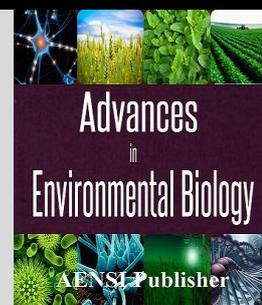




AENSI Journals

Advances in Environmental Biology

ISSN-1995-0756 EISSN-1998-1066

Journal home page: <http://www.aensiweb.com/AEB/>

The Comparison of Amateur and Professional Male Athlete Leisure Times and Non-Athletes

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ARTICLE INFO

Article history:

Received 21 November 2014

Received in revised form 4 December 2014

Accepted 3 January 2015

Available online 16 January 2015

Keywords:

Leisure times, professional athlete, amateur athlete, non-athlete

ABSTRACT

The main aim of the study was to evaluate the comparison of amateur and professional male athlete leisure times and non-athletes of Ardabil City. The used method of the study was comparative-causative; the statistical community of the study is consisted of three athlete groups of amateurs and professional as well as non-athletes. The number of professional athletes was 50 people and about 74 ones were subjected to amateurs; also, non-athletes were taken up among 15-30 year-old people. Among each group 50 people were selected as sample group of the study. The applied method was a regulated accidental method for sampling the study. Shareki standard questionnaire including 5 questions and a reliable questionnaire composing of demographic data along with 9 questions about leisure time and 11 questionnaire about how-to-spend leisure times as well as 7 questions about leisure times and 4 questions about satisfaction level was used for collecting data in this regard. The validity of the related questionnaire was confirmed by the related professors; and cronbach alpha reliability coefficient including the following items: the questions about degree of leisure times 0.78, how-to-spend leisure times 0.73, and satisfaction level was 0.81. SPSS Software was used for data analysis and to evaluate the hypotheses the k-square and single variance analysis were applied efficiently. The findings represent the fact that there is a significant difference between professional and amateur athletes and non-athletes of Ardabil City. ($p=0.001$). And the degree of non-athlete leisure times is higher than professional and amateur athletes. ($p=0.001$). There is a significant difference between professional and amateur spending leisure times and non-athletes. ($p=0.001$). Sport is the most common leisure time for athletes among professional and amateur athletes. ($p=0.001$). There is a significant difference between satisfaction level of professional and amateur people with non-athletes in Ardabil City and the degree of satisfaction of amateur athletes is higher than professional and non-athletes. The distribution and publication of public sport and given sport cultural affairs can be a great foundation in the field of sport issues for the whole officials to make their best tries for non-athlete people filling their leisure times after hard working practices and workouts in this regard.

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To Cite This Article: Murat Kaldirimci, Heidar Sajedi, Orcan Mizrak, Tugrulhan Sam, Haluk Sivrikaya., The Comparison of Amateur and Professional Male Athlete Leisure Times and Non-Athletes. *Adv. Environ. Biol.*, 9(2), 1155-1159, 2015

INTRODUCTION

Leisure time is subjected to the time where the humanity has made it as well. It actually refers to the spend of time for only relaxing body and releasing any tiredness to make our five sensations potentially powerful as a rehabilitation period and removing any exhaustive limbs our body particularly our mental affairs after a long time working; and this can be a great excuse for discovering other essential dimensions of the humanity in this regard [1].

If these leisure times cannot be filled with suitable issues, it may give the worst consequences among family members in a community destroying any other suitable entertainment affairs [2]. However, if these issues filled with fruitful and healthy physical and art based issues, the man never get confused at his or her daily life chores and affairs prohibiting any anxiety and physical weakness in this regard. The study of athletes' leisure times can be suitable references of behavior diagnostic analysis when they are spending times at camps [3]. Non-athlete people have got different recreational times outdoors and indoors. These people can spend their leisure time in

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the parks, cinema along with their family members. But athletes have some restrictions to spend their leisure times in this regard. So, professional athletes never find any leisure times to spend their times along with their sport teams because they mostly spend their time for practicing and daily workouts regularly; in other words, they have got little time for spending their times in this regard [3].

