign of faulty character" (58.2%), "Working hard

makes you a better person" (51.7%) and "I believe there is life after death." The expressions that the participants disagree were as follows: "An unsuccessful person in her/his life is lazy" (39.2%), "I would prefer the job with more responsibilities, even if the other conditions were all the same" (38.8%), "Working is the most important aspect of life" (33.6%) and "A person must work like a slave until s/he achieves satisfying results" (45.4%).

Table 4 includes statements to determine the participants' attitudes towards hedonist work ethics. The majority agreed with the statements, such as "One should enjoy life as much as possible" (79.1%) and "One should enjoy the moment as much as s/he can" (78.5%). Similarly, most of the participants agreed that "One must first think of herself/himself and then others" (51.3%),

Table 3. Frequency distribution of attitudes towards puritan work ethics.

	Agree		Disagree		Undecided	
	N	%	N	%	N	%
1. Nothing makes people happier than working.	532	73	137	18.8	60	8.2
2. I am an athlete who trains regularly.	654	89.7	44	6	31	4.3
3. Even if I hit the jackpot, I would work hard.	416	57.1	183	25.1	130	17.8
4. Life would be meaningless if we did not suffer.	464	63.6	166	22.8	99	13.6
5. The absence of hard work is usually a sign of a flawed character.	424	58.2	178	24.4	127	17.4
6. An unsuccessful person in her/his life is lazy.	286	39.2	336	46.1	107	14.7
7. I would prefer the job with more responsibilities, even if the other conditions were all the same.	283	38.8	265	36.4	181	24.8
8. We can assess a person's value by how well s/he is at his/her job.	331	45.4	292	40.1	106	14.5
9. If you work hard, you will be successful.	565	77.5	113	15.5	51	7
10. If a person is not successful, it means s/he does not work hard enough.	377	51.7	236	32.4	116	15.9
11. Working hard makes you a better person.	377	51.7	248	34	104	14.3
12. I believe there is life after death.	502	68.9	118	16.2	109	15
13. Working is the most important aspect of life.	245	33.6	376	51.6	108	14.8
14. A person must work like a slave until s/he achieves satisfying results.	220	30.2	401	55	107	14.7

Table 4. Frequency distribution of attitudes towards hedonist work ethics.

	Agree		Disagree		Undecided	
	N	%	N	%	N	%
15. If we had much free time, life would be more meaningful.	296	40.6	314	43.1	119	16.3
16. The current trend towards limiting work hours should be supported.	360	49.4	201	27.6	168	23
17. Life would be great without work.	180	24.7	423	58	126	17.3
18. For life achievements, personal relationships and luck are more critical than work.	258	35.4	328	45	143	19.6
19. It is good to "shake the pagoda tree."	230	31.6	365	50.1	134	18.4
20. One must first think of herself/himself and then others.	374	51.3	241	33.1	114	15.6
21. The shrouds have no pockets, so try to live well in this world.	471	64.6	163	22.4	94	12.9
22. There is not an absolute right or wrong.	332	45.5	189	25.9	208	28.5
23. Humor is essential in life.	540	74.1	105	14.4	84	11.5
24. One should enjoy life as much as possible.	577	79.1	94	12.9	58	8
25. One should enjoy the moment as much as s/he can.	572	78.5	94	12.9	63	8.6
26. Idealism is an old-fashioned concept.	179	24.6	384	52.7	166	22.8
27. Politics does not concern me.	359	49.2	230	31.6	140	19.2
28. One should live as s/he wishes.	516	70.8	127	17.4	86	11.8
29. It is an old tradition to preserve virginity for marriage.	240	32.9	313	42.9	176	24.1
30. One should not miss the present for the sake of the future.	335	46	297	40.7	97	13.3
31. High pay is more important than a promising career.	215	29.5	384	52.7	130	17.8
32. One can get rich not by working hard but by using a cunning mind.	259	35.5	367	50.3	103	14.1
33. The past does not have much meaning for me.	195	26.7	444	60.9	90	12.3

"The shrouds have no pockets, so try to live well in this world" (64.6%), "Humor is essential in life" (74.1%), and "One should live as s/he wishes" (70.8%). However, they disagreed with such statements as "Life would be great without work" (58.0%), "It is good to shake the pagoda tree" (50.1%), "Idealism is an old-fashioned concept" (52.7%), "High pay is more important than a promising

career" (52.7%), "One can get rich not by working hard but by using a cunning mind" (50.3%) and, "The past does not have much meaning for me" (60.9%).

