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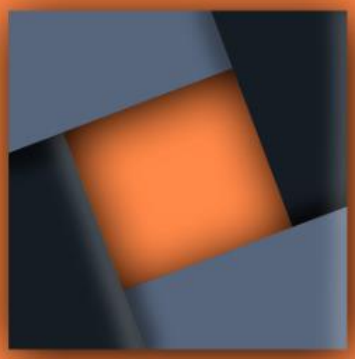

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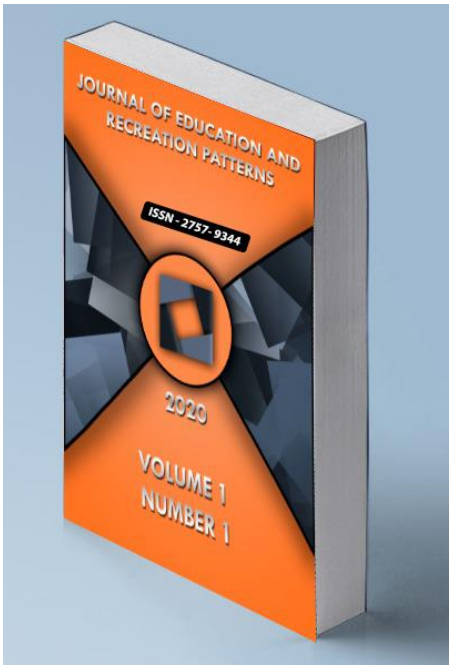

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Comparing Balance Abilities in Different Sports

İmdat Yarim[1], Neslihan Özcan[2], Mehmet Emin Yelken[3], Mahmut Esat Uzun[4]

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Comparing Balance Abilities in Different Sports

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Abstract

It is known that balance ability has an importance in terms of sportive performance. Balance ability also showed an important relationship between insufficiencies and performance and sports injuries. **Object:** The aim of this study is to examine balance ability in several sports. **Materials and Methods:** Totally 48 male and female athletes consisting of Wrestling (W, n: 13), Futsal (F, n: 10), Taekwondo (T, n: 15), and Cross-Country Skiing (CCS, n: 10) whose mean ages were 20.2 ± 0.57, 24.4 ± 1.54, 20.4 ± 0.49 and 16.9 ± 0.09respectively, participated voluntarily to this study. Participants' height (cm) was measured with a stadiometer, body weight (kg) was measured with TANITA BC-418 and leg lengthswere measured with a measuring tape. Y-Balance test (cm) was used in the application of balance tests. **Findings:** The data were statistically evaluated in the SPSS 23 program and the Kruskal Wallis test was applied to determine the relationship between the groups. Tukey test was applied to determine which group caused the difference and the level of significance was chosen as 0.05. In the evaluation, statistically significant difference in the balance parameters was found between Right anterior and WT, FT, F-CCS, T-CCS sports branches, between Right medial and W-F, F-T, F-CCS sports branches, between Left anterior and W-T, W-CCS, F-T, F - CCS, T-CCS sports branches and between Left medial and W-F, F-T, F-CCS sports branches ($p<0.05$). **Result:** The balance parameter differs according to sports branches. When these differences are evaluated, it can be said that the best results for all balance parameters are for Cross Country Skiing, Taekwondo, Wrestling and Futsal athletes, respectively.

Keywords: Balance, Taekwondo, Cross Country Skiing, Futsal, Wrestling

INTRODUCTION

The body balance must be at a sufficient level for individuals to continue their daily activities effectively. In order to continue our daily life normally, we frequently need balance ability (Muratlı, 2003). Advanced balance ability is an important component not only for the routine activities of individuals in daily life, but also for the continuity of dynamic and fluid movements which are common in sports activities. Sports exercises force branch-specific the postural control systems of the body and develop postural adaptations in order to complete the sportive movements effectively. Studies suggest that improved balance in experienced athletes may be the result of repetitive exercises that affect motor responses or may be due to training experiences. Accordingly, balance ability is a skill that can be learned and developed. Therefore, balance is important for movements in all sports branches (Ateş et al., 2017).

In sedentary and athletes, a rapid adaptation occurs by the neuromuscular system to changes in the center of gravity during rest or movement. It can be defined as adaptation to body composition shown against gravity during balance, movement and rest (Sandrey, 2006). Balance has an important place in games, sports, dance and gymnastic activities. We need balance in our lives to be protected from accidents and injuries or to maintain our works efficiently (Gökmen, 2013). It is an integral part of most movement practices to maintain a stable posture (Carr and Shepherd, 1998). Balance control is a complex motor skill that includes the integration of sensory inputs, as well as the planning and implementation of flexible movement patterns (Ferdjallah et al., 2002). Balance is the basis for good performance and, muscle is described as a conductor within the nervous system. Human ability to maintain balance can be defined as a determining factor in the development of other motor systems (Aksu, 1994).

