

# Firat University Sports Sciences Faculty Recreation Department analysis of the risk-taking students

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## ABSTRACT

The aim of this study is to investigate the risk taking status of the recreation department students. The universe of this study consists of students studying at the Recreation Department of the Faculty of Sport Sciences of Firat University. The sampling on the other hand consists of 130 people who were randomly selected from the Recreation department. The risk taking scale was applied to 130 individuals studying the recreation department and the results obtained were evaluated in the SPSS 22 analysis program. The "Risk Taking Scale", which was first prepared by Weber, Blais and Betz in 2002 and measures individuals' risk taking in terms of moral, social, health, entertainment and financial aspects, was used in the study. The scale was shortened by Weber and Blais in 2006. The scale used in 2006 was used in our study. The reliability value (Cronbach's Alpha Value) in the study is .83. It is measured how much risk individuals are willing to take in five fields specified, according to the scale. After obtaining the research data, SPSS 22.0 statistics package program was used. In the analysis of the data, first of all, whether the data showed normal distribution was examined by Kolmogorov Smirnov test. As a result of the analysis, it was determined that the data showed normal distribution. Frequency %, Independent Samples T Test and One Way Anova Tests were used to evaluate the data of the study. The significance level was determined as  $P < 0.05$  in the analysis. As a result, it was seen in our study that the values of the students studying in the recreation department were above average. In this study conducted on recreation students, it was found that there was no significant difference in terms of risk taking situations. It has been observed that there is not much research done on risk taking in our country. Most of the studies conducted were in the scope of adolescents. There has been scarcely any research, especially on sports and risk taking. For this reason, it is recommended to carry out comprehensive studies on sports and risk.

**Keywords:** Recreation, risk, student.

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## INTRODUCTION

Recreation is becoming increasingly important and takes place in the daily life of people from all walks of life. 'Leisure time' is simply a period of time that is not filled (Demiray, 1987). Leisure time is defined as the time that an individual devotes to his/her individual preferences, apart from the struggles that he/she has to apply to live.

Leisure time is defined as the time that an individual devotes to his/her individual preferences, apart from the struggles that he/she has to apply to live. According to another definition, leisure time is the time that the individual can use as he/she desires, except for sleep,

rest and work. Utilization of this time is the activities performed individually or in groups in order to provide pleasure and satisfaction with an occupation desired by the individual (Karaküçük, 1999).

As leisure activities, sports are also a part of leisure time, that is, recreation. There is a different risk capacity for each activity in sports. Many variables such as whether the sports branch is individual or team sports, the characteristics of the branch, the athlete's physical and psychological environment, climatic conditions, features of the facility, can cause the emergence of

different risk factors in sports (Bağrıaçık and Açak, 2005; Ergen, 2004; Sezgin, 1999).

This risk exists for all parties to the sport. In other words, even though precautions are taken in sports events, there are always different types and levels of risk for athletes, coaches, referees, sports club managers and fans (Nohr, 2009).

### Relationship between risk taking and sport

As in many areas, sports is a risky business. In sports facilities, negative or positive and sometimes both negative and positive results can occur depending on the events that are internal or external and affect the achievement goals. Events with negative consequences in sports pose risks. There are four main sources of risk in terms of the structure of the sports club and the fields of activity of the teams:

**Fields:** Insufficient sports fields the team trains in, inability to create a safe environment on the fields, low lighting, cleanliness, etc. are a source of risk that may affect the team's work and achieving its goals.

**Equipment and materials:** Includes the equipment used by the athletes, trainers and other officials within the sports activities and the equipment used by the clubs for sports services. Failure to maintain and control the equipment used may be a source of risk.

**Program:** Failures in identifying and managing technical, cost, schedule and time risks in order to achieve goals of programs and plans created in line with the general and special targets of the team and the sports club, bring risks.

**People:** Includes athletes, coaches, volunteers, administrators, sharers and fans. The behavior of all of these is unpredictable; they may make mistakes and cause problems while performing their duties. In this respect, the human factor is also seen as a source of risk (Yılmaz, 2000).

### Risk factors in sports

It is known that the sportive lifestyle affects the physical, physiological, mental, psychological and biomotor characteristics of the athlete. By a general definition, performance is a relatively short-term and limited part of the behavior. Generally, performance can be described as an action to do a concrete job. In other words, performance is defined as the physiological, biomechanical and psychological efficiency required by a physical activity. As it can be understood from the definitions, performance can be summarized as the level of efficiency that the athlete presents physically, physiologically, biomotorly and psychologically. Human performance capacity is constantly changing throughout

life. This is a result of natural change. In addition, this change is affected by many risk factors. There are many internal and external risk factors that affect athletes' reaching high performance limits. Researchers have tried to explain human performance with different classifications. The combination of success in sports, that is, performance, depends on ability, mental, psychological and social characteristics as well as physical and physiological fitness. Sports performance consists of fitness dimension that includes aerobic-anaerobic power, strength, endurance and flexibility; skill dimension including coordination, reaction time, kinesthetic perception and agility; physical characteristics dimension including physical build, height, weight, motor capacity; and psychological or behavioral dimension that includes the individual's personality, needs, motivation and psychological characteristics. These four dimensions determine performance.

