

EXAMINATION OF THE REASONS FOR PREFERRING TENNIS BY THE ATHLETES PARTICIPATING IN THE EASTERN LEAGUE TENNIS TOURNAMENT

EXAMEN DE LAS RAZONES PARA PREFERIR EL TENIS POR PARTE DE LOS ATLETAS PARTICIPANTES EN EL TORNEO DE TENIS DE LA LIGA DEL ESTE

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ABSTRACT

This research was conducted to determine the reasons and expectations of tennis players participating in the Eastern League organized by the tennis federation, preferring this sports branch. The research group consists of 138 athletes (53 women and 85 men) participating in the Eastern League Tennis Tournament. The scanning method was used in the research. As a data collection tool, a personal information form prepared by taking expert opinions and a scale form determining the reasons for preferring the tennis branch were used. SPSS statistical package program was used to analyze the data, and the significance was accepted as $p < 0.05$. According to the results of the research, the research group; 73.9% are students, 39.9% are undergraduates, 56.5% are members of a club other than a tennis club, 55.8% do their training at Provincial Directorates of Youth and Sports, and 60%, It has been determined that 1 of them has a provincial championship. In addition, most of the athletes stated that the materials in the sports facilities were insufficient. It was seen that the friends, easy access to the facilities and prevalence, family and TV, cinema, and press-broadcasting were effective in preferring the tennis branch of the research group, respectively.

Keywords: Tennis; Eastern League; Expectations; tennis players; sports.

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RESUMEN

Esta investigación se realizó para determinar los motivos y expectativas de los tenistas que participan en la Liga del Este organizada por la federación de tenis, prefiriendo esta rama deportiva. El grupo de investigación está formado por 138 atletas (53 mujeres y 85 hombres) que participan en el Torneo de Tenis de la Liga del Este. En la investigación se utilizó el método de escaneo. Como herramienta de recolección de datos se utilizó un formulario de información personal elaborado tomando opiniones de expertos y un formulario de escala determinando las razones para preferir la rama de tenis. Se utilizó el paquete estadístico SPSS para analizar los datos y se aceptó la significancia como $p < 0,05$. De acuerdo a los resultados de la investigación, el grupo de investigación; El 73,9% son estudiantes, el 39,9% son estudiantes de pregrado, el 56,5% son socios de un club diferente a un club de tenis, el 55,8% realizan su formación en las Direcciones Provinciales de Juventud y Deportes, y el 60%, se ha determinado que 1 de ellos tiene un campeonato provincial. Además, la mayoría de los atletas manifestaron que los materiales en las instalaciones deportivas eran insuficientes. Se vio que los amigos, el fácil acceso a las instalaciones y la prevalencia, la familia y la TV, el cine y la prensa-difusión fueron efectivos para preferir la rama tenística del grupo de investigación, respectivamente.

Palabras clave: Tenis, Liga del Este; Expectativas; tenistas; deportes.

INTRODUCTION

Sports are defined as activities done for individual or team competitor and competitive personal entertainment or activities to reach high level performance, with predetermined rules. In addition, it is stated that the individual develops socially, spiritually and physically together with sports activities in a positive way (Ahmed et al., 2021). One of the important sports branches that contribute to the development of the individual throughout his life is tennis.

Tennis is rapidly developing all over the world, taking its place among the popular sports branches, and increasing rapidly in our country, those who play tennis, which is the focus of attention of many individuals, from seven to seventy, enjoy the sport of tennis, as well as the desire to be recognized by taking advantage of the social environment during the tennis match and the financial benefit it will provide to the individual when playing professionally. It is also stated that it is among the preferred branches thanks to its advantages (Le Noury et al., 2021). Thus, sports, moving away from being just a leisure time, emerges as a profession that is expected and professionalized.

It is possible to talk about the many benefits and importance of tennis with its appeal to a wide audience. Regular participation in tennis sports is beneficial for the health of individuals and supports managing anxiety, even coping with stress, coordination, bone health, cardiovascular and metabolic development, emotional and social development. (Groppe and DiNubile, 2009). It can also be said to have a great effect on physical and mental development.