Although balance ability is specified as an extremely necessary parameter to perform well and improve performance, it is also known that impairment in balance performance is a risk factor for injuries (Ateş et al., 2017). Balance ability which can be learned and developed, also varies between sports branches (Hewett, 2009).The aim of this study is to compare balance ability in several sports.

MATERIALS and METHODS

Totally 48 male and female athletes consisting of Wrestling (W, n: 13), Futsal (F, n: 10), Taekwondo (T, n: 15), and Cross-Country Skiing (CCS, n: 10) whose mean ages were 20.2 ± 0.57, 24.4 ± 1.54, 20.4 ± 0.49 and 16.9 ± 0.09 respectively, participated voluntarily to this study. Participants' height (cm) was measured with a stadiometer, body weight (kg) was measured with TANITA BC-418 and leg lengths were measured with a measuring tape. Y-Balance test (cm) was used in the application of balance tests.

Y-Balance Test: Each participant's leg length was recorded in centimeters in the supine position, bilaterally, by measuring from the anterior superior iliac point to the medialmalleolundistal part. Measurements were tested with bare feet, in 3 directions, in the ANT reach position, as the distance between the participant's center toe tip, and PL and PM from the farthest point from the heel of the foot. Participants were asked to keep their hands on the iliac crest, keep their heels on the ground, and make a light touch on the farthest point with the toe of the outstretched foot. Participants were asked to make 3 reaches in each direction. During the measurement, participants transferring their body weight to the reclining foot, separating the heel of the standing foot from the ground, or separating their hands from the hip were considered errors, and the measurement was repeated after the participant was verbally informed. All reaches were recorded in centimeters. After the data were obtained, the scores

obtained by using the formula "Best Reach / Leg Length x 100 = Maximum Reach" for each direction were normalized to eliminate the leg length advantage (Robinson & Gribble, 2008).

Statistical Analysis: The data were statistically evaluated in the SPSS 23 program and the Kruskal Wallis test was used to determine the relationship between the groups. Tukey Test was applied to determine which group caused the difference and the significance level was chosen as 0.05.

FINDINGS

Table 1.Y-Balance Rates of Cross-Country Skiing, Wrestling, Taekwondo and Futsal Athletes

Parameters	Group	Ort.±SS	*p*	Differences
Right Anterior (cm)	Wrestling (13)	77.9±1.29	*0.00**	Wrestling-Taekwondo Futsal-Taekwondo Futsal- Cross Country Skiing Taekwondo- Cross Country Skiing
	Futsal (10)	74.7±2.01		
	Taekwondo (15)	64.3±1.12		
	Cross Country Skiing (10)	82.6±2.03		
Right Medial (cm)	Wrestling (13)	105.6±2.54	*0.00**	Wrestling-Futsal Futsal-Taekwondo Futsal- Cross Country Skiing
	Futsal (10)	89.3±2		
	Taekwondo (15)	102.7±1.89		
	Cross Country Skiing (10)	106.3±2.05		
Right Lateral (cm)	Wrestling (13)	99.6±2.49	*0.61*	-
	Futsal (10)	96.7±1.79		
	Taekwondo (15)	101.6±2.08		
	Cross Country Skiing (10)	100±3.54		
Left Anterior (cm)	Wrestling (13)	75.5±1.63	*0.00**	Wrestling-Taekwondo Wrestling-Ski Futsal-Taekwondo Futsal- Cross Country Skiing Taekwondo- Cross Country Skiing
	Futsal (10)	75.2±1.64		
	Taekwondo (15)	65.5±1.44		
	Cross Country Skiing (10)	85.7±2.71		
Left Medial (cm)	Wrestling (13)	105.6±1.98	*0.00**	Wrestling-Futsal Futsal-Taekwondo Futsal-Cross Country Skiing
	Futsal (10)	89.8±2.25		
	Taekwondo (15)	105.7±2.33		
	Cross Country Skiing (10)	103±2.45		
Left Lateral (cm)	Wrestling (13)	101.4±2.5	*0.17*	-
	Futsal (10)	97.2±1.99		
	Taekwondo (15)	104.1±2.07		
	Cross Country Skiing (10)	102.1±97.2		

***p<0.05**

In the evaluation, statistically significant difference was found in the balance parameters between Right anterior and WT, FT, F-CCS, T-CCS sports branches, between Right posteromedial and WF, FT, F-CCS sports branches, between Left anterior and WT, W-CCS, FT, F-CCS, T-CCS sports branches and between Left posteromedial and WF, FT, F-CCS sports branches ($p<0.05$). However, in the evaluation, no significant difference was found between the branches in the Right posterolateral and Left posterolateral measurements ($p <0.05$).

