

The investigation of the relationship between handball players' levels of leisure boredom and happiness[#]

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ABSTRACT

The purpose of this research is to examine relationship between handball players' levels of leisure boredom and happiness according to some demographic variables. 193 (114 male and 79 female) student players composed of participated in the 2nd league interuniversity handball competitions. In the research, "Personal Information Form" prepared by researchers, developed by Iso-Ahola and Weissinger (1990) and Turkish adaptation was made by Kara et al. (2014) "Leisure Boredom Scale: LBS" and developed by Hills and Argyle (2002) and Turkish adaptation was made by Dogan and Akinci-Cotok (2011) "The Oxford Happiness Questionnaire short form" were used. Descriptive statistics, t-Test, and Pearson Correlation tests were used to analyze the data. In the findings of the research; there was a significant difference in the t-test results according to the "gender" variable in the LBS satisfaction and boredom sub-dimensions ($p < 0.05$) and this difference is in favor of male participant group in the satisfaction sub-dimension, female participant group in the boredom sub-dimension. On the other hand, there was no significant relationship according to "age and handball playing year" variables in the correlation test results ($p > 0.05$). In another finding, there was a significant positive and low level relationship between the "income" variable with the OHQ scores and in the LBS "satisfaction" sub-dimension ($p < 0.05$). Moreover, there was a significant positive and low level relationship between the "weekly free time" variable with in the LBS "boredom" sub-dimension ($p < 0.05$). Finally, there was no significant relationship between the participants' mean scores of LBS and OHQ ($p > 0.05$). As a result, although there was no significant relationship between the leisure boredom and happiness levels of the participants, some demographic variables were found to be related to the participants' leisure boredom and happiness levels.

Keywords: Handball players, leisure boredom, happiness.

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INTRODUCTION

As in all sports branches, technical, tactical, mental or all physical training is of great importance in the handball branch. But instead of thinking whether the athletes will apply all of these methods, how and when? The question has come to the fore to apply. Based on this, the efficient and effective use of time, like every individual, of handball athletes comes to the fore. Therefore, the importance of time management and how it is evaluated is valuable for both performance and career of athletes.

The concept of time has been of great importance since the existence of humanity. The importance of time understanding is undeniably important in human development. The concept of time has developed in this

way in terms of societies as well as individuals. It is seen that the communities that organize their business life, social relationships and life, leisure time habits within the scope of this understanding are more developed than others (Karakucuk, 2005). The fact that every individual has time does not mean that free time is comfortable; therefore, the factor as important as time is how free time is evaluated.

The concept of free time is a concept defined by researchers in many different ways in the literature. We can define free time as the time when individuals get rid of all their connections, both for themselves and for others, deal with the activities they choose at their own

will, and behave completely free.

The concept of boredom perception in free time, which we can associate with free time, is expressed as not having alternatives in free time, as opposed to people having pleasant, meaningful and qualified time (Iso-Ahola and Wessinger, 1987). Individuals can participate in activities that create higher satisfaction with different activities that will create awareness while evaluating their free time, but they can also minimize boredom (Weisheng et al., 2014).

The effort to find people's well-being, their happiness, their pleasure and the reasons for their life satisfaction is a research subject that attracts attention from the past and today. When the studies on this subject were examined, some individuals thought that they could achieve happiness with materialism, some people with spirituality and others with both materiality and spirituality. We can say that happiness is a concept that contains many words and contains complexity and emotionality and is influenced by the events that the person has experienced, and today it is one of the most important topics researched in the world (Gokdemir-Dumludag, 2011).

The concept of happiness means to fulfill all the wishes of the people in Turkish (Gulcan and Bal, 2014). Also, happiness means well-being, joyous and satisfied with the situation. The best indicator of happiness is smiling (Akpınar, 2004). Individuals participating in free time activities are happy if they are satisfied with the activity. Because free time activities have a number of features that give a sense of freedom, provide pleasure and joy, and show the happiness of individuals.

Free time is an important phenomenon at every stage of individuals' lives. Individuals can leave their daily busy work schedule in their free time and request to participate in recreational activities for different purposes. This situation can also be associated with the happiness levels of the individuals participating in the activity. This is because the concept of free time overlaps with the characteristics of recreational activities. One of the reasons for individuals to participate in recreational activities is that recreational activities are a joyful and joyful activity. In the light of all these literature information, the purpose of this research is to examine relationship between handball players' levels of leisure boredom and happiness according to some demographic variables.

METHODOLOGY

In the research model, "Descriptive (Figurative) and Relational Search Model" was used in accordance with the research purposes. 193 (114 male and 79 female) student players composed of participated in the 2nd league interuniversity handball competitions.