Tennis is a performance sport in which aerobic and anaerobic loads are accompanied by sudden changes of direction, as well as requiring a high level of basic motoric features (Boullosa et al., 2022). This branch, which was once defined as the sport of kings and nobles, has been a sport for the upper class-rich for a very long time. However, Turkey follows the popularity of the world far behind, even

when the number of licensed athletes for branches in the country is examined, it is seen that Tennis ranks 22nd in Turkey among all branches. In addition to these, tennis; It is a sport between equal-balanced forces, with a five-set competition, more difficult than a five thousand-meter run, a ninety-minute football match and many other sports branches, which requires continuity, has a very high body and movement dynamics, and is very tiring (Demeco et al., 2022).

In line with this information, in this study; It is aimed to examine the reasons and expectations of the athletes participating in the Eastern league tennis tournament to prefer this sport.

METHODS

The research group consists of 138 athletes (53 women 85 men) participating in the Eastern League Tennis Tournament. While the scale was preferred as a data collection tool in data collection, the scanning method was used to determine the reasons for preference. The scale used in the research consists of two parts. In the first part of the scale, the “Personal Information Form” containing the demographic information of the participants and the “Reasons of Taekwondo Players Preferring This Sport and their Socio-Economic Status” and Tel et al., (2016) “A Review Of Reasons Of Tennis Players Participating In 12-Age Tournament For Choosing This Sport And Their Socio-Economic Levels” was arranged according to the purpose of the study by taking the opinions of four researchers who are experts in their fields. applied to the participants during the process.

1. Statistical Analysis

Analysis of the data was analyzed with SPSS statistical program. The demographic information of the research group and the reasons for preferring the tennis branch are summarized as descriptive statistics with percentage, frequency, arithmetic mean and standard deviation statistics. After it was determined that the data showed normal distribution, Independent Samples t and One-Way ANOVA tests were applied for in-group comparisons. Significance was accepted as $p < 0.05$.

RESULTS

Table 1. Demographic Information of the Research Group

		Frequency	Percent (%)
Gender	Female	53	38.4
	Male	85	61.6
Martial Status	Married	16	11.6
	Single	122	88.4
Education Status	Primary Education	22	15.9
	High School	44	31.9
	University	55	39.9
	Graduate	17	12.3
Profession	Student	102	73.9
	Officer	19	13.8
	Other	17	12.3

		Frequency	Percent (%)
Mother Education Level	Illiterate	25	18.1
	Primary School	69	50
	High School	23	16.7
	University	21	15.2
Father Education Level	Illiterate	10	7.2
	Primary School	49	35.5
	High School	38	27.5
	University	41	29.7
Number of brothers	1	10	7.2
	2	33	23.9
	3	37	26.8
	4	21	15.2
	5 and above	37	26.8
Membership in a Club Other than a Tennis Club	Yes	78	56.5
	No	60	43.5
Another Sports Branch You Play Apart from Tennis	Yes	75	54.3
	No	63	45.7
Your Tennis Training Facility	Private Sports School	10	7.2
	Provincial Directorate of Youth and Sports	77	55.8
	Clubs	13	9.4
	Other	38	27.5
Material Status in Sports Facilities	Sufficient	40	29
	Less Sufficient	59	42.8
	Insufficient	39	28.3
Your Degree of Success in Your Sports Life	I Have No Degree	9	6.5
	Provincial Championship	83	60.1
	District Championship	32	23.2
	Turkey Championship	14	10.1
Who else in your family is doing sports?	None	36	26.1
	My Mother	7	5.1
	My Father	8	5.8
	My Brothers	70	50.7
	All	17	12.3

When Table 1 is examined, the gender, marital status, educational status, occupation and number of siblings of the athletes in the research group are respectively; 61.6% were male, 38.4% were female, 88.4% were single, 39.9% were university students, 31.9% were high school, 15.9% were primary school and 12.3% of them were graduates, 73.9% were students, 13.8% were civil servants and 12.3% were in other professions, and 26.8% had five or more siblings. seen. In addition, 56.5% of the participants are members of a club other than tennis, 54.3% are engaged in a branch other than tennis, 55.8% do their tennis training at the facilities of the Provincial Directorate of Youth and Sports, 42.8% It was determined that the materials in the sports facilities were insufficient, 60.1% of them had success at the provincial level and 50.7% of their siblings were doing sports other than themselves.