As seen in Table 5, nine statements were asked to evaluate the opinions about the work ethics of society. Hence, they mostly (75.2%) agreed with the statement, "People only care about themselves nowadays," and they

Table 5. Elite student athletes' opinions about the work ethics of the society.

	Agree (%)	Disagree (%)	Undecided (%)
1. Not the hard worker, but the one with friends in the right places achieves.	44.2	38	17.8
2. People only care about themselves nowadays.	75.2	13.4	11.4
3. I do not think that young people have a sense of responsibility today.	69.1	18.9	11.9
4. There is no sincerity and commitment in relationships today.	59.9	24	16
5. Today, young people can do anything for success.	59.4	22.1	18.5
6. In this society, the thief wins, not the hard worker.	43.2	41.2	15.6
7. There is little solidarity among athletes.	42.1	39.6	18.2
8. Nowadays, cunning is more appreciated than hard work.	57.6	27.6	14.8
9. Nowadays, most young people only enjoy the day.	71.6	15	13.4

disagreed with the same statement at the lowest rate (13.4%). Besides, most participants expressed that "Nowadays, most young people only enjoy the day" (71.6%), and agreed such expressions: "I do not think that young people have a sense of responsibility today" (69.1%), "There is no sincerity and commitment in relationships today" (59.9%), "Today, young people can do anything for success" (59.4%), and "Nowadays, cunning is more appreciated than hard work" (57.6%).

Table 6 shows the participants' attitudes about puritan work ethics, and the analysis results according to certain variables. In this sense, there was no statistically significant difference between genders ($p > 0.05$). Besides, it was found that most national athletes expressed that "Even if I hit the jackpot, I would work hard" ($p < 0.05$). When the differences were examined according to the engagement in a team or individual sports, statistically significant results were found among team athletes in those expressions: "We can

assess the value of a person by how well s/he is at his job," "I believe there is life after death" and "Working is the most important aspect of life" ($p < 0.05$).

The expressions reflecting the participants' attitudes about hedonist work ethics and analysis results are given in Table 7. According to the findings, most female athletes agreed that "The current trend towards limiting work hours should be supported" and "One should enjoy the moment as much as possible" ($p < 0.05$).

Table 6. T-test and frequency results about the differences in Puritan Work Ethics by particular variables such as gender, national athlete status and engaging with a team or individual sports

	Gender				National Athlete				Sports Types			
	Female (276) Male (453)	Mean	sd	P	Yes (398) No (331)	Mean	ss	P	Team (270) Individual (259)	Mean	sd	P
1. Nothing makes people happier than working.	Female Male	1.303 1.381	.604 .639	.101	Yes No	1.326 1.383	.605 .651	.222	Team Individual	1.400 1.324	.670 .599	.117
2. I am an athlete who trains regularly.	Female Male	1.173 1.128	.510 .422	.210	Yes No	1.128 1.166	.421 .498	.265	Team Individual	1.144 1.146	.461 .455	.965

Table 6. Continues.