Necessary permissions were obtained to implement the

data collection tool. Personal Information Form, Leisure Boredom Scale and The Oxford Happiness Questionnaire were filled with face to face interview method by athletes participating in the 2nd League handball competitions, accompanied by the researchers. The data were transferred to computer for evaluation in SPSS 22.0 package program.

Personal information form consists of demographic questions such as gender, age, monthly income, weekly free time and handball playing year.

Leisure boredom scale

The scale was developed by Iso-Ahola ve Weissinger (1990) and Turkish adaptation was made by Kara et al. (2014). Leisure Boredom Scale consists of 10 items and 2 sub-dimensions (boredom and satisfaction). According to the analysis results obtained within the scope of our study, the scale's internal consistency coefficient is 0.71 for the boredom sub-dimension, 0.70 for the satisfaction sub-dimension and 0.75 LBS.

Oxford happiness questionnaire short form

It was developed by Hills and Argyle (2002) to measure the happiness levels of individuals. Turkish adaptation was made by Dogan and Akinci-Cotok (2011). Oxford Happiness Questionnaire Short Form consists of 7 items. According to the analysis results obtained in our study, the OHQ internal consistency coefficient is 0.80.

Statistical analysis

SPSS 23.0 package program was used in the analysis of the data. The data exhibited a normal distribution. According to the demographic characteristics of the participants; descriptive statistics, t-Test, and Pearson Correlation tests were used. Confidence interval was taken into account as the significance value ($p < 0.05$).

FINDINGS

59.1% of the participants are men and 40.9% are women according to Table 1. The average age of the participants is 20.22, and the average monthly income is 1.974 TL. Their free time per week is 2.77 hours. Handball playing is an average of 4 years.

According to Table 2, it is seen that there is a significant difference between participants' gender variable and LBS satisfaction and boredom sub-dimensions ($p < 0.05$). This significant difference is in favor of female participants in the satisfaction sub-dimension and male participants in the boredom sub-

Table 1. Frequency and percentage of the participants regarding their demographic features.

Parameter	Categories	f	%
Gender	Male	114	59.1
	Female	79	40.9
		X	S
Age		20.22	1.08
Montly income		1974.09	1298.16
Weekly free time		2.77	1.27
Handball playing year		4.03	2.68

Table 2. Participants' t-test results for LBS and OHQ by gender variable.

Parameter	Gender	N	\bar{X}	S	sd	t	p
Satisfaction	Male	114	3.1715	.90827	191	3.636	.000*
	Female	79	3.4380	.65546			
Boredom	Male	114	3.1468	.92135	191	-3.326	.001*
	Female	79	2.7474	.64666			
LBS	Male	114	3.0692	.70481	191	-318	.751
	Female	79	3.0985	.49690			
OHQ	Male	114	3.6038	.81330	191	.154	.878
	Female	79	3.5865	.69689			

dimension.

According to Table 3, as a result of the correlation test of the "age" variable of the participants, no statistically significant relationship was found between LBS total points and sub-dimensions and OHQ ($p > 0.05$).

According to Table 4, as a result of the correlation test of the "monthly income" variable of the participants, there was a low level positive correlation between LBS satisfaction sub-dimension and the mean score of OHQ ($p < 0.05$).

According to Table 5, as a result of the correlation test

of the participants' "weekly free time" variable, a low level positive correlation was found between the mean scores of LBS and boredom sub-dimension ($p < 0.05$).

According to Table 6, as a result of the correlation test of the "handball playing year" variable of the participants, no statistically significant relationship was found between LBS total points and sub-dimensions and OHQ ($p > 0.05$).

According to Table 7, a significant correlation was not found as a result of the correlation test between the participants' LBS and OHQ ($p > 0.05$).

Table 3. Participants' correlation test results for LBS and OHQ by age variable.

	Satisfaction	Boredom	OHQ	LBS
Age	.078	.043	-.037	.078

Table 4. Participants' correlation test results for LBS and OHQ by montly income variable.

	Satisfaction	Boredom	OHQ	LBS
Montly income	.210*	-.006	.179*	.120

Table 5. Participants' correlation test results for LBS and OHQ by weekly free time variable.

	Satisfaction	Boredom	OHQ	LBS
Weekly free time	.052	.182*	.027	.167*

Table 6. Participants' correlation test results for LBS and OHQ by handball playing year variable.

	Satisfaction	Boredom	OHQ	LBS
Handball playing year	.002	-.093	-.096	-.069

Table 7. Correlation test results regarding the relationship between participants LBS and OHQ.

	Satisfaction	Boredom	LBS
OHQ	.015	.024	.009

DISCUSSION AND CONCLUSION

59.1% of the participants are men and 40.9% are women according to Table 1. The average age of the participants is 20.22, and the average monthly income is 1.974 TL. Their free time per week is 2.77 hours. Handball playing year is an average of 4 years.

