

## **Views of Students in the School of Physical Education and Sports on Leisure Constraints**

By

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### **Abstract**

*This study aims at determining students' views on leisure constraints in the School of Physical Education and Sports at Marmara University. 503 students volunteered to participate out of 1429. The Leisure Constraints Scale designed by Alexandris and Carroll in 1997 was used as the data collection tool and Chi square test was used to analyze the data. Gender, major, grade and BMI of students in the School of Physical Education and Sports were defined as the independent variables, and leisure time constraints scale items were the dependent variables. Leisure time constraints by gender were determined in accordance with the participants' answers as not knowing where to participate, having no companion, friends not liking leisure activities and having no time for leisure activities ( $p < 0.05$ ). Leisure time constraints by major were lethargy, fear of being injured, not feeling safe, not knowing where to learn about it, financial concerns and not being interested in leisure activities. Leisure time constraints by grades were not knowing where to participate, lower quality of facilities, not liking the services, remoteness of sports facilities and having a busy schedule ( $P < 0.05$ ). Leisure time constraint by body mass index (BMI) included lethargy in overweight people ( $P < 0.05$ ). As a conclusion, not knowing where to participate is the mutual constraint in freshman students by gender and grade. Also, it was observed that friends not liking leisure activities were another significant social effect against leisure constraints.*

**Keywords:** *Leisure constraints, university students.*