When we evaluate balance ability among these branches, the branches with the best balance are CCS, W, F, T in the Right Trainer, CCS, W, T, F in the Right Posteromedial, and T, CCS, W, F in the Right Posterolateral, respectively. It was found as CCS, W, F, T in the Left Anterior, as T, W, CCS, F in the Left Posteromedial, and as T, CCS, W, F in the Left Posterolateral.

DISCUSSION and RESULT

In this study, it is aimed to compare the balance parameters of skiing race, wrestling, taekwondo and futsal athletes who actively participate in professional sports.

Erkmen et al. (2007) mutually evaluated the balance performances of different branch athletes. When the balance scores are examined, it is seen that there are differences between the branches and they found that the best performance in the difference between the branches was in gymnasts and football players, and the lowest in basketball players (Erkmen et al., 2007). Bressel (2007) evaluated the dynamic and static balances of university athletes dealing with football, basketball and gymnastics, and as a result, it was found that while there was no difference in the values of gymnasts and football players, basketball players had lower dynamic balance scores. This can be said as a feature of balance performance that can be improved with balance or branch-specific training (Bressel et al., 2007).

Gorman et al. (2012) compared using the Y-Balance Test the dynamic balance performances of athletes who competed in only one sports branch or competed in several different sports branches, and no significant difference was found between the two groups (Gorman et al., 2012). While Ateş et al. found significant differences in medial, posteromedial and posterior dynamic balance performance after fatigue in non-athletes' women; they could not detect a significant difference in the athlete group (Ateş et al., 2017). Huge, R et al., in their study to examine the balance and reaction time of alpine and northern skiers in national teams, found that the significant difference between balance ability was in favor of northern skiers (İri et al., 2017).

Davlin (2004), in his study, stated that gymnasts have better values than athletes in other branches by comparing the dynamic balances of top-level female and male athletes, swimmers, football players and individual sportsmen, and that football players and swimmers have better balance compared to those who do individual sports (control group). It was also found that balance ability differs according to gender (Davlin, 2004, Çetin et al., 2018).When the studies are examined, it is seen that there is a consensus on the issues that balance ability is an indicator of sportive performance, that it is different for those who do sports and those who do not sports that require static or dynamic performance, that different methods and evaluation protocols are used in the evaluation of balance, and that it is sensitive and effective to make a distinction between athletes according to branches (Ateş et al., 2017).

The balance parameter differs according to the sports branches. When these differences are evaluated, it can be said that the best results for all balance parameters are for Cross Country Skiing, Taekwondo, and Wrestling and Futsal athletes, respectively. Therefore, the importance of balance training should be emphasized in sports branches where balance ability is a determining parameter.

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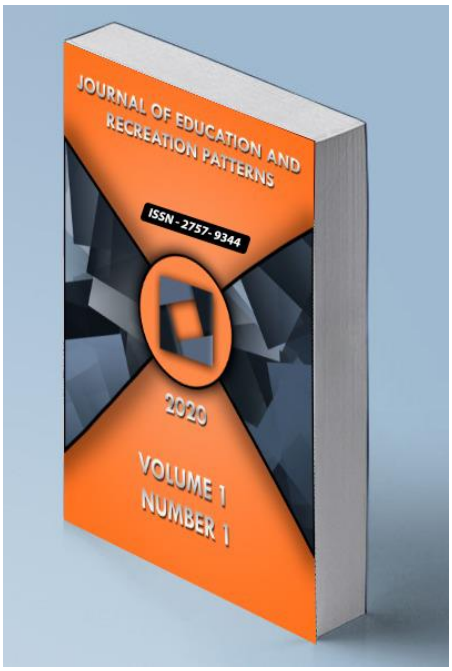

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Investigation of Happiness Levels of Individuals Actively Exercising for Recreational Purposes during the COVID-19 Outbreak

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Investigation of Happiness Levels of Individuals Actively Exercising for Recreational Purposes during the COVID-19 Outbreak

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Abstract

This study aims to determine the opinions of individuals who actively engage in sports for recreational purposes during the COVID-19 outbreak and to examine whether the participants' opinions differ in terms of some demographic variables. The research is a quantitative study conducted in a descriptive survey model. In this study, data were collected in 2020. The sample of the study consists of 243 participants who actively engage in recreational sports in their leisure time in archery, orienteering, football and other branches in Kahramanmaraş. The data of the research were analysed using a statistical software program. The arithmetic mean and standard deviation values were determined for data analysis, while t-test and One-Way Analysis of Variance (ANOVA) tests were used to determine the differentiation of scores obtained for variables. Scheffe and LSD tests were used to determine the source of the difference in groups with a significant difference in the F value.