Farouqi in a research showed that athletes spend about 9.57% of their times with friends, 8.64% for religious affairs and 5.44% for studying different resources. The leisure time was about 2-4hrs [4]. And also the findings of Ashkani [3] about athletes showed that athletes mostly spend their time for watching TV programs and minor activities such as reading books, newspapers and meeting their friends and other non-sport activities and generally their leisure times is being 3hr a day; they are mostly satisfied at their leisure times in this case. [3]. Rahmani *et al* also indicated that students (non-athletes) spend their leisure times mostly on watching TV, listening to music and reading different books [5]. Gharakhanlou also showed that among the leisure times patterns, sport, watching TV and entertainment are the most common activities in the field of leisure times [6]. In a research conducted by the Australian entertainment statistics center in Sydney, it is showed that watching TV and playing computer games is the first interest of children in this country [9]. Nelson in a study concluded that about 40% of American leisure times is subjected to watching TV [10]. Alonso *et al* concluded that the low sport activity of women than men and lower education levels can lead to unfavorable issues [11]. Adrian *et al* also concluded that the effect of geographical situation in leisure activity participation and aerobic activity can cause to healthy issues [12].

Any research in the field of spending leisure times of athletes and non-athletes, different comments can be governed in this regard; however, in these three groups of athletes and non-athletes there have not been carried out any researches in this case unfortunately. And whether these three groups are similar together or no? And how are these three groups' comments and attitudes about spending leisure times. In this research, the researcher is seeking to find suitable responses of the following questions:

How is the way of spending leisure times of athletes and non-athletes? How is the degree of athletes and non-athletes leisure times? Does demographic situation influence on the way of athletes and non-athletes leisure times? How is the degree of satisfaction among athletes and non-athletes? And so forth...

Hence, according to the role of leisure time activity in professional and amateur athletes, the main aim of the study is to compare the male professional athletes and amateurs with non-athletes of Ardabil City. In continue, in addition to the description of leisure times, how-to-spend leisure times and definition of athletes physical conditions, our purpose is to compare the degree of leisure times and satisfaction level of leisure times at professional and amateur athletes of Ardabil City.

Auge, the founder of Larose for leisure time has considered a new concept limited for the definition of leisure times. It represents the whole entertainments and activities in free times keenly; this word has been originated from Greek word SCHOOL meaning Leisure and freedom together [7].

In physical education, it is tried provoke a person to be educated regularly in the field of achieving keenly affairs; generally, the struggle is not to destroy someone's balance at physical education. One of its tasks is subjected to make a powerful humanity with high potential health. One of the most essential tasks of educational system is to make an interaction between educational systems innovatively going towards effective and cohesive society. For example, in former Soviet Union and other Eastern Asian countries such as china and Japan, these educational systems begin at early ages [8].

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MATERIALS AND METHODS

The research type is subjected to present-based view study and its applied method is comparative-inferential one. The statistical community of the study is consisted of Ardabil professional athletes in four fields of cycling, wrestling, gymnastics and running which have been successful to get first, second and third rankings in the

whole ages with 50 people who were recognized by the researcher; also, 74 amateur athletes were participated in the study who practicing regularly but no any champion certificate got at their sport level. However they have got provincial champion certificate including the whole non-athletes as well ranging from 15-30 year-old.

The statistical sample of the study has been achieved at three following levels:

First group is including the whole professional athletes about 50 people; second group, about 74 amateur people taken up randomly. The last group, 50 people as non-athletes who selected randomly at Ardabil City. According to the comparative mode of the study, professional athletes are only 50 people and other groups were extracted by following the same group as mentioned. After the related selection, questionnaires were distributed among the related groups and then they have been completed and collected individually. It should be mentioned that the present study statistical community is subjected to the same professional athletes. The applied method is regular accidental method for sampling and data collection method is Sharki questionnaire including 5 questions and reliable questionnaire including 33 questions about demographic data, 11 questions about leisure times and 7 questions about how-to-spend leisure times and 4 questions about satisfaction level. The questions of the questionnaire using similar researches into the country was evaluated and designed efficiently. To analysis the hypotheses of the study, SPSS software and single variance analysis as well as k-square were used as well.