Table 2. The Reasons of the Athletes for This Sport

	Impressed	Little Affected	did not affect	Opposed
Family Influence	34 (%24.6)	23 (%16.7)	70 (%50.7)	11 (%8)
Impact of the Environment	46 (%33.3)	45 (%32.6)	47 (%34.1)	-
Influence of Friends	62 (%44.9)	32 (%23.2)	44 (%31.9)	-
Effect of Physical Education Teacher	52 (%37.7)	16 (%11.6)	70 (%50.7)	-
Influence of TV, Cinema and Press-Broadcasting	46 (%33.3)	49 (%35.5)	43 (%31.2)	-
Easy access to facilities and prevalence	50 (%36.2)	38 (%27.5)	50 (%36.2)	-

When Table 2 is evaluated, it has been determined that 44.9% of the athletes prefer tennis, their friends have an effect on access and prevalence to the facilities with 36.2%, the family with 24.6%, TV, cinema and press-broadcasting and the environment with 33.3%.

Table 3. Expectations of Athletes from Tennis Branch

	Frequency	Percent (%)
Earning economic income	20	14.5
To be a champion (national)	46	33.3
Being a coach	39	28.3
Achieve success	8	5.8
All	25	18.1

When Table 3 is examined, it is seen that the expectations of the research group from the tennis branch are 33.3% to be national, 28.3% to be a coach, 14.5% to earn economic income and 5.8% to achieve success.

Table 4. The Order of Importance of the Reasons for Preferring the Tennis Branch of the Athletes

	1. Term	2. Term	3. Term	4. Term	5. Term	6. Term	7. Term
Maintaining and maintaining my physical health	19 (%13.8)	13 (%9.4)	22 (%15.9)	19 (%13.8)	31 (%22.5)	16 (%11.6)	18 (%13)
Spend my free time	5 (%3.6)	12 (%8.7)	5 (%3.6)	13 (%9.4)	24 (%17.4)	54 (%39.1)	25 (%18.1)
To make new friends	9 (%6.5)	11 (%8)	11 (%8)	10 (%7.2)	26 (%18.8)	29 (%21)	42 (%30.4)
Enjoy the sport of tennis	54 (%39.1)	34 (%24.6)	16 (%11.6)	25 (%18.1)	5 (%3.6)	2 (%1.4)	2 (%1.4)
Because i love this sport	35 (%25.4)	54 (%39.1)	23 (%16.7)	11 (%8)	11 (%8)	4 (%2.9)	-
Earning economic income	14 (10.1)	8 (%5.8)	26 (%18.8)	31 (%22.5)	20 (%14.5)	17 (%12.3)	22 (%15.9)
Believing that tennis increases work efficiency	9 (%6.5)	16 (%11.6)	40 (%29)	30 (%21.7)	13 (%9.4)	9 (%6.5)	21 (%15.2)

When Table 4 is examined, according to the order of importance of the athletes choosing the tennis branch; 39.1% enjoy tennis, 25.1% like this sport, 13.8% protect and improve my physical health, 10.1% earn economic income, 6.5% It was stated that the tennis branch increased the working efficiency by making new friends and 3.6% of them stated that they preferred the tennis branch to spend their spare time..