As a result of the research, it was observed that the happiness level scores of the participants were in the moderate-level score range. It was concluded that there was no significant difference in the scores of the participants regarding their happiness levels in terms of gender and sports year variables, whereas there were significant differences in terms of branch and age variables.

Keywords: Pandemic, Athlete, Happiness

INTRODUCTION

During the first quarter of the new century, a pandemic disease called COVID-19 emerged. Spreading rapidly, this disease has started to upset the entire system of societies, countries and even the global world. It disrupts sports, economy, transportation, communication and production networks as well as many other similar factors in different sectors. Despite the scientific and technological developments, science and technology have become unable to fully meet the needs. People have begun to make changes in their lifestyles, willingly or sometimes unwillingly due to the measures taken by the states and the fear of contamination and dying. All these situations have affected not only the sports sector but also other sectors significantly and negatively.

Sport is an important phenomenon that influences the spectators and people who are parts of the sports industry and evokes strong emotions. With these strong emotions, individuals feel happy while they also care about happiness. Unhappy people cannot be expected to focus on and continue their work and sport. Concentration is an advanced stage of focusing on your work. Karageorghis & Terry (2017) express concentration as an optimal psychological state and a deeply enjoyable experience. They state that concentration enriches life and enables the continuation of the disciplines chosen with great enthusiasm. According to Şahan (2007), emotions such as excitement and joy experienced during sport psychologically contribute to the development of individuals' feelings of self-confidence (Şahan, 2007). This situation not only gives happiness to individuals but also helps them continue and concentrate on the sport.

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 ensures a healthy and enjoyable lifestyle in human life, and emphasizing that the concept of happiness is related to leisure (Sylvester, 2005). Happiness can be expressed as the general flow of an individual's life going positively and at the desired level. Agid et al. (2012) suggest that happiness is a fundamental dimension of a person's life and is largely based on internal psychological processes involving individual values and goals. According to Eryilmaz (2011), the phenomenon that human beings need most is happiness. For, happy individuals feel more successful and more secure. Happiness has the potential to make every moment of life different. The phenomenon of happiness can vary from situation to situation or even from person to person. The feeling of happiness directly affects the life of the individual.

Purpose of the Study and Research Questions

In general, happiness reflects an individual's life cycles, experiences, and positive emotions such as joy, pride, trust, excitement, and therefore it is the highest and ultimate motivator of human actions (Tükel & Temel, 2020). Happiness is what individuals want to achieve in human life, and all individuals basically seek happiness (Kangal, 2013). There is also an important relationship between motivation and happiness. Happy individuals can be better motivated. According to Karageorghis and Terry (2017), motivation is more or less a force that lies within each individual. Those who achieve success in sport have been characterized as highly motivated people. According to researches, top athletes tend to show a combination of intrinsic and extrinsic motivation. Athletes also experience negative emotions from time to time. Athletes state that they do not feel well when they achieve lower performance than maximum performance associate with their mood (Karageorghis & Terry, 2017). Experiencing positive emotions such as trust, joy, and hope, in general, more than negative emotions such as anger, hate, anxiety, fear, hopelessness, and sadness, and being

satisfied with living spaces are considered as indicators of happiness (Kırık & Sönmez, 2017). People's lifestyles, working styles, communication and interaction methods, and participation in leisure activities have changed during the COVID-19 outbreak. With the rapid spread of this virus, the understanding and application methods in sport, social, cultural as well as artistic activities have had to change significantly (Tükel, 2020).

COVID-19 virus, which is called a pandemic disease, is thought to significantly affect the happiness levels of all sport elements, especially athletes and the sports community. In this research, the pandemic began in Turkey in the first months of 2020, corresponding to the initial process. Thus, this research aims to determine the level of happiness of individuals who actively engage in recreational sports in their leisure time and to examine whether there is a difference in participant's opinions in terms of some demographic variables.