- Field related risk factors
- Risk factors related to tools and equipment
- Risk factors related to the game
- Social risk factors
- Risk factors related to training
- Risk factors related to environment
- Risk factors related to habits (Nordberg et al., 2007).

## MATERIALS AND METHODS

### Universe and sampling

The Universe of the Research consists of Elazığ Sport Sciences Faculty Recreation Department Students. The sample of the study consists of 130 random participants from the Faculty of Sport Sciences, Department of Recreation which are 80 male and 50 female participants according to the Gender Variable.

### Risk taking scale

The "Risk Taking Scale", which was first prepared by Weber, Blais and Betz in 2002 and measures individuals' risk taking in terms of moral, social, health, entertainment and financial aspects, was used in the study. The scale was shortened by Weber and Blais in 2006. The scale used in 2006 was used in our study. The reliability value (Cronbach's Alpha Value) in the study is .83. The scale has been translated into Turkish in the "Investigation of the Relationship between Proving Danger and Risk Taking on Private Security Personnel, Master's Thesis". The 7-point Likert-type scale was used in the scale, and the students participating in the study were asked to read each item and mark one of the following: 'I definitely do not do', 'I probably do not', 'I do', 'I am undecided', 'I do', 'I probably do', 'definitely I do'. The scale includes a total of

30 questions in five fields. The social field consists of questions 1, 7, 21, 22, 27 and 28; the health field consists of questions 5, 15, 17, 20, 23 and 26; the entertainment field consists of questions 2, 11, 13, 19, 24 and 25; the financial field consists of questions 3, 4, 8, 12, 14 and 18. It is measured how much risk individuals are willing to take in five areas specified according to the scale.

### Data analysis

After obtaining the research data, SPSS 22.0 statistics package program was used. In the analysis of the data, first of all, whether the data showed normal distribution was examined by Kolmogorov Smirnov test. As a result of the analysis, it was determined that the data showed normal distribution. Frequency%, Independent Samples T Test and One Way Anova Tests were used to evaluate the data of the study. The significance level was determined as  $P < 0.05$  in the analyses.

### RESULTS

As shown in Table 1, when the risk taking levels of the participants were examined by gender, no significant difference was found between the moral, social, health, entertainment and financial sub-dimensions ( $p > 0.05$ ).

As shown in Table 2, when the branch types of the participants were examined, no significant difference was found between the individual and team athletes in moral, social, health, entertainment, and financial sub-dimensions ( $p > 0.05$ ).

As shown in Table 3, when the license status of the participants was examined, no significant difference was found between the licensed and unlicensed athletes in moral, social, health, entertainment, and financial sub-dimensions ( $p > 0.05$ ).

As shown in Table 4, when the ages of the participants were examined, no significant difference was found between the athletes in terms of moral, social, health, entertainment, and financial sub-dimensions ( $p > 0.05$ ).

**Table 1.** Risk taking levels of participants by gender.

	Gender	N	X	Ss	t	p
Moral	Male	80	3.8543	.62258	2.860	.005
	Female	50	4.0816	.87516		
Social	Male	80	3.7341	.80913	-.691	.492
	Female	50	4.0058	.89276		
Health	Male	80	3.9098	.82232	2.101	.038
	Female	50	3.9841	.99876		
Entertainment	Male	80	3.7421	.81367	.329	.743
	Female	50	3.8946	.91867		
Financial	Male	80	3.7520	.66331	2.423	.017
	Female	50	4.0294	.88258		

**Table 2.** Risk taking levels of participants according to branch.

	Branch type	N	X	Ss	t	p
Moral	Team	78	3.8147	.68083	.311	.756
	Individual	52	4.0826	.88137		
Social	Team	78	3.7346	.63988	.111	.912
	Individual	52	4.0270	.87186		
Health	Team	78	3.9563	.77187	-.261	.795
	Individual	52	3.9264	.94039		
Entertainment	Team	78	4.0234	.76836	-.604	.548
	Individual	52	4.0112	.93232		
Financial	Team	78	3.7805	.92363	.256	.799
	Individual	52	3.8857	.92006		

**Table 3.** Risk taking levels of participants by license status.

	License status	N	X	Ss	t	p
Moral	Licensed	83	3.7207	.63257	.086	.932
	Unlicensed	47	3.7224	.59879		
Social	Licensed	83	4.0835	.91626	.516	.607
	Unlicensed	47	3.9540	.83757		
Health	Licensed	83	3.7345	.72254	.443	.659
	Unlicensed	47	3.7482	.59994		
Entertainment	Licensed	83	3.8636	.55833	.262	.794
	Unlicensed	47	4.0197	.82025		
Financial	Licensed	83	3.6948	.58505	.217	.829
	Unlicensed	47	3.7475	.61418		

