

THE USE OF RECREATION AREAS FOR PHYSICAL ACTIVITY PURPOSE AND HEALTH PERCEPTION

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Abstract

Aim. To determine the use of recreation areas for physical activity and its relationship with health perception.

Methods. The universe of this research, which is analytical-cross-sectional, was composed of midwifery department of Aydın Adnan Menderes University Faculty of Health Sciences in created 175 students studying in classroom. After informing the researcher, 120 students who agreed to participate in the study and completed the data collection form and health perception scale were included in the study. "Data Collection Form" and "Health Perception Scale prepared by the researcher were used to collect the research data.

Results. The frequency of students' use of recreation areas for physical activity was 67.5% "occasionally", 14.2% "once a week", %6.0 "2-3 times a week", %4 "4 times a week or more". The score that can be obtained from the health perception scale is minimum 15, maximum 75 and median 45. The lowest score of the students participating in the study from the health perception scale was 15 and the highest score was 60, with a median of 38. There is no significant relationship between the use of sports equipment in parks to improve the quality of life and the mean total score of the health perception scale ($p=0.563$). There was no significant difference between the use of recreation areas of the students for physical activity and the total mean score of health perception scale ($p=0.335$).

Conclusions. Students do not use recreation areas for physical activity and their health perceptions are low. These two results support each other. In this study, it was concluded that there is no significant relationship between the use of recreation areas for physical activity and health perception. It will be beneficial to strengthen the health perceptions of the students who will work in the field of health and to encourage them to use the recreation areas for physical activity.

Key words: Recreation, physical activity, health perception, midwifery.

Introduction

The advances brought by the developed and continuing technology in our country to the business life and living conditions enable individuals to remain more still and prepare the ground for increased health questions.(Armutcu, 2018).According to the "Global Recommendations on Physical Activity for Health" report published by the World Health Organization (WHO) in 2010, it is stated that approximately 23% of adults aged 18 and over are not active enough.(WHO, 2010).Conducted by the Ministry of Health in 2011. "Chronic Disease Risk Factor Survey" 87% of women in Turkey in accordance with the, it was determined that 77% of men do sufficient physical activity. These rates show that inactive or sedentary life is more in the world and in our country (Turkey).

Health perception; It can be defined as a combination of the individual's personal feelings, thoughts, prejudices and expectations regarding his own health (Çapık, 2006; Özdelikaraet al, 2018).

Recreation is related to the activities that the person participates in, other than what the person has to do, is called a wide variety of activities that he / she freely carries out in many fields and with the will of the person (Karaküçük, 2008).The importance of participating in regular free physical activities for meeting people's daily needs, living a healthy life and even successful aging is expressed in many studies (Gürbüz, 2017; Mutluet al, 2011; Rhodes ve Dean, 2009; Sarolet al, 2016; Schaller et al, 2016; Elçiet al, 2019).It is thought that the people use the park and recreation areas in the free time they allocate for them is related to their perception of health. Therefore, it is aimed to investigate the use of recreation areas for physical activity and their relationship with health perception.

Methods

Type of the Study

This research was carried out in analytical-cross-sectional type.

Sample of the Study

The universe of the research is Aydın Adnan Menderes University Faculty of Health Sciences Midwifery Department 3.-4. created 175

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students studying in the classroom. After being informed by the researcher, 120 students who agreed to participate in the study and filled the data total form and health perception scale were included in the research.

Collection of Data

In the study, the data were collected by using the Data Collection Form prepared by the researcher and the "Health Perception Scale", whose validity and reliability were obtained by Kadioğlu et al. In the application of data collection tools, it was carried out by researchers at a time when students were grouped in their classrooms. In the collection of the data, necessary explanations about the research and scale were made and it took approximately 20-30 minutes to fill out a data form.

Data Collection Tools

Health Perception Scale (HPS): The health perception scale used to evaluate health perception is a five-point Likert-type scale consisting of 15 items and four sub-dimensions. The scale has four sub-dimensions (control center, self-awareness, certainty, the importance of health).

They are expressed as Items 1, 5, 9, 10, 11 and 14 have positive attitude, items 2, 3, 4, 6, 7, 8, 12, 13 and 15 are negative.. The response time of the scale is 5-7 minutes.

Results

The mean age of students was 21.62 ± 0.93 , 98.3% of them are in the 20-23 age group (min-max range=20-24) and the mean of body mass index was $21.41 \pm 3.51 \text{ kg/m}^2$ (min-max range=16,2-31.64),

Respondents answered each item; It answers by choosing one of the options "I disagree (1)", "Disagree (2)", "I am indecisive (3)", "I agree (4)", "I strongly agree (5)".