It is seen that there is a significant difference between participants' gender variable and LBS satisfaction and boredom sub-dimensions ($p < 0.05$). This significant difference is in favor of female participants in the satisfaction sub-dimension and male participants in the boredom sub-dimension. Dogan et al. (2019) found a significant difference in favor of the female participants in terms of gender variable and LBS boredom sub-dimension in their studies on academics. Similarly, Yasarturk (2016) found a significant difference between the perception of leisure boredom and the gender variable in his study of elite level athletes studying at the university. Yasarturk (2016) found that the satisfaction sub-dimension was in favor of female athletes, and the boredom sub-dimension was in favor of male athletes. On the other hand, Yasarturk et al. (2017) did not find any significant difference according to gender variable in their study on university students but average scores satisfaction sub-dimension is in favor of women, boredom sub-dimension is in favor of men. Dogan et al. (2019) reached a conclusion in favor of women in the sub-dimensions of satisfaction and boredom in a study conducted on academics. In the study conducted by Kara and Ozdedeoglu (2017), it was determined that the participants' perception of boredom was high. In the study conducted by Kara et al. (2018) with candidates for physical education teachers, no significant difference was found in the boredom and satisfaction sub-dimensions. Similarly, Kara et al. (2018) Aydin et al. (2019) did not find any significant difference according to gender. Studies in the literature are in line with our research, and we can say that women enjoy more fun in recreational activities, while men create a level of boredom after a similar activity and do not continue. While most of the studies in the literature do not find a significant difference according to the gender variable, some have reached the conclusion that there are differences. As a result of this

study, we can say that both women and men perceive different levels of satisfaction from leisure activities as a result of handball players being involved in sports, and that their boredom levels differ from these activities after a while. In addition, no significant difference was found as a result of the t-Test between gender variable and OHQ. Similarly, Ozgun et al. (2017) did not find a significant difference according to gender variable in the study in which handball players investigated the level of happiness and sport-specific success. In addition, Aydin (2018) concluded that the gender variable does not make a significant difference on happiness in his research on young adults. Therefore, we can say that the studies in the literature show parallelism with our study and the gender variable does not affect happiness.

In the correlation test results no significant relationship was found according to the "age" variable ($p > 0.05$). Similarly, we can say that in the study conducted by Kara et al. (2018) with candidates for physical education teachers, there were parallel results with our study while determining a significant relationship. In his PhD thesis study, Akyuz (2018) found a low level positive relationship between age variable and happiness. Although no significant relation was found between age variable and happiness in our study's finding, a significant relationship was found between age and happiness in most of the studies in the literature (Cicognani et al., 2008; Eryilmaz and Ercan, 2011; Ryff, 1989). In the scope of the research, we can say that the participants did not have a positive or negative effect between their age status and happiness concepts. The studies in the literature are in line with our research and we can say that there is no significant difference between the perception of boredom and happiness level in handball players' free time activities.

As a result of the correlation test of the "monthly income" variable of the participants, there was a low level positive correlation between LBS satisfaction sub-dimension and the mean score of OHQ ($p < 0.05$). In a study by Yasarturk et al. (2017), a similar difference was found in the satisfaction sub-dimension. Wegner (2011) found a significant difference in satisfaction sub-dimension according to income level in free time activities and this finding supports our research finding. However,

Kara et al. (2018) concluded that the economic situation does not make a significant difference in terms of satisfaction and boredom in free time activities. We have mentioned that there is a positive relationship between income variable and happiness level. In line with this finding, we can say that the increase in income has a positive effect on both satisfaction and happiness. Senturk (2011) found in his master's thesis that happiness increases as income increases. In another study, Atay (2012) found that high income level positively affects happiness. These results are in line with our study and we can say that the high level of income in handball players' participation in free time activities increases the level of happiness and satisfaction before and after these activities.

As a result of the correlation test of the participants' "weekly free time" variable, a low level positive correlation was found between the mean scores of LBS and boredom sub-dimension ($p < 0.05$). In another similar finding, there was no significant difference in terms of the handball playing year variable. Therefore, we can say that this variable does not directly affect satisfaction, boredom perception and happiness level in free time activities.

Finally, a significant correlation was not found as a result of the correlation test between the participants' LBS and OHQ ($p > 0.05$). This indicates that the feeling of satisfaction or boredom in free time does not affect the level of happiness.

As a result, although there was no significant relationship between the leisure boredom and happiness levels of the participants, some demographic variables were found to be related to the participants' leisure boredom and happiness levels.

RECOMMENDATIONS

The scales used in this study can be applied in different sport sample groups.

Studies affecting handball players' happiness, boredom perception, level of involvement and sports performance can be done.

With different demographic variables, the subject can be examined and different comparisons can be made.

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