3. Even if I hit the jackpot, I would work hard.	Female	1.561	.776	.209	Yes	1.675	.792	.009	Team	1.640	.785	.376
	Male	1.635	.768		No	1.525	.739		Individual	1.588	.763	
4. Life would be meaningless if we did not suffer.	Female	1.467	.715	.350	Yes	1.469	.715	.228	Team	1.507	.714	.817
	Male	1.518	.727		No	1.534	.731		Individual	1.494	.728	
5. The absence of hard work is usually a sign of a flawed character.	Female	1.587	.769	.877	Yes	1.577	.749	.571	Team	1.633	.768	.273
	Male	1.596	.768		No	1.610	.791		Individual	1.568	.768	
6. An unsuccessful person in her/his life is lazy.	Female	1.789	.692	.282	Yes	1.791	.687	.114	Team	1.748	.675	.850
	Male	1.732	.692		No	1.710	.696		Individual	1.758	.702	
7. I would prefer the job with more responsibilities, even if the other conditions were all the same.	Female	1.844	.796	.672	Yes	1.856	.778	.911	Team	1.911	.785	.179
	Male	1.869	.780		No	1.864	.795		Individual	1.830	.785	
8. We can assess the value of a person by how well s/he is at his job.	Female	1.702	.712	.733	Yes	1.693	.717	.930	Team	1.796	.689	.002
	Male	1.684	.710		No	1.688	.702		Individual	1.629	.716	
9. If you work hard, you will be successful.	Female	1.271	.561	.408	Yes	1.291	.563	.863	Team	1.337	.634	.140
	Male	1.309	.607		No	1.299	.621		Individual	1.270	.561	
10. If a person is not successful, it means s/he does not work hard enough.	Female	1.655	.749	.694	Yes	1.640	.736	.960	Team	1.655	.723	.705
	Male	1.633	.736		No	1.643	.746		Individual	1.634	.751	
11. Working hard makes you a better person.	Female	1.626	.694	.970	Yes	1.618	.720	.761	Team	1.666	.731	.238
	Male	1.624	.738		No	1.634	.723		Individual	1.601	.714	
12. I believe there is life after death.	Female	1.525	.783	.067	Yes	1.469	.732	.721	Team	1.566	.795	.003
	Male	1.421	.710		No	1.450	.750		Individual	1.398	.699	
13. Working is the most important aspect of life.	Female	1.808	.689	.898	Yes	1.799	.638	.564	Team	1.885	.671	.024
	Male	1.814	.659		No	1.827	.707		Individual	1.769	.666	
14. A person must work like a slave until s/he achieves satisfying results.	Female	1.880	.659	.259	Yes	1.791	.642	.85	Team	1.851	.611	.837
	Male	1.823	.648		No	1.809	.659		Individual	1.841	.676	

Nevertheless, most of the males agreed that "For life achievements, personal relationships and luck are more critical than work" ($p < 0.05$). In terms of being a national or non-national athlete, it was seen that most national athletes indicated that "Politics does not concern me" ($p < 0.05$), and

non-national athletes agreed that "One can get rich not by working hard but by using a cunning mind" ($p < 0.05$). According to the findings related to team or Individual sports status, it was determined that the athletes in individual sports expressed that "The shrouds have no

pockets, so try to live well in this world," "People should enjoy the moment as much as possible," "One should enjoy life as much as possible" and "It is an old tradition to preserve virginity for marriage" ($p < 0.05$).

Table 7. T-test and frequency results about the differences in Hedonistic Work Ethics by particular variables such as gender, national athlete status and engaging with a team or individual sports.

	Gender		Mean	sd	P	National athlete		P	Sports type		Mean	Sd	P
	Female (276)	Male (453)				Yes (398)	No (331)		Team (270)	Individual (259)			
15. If we had much free time, life would be more meaningful.	Female	1.724	.690	.337	Yes	1.726	.715	.198	Team	1.77	.694	.703	
	Male	1.777	.729		No	1.794	.713		Individual	1.74	.727		
16. The current trend towards limiting work hours should be supported.	Female	1.815	.812	.041	Yes	1.761	.809	.367	Team	1.66	.780	.074	
	Male	1.688	.805		No	1.706	.810		Individual	1.77	.824		
17. Life would be great without work.	Female	1.949	.624	.445	Yes	1.944	.655	.388	Team	1.90	.620	.475	
	Male	1.911	.655		No	1.903	.629		Individual	1.93	.657		
18. For life achievements, personal relationships and luck are more critical than work.	Female	1.764	.676	.024	Yes	1.824	.723	.460	Team	1.87	.697	.311	
	Male	1.889	.750		No	1.864	.727		Individual	1.82	.740		
19. It is good to "shake the pagoda tree."	Female	1.931	.681	.057	Yes	1.861	.694	.782	Team	1.85	.675	.787	
	Male	1.830	.700		No	1.876	.696		Individual	1.87	.706		
20. One must first think of herself/himself and then others.	Female	1.626	.730	.637	Yes	1.678	.749	.159	Team	1.60	.706	.313	
	Male	1.653	.741		No	1.601	.720		Individual	1.66	.753		
21. The shrouds have no pockets, so try to live well in this world.	Female	1.532	.958	.350	Yes	1.537	.893	.134	Team	1.37	.642	.001	
	Male	1.474	.708		No	1.447	.700		Individual	1.57	.889		
22. There is not an absolute right or wrong.	Female	1.797	.845	.413	Yes	1.856	.838	.346	Team	1.87	.864	.241	
	Male	1.849	.843		No	1.797	.851		Individual	1.80	.831		
23. Humor is essential in life.	Female	1.398	.703	.458	Yes	1.374	.701	.996	Team	1.33	.646	.256	
	Male	1.359	.669		No	1.374	.659		Individual	1.39	.702		
24. One should enjoy life as much as possible.	Female	1.333	.641	.114	Yes	1.309	.628	.304	Team	1.21	.520	.008	
	Male	1.260	.578		No	1.262	.572		Individual	1.33	.644		
25. One should enjoy the moment as much as s/he can.	Female	1.365	.671	.029	Yes	1.339	.656	.074	Team	1.23	.554	.030	
	Male	1.262	.583		No	1.256	.569		Individual	1.33	.652		