**Table 4.** Risk taking levels of participants by age status.

Age		N	X	Ss	F	p
Moral	20 and below	27	3.7077	.67545	.927	.400
	Between 21-23 years old	61	3.6767	.74616		
	24 and above	42	3.8051	.97905		
	Total	130	3.7875	.84878		
Social	20 and below	27	3.8351	.96965	1.338	.268
	Between 21-23 years old	61	3.7579	.53759		
	24 and above	42	3.7143	.53452		
	Total	130	3.9474	.82538		
Health	20 and below	27	3.8317	.44189	.270	.764
	Between 21-23 years old	61	3.9586	.50673		
	24 and above	42	4.0571	.35762		
	Total	130	3.9571	.61566		
Entertainment	20 and below	27	3.7779	.55697	.204	.816
	Between 21-23 years old	61	3.9117	.50788		
	24 and above	42	3.8286	.36297		
	Total	130	3.9182	.68246		
Financial	20 and below	27	3.9384	.41469	.548	.580
	Between 21-23 years old	61	3.9906	.45075		
	24 and above	42	3.8143	.41212		
	Total	130	3.8327	.59576		

## DISCUSSION

When we look at the risk taking status of students with this study, it is seen that their values are above average. However, when the risk taking situations were examined, it was seen that there was no significant difference. A total of 130 people, including 80 male and 50 female

students, from the recreation department participated in our study. In our study, no statistically significant difference was found between male and female candidates.

When the risk-taking tendency is examined in terms of gender, it has been observed that female athletes tend to take more risks in the social field and male athletes in the

moral and health field. This situation has been determined to be a result of gender roles (the roles that society assigns to women and men). (Özdemir et al., 2018) does not show similarities with our study.

In our study, no significant difference was found according to the statistical analysis performed in the risk taking situations of individual and team sports. Another finding obtained in the study showed that athletes who perform individual sports tend to take more risks than those who perform team sports. As a result of the fact that the responsibility belongs only to the athlete in individual sports, and the responsibility is shared between team members in team sports, it has been determined that athletes who perform individual sports have a higher risk-taking tendency than those who perform team sports (Özdemir et al., 2018). In the study conducted by Sezer et al. (2017), they found that men engage in sports more in the study called the study of recreation department students' participation in leisure time and sports in leisure time activities. Our study supports this issue. In the literature, it has been determined that the driving forces that adolescents gain from their socioeconomic independence affect health behaviors individually and at the household level. It has been observed that those with low socio-economic status are associated with lower health levels. Socio-economic inequalities are becoming more pronounced in terms of health among children and adolescents (Currie et al., 2012).

When undergraduate education was examined in our study, it was found that there was no significant difference in the analyses in terms of students being licensed in sports.

Considering the risk taking scores according to the age variable, it was found that there was no statistically significant difference between ages. According to the results of Gullone and Moore's research on adolescents, it is seen that older adolescents take more risks than younger adolescents. According to a study conducted by Bayar (1999), it was observed that risk taking behaviors of individuals increased until the last year of high school and decreased during the university period. These research data and the data of our research are in parallel. These two different situations can be evaluated differently from each other due to the characteristics of the questionnaires used, cultural differences or age level. Çakır and Özdurak-Singin (2019) emphasized in their study on university students that the risk status of women is lower than men. It is possible to mention the existence of similar results in the studies of the literature (Andiç and Durak-Batıgün, 2019; Günay et al., 2018). On the other hand, in the research conducted by Yıldız et al. (2020), it was stated that young adult university students' internet connection levels and risk situations do not differ according to gender.

When the risk taking levels of the individuals were evaluated according to the gender variable, the moral risk taking scores of the male participants were found to be

higher than the women. The results we have obtained correspond to the studies conducted on risk taking in the literature (Taylor, 2014). This finding may also be related to the clarification of social roles. Compared to men, society expects women to behave in accordance with gender stereotypes and this prevents women from showing some risky behaviors.

When the risk taking status of individuals who perform sports under license is evaluated within the scope of the research, it is concluded that licensed individuals take more risks than unlicensed individuals. When these data are considered within the scope of risk factors in sports, it can be determined that this result is obtainable data (Yılmaz, 2000). In the studies conducted in this context, it is concluded that individuals who do sports with license take more risks than others, within the framework of risk factors.

As a result, it was seen in our study that the values of the students studying in the recreation department were above average. In this study conducted on recreation students, it was found that there was no significant difference in terms of risk taking situations. It has been observed that there is not much research done on risk taking in our country. Most of the studies conducted were in the scope of adolescents. There has been scarcely any research, especially on sports and risk taking. For this reason, it is recommended to carry out comprehensive studies on sports and risk.

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