The negative statements in the scale are reversed (I disagree at all: 5, I disagree: 4, I am indecisive: 3, I agree: 2, I strongly agree: 1).

A minimum of 15 points and a maximum of 75 points can be obtained from the scale.

Data Analysis

In the evaluation of the data obtained from the data collection tools in computer environment; Descriptive statistical methods such as number (n), percentage (%), mean and standard deviation (ss), interpretative statistical methods such as Kolmogorow-Smirnov test and Mann-Whitney U and Chi-square tests were used because the distribution was not normal. and statistical significance level of the data was accepted as $p < 0.05$.

Limitation of the Research

The study is limited only to 3rd and 4th grade students of Midwifery Department in Faculty of Health Sciences, Aydın Adnan Menderes University.

74.2% were normal weight (18.5-24.9), 79.2% did not smoke (n=95), 88.3% did not have chronic disease (n=106), 73.3% accepted body appearance (n=88) and 60.8% evaluated body appearance as normal (n=73). While 55.8% (n=67) of the students stay at home, 39.2% (n=47) stay at the dormitory.

Table 1. Students' Socio-Demographic Features

Socio-demographic Features	n	%
Body Mass Index (kg/m²)		
Weak (<18,5)	17	14,2
Normal (18,5-24,9)	89	74,2
Overweight (25-29,9)	12	10,0
Obese (29,9>)	2	1,7
	$21,41 \pm 3,51$ (Min=16,2-Max=31,64)	
Accepting the Body Appearance		
No	8	6,7
Yes	88	73,3
Partly	24	20,0
Assessing Bodily Appearance		
Weak	20	16,7
Normal	73	60,8
Overweight	26	21,7
Obese	1	0,8
Chronic Disease		
No	106	88,3
Yes	14	11,7
Smoking		
No	95	79,2
Yes	25	20,8
Where does she stay		
Home	67	55,8

Dormitory	47	39,2
Apart	6	5,0

While 85% (n=102) of the students think that sports equipment in parks can be used for exercise, 45% (n=54) use the parks for physical activity and when evaluated in terms of frequency

of use, 67.5% (n=81) in the queue”, 14.2% (n=17) use “once a week”, 6% (n=6) “2-3 times a week”, 4% (n=4) “4 and above a week” responds in the form.

Table 2. Characteristics of Students' Use of Parks for Physical Activity and Health Perception Scale Average Point

Use of Parks for Physical Activity Purposes	n	%
Should sports equipment in parks be used for exercise?		
No	6	5,0
Yes	102	85,0
No idea	1	10,0
The use of parks for physical activity		
No	66	55,0
Yes	54	45,0
Frequency of use of sports equipment in parks for physical activity		
Sometimes	81	67,5
Once a week	17	14,2
2-3 times in a week	6	5,0
4 or more in a week	4	3,3
Health perception scale average score	40,35±7,03 (min=15, max=60)	

When we look at the purpose of using sports equipment in the parks of the students, 53.3% (n=64) being healthy, 50.8% (n=61) losing

weight, 41.7% (n=50) strengthening their muscles, 44.2 (n=53) use it to improve the quality of life and 45.0% to have a better appearance.

Table 3. Purposes of Use of Sports Equipment in Parks

Purposes of use of sports equipment	Mean	SS	χ^2
Being healthy	1,46	0,50	0,717
Lose weight	1,49	0,50	0,881
Strengthening my muscles	1,58	0,49	0,873
Improving the quality of life	1,55	0,49	0,563
Having a better appearance	1,55	0,49	0,448

The distribution of the students participating in the study for the purpose of use of sports equipment in the parks are given in the table. As can be seen from the table, according to the students' intended use; It uses sports equipment for the purpose of being healthy, losing weight, strengthening its muscles, improving the quality of life and having a better appearance.