Table 7. Continues.

26. Idealism is an old-fashioned concept.	Female	1.960	.667	.500	Yes	2.005	.658	.326	Team	2.02	.694	.228
	Male	1.995	.700		No	1.954	.722		Individual	1.95	.683	
27. Politics does not concern me.	Female	1.706	.816	.850	Yes	1.756	.782	.029	Team	1.71	.753	.612
	Male	1.695	.743		No	1.631	.752		Individual	1.68	.782	
28. One should live as s/he wishes.	Female	1.438	.692	.390	Yes	1.407	.695	.894	Team	1.36	.669	.158
	Male	1.392	.691		No	1.413	.688		Individual	1.43	.703	
29. It is an old tradition to preserve virginity for marriage.	Female	1.945	.753	.348	Yes	1.944	.738	.200	Team	1.79	.727	.001
	Male	1.891	.749		No	1.873	.764		Individual	1.98	.756	
30. One should not miss the present for the sake of the future.	Female	1.673	.710	.991	Yes	1.663	.675	.665	Team	1.67	.678	.925
	Male	1.673	.690		No	1.685	.724		Individual	1.67	.709	
31. High pay is more important than a promising career.	Female	1.876	.654	.838	Yes	1.909	.685	.254	Team	1.90	.666	.536
	Male	1.887	.693		No	1.852	.669		Individual	1.87	.685	
32. One can get rich not by working hard but by using a cunning mind.	Female	1.840	.617	.087	Yes	1.738	.663	.037	Team	1.78	.636	.929
	Male	1.752	.701		No	1.842	.678		Individual	1.78	.692	
33. The past does not have much meaning for me.	Female	1.855	.609	.975	Yes	1.859	.614	.872	Team	1.81	.605	.162
	Male	1.856	.609		No	185	602		Individual	188	609	

DISCUSSION

The study results concerning elite student athletes' attitudes towards puritan and hedonist work ethics are presented in this section. According to the study findings, the elite student athletes approved nine out of 14 statements that support the Puritan Work Ethics (50% and above). However, they approved only six of the 20 statements that support the hedonist work ethics (at 50% and above). That means that the elite student athletes mostly had puritan values. A

similar study was carried out by Iyem (2011) with professional football players in the 1st League. According to that research, professional football players had "puritan" characteristics. In the capitalist working and living system framed by puritan ethics and principles, people are aware of the obligation to be disciplined, neat, obedient, and punctual. Those are the features of successful elite athletes (Kelly-Freysinger, 2000: 45-46). It has been emphasized that professional football players' performance is based on physical challenges, so they should take good care of and

train their bodies. It has been observed that professional football players internalize football and place it at the center of their lives. They also perceive it as a way of worship and think that suffer brings success in life. Based on those features and findings, it can be implied that professional football players possess Weber's puritan personality.