Results:

Table 1: Descriptive statistics related to leisure time.

Statistics	Degree of leisure time
Mean	3.68
Deviation	2.87
Variance	8.25

According to the above-mentioned table, the mean leisure time equals 3.68 with 2.87 deviations and 8.25 variance.

Table 2: Respondents' distribution based on leisure time at night.

Degree of leisure time	Distribution	Percent	Total percent
Lower than 1hr	11	7.3	7.3
1-2 hr	46	30.7	38
3-4 hr	50	33.3	71.3
4-5 hr	12	8	79.3
More than 5 hr	31	20.7	100
Total	150	100	

According to table 2, 7.3% of the respondents with the lowest distribution from an hour at night have leisure time and 33.3% were subjected to the highest degree with 3-4 hours leisure times.

Table 3: Statistics related to Sharki scores among professional and amateurs.

Statistics	Amateur athletes	Professional athletes
Mean	19.22	20.74
Deviation	2.53	2.67
Variance	0.36	0.37

According to table 3, the mean sport activities (Sharki) for amateur athletes equal 19.22 and 20.74 for professional athletes.

Table 4: Single variance analysis for the difference mean of leisure times among non-athletes with professional and amateurs.

	Total squares	Degree of freedom	F	Sig level
Leisure time	408.37	2	23.66	0.001
Groups	1268.62	147		
Total	1676.99	149		

According to table 4 and due to the significance level of single analysis test error at 0.99 confident level is lower than 0.01, hence it can be stated that the first hypothesis is confirmed and there is a significant difference between professional and amateur athletes of Ardabil City; also, the degree of professional athletes is lower than amateur and non-athlete sportsmen.

According to table 5 and significance level of k-square test error lower than 0.01 at 0.99 confident levels, it can be stated that the second hypothesis is confirmed and there is a significant difference between amateur and professional athletes of Ardabil City. According to the above mentioned results, the most common way is subjected to spending leisure time among athletes.

According to the above table, this degree equals 7.63 with deviation 2.59 and variance 6.73.

According to table 7 and due to the significance level lower than 0.01 at 0.99 confident levels, it can be stated that the third hypothesis is confirmed and there is a significant difference between satisfaction level of

professional athletes' leisure times and amateurs with non-athletes in Ardabil city. Also, the satisfaction level of professional athletes is lower than amateur and non-athletes.

Table 5: The results of k-square to study how-to-spend leisure time among groups.

How to spend leisure time	Under study group						Total	
	Non-athlete		Amateur athlete		Professional athlete		Dis	Per
	Dis	Per	Dis	Per	Dis	Per		
Reading	2	4	5	10.9	15	30	22	15.1
Sport	14	28	28	60.9	32	64	74	50.7
Radio and music	5	10	6	13	3	6	14	6.9
Family	3	6	1	2.2	0	0	4	2.7
Relatives	2	4	0	0	0	0	2	1.4
Entertainment	6	12	0	0	0	0	6	4.1
Park	2	4	4	8.7	0	0	6	4.1
TV	16	32	2	4.3	0	0	18	12.3
Total	50	100	46	100	50	100	146	100
k-square coefficient	68.38	Degree of freedom	14	Sig level	0.001			

Table 6: Descriptive statistics related to the degree of satisfaction from leisure times.

Statistics	Degree of leisure time satisfaction
Mean	7.63
Deviation	2.59
Variance	6.73

Table 7: Single variance analysis for difference mean leisure time among non-athletes with amateur and professional athletes.