55% of students state that they do not agree with the statement "I think about my health very much".38.3% of the students respond to the statement "Whatever I do, what happens if I am healthy or ill" will not agree. I agree with the statement “If I am healthy, this is a favor of God”, the rate of those who answered 37.5%, I agree with the statement “If I exercise and eat right I stay healthy”, the rate of those who answered 61.7%, I agree with the statement "I am often confused about what I have to do to stay healthy" 37.5%andI agree

with the statement “I want to be healthier, but I cannot do what I need to do for this yet” and the rate of those who answer is 45%.In addition, 46.6% of students state that they are ready to spend money on healthy things, while 80% state that being healthy depends on them.73.4% of the students state that health is the most important thought in their lives. At the same time, 31.7% of the students answer that I do not agree with the statement “Being healthy is a chance”.Again, 50.8% of the students state that they do not agree with the statement "Whatever I do, I cannot change my health".The rate of those who answered the statement "I can be as healthy as I want" is 41.7%.24.2% of the respondents said, "I cannot understand everything I read about healthy nutrition".Students' perception of health scale mean score was determined as 40.35±7.03 (min-max range=15-60).

There is no significant relationship between the students who use the sports equipment in the parks for healthy purposes, losing weight, strengthening their muscles, improving the quality of life and having a better appearance compared to the Pearson Chi-Square test ($p > 0.05$). There is a significant relationship between the use of sports equipment in the parks and recreation areas for

Discussion

Students' perception of health scores is found to be 40.35 ± 7.03 . Considering that the highest 75 and the lowest 15 points can be obtained from the scale, it can be said that the students' average perception of health perception is medium. In the study of Özdelikara et al. (2018), the health perception score average of nursing students was 50.57 ± 4.60 , Karaoğlu et al. (2016), the average perception of health perception of medical students is 50.17 ± 5.66 . In another study conducted with nursing students, 74.2% of the students stated that they perceived their health status as good (Açıksöz et al., 2013). Eser et al. (2012) reported that the average perception of health perception scale was 51.63 ± 6.59 in their studies with the students of the Faculty of Pharmacy, and 77.6% of the students perceived their health status as good in their studies with 1001 university students of Tuğut and Bekar (2001). The way of perceiving health is based on the self-assessment of the individual and reflects the multidimensionality of health (Tuğut and Bekar, 2008).

It was observed that students did not use recreation areas for physical activity and their health perception was low. In this study, which was supported by these two results, it was concluded that there was no significant relationship between the use of recreation areas for physical activity and perception of health. It will be beneficial for students who will work in the field of health to strengthen their perception of health and encourage them to use recreation areas for physical activity.

In the study of Özkatar et al. (2018), it is stated that physical activity has an impact on individuals' life satisfaction as well as quality of life. There are also studies showing that the quality of life of adults engaged in physical activity is high (Güllüveçiftçi, 2016). With these activities, other indicators of quality of life are also affected and physical health and psycho-social effects are the leading ones.

The area of impact of recreational physical activities, which provide opportunities for the protection and strengthening of physical health of every age group of women and men, is quite inclusive. These activities are supported by many national and international health organizations to raise social awareness. Emphasis should also be placed on the regular and balanced diet (regular eating) habits that complement the health aspect of

exercise and students' consultancy and training regarding the use of these sports equipment according to the Pearson Chi-Square test ($p = 0.004$). There was no difference between students' use of park and recreation areas for physical activity and the health perception scale score total compared to Mann-Whitney U test ($p = 0.333$).

physical activity. As a matter of fact, the fight against obesity, which is defined as one of the diseases of the age, is at the top of the health policies of the countries. These and similar health problems have high effects on psycho-social life.

Besides physical strength, it can affect the individual in different ways such as self-confidence and respect, social environment, ways of dealing with stress, and social identity. When evaluated within the scope of physical activity in recreation areas, it is seen that the active lifestyle increases the quality of life based on physical and health. For these reasons, it is important to support activities in recreational areas and physical activity and actively. With the collaboration and orientation of the institutions related to health and sports, opportunities should be provided to raise the awareness of individuals of all ages and actively participate in recreational physical activities and, at a certain point, the continuity of the activities performed and / or to be performed. It is also recommended to carry out studies on the permanence and sustainability of the activities related to increasing the perception of health.

As a result of individuals who spend their free time actively by participating actively in recreational physical activities, especially with the activities that support cognitive and social development, it brings together the results such as a healthy life, protection and development of physical and mental health, supporting the treatment of various chronic diseases and socialization.

Conclusion

The midwifery students do not use recreation areas for physical activity and their health perception is low.

The use of recreation areas for physical activity and health perception of midwifery students were not related with each other.

It will be beneficial for students who will work in healthcare service to strengthen their perception of health and encourage them to use recreation areas for physical activity.

As midwives and healthcare professionals of the future, midwifery students may give more attention to do physical activity and participate in recreation activities.

This also may contribute effectively to their advices and guidance related to maintaining and developing health of individuals in their profession.

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