MATERIALS and METHODS

Research Model

The research is a quantitative study and has been carried out in a descriptive survey model. In this study, the opinions of the individuals who actively exercise for recreational purposes during the pandemic were determined, and the differentiation of participants' opinions in terms of some demographic variables was examined. Approval was obtained from all athletes participating in this study with the "Informed Consent Form".

Sampling

According to Karasar (2015), the survey model includes the arrangements made on the sample using the whole of the population or with a group from the population in a population consisting of many members and regarding making a general judgment about the population. The population of the study consists of the participants who actively engage in recreational sports in their leisure time in archery, orienteering, football and other branches in Kahramanmaraş. Since all athletes in the research population were included in the study sample, no other sample selection was made. The scale forms were sent to the participants online and as a form with usable feedback provided for data from 243 participants. In practice, support was received from sports club officials and representatives of sports branches. Of the participants included in the study sample, 23.9% (n = 58), 25.1% (n = 61), 21.4% (n = 52), and 29.6% (n = 72) were from the branches of archery, orienteering, football and other branches, respectively. 56.8% (n = 138) of the participants were men, 43.2% (n = 105) were women; 52.7% (n = 128) were 15-20 years old, 25.5% (n = 62) were 21- 25 years old and 21.8% (n = 53) were 26-30 years old. Considering the years of experience in the sport, 58.8% (n = 143) were in the range of 1-5, 26.3% (n = 64) were in the range of 6-10 years, and 14.8% (n = 36) were in the range of 11 years and over.

Data Collection Tools

Oxford Happiness Questionnaire-Short Form (OHQ-C):It is a uni-dimensional scale developed by Hills and Argyle (2002) to evaluate the level of happiness. The scale was adapted into Turkish by Doğan and Akıncı-Çötok (2011). The original 6-point Likert-type scale consisting of 8 items was adapted into Turkish as a 5-point Likert to prevent problems arising from the confusion in Turkish, and the 4th item was removed from the scale and was defined as a 7-item scale in the literature because the item-total correlation was below .30. The scale

was scored as "strongly disagree (1)", "disagree (2)", "slightly agree (3)", "agree (4)", "completely agree (5)". Items 1 and 7 of the scale require reverse scoring. The scale ranges between 7 and 35 points. The higher the score, the higher the happiness level of the person. The Cronbach Alpha internal consistency coefficient of the scale was found to be .74. In this study, the Cronbach Alpha coefficient was found to be .70.

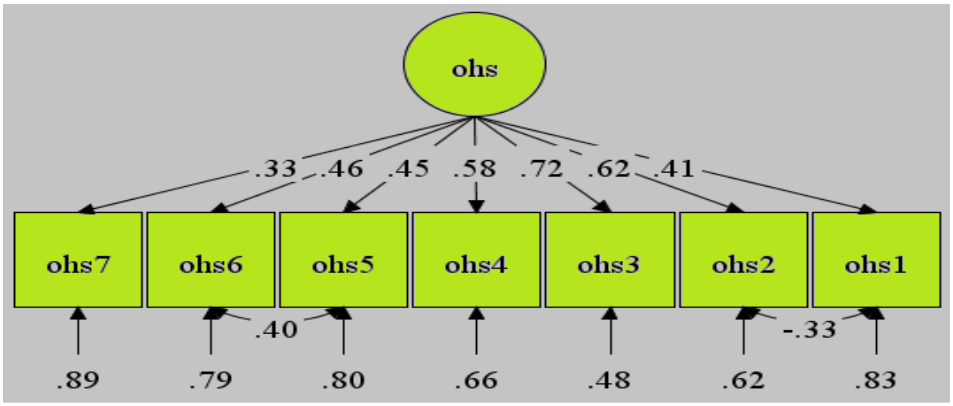

Figure 1. Oxford Happiness Questionnaire/Scale Diagram Model

Confirmatory Factor Analysis was conducted within the scope of this study to validate the structure of the scale. As a result of the analysis, it was seen that the structure of the scale was validated and the fit indexes of the model were at the level of good fit (SRMR = .043) and acceptable (x^2/sd = 2.02, RMSEA = .065, CFI = .96, TLI = .93).

Data Analysis

The data of the study were analyzed using a statistical software program. To determine the tests to be used in the study, whether the scores showed normal distribution or not was examined by the skewness coefficient method (Büyüköztürk, 2018). The skewness values obtained as a result of the analysis were calculated as "-.039" for the "Oxford Happiness Questionnaire" and it was accepted that the value ranged between +1 and -1 and the distribution was normal. After this stage, arