Research Article

Investigation of COVID-19 Phobia and Satisfaction with Life Levels of Students Taking Special Talent Entrance Exams

Davut ATILGAN[1]   Cemil AKSOY[2]

Abstract:

There is no doubt that COVID -19 has affected the whole world in every aspect of life. In this study, it was aimed to determine the relationship between COVID-19 phobia and life satisfaction levels of students participating in special talent entrance exams and their views according to some demographic variables. The sample of the study consists of 320 participants who took the special talent exam from the departments of physical education and sports teaching and coaching education at the University of Sutcü İmam. The research is a quantitative study and it was carried out in relational scanning model. Data were collected in August-September 2020. In the analysis of data Jamovi 1.6.12 statistical software program was used. As a result of the research; COVID-19 phobia and life satisfaction level arithmetic mean scores of the participants were determined to be in the middle score range. In normal circumstances, it was determined that the fear of COVID-19 had a negative effect on the participants, while life satisfaction is expected to be high due to the athletic and young age of the participants. In terms of demographic variables, significant differences were found in the COVID-19 Phobia Scale' and 'Life Satisfaction Scale' scores. In correlation and regression analyses, it was concluded that psychological, somatic, social and economic variables, which are independent variables, showed a negative low-level significant relationship with the life satisfaction of students, and they were also a significant predictor of life satisfaction. The results obtained from this study are predicted to shed light on the psychological, social, economic and similar effects of COVID-19 fear on people and provide significant contributions to finding solutions on these issues.

Keywords: COVID-19, Satisfaction with Life, Special talent, Exam, Student.

[1] Asst. Prof. Dr., Kahramanmaraş Sütçü İmam University, Faculty of Sport Sciences, Kahramanmaraş, Türkiye.
    davutatilgan@ksu.edu.tr   Orcid ID: 0000-0002-8475-4488

[2] Asst. Prof. Dr., Kahramanmaraş Sütçü İmam University, Faculty of Sport Sciences, Kahramanmaraş, Türkiye.
    aksoycml@hotmail.com   Orcid ID: 0000-0001-5469-7454

INTRODUCTION

The coronavirus disease, also known as COVID-19, originated in Wuhan, China, and has been spreading around the world, causing it to be declared as a global pandemic by the World Health Organization. This infectious disease continues to significantly affect people's living standards in different ways. Increasing rapidly, the disease-related cases and fatality rates cause many people to develop coronavirus fear or phobia. According to Üstün and Özçiftçi (2020), no fixed information exists about this disease that broke out in Wuhan in December 2019, while the rapid transmission of the disease and the continuous increase in the number of cases and deaths have turned into a kind of fear.

Significance of the Study

It is assumed that the life satisfaction of individuals is negatively influenced by factors such as anxiety, stress, sadness, and uncertainty experienced by people during the COVID-19 Pandemic. The COVID-19 Pandemic-related anxiety and fear have become an important problem that influences the life satisfaction of individuals at different levels. One of the most important reasons for this research is that it is a matter of curiosity to find out the level of these problems and the extent to which such problems have reached. This study has revealed potential answers to satisfy such curiosity and to similar questions.

The target group of this research is the students who take special talent entrance exams, and individuals who do sports and are involved in the sports community. The target group consists of students who play sports as amateur or professional athletes or who are found eligible to participate in talent exams after having passed a certain score threshold determined in written exams. Under normal conditions, the life satisfaction of individuals who do sports is expected to be at good levels. It is also a matter of curiosity to what extent they experience the fear of COVID-19. This study, aimed at determining the level of COVID-19 phobia and life satisfaction of the students closely related to sports, will be shed light on obtaining information about the situation of other people in terms of a bigger impact. It is understood from a myriad of studies (Atılgan, 2018; Bingöl & Alpkaya 2016; Dalkıran & Tuncel, 2007; Koca et all., 2018; Dry 2003) that sportsmen are more advantageous in self-confidence, self-esteem, extroversion, and social competence, the sport has an important role in reducing mental fatigue, individuals who do sports generally have a positive view on life, and their life satisfaction is high because they are happy. Sport is a simple, cheap but important tool in preventing and treating some diseases (Akgün, 1993, p. 149,150). Whether the benefits of the above-mentioned sports on individuals accelerate the negative direction on life satisfaction due to COVID-19 phobia will be observed in the research findings.

The COVID-19 outbreak has affected individuals psychologically with reports of possible collective trauma beginning to appear (Garfin et al.2020). The increase in the rate of cases and deaths and a huge amount of news about the pandemic circulating constantly

on the agenda in the press may be a source of anxiety and concern. Some individuals feel beyond anxiety and develop a type of fear (Gencer, 2020). This research has been conducted for reasons of satisfying the curiosity about the psychological and social effects of COVID-19 disease on people through an in-depth analysis. Therefore, it aims to determine the relationship between coronavirus phobia and satisfaction with life levels of students participating in special talent entrance exams, identify their opinions based on various demographic variables, and examine whether there is a significant difference in terms of these opinions. The hypotheses related to the research are given below.

H1: There is a significant difference regarding coronavirus-19 phobia of students according to gender, age, education level, the order of preference, and COVID-19 anxiety.