Table 5. t-Test Analysis of the Reasons for Preferring the Tennis Branch of the Athletes According to Demographic Information

		Reasons for Preferring			
		\bar{X}	Ss	t	p
Gender	Female	12.83	2.92	1.339	0.72
	Male	12.14	2.95		
Sports Club Membership	Yes	12.87	3.05	2.144	0.22
	No	11.80	2.71		

p<0,05

When Table 5 is evaluated, it has been determined that there is no statistically significant difference between the mean scores of the athletes in the research group for choosing the tennis branch according to their gender and membership in a club other than tennis ($p>0.05$).

Table 6. Variance Analysis of Reasons for Preferring Tennis Branch According to Demographic Information

		Reasons for Preferring			
		\bar{X}	Ss	F	Sig
Educational Status	Primary School	11.18	3.38	3.332	0.02
	High School	13.40	2.92		
	University	12.09	2.72		
	Graduate	12.41	2.50		
Profession	Student	12.79	3.08	3.525	0.03
	Officer	11.36	2.16		
	Other	11.23	2.35		
Mother Status	Illiterate	12.60	2.75	0.367	0.77
	Primary School	12.57	2.94		
	High School	11.95	3.00		
	University	12.09	3.25		
Father Status	Illiterate	12.50	3.24	0.520	0.66
	Primary School	12.48	2.27		
	High School	11.92	3.35		
	University	12.73	3.23		
Where You Train	Private Sports School	12.10	2.72	0.780	0.50
	Provincial Directorate of Youth and Sports	12.11	3.18		
	Clubs	13.07	2.87		
	Other	12.84	2.50		

p<0,05

When Table 6 is examined, it has been determined that there is a statistically significant difference according to the education and occupation status of the athletes in the research group (p<0.05), while there is no statistically significant difference according to the place of training and educational status of the parents (p>0,05).

DISCUSSION

This research consists of 38% female and 61.6% male tennis players participating in the Eastern League Tennis Tournament. The aim of this study was to determine the reasons and expectations of the athletes participating in the Turkish Eastern League tennis tournament to start tennis.

While the first finding of the study was 44.9%, the rate of friends of the athletes was the highest in tending to and preferring the tennis branch; It was determined that the effect of the family was the least with 24.6%. In line with this information, it is thought that due to the age of the sample group, the fact that they spend more time with their friends and peer groups has a greater effect on their decisions and the sports branch they are interested in. As a result of the literature research, there are studies in which parallel results with our study were determined. Öztürk (2004), in the study of secondary school students studying in the field of sports, the reasons for starting sports and choosing this area and their expectations (Ankara Province Example) and the expectations of Turkish Athletes from sports and the factors leading to sports by Sunay and Saraçoğlu (2003); It has been concluded that the influence of the circle of friends in directing them to sports is high. There are also studies with different results from our research. As a result of the study conducted by Yildiz (2006) on the reasons and expectations of students studying in the field of sports in secondary education institutions to start sports and choose the field; It has been concluded that the main reason for the students' orientation to the sports field is the friend group-close environment. In addition, the results obtained from the research conducted by Stuckyropp and Dilorenzo, (1993) show parallelism with the results of this study.

The other finding of the research was that the expectations of the athletes from the tennis branch were 33.3% to be national athletes in the tennis branch, and 5.8% to achieve success in the tennis branch. Based on this information, it is thought that the reasons for choosing tennis as a professional are the desire to represent Turkey in this branch and to be a well-known and beneficial athlete for his country with this sport branch. As a result of the literature research, there are studies in which parallel results with our study were determined (Ölçücü, et al., 2012). In addition, Öztürk (2004) in his study "The reasons for choosing tennis and socioeconomic levels of athletes between the ages of 6 and 12 who have just started tennis", stated that their expectations from tennis sport are to continue this sport in the future and to be an elite athlete in the tennis branch, and then to be recognized and promoted. It has been concluded that it is to be famous. In the study conducted by Sunay and Saraçoğlu (2003) in which the expectations of Turkish athletes from sports and the factors that lead them to sports are examined; It has been determined that "being selected for the national team and being a national" ranks at the top in order of importance.