On the other hand, when the relationship between work ethics and education were analyzed, "punctuality" and "discipline" notions were specifically underlined in compulsory

education (Bozkurt, 2006). It is observed that there were similar work ethics in both concepts and principles related to puritanism and the elite sports scale, and it was also reflected in the results of the current study. For instance, concepts such as working, savings, asceticism, and suppressing pleasure are divine notions in puritanism, and they share similarities with training, perseverance, and discipline in sports. Thus, it is a significant fact that the participant elite athletes glorified the puritan work ethics through such expressions: "Nothing makes people happier than working" (73.0%), "I am an athlete who trains regularly" (89.7%), "If you work hard, you will be successful" (77.5%). Similarly, when the expressions that glorify the hedonist work ethics were checked (Table 4), the elite athletes mostly disagreed with certain statements: "Life would be great without work," "It is good to shake the pagoda tree," "High pay is more important than a promising career," and "One can get rich not by working hard but by using a cunning mind." Therefore, it can be considered that they embraced puritan work ethics. The findings also demonstrate that fair play is vital for elite athletes in achieving success. The meaning of "It is good to shake pagoda tree" is similar to winning through doping and rigging.

Nevertheless, the results of that expression revealed that most of the participant elite athletes disapproved of it. Besides, physical education and sports' rehabilitative function for a healthy life is also a supportive perspective to puritan work ethics. According to Davis (1972), physical education and sports are remarkable in puritanism. For example, it can be suggested that any activity will contribute to the self-renewal and the return to work more happily and excitingly (Fidan, 2017). Thus, people should rest to work well and be productive. Sport is an essential tool in promoting puritan work ethics.

When elite athletes' opinions about the work ethics of the society were checked (Table 5), it was understood that the majority of elite athletes thought that young people did not take responsibility and show commitment and sincerity. They were also selfish and could do anything for success. Those expressions reflect the general characteristics of the hedonist culture. Hence, it can be stressed that today young people mostly adopt hedonist work ethics rather than puritanism. Considering the puritan values of elite sports, that findings can be considered as a negative result for the future of elite sports since young people may be reluctant to engage in elite sports. It may also negatively influence international sports achievement in the future.

The puritan and hedonist work ethics were also examined in terms of demographic differences, and there was no statistically significant difference in participants' responses about puritan work ethics by gender. However, differences were found in some expressions about hedonist work ethics. Among the Hedonist Work Ethic attitudes, most of the female athletes agreed those statements: "The current trend towards limiting work

hours should be supported," "For life achievements, personal relationships and luck are more critical than work," and "People should enjoy the moment as much as possible." In a cross-cultural study by Bozkurt et al. (2008), Protestant Work Ethics were evaluated among the Australian, Turkish, and Kyrgyzstani college students (PWA), and the researchers reached similar results. The research findings indicated that females were generally prone to hedonistic behaviors. When we comment on the results considering the capitalist society today, capitalism has created hedonist individuals who consume and enjoy leisure instead of working (Urry, 2015). Today people try to relieve the distress through a monetary exchange (Aytaç, 2004). The system, which previously made individuals a part of the production, now urges them to consume leisure (Özcan, 2013). In this consumption culture in which hedonistic and ostentatious meanings are attributed to material products or services, people buy aestheticized products and services to a specific group or culture. When the literature on gender and consumption differences is reviewed, it is suggested that women generally spend more time shopping than men (Karahan and Adak, 2019; Fischer and Arnold, 1994). In a study by Yolcu et al. (2014), it was found that 55% of the women preferred shopping centers in leisure. Thus, it can be said that women are mostly under the influence of consumption culture created by the hedonist work ethics since they want more free time than males and their tendency to enjoy the moment.

According to the analysis of the participants' puritan attitudes by national athlete status, national athletes frequently agreed on those statements: "Even if I hit the jackpot, I would work hard." Hence, it can be inferred that national athletes' motivation does not depend on financial factors. Competition is an essential element of sports. Unfortunately, there is little information about the motives of successful athletes and triggers of competition (Aktaş et al., 2006; Aydın et al., 2020). However, elite athletes' primary goals include participation in national teams, achievements in international competitions, and satisfaction by having their national anthems played in the international arena. National athletes who want to achieve this goal must be disciplined and endure tough training. Hence, it is expected that the elite national athletes adopt puritan work ethics. The findings of the current study also proved that. It is also observed that elite national athletes approved the statement of "Politics does not concern me." It can be explained by the fact that national athletes engage in more intense training than non-national athletes. They usually focus on international achievements and cannot spare time for social events. As emphasized in discussions of hedonist culture, less interest in politics is critical, so the fact that national athletes express less interest in politics is a meaningful sign that reinforces puritan attitudes.

When the team and individual sports status were examined regarding puritan attitudes, team athletes

generally approved those expressions: "We can assess the value of a person by how well s/he is at his job," "I believe there is life after death" and "Working is the most important aspect of life." It shows that team athletes had more puritan ethics than individual athletes, while individual athletes adopted more hedonistic work ethics than team athletes. Most individual athletes approved such expressions: "The shrouds have no pocket, so look to live well in this world," "One should enjoy life as much as possible," "One should enjoy the moment as much as possible" and "It is an old tradition to preserve virginity for marriage." Those responses overlap with the findings that indicate that team athletes have puritan values. Today, the increasing emphasis on individualization, concepts such as society and community have changed (Touraine, 2002 cited in Özcan, 2011). Thus, individuality and selfishness inherent to hedonism can be associated with the type of sports (e.g., individual or team sports).

In this sense, there is little research in the literature. A study with university students by Bozkurt (2000) found that although the participant students did not completely approve puritan values, they integrated the post-modern age's hedonist culture with puritan characteristics. In another study with Physical Education and Sports students by Şahin (2012), it is revealed that they generally did not have a dominant hedonist or puritan tendency. However, it was stressed that hedonistic attitudes were common among Physical Education and Sports Vocational School students in Turkey, a deep-rooted traditional culture. According to Bayhan (2011), social and cultural changes predominantly influence the young. The young grow up with the puritan ethics of parents and the school system, and are exposed to hedonist ethics by especially the media, postmodernity, and consumer society, so the researcher claims that the youth have a multi-identity and internalize both puritan and hedonist ethics today. Yaraman (2003) also states that young people are under the influence of puritan and hedonist ethics, their attitudes towards working have changed, and leisure time has as much importance as working.

According to the observations about the attitudes towards puritan or hedonist work ethics in different groups, it is problematic to mention a specific preference, which may stem from the differences in groups. However, the current study sample consisted of elite student athletes, so it can be suggested that the participant athletes might have reflected puritan values on their responses. Thus, it can be suggested that elite athletes generally adopt more puritan work ethics than hedonism; female athletes display more hedonistic behaviors than males; national athletes are of puritan attitudes, and team athletes demonstrate more hedonistic attitudes than individual athletes.

Elite athletes generally have tough training; they continually think about exercising -even in their spare time- and suppressing worldly pleasures and desires. Competitions and work-out have central importance in

life. A puritan structure comprises the essence of elite sports. Contrary to the mainstream approaches that emphasize the flexible working conditions and underestimate Weber's "hard-working" puritan person, elite athletes resemble Weber's puritan personality type. Hence, the participant elite athletes' tendency to puritan work ethics rather than hedonism can be considered a positive result for performance and achievement. However, because the sport is an essential field of education (Fidan, 2017), Ishii et al. (2016) highlighted students' high academic performances who had ascetic and hedonist attitudes. Those students were also observed to regulate behaviors and postpone desires to achieve future goals. Also, it was emphasized that hedonist students demonstrated the opposite behaviors.

Consequently, it is vital to consider the effects of popular culture and hedonist tendencies, especially on young people today. Besides, the planning of educational procedures should be completed, considering the puritan values inherent in elite sports. Therefore, a value system based on ethics and justice is necessary to balance elite athletes' hedonistic tendencies, which is possible with the integration of specific values into education programs. It is possible to say that hedonist tendencies shape human behavior more than ascetic values, so institutions and individuals that train elite athletes have important duties. The values such as responsibility, respect, empathy, and justice should be given to elite athletes. It is suggested that the studies can be efficient if carried out, accepting the power of hedonistic tendencies, and considering individual differences. Besides, comprehensive research with different samples, sectors, and sports dynamics within work ethics contributes to the literature.

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