H2: There is a significant difference regarding the order of preference and COVID-19 anxiety according to the satisfaction with life of the students.

H3: All perceptions of students of coronavirus-19 phobia in psychological, somatic, social, and economic dimensions are predictive of satisfaction with life.

Literature Review

The literature review reveals that happiness is positively associated with life satisfaction (Cohn et al., 2009; Kaya & Orçan, 2019; Peterson, Park & Seligman, 2005). Sport is an important phenomenon that influences the spectators and those who play sports, which collectively constitute the important elements of the sports industry, revealing strong emotions. Such strong emotions make individuals feel happy and care about happiness at all times. Unhappy people should not be expected to focus on and maintain their work and sports. It is thought that the COVID-19 virus, which is called a pandemic disease, significantly affects the happiness levels of all sports elements, especially athletes (Atılgan, 2020). Aristotle drew attention to the importance of the concept of happiness for societies, defining it as a tool that includes the feelings of virtue and honor and that enables a healthy and enjoyable lifestyle in human life, and emphasized that the concept of happiness is related to leisure time. Happiness is a fundamental dimension of a person's life and is largely based on internal psychological processes involving individual values and goals (Agid et al., 2012; Sylvester, 2005). Due to the close meaning of the concepts of happiness and life satisfaction, we will have important ideas about the level of happiness with the learning of the level of the effect of COVID-19 phobia on life satisfaction through the result of this research.

The virus affects large populations in various aspects, including political, social, psychological and economic consequences (Arpacı, Karataş & Baloğlu 2020). In late 2020 and early 2021, huge increases in case fatality rates were observed. In line with the report of Üstün and Özçiftçi (2020), as of March 3, 2020, the estimated fatality rate announced by the World Health Organization is 3.4% worldwide due to the COVID-19 pandemic, while the analysis of these death cases reveals that the demographic profile is predominantly 2/3

in men, 1/3 in women, more than 80% are over the age of 60, and more than 75% have chronic diseases such as cardiovascular diseases, diabetes, and cancer. As put forward by Leonardo Pujol (2020) in December 2020, according to the Global Health 50/50 database, the number of men who lost their lives due to COVID-19 is higher than women in most of the countries where such data are available and accessible. The relevant rate is 62% in countries including Turkey, Serbia, Kyrgyzstan, and Hong Kong. In his book "On the Genetic Superiority of Women", Maolem cites data showing that women are biologically stronger than men, despite the role of behaviour and lifestyle choices.

Due to the measures taken by countries against the virus, the daily lives, as well as lifestyles of individuals, have completely changed (Pakpour and Griffiths 2020). People in quarantine lose their face-to-face connections and traditional social relationships, which in turn has been identified as a serious source of stress (Zhang et al.2020). Prospective studies have shown that a threatening event and its subsequent stress-related responses are associated with physical and mental health problems over time (Garfin at all.2018). People are forced to make a great number of changes in their lives to cope with mental and physical health problems arising from the COVID-19 pandemic. Many people were also inevitably forced to give up or change their habits and adopt new ones. It has been observed that coronavirus phobia and restrictions are disrupting the living standards of most people.

Employee interests require continuity commitment to the organization. Many employees continue to work to meet the basic needs of themselves and their families, even if they do not like their job. It was found that teachers' perceptions of professional burnout have a significant effect on organizational commitment and collective efficacy perceptions (Aydoğmuş & Tükel, 2019). Due to the COVID-19 Pandemic, employees also had to lose their current jobs. This situation also affects children / students in a chain. According the Dosil et all., (2019), The incessant social, cultural and economic changes in which society is immersed, does require developing coping skills towards change that allow teenagers to successfully develop as active subjects of society. Schnepfleitner & Ferreira (2021), By developing awareness and appreciation of personal and sociocultural context, educators can better facilitate transformative learning situations within existing contextual constraints. There is a need to help students actively participate and engage with the concepts presented in context.

The sample group of this study is comprised of individuals interested in amateur or professional sports, bearing in mind that these individuals fall into a group that is expected to have the ability of self-control to avoid developing any type of coronavirus phobia or its potential effects on their satisfaction with life even if such a phobia occurs. In other words, such an ability to control their self-confidence, self-efficacy, and self-esteem is essential. Van Yperen (2020) postulates that in some part of the training of athletes, it is essential to develop and maintain self-regulation skills. Self-regulation refers to all

resources that increase future performance and the act of consciously structuring the path to one's goals (Van Yperen, 2020). What is important here is to maintain self-regulation skills as well as to avoid or minimize situations such as anxiety and phobia in the individual's self with the intention of achieving satisfaction with life. Otherwise, the satisfaction with life of individuals may be adversely affected.

In the early days of the COVID-19, efforts were made to take precautions mainly in the context of medical science. Later, with the acceptance that this virus which has affected people of life in every field (psychological, social, economic, etc.), has started to be on the agenda of people. For example, the Ministry of Health in Turkey 'Science Board, microbiology, infection, intensive care, academics working in the field of pulmonology and internal medicine committee has been established. The physical and mental trauma experienced by those who survived this disease or the troubles experienced due to the death of their relatives and consequently the loss of work brought many economic difficulties.