The other finding of the study is that the highest 39.1% of the reasons for choosing the tennis branch of the athletes, in order of importance, is to enjoy the sport of tennis; and the lowest, 3.6%, it was determined as a result of the analyzes that they preferred the tennis branch in order to evaluate their spare time. In this context, it can be thought that enjoying the sport of tennis has a great effect on being professionally involved in the tennis branch, and the continuity of a sport done with love brings success. As a result of the literature research, there are studies in which parallel results with our study were determined. Bayraktar and Sunay (2007) conducted a study on the factors affecting the start of elite female and male volleyball players in Turkey and their expectations from sports. Yildirim and Sunay (2009) conducted a study on the reasons and expectations of the athletes who play performance tennis in Turkey, and it is stated that being professionally involved in tennis is an important factor in taking an interest in and enjoying participation in this branch. Alibaz et al. (2006) research on the

factors that encourage high-level Taekwondo, Karate and Kick-Boxing athletes in Turkey to tend to this sport branch, the reasons for doing it and their expectations for the future, revealed that all of the athletes participating in the study. They stated that they love Taekwondo, Kick-Boxing and Karate as the reason for dealing with sports branches. In addition, the results obtained from the studies conducted by Yildiz (2006), Altunok (2004) show parallelism with the results of this study.

The reasons for choosing tennis branch according to demographic information of the athletes, which constitute the other finding of the research; It was determined that there was no statistically significant difference between the mean scores of preferring the tennis branch according to gender and membership in a club other than tennis ($p>0.05$). In the light of this information; It can be said that both gender groups interested in tennis see it as a sport suitable for them. In fact, the fact that tennis players do not have a financial expectation, therefore paying a certain amount of fee to many clubs just to receive training may show that this result is supported. As a result of the literature research, there are studies in which parallel results with our study were determined. In the study of İmamoğlu (2009), in which the reasons for choosing this branch of tennis players in Samsun province were examined; It has been determined that there is no significant difference between men and women in the gender distribution of tennis players. There are also studies that reach different results from our research. Şebin et al. (2007), in a study examining the reasons for starting and doing sports among university students who do sports, it was determined that there was a significant difference in the reasons for starting sports among female students (22.3%) compared to male students (15.3%) according to the gender variable. In the study conducted by Tsai (2005) with high school students, it was concluded that there is a statistically significant difference between men and women according to the gender variable of expectations in sports, and that men have more expectations from sports and from the club.

According to the demographic information constituting the other finding of the study, it was determined that there was a statistically significant difference according to the educational status and occupational status of the reasons for the athletes to prefer tennis ($p<0.05$), while there was no statistically significant difference according to the place of training and educational status of the parents. determined ($p>0.05$). In the light of this information; It is thought that the increase in the education level of the athletes also affects the professional preferences of the athletes and the positive progress in the field of sports. As a result of the literature research, there are studies in which parallel results with our study were determined. In his study, Erkal (1993) concluded that people with a high level of education have a higher willingness and desire to participate actively in sports than those with a low level of education. Akca (2012) found that there was a significant difference in the education status of the athletes in the study in which the reasons and expectations of the individuals attending the sports centers were examined. There are also studies with different results from our research.

CONCLUSION

As a result, within the scope of the study, the reasons and expectations of the Eastern league tennis players to prefer the tennis branch; Among the reasons why the athletes tend to this sport, the effect of their friends is the most, among the expectations of the athletes from the tennis branch, to be national, to enjoy this sport according to the importance of the reasons for the athletes to choose tennis, to enjoy this sport branch, and to determine the reasons for the athletes to prefer tennis according to demographic information. It was concluded that there was a statistically significant difference according to the educational status and occupational status of the athletes in the group. In addition, many factors such as economic reasons, gender, friends-close environment, family's perspective on

sports and the guidance of teachers are effective on the basis of being successful in a sport. A great step can be taken for young tennis players to be included in long-term planned tennis programs in order to train young talents across Turkey, and for the training of successful athletes by participating in tournaments and broadcasting tennis to large audiences. Thus, it will be possible to climb to the upper steps of the world ranking as a tennis branch.

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