	Total squares	Degree of freedom	F	Sig level
Leisure time	131.38	2	11.38	0.001
Groups	703.71	122	5.76	
Total	835.07	124		

Discussion and conclusion:

In order to get aware of whether the obtained results can be effective or no, here we try to refer to the section of discussion and conclusion about the findings and their adaptation or the lack of adaptation with other results in this regard.

First hypothesis:

There is a significant difference between professional and amateur athletes in the field of leisure times in Ardabil City. According to the obtained results, there is a significant difference between professional and armature athletes of Ardabil City in terms of leisure times. Also, the degree of professional athletes' leisure time is lower than amateur athletes and non-professionals.

Since the present study is coincident with some other domestic and foreign researches, we point to some of them here as following:

Based on the findings, the spent time for leisure time for 33% of professional and amateur athletes is higher than 3 hours; Faroughi, Ashkani, Rahmani, Safania, tookildson, Saneiee stated leisure times in their studies between 3-4 hours in different groups which is coincident with the first hypothesis; and also, the results of the section showed that 30% of professional and non-athletes have 1-2hr leisure time which is coincident with the results of Navabinezhad and Neisiyan, Ghoudarzi and Asadi, Read and *et al*. According to the researcher, the volume of extreme practices in professional athletes is subjected to three session workouts a day leading them to spend little time than amateur and non-athletes and these non-athletes have too much time to spend at this case. Therefore, the result of the hypothesis is coincident with the mentioned researches.

Second hypothesis:

There is a significant difference between professional and non-athletes leisure times among athletes of Ardabil city. There is a significant difference between professional and amateur athletes in the field of leisure times in Ardabil City. According to the above mentioned table, sport is the most common leisure time among the whole groups of athletes. So, watching TV is the most essential part of athlete's leisure times.

Based on the research findings the most spent times among athletes is subjected to sport which is coincident with Faroughi, Pakseresht, Koushafar, Shojaalddin, Darigz, Ort Vestane, Abardine, Vitas with the second hypothesis of the research in professional and amateur groups and does not coincident with Ashkani, Safania, Rahmani *et al*, Navabinezhad Neisan, toolkidson, Tondnevis, Nezamivand, Australian entertainment center, Nelson, Varhin and Brook which they pretended that TV is the most common leisure time.

Based on the research findings, the most common leisure time of non-athletes is watching TV which is coincident with Ashkani, safania, Rahmani *et al*, Navabinezhad Neisan, toolkidson, tondnevis, Nezamivand,

Australian entertainment center, Nelson, Verhin, Brook and Faroughi, Pakseresht, koushafar, shojaalddin, dargiz, Ort Vastan, Abardin does not coincident with the second hypothesis of the research in non-athlete group.

According to the researcher's theory and due to the lack of sport facilities and sport courage among towns and counties, this process made athletes to get accustomed of watching only TV at their leisure times and they also apply other sport fields at their leisure times than their own sport fields.

Third hypothesis:

There is a significant difference between satisfaction level of professional and amateur athletes of Ardabil city. According to the significant difference of athletes of Ardabil city in terms of satisfaction level, amateur athlete's satisfaction is higher than professional ones. Also, the satisfaction level of professional athletes is lower than amateur athletes.

Based on the findings, it is shown that amateur athletes moderately are satisfied at their leisure times which is coincident with ashkani, Nezamivand, Gharakhanlou, Stephan and Irjam in amateur athlete group and it does not match to Jafari Hajin Shabkhiz and Mashhour's researches.

Based on the research findings the professional and non-athletes do not satisfy at their leisure times which is coincident with Jafari Hajin Shabkhiz and Mashhour in professional and non-athlete groups. And in researches of Ashkani, Nezamivand, Gharakhanlou *et al*, Stephan and Irjam is not coincident in group of professional and non-athletes.

Although professional athletes challenge hardly and have got little time to spend their times in leisure times, for the reason they cannot pay more attention to leisure times sufficiently; and in non-athlete group the lack of facilities and sport accessories they mostly spend their time watching TV programs; and in amateur athlete group they can spend enough time at their leisure times due to little volume of sport affairs making them satisfied at this case.

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