Considering these factors, it has been observed that there is a need for collective action to prevent the virus; psychology, communications, statistics, composed of working in fields such as sociology of religion at the Ministry of Health in Turkey 'Social Science Council has been established. It can be considered as an important indicator of the necessity of these researches carried out with the establishment of the Social Sciences Board.

METHOD

Participants

According to Karasar (2015), the survey model includes arrangements made on a sample, using the whole population or a group of the population, in a population consisting of many elements, to make a general judgment about the population (p. 79-80). The population of the study consists of those taking special talent exams in the field of physical education teaching and coaching education departments of the Physical Education and Sports School of Kahramanmaraş Sütçü İmam University. Since all students in the research population were included in the research sample, no other sample selection was made. The scale forms were distributed to the participants to fill in a sufficient time. 320 usable feedbacks were provided for data from the collected forms. 37.2% (n = 119) of the participants included in the research sample are female and 62.8% (n = 201) are male. 17.8% of the participants are in the age group of 18-20 (n = 57), 44.7% of 21-23 (n = 143), 23.8% of 24-26 (n = 76), and 13.8% (n = 44) of 27 and over. 43.8% (n = 140) of the participants are high school graduates, 29.1% (n = 93) have an associate degree, and 27.2% (n = 87) have an undergraduate degree. The the order of preference of candidates for special talent entrance exams is teaching by 24.7% (n = 79) and coaching by 31.6% (n = 101), and coaching through evening classes by 43.8% (n = 140). Anxiety about COVID-19 during

participation in special talent exams is graded as "highly anxious" by 21.3% (n = 68), "a little bit anxious" by 33.8% (n = 108), and "never anxious" by 45% (n = 144).

Research Design and Data Collection Tools

The research is a quantitative study carried out in a relational survey model. Relational survey models are aimed at determining whether there is a relationship between two or more variables, and if so, the degree and level of the relationship (Karasar, 2014). This study has been designed to find out the opinions of the students who take special talent exams during the pandemic process in terms of some demographic variables regarding the coronavirus phobia and satisfaction with life levels and whether there is a significant difference in these opinions. It also aims to reveal the effect of coronavirus phobia on the satisfaction with life of the participants. Approval was obtained from all students participating in this study via an "Informed Voluntary Consent Form". Also, a research approval was obtained from the Faculty of Medicine Clinical Research Ethics Committee of the Kahramanmaraş Sütçü İmam University with the 341-research protocol code and the decision numbered 19 and dated 09/09/2020.

COVID-19 phobia scale (CP19-S): The scale was developed by Arpacı, Karataş & Baloğlu (2020) as a 4-dimensional scale with 20 items and 5-point Likert (1: Strongly disagree and 5: Strongly agree). It consists of 'Psychological', 'Somatic', 'Social' and 'Economic' sub-scales. Sub-scale scores are obtained by the total score of the answers given to the items in that sub-scale while the total C19P-S score is obtained by the sum of the sub-scale scores and ranges from 20 to 100 points. The height of the scores indicates the height in the sub-scales and general coronaphobia. The Cronbach's alpha internal consistency coefficient of the scale was determined to be 0.926. In this study, the Cronbach Alpha coefficient was found to be 0.928.
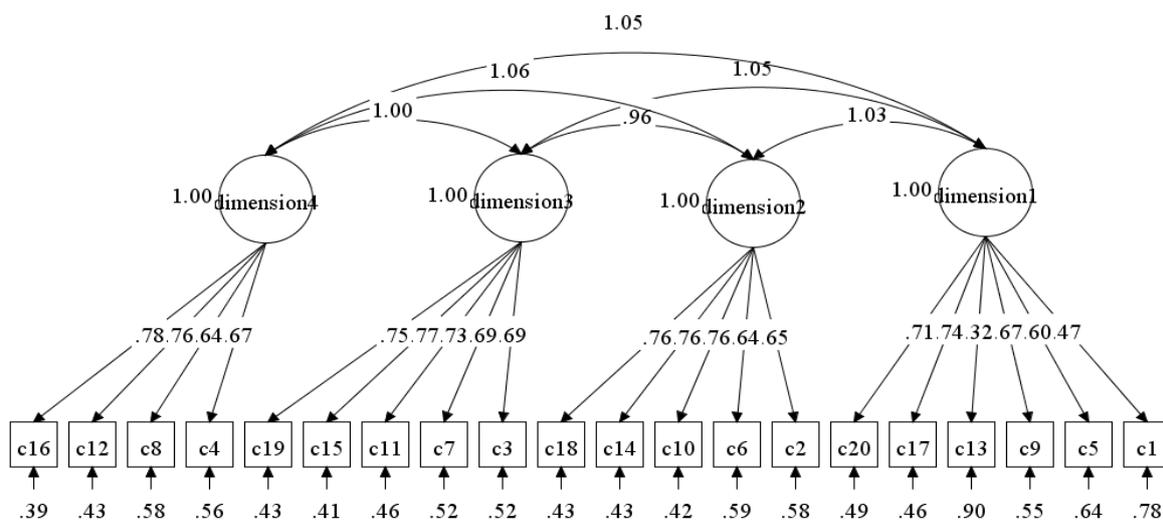

Figure 1. CP19-S Scale Diagram Model

Since the CP19-S scale has been developed recently, a Confirmatory Factor Analysis was conducted within the scope of this study to verify the four-dimensional structure of the scale. As a result of the analysis, it was observed that the four-factor structure of the scale was confirmed and the fit indices of the model were at good fit (SRMR = .40) and acceptable levels (x^2 / sd = 2.42, CFI = .94, TLI = .93, RMSEA = .067).

Satisfaction with life scale: Developed by Diener, Emmons, Larsen & Griffin (1985, 72), the "Satisfaction With Life Scale" was adapted into Turkish by Dağlı & Baysal (2016). The original form of the scale consists of a factor, 5 items, and a 7-point scale of Likert type. The scale had already been adapted into Turkish by Köker (1991) and used by various scholars in Turkey as a 7-point scale. Dağlı & Baysal (2016) identified that the responses of 7-point as in the original form of the scale were not appropriate for the Turkish culture and reduced these points to five. Then, the scale was readapted into Turkish from English to take its final form. The scale is graded as "Strongly disagree (1), Slightly disagree (2), Neither agree nor disagree (3), Highly agree (4) and Strongly agree (5)". The Cronbach's alpha internal consistency coefficient of the scale was determined as .88, while in this study, the Cronbach Alpha coefficient was found to be .79.

Data Analysis

The data of the study were analysed by using Jamovi 1.6.12 statistical software program. Whether the scores obtained show normal distribution or not was examined via the skewness coefficient method to determine the tests to be used in the study (Büyüköztürk, 2018, p. 40). The skewness values obtained as a result of the analysis were calculated as "-.287" for the "COVID-19 Phobia (CP19-S) Scale" and ".383" for the "Satisfaction with Life Scale". It is assumed that the values range between +1 and -1 and the distribution is normal. The t-test and One-Way Analysis of Variance (ANOVA) tests were used to determine the differentiation of participants' opinions in terms of demographic variables. In groups with significant differences, the Post-Hoc Tests was used to determine the source of the difference. In addition, the researchers investigated whether there is a meaningful relationship between the "COVID-19 Phobia Scale" and "Life Satisfaction Scale".

RESULTS

Table 1

Participants' Judgements of the Order of Fear-type Emotion Verbs on the Scale

Scales	N	Min-Max	$\overline{\mathrm{x}}$	SS
COVID-19 Phobia Scale	320	20-126	63.54	17.16

Arpacı, Karataş & Baloğlu (2020), who developed the CP19-S scale, stated that the scores ranged between 20 and 100 points, and high scores indicated a higher overall coronaphobia. According to Table 1, the average score of the CP19-S scale of the participants is medium.

Table 2

The arithmetic mean and standard deviation values of the CP19-S scale and satisfaction with life scale scores of the participants

Scales	N	Min-Max	$\overline{X}$	SS
CP19-S	320	1- 6.3	3.18	.86
Satisfaction With Life Scale	320	1-5	2.68	.87

Table 2 shows that the average scores of the participants for both scales are medium.

Table 3

Independent group t-test results according to the gender variable scores of the participants

Scales	Gender	N	$\overline{X}$	SS	sd	t	p
CP19-S	Female	119	3.01	.99	318	-2.67	.008*
	Male	201	3.27	.76			
Satisfaction With Life Scale	Female	119	2.80	.99	318	1.79	.075
	Male	201	2.61	.78			

*(p<0,05)

According to Table 3, no statistically significant difference was found in the scores of the satisfaction with life scale t (318) = 1.79; p<0.05. in terms of the gender variable as a result of the t-test, while a significant difference was found in the CP19-S scores t (318) = -2.67 p<0.05. It is observed that male participants ($\overline{X}_{male}$=3.27) have significantly higher levels of coronaphobia compared to female participants ($\overline{X}_{female}$=3.01).

Table 4

One-way analysis of variance (ANOVA) results of the COVID-19 Phobia Scale scores according to the variables of age, education level, the order of preference, and COVID-19 anxiety

Variables	Category	N	$\overline{x}$	SS	F	p	Groups with differences (Post-Hoc Tests)
Age	18-20 (a)	57	2.92	1.01	5.44	.001*	d – a, b, c
	21-23 (b)	143	3.17	.90			
	24-26 (c)	76	3.13	.64			
	27 and over (d)	44	3.60	.67			
Education level	High School (a)	140	2.97	.97	7.70	.001*	b, c - a
	Associate Degree (b)	93	3.38	.76			
	Undergraduate Degree (c)	87	3.30	.67			
The order of preference	Teaching (a)	79	3.36	.95	3.66	.027*	a - b
	Coaching (b)	101	3.02	.86			
	Coaching – Evening classes (c)	140	3.19	.78			
COVID-19 Anxiety	Highly Anxious (a)	68	4.11	.45	78.69	.000*	a - b, c
	A little bit anxious (b)	108	2.82	.66			
	Never anxious (c)	144	3.00	.83			

*(p<0.05)

As is seen from Table 4, as a result of the analysis, statistically significant differences were found in the variables of age F (3.316) = 5.44; $p<0.05$., education level F (3.316) = 7.70; $p<0.05$., the order of preference F (3.316) = 3.66; $p<0.05$. and COVID-19 anxiety F (3.316) = 78.69; $p<0.05$. The Post-Hoc Tests was conducted to determine among which groups the difference occurred. In terms of the age variable, a statistically significant difference of $p<0.05$ was found between the COVID-19 phobia levels of the participants in the age groups of 18-20, 21-23, and 24-26, and the age group of 27 and over. One may also notice that the COVID-19 phobia levels of the participants in the age group of 27 and over are significantly higher than the other age groups.

The analysis related to education level reveals that the COVID-19 phobia levels of the students with an associate degree and undergraduate degree are significantly higher than graduates of high school. One may observe that in terms of the the order of preference variable, the COVID-19 phobias of the participants whose first choice is teaching is significantly higher than the participants whose first choice is coaching and that students who are highly anxious in terms of the COVID-19 anxiety variable have significantly higher levels of COVID-19 phobias than students who are a little bit anxious and never anxious.

Table 5
One-way analysis of variance (ANOVA) results of the satisfaction with life scale scores of the participants according to the variables of age, education level, the order of preference, and COVID-19 anxiety

Variables	Category	N	$\overline{\mathrm{x}}$	SS	*F*	*p*	Groups with differences (Post-Hoc Tests)
Age	18-20 (a)	57	2.84	.88			
	21-23 (b)	143	2.63	.94			
	24-26 (c)	76	2.56	.79	1.93	.124	–
	27 and over (d)	44	2.86	.74			
Education level	High School (a)	140	2.71	1.00			
	Associate Degree (b)	93	2.63	.72	.257	.773	–
	Undergraduate Degree (c)	87	2.69	.81			
The order of preference	Teaching (a)	79	2.35	.88			
	Coaching (b)	101	2.80	.85	7.71	.001*	b, c – a
	Coaching – Evening classes (c)	140	2.77	.85			
COVID-19 Anxiety	Highly Anxious (a)	68	1.94	.67			
	A little bit anxious (b)	108	2.88	.80	38.71	.000*	b, c – a
	Never anxious (c)	144	2.88	.82			

*(*p*<0.05)

As a result of the analysis shown in Table 5, no statistically significant difference was found in the satisfaction with life scale scores of the participants in terms of age (*F* = 1.93; *p* = .124) and education level (*F* = .257; *p* = .773) variables. A statistically significant difference was found in the variables of the order of preference *F* (2.317) = 7.71; *p*<0.05., and COVID-19 anxiety *F* (2.317) = 38.71; *p*<0.05..

It is observed that the satisfaction with life levels of the participants whose first choice is teaching are significantly lower than the participants whose first choice is coaching and coaching of evening classes. Besides, the levels of satisfaction with life of the students who are highly anxious in terms of the COVID-19 anxiety variable are significantly lower than the students who are a little bit anxious and never anxious.

Table 6
Correlation results between psychological, somatic, social, and economic sub-scales of COVID-19 phobia scale variables and satisfaction with life scale scores

Variables	Psychological	Somatic	Social	Economic
Satisfaction with life	-.193*	-.276*	-.279*	-.242*

N=320

*p<.05

Table 6 reveals that there is a negative and low level of a significant relationship between the satisfaction with life scores of the participants and psychological (r = -. 193), somatic (r = -. 276), social (r = -. 279), and economic (r = -. 242) as independent variables. It

can be stated that as the phobia of the participants about COVID-19 increases, their satisfaction with life scores decrease.

Table 7

Results of standard multiple regression analysis regarding the prediction of satisfaction with life of psychological, somatic, social and economic sub-scales of COVID-19 phobia scale variables

Variables	B	Sh	B	T	p
Fixed	3.559	.180		19.728	.000*
Psychological	.115	.083	.129	1.385	.167
Somatic	-.223	.113	-.234	-1.981	.048
Social	-.247	.109	-.253	-2.272	.024
Economic	.071	.113	.076	.629	.530

R= 0.303   R²= 0.092

$F (4. 315)=7. 98$ *p*= .000

According to Table 7, the psychological, somatic, social, and economic sub-scales of the COVID-19 phobia scale have a low and significant relationship with the satisfaction with life scores of the students (R = 0.303, R² = .092, p <.05). Psychological, somatic, social, and economic sub-subscales explain about 9% of the total variance in students' satisfaction with life.

DISCUSSION

This study was conducted during an extraordinary period during which the COVID-19 disease broke out and spread all over the world. In light of various analyses, it was observed that the COVID-19 phobia score (63.54) and the arithmetic mean scores of the COVID-19 phobia scale and satisfaction with life scale were found to be at a medium level. Gencer (2020) found that the average overall score obtained from the coronavirus fear scale was close to the medium level. Before May 2020, Arpacı, Karataş, & Baloğlu (2020) found the average of coronavirus 19 phobia scores as (mean = 65.42) in their research on the 17-89 age group. Although the age group in our study is generally under 35, the mean scores are close. This may be attributed to the fact that the second wave of the virus began to appear in the world in August-September, 2020. In addition, this can be explained by the idea that the low COVID-19 phobia score reduces the effect of the virus on young people, in other words, the low mortality rate in the young population.

There was no significant difference in life satisfaction scale scores in terms of the gender variable. In a study conducted by Tümkaya, Çelik, and Aybek (2011) on students, it was stated that life satisfaction did not differ according to gender. The coronavirus 19 phobia was significantly higher in men than women based on the results of the CP10-S

scale. As is observed from the explanations of scientists enlightening us on social media and TVs, it has been known that women are more resistant to this virus, and men who are infected with the COVID-19 virus are more likely to die, and such realities affect phobia perceptions. Üstün and Özçiftçi (2020) support this result in the studies of Leonardo Pujol (2020). In Zoralioğlu's (2020) study, it was found that male patients had lower oxygen saturation, longer hospital stay, and more severe CT findings than women. Ünal (2020) found the behavioural protection from coronavirus score of women higher than men in his research.

In terms of the age variable, it was concluded that the COVID-19 phobia levels of the participants aged 27 and over were significantly higher than the other age groups (18-20, 21-23 and 24-26 years). Given the data of the World Health Organization and the health ministries of countries, the belief that the virus affects young people less and the number of young people in mortality rates may show an effective variation on the COVID-19 phobia.

In terms of the educational level variable, it was concluded that the COVID-19 phobia levels of the students with an associate degree and undergraduate degree were significantly higher than graduates of high school. As the level of education increases, the level of consciousness increases, thus; the level of taking measures against the virus as well as of the phobia increases. Sever and Özdemir (2020) concluded that university students experience a sense of burnout during the pandemic process.

It was concluded that in terms of the the order of preference variable, the COVID-19 phobias of the participants whose first choice is teaching was significantly higher than the participants whose first choice is coaching. As students are supposed to be in the first 300,000 among the 2,296,138 candidates who took the exam in the university entrance exams (according to the data of the Center for Assessment, Selection, and Placement) to be eligible to choose a department of teaching, the accumulation of knowledge and education level of the students is higher, which is possibly a result that supports each other with the findings of the educational level variable.

It was concluded that highly anxious students had significantly higher levels of COVID-19 phobia than students who are a little bit or never anxious. High results of COVID-19 phobia among highly anxious students are potentially expected results that are rationalized in this research. Üstün and Özçiftçi (2020) purported that "The existing panic and anxiety have turned into a kind of fear due to the rapid transmission of the disease and the continuous increase in the number of patients and deaths." It was determined that the satisfaction with life levels of the participants whose first choice is teaching were significantly lower than the participants whose first choice was coaching and coaching during evening classes. While the level of phobia increases inversely with the COVID-19 phobia, the level of satisfaction with life decreases.

In terms of the COVID-19 anxiety variable, it was found that the satisfaction with life levels of highly anxious students were significantly lower than a little bit anxious students or students with no anxiety at all. It was determined that there is a negative low-level significant relationship between the satisfaction with life scores of the participants and the independent variables, including psychological, somatic, social, and economic factors. It can be stated that as the COVID-19 phobia of the participants increases, their satisfaction with life scores decrease. It is stated by Afacan and Avcı (2020) that health and lifestyle are closely related to each other. Chen et al. (2020) suggest that precautions against the spread of the virus may lead to a lifestyle that may also cause various chronic health problems by increasing anxiety and depression, as well as causing inactivity. Bakioğlu et al. (2020) recommend developing strategies to protect mental health and increasing psychological resilience during the COVID-19 pandemic.

Ensuring measurement invariance is a prerequisite for meaningful comparisons between groups and at different times (Akın Arıkan & Demirtaş Zorbaz, 2020). This study was conducted in the time period when the level of first wave of COVID-19 virus decreased in many countries in the world and the level of wave 2 started in some countries. It is thought that conducting new studies with the measurement tools used in this research or with different scales can provide significant benefits to acquiring new information and maturing ideas. In the event of the end of the virus, making new measurements with similar measurement tools can provide results in different dimensions and develop new perspectives.

Conclusion and Recommendations

As a result, a significant relationship was found between scores of the COVID-19 phobia scale and satisfaction with life scale. Besides, demographically significant relationships were found between the COVID-19 phobia and satisfaction with life. The results have a consistent pattern with the results of research in medical sciences and psychosocial fields, and the inferences could be interpreted depending on the opinions of the participants. By using the results of this research, strategies to prevent disease-related phobias can be developed to increase people's satisfaction with life.

This study has some limitations. It was only carried out on the students who took the special talent exams. The satisfaction with life scale used in this study can be seen as a good start to understand students' satisfaction. Therefore, in future studies, it is estimated that significant contributions will be made to the literature if analysis could be made on stress, anxiety, happiness, motivation, academic achievement, future anxiety/expectation, attitude and similar concepts together with the COVID-19 phobia scale. Also, conducting analyzes for students in all departments at a university and in several different countries will provide a very robust and interesting study. In the light of the information to be obtained, it is ensured that the psychological and social problems will be seen concretely in the society along with easier solutions.

Given the studies on the life satisfaction levels of students and other individuals in the period before the pandemic (Akyol, Başaran & Yeşilbaş, 2018; Çivitçi, 2012; Dorahy et al., 2000; Gündoğar et al., 2007), it is understood that life satisfaction was at high levels. It can be said that the pandemic has changed the life satisfaction level of the students.

This study which was conducted during the tough times of the pandemic is fairly enlightening when it comes to the emotional and psychological effects of the COVID-19 on students. The results of this study will be useful in the field of knowledge for current higher education administration and future researchers to better understand how a global pandemic determines students' satisfaction and their ability to succeed in academic careers.

Acknowledgments

REFERENCES

Afacan, E. & Avcı, N. (2020). A sociological overview of outstanding diseases through the coronavirus example (COVID-19). *Eurasian Journal of Researches in Social and Economics (EJRSE), 7*(5), 1-14. Retrieved from https://dergipark.org.tr/tr/pub/asead/issue/54658/738133

Agid, O. McDonald, K. Siu, C. Tsoutsoulas, C. Wass, C. Zipursky, R. B. Foussias, G. & Remington, G. (2012). Happiness in first-episode schizophrenia. *Schizophrenia Research, 141*(1), 98-103. http://dx.doi.org/10.1016/j.schres.2012.07.012

Akgün, N. (1993). *Exercise physiology.* 4th Edition. İzmir, Ege University Press 2.

Akın Arıkan, Ç. & Demirtaş Zorbaz, S. (2020). Measurement invariance of the Satisfaction with Life Scale across gender and time. *Turkish Journal of Education, 9*(4), 260-272. http://dx.doi.org/10.19128/turje.774452

Akyol, B. Başaran, R. & Yeşilbaş, Y. (2018). Life satisfaction level and lifelong learning tendencies of Public Education Center trainees. *Mehmet Akif Ersoy University Journal of Education Faculty*, (48), 301-324. Retrieved from https://dergipark.org.tr/tr/pub/maeuefd/issue/39596/412680

Arpacı, I. Karataş, K. & Baloğlu, M. (2020). The development and initial tests for the psychometric properties of the COVID-19 Phobia Scale (C19P-S). *Personality and Individual Differences, in press*. 164. http://dx.doi.org/10.1016/j.paid.2020.110108

Atılgan, D. & Kaya, A. (2018). A research on the mental and physical health of the students who do and don't do sports with licence at high schools which belongs to Ministry of National Education. *The Journal of Academic Social Science, 6*(83), 268-289. http://dx.doi.org/10.16992/ASOS.14387

Atılgan, D. (2020). Investigation of happiness levels of individuals actively exercising for recreational purposes during the covid-19 outbreak. *Journal of Education and Recreation Patterns, 1*(1), 7-18.

Aydoğmuş, M. & Tükel, Y. (2019). Testing the mediating role of collective efficacy perceptions on the relationship between teachers' perceptions of professional burnout and organizational commitment. *I.E.: Inquiry in Education, 11*(2), 1-20.

Bakioğlu, F. Korkmaz, O. & Ercan, H. (2020). Fear of COVID-19 and positivity: mediating role of ıntolerance of uncertainty, depression, anxiety, and stress. *International Journal of Mental Health and Addiction,* http://dx.doi.org/10.1007/s11469-020-00331-y

Bingöl, C. & Alpkaya, U. (2016). The investigation of the self - esteem level of the athletes and non-athletes in high school students. *Marmara University Journal of Sports Sciences, 1*(1), 31-37. Retrieved from https://dergipark.org.tr/tr/pub/musbd/issue/23780/302326

Büyüköztürk, Ş. (2018). *Manual of data analysis for social sciences. 24. Edition. Ankara: Pegem Academy.*

Chen, P. Mao, L. Nassis, G.P. Harmer, P. E. Ainsworth, B. & Li, F. (2020). Coronavirus disease (COVID-19): The need to maintain regular physicalactivity while taking precautions. *J Sport Health Sci, 9*(2), 103-104. http://dx.doi.org/10.1016/j.jshs.2020.02.001

Cohn, M. A. Fredrickson, B. L. Brown, S. L. Mikels, J. A. & Conway, A. M. (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion, 9*(3), 361-368. http://dx.doi.org/10.1037/a0015952

Çivitçi, D. (2012). The relationships between global life satisfaction and psychological needs in university students. *Çukurova University Journal of Social Sciences Institute, 21*(2), 321-336. Retrieved from https://dergipark.org.tr/tr/pub/cusosbil/issue/4390/60371

Dağlı, A. & Baysal, N. (2016). Adaptation of the satisfaction with life scale into Turkish: the study of validity and reliability. *Electronic Journal of Social Sciences, 15*(59), 1250-1262. http://dx.doi.org/10.17755/esosder.75955

Dalkıran, O. & Tuncel, F. (2007). Evaluation of physical education lessons as elective courses in secondary education schools by students. *SPORMETRE The Journal of Physical Education and Sport Sciences, 5*(1), 37-42. https://doi.org/10.1501/Sporm_0000000121

Dorahy, M. J. Lewis, C. A. Schumaker, J. F. Akuamoah-Boateng, R. Duze, M. C. & Sibiya, T. E. (2000). Depression and life satisfaction among Australian, Ghanaian, Nigerian, Northern Irish, and Swazi University Students. *Journal of Social Behavior and Personality, 15*(4), 569–580.

Dosil, M. Biota, I. Picaza, M. Eiguren, A. & Rodríguez, I. (2019). Resilience analysis in the teen stage: an approach to the situation of schools in the Basque Country. *International Journal of Modern Education Studies, 3*(2), 54-64.

Garfin, D. R. Thompson, R. R. & Holman, E. A. (2018). Acute stress and subsequent health outcomes: a systematic review. *Journal of Psychosomatic Research, 112*, 107-113. http://dx.doi.org/10.1016/j.jpsychores.2018.05.017

Garfin, D. R. Silver, R. C. & Holman, E. A. (2020). The novel coronavirus (COVID-2019) outbreak: Amplification of public health consequences by media exposure. *Health Psychology*, 39(5), 355–357. http://dx.doi.org/10.1037/hea0000875

Gencer, N. (2020). Coronavirus (COVID-19) fear of individuals during the pandemia: Çorum sample. *International Journal of Social Sciences Academy*, *2*(4), 1153-1173. http://dx.doi.org/10.47994/usbad.791577

Gündoğar, D. Gül, S. S. Uskun, E. Demirci, S. & Keçeci, D. (2007). Investigation of the Predictors of Life Satisfaction inUniversity Students. *J Clin Psy, 10*(1), 14-27.

Karasar, N. (2014). *Scientific research method.* 26. Printing. Ankara: Nobel Publishing.

Karasar, N. (2015). *Scientific research method.* Ankara: Nobel Publishing.

Kaya, Ö. S. & Orçan, F. (2019). Mediating role of happiness between empathy, forgiveness, life satisfaction: a path analysis. *Bolu Abant İzzet Baysal University Journal Faculty of Education*, *19*(2), 540-554. http://dx.doi.org/10.17240/aibuefd.20xx

Koca, F. İmamoğlu, G. & İmamoğlu, O. (2018). Sports status of high school students and investigation of personality characteristics by gender. *The Journal of Academic Social Science, 6*(80), 31-42. http://dx.doi.org/10.16992/ASOS.14267

Kuru, E. (2003). The personal features of students in the department of physical education at different statues. *Gazi University Journal of Gazi Education Faculty*, *23*(1), 175–191.

Leonardo Pujol. (2020). COVID-19: *Why does coronavirus cause more deaths in men?* BBC Brazil 17 December 2020. https://www.bbc.com/turkce/haberler-dunya-55338278. (Date of access: 10.01.2020).

Pakpour, A. & Griffiths, M. (2020). The fear of COVID-19 and its role in preventive behaviors. *Journal of Concurrent Disorders*, *2*(1), 58–63.

Peterson, C. Park, N. & Seligman, M. E. P. (2005). Orientations to happiness and life satisfaction: The full life versus the empty life. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, *6*(1), 25- 41. https://doi.org/10.1007/s10902-004-1278-z

Schnepfleitner, F.M. & Ferreira, M.P. (2021). Transformative learning theory – is it time to add a fourth core element? *Journal of Educational Studies and Multidisciplinary Approaches (JESMA), 1*(1), 40-49. http://dx.doi.org/10.51383/jesma.2021.9

Sever, M. & Özdemir, S. (2020). The experience of being a student during coronavirus (COVID-19) pandemic: a photovoice study. *Society and Social Work,* 31(4), 1653-1679. http://dx.doi.org/10.33417/tsh.778615

Sylvester, C. (2005). *A comparison of ancient and modern conceptions of happiness and leisure.* In Eleventh Canadian Congress on Leisure Research, Nanaimo, British Columbia.

Ünal, H. (2020). *Level of knowledge, perception and behavior of family medicine residents about the new coronavirus disease (COVID-19).* (Unpublished Medical Specialty Thesis). Health Sciences University Prof. Dr. Cemil Taşçıoğlu City Hospital, Department of Family Medicine, Istanbul.

Üstün, Ç. & Özçiftçi, S. (2020). Effects of COVID-19 pandemic on social life and ethical plane: an evaluation study. *Anatolian Clinic Journal of Medical Sciences*, 25(1), 142-153. http://dx.doi.org/10.21673/anadoluklin.721864

Van Yperen, N. W. (2020). *Achievement goals and self-regulation in the sport context.* In Social Psychology: Handbook of Basic Principles, 3rdedn. New York: Guilford Press.

Zhang, J. Wu, W. Zhao, X. & Zhang, W. (2020). Recommended psychological crisis intervention response to the 2019 novel coronavirus pneumonia outbreak in China: a model of West China Hospital. *Precision Clinical Medicine,* 3(1), 3-8. https://doi.org/10.1093/pcmedi/pbaa006

Zoralioğlu, M. (2020). *The effect of gender on prognosis in patients between 30-50 years old with COVID-19 and other factors affecting it.* (Unpublished Medical Specialty Thesis). Health Sciences University Ümraniye Health Application and Research Center Internal Medicine Clinic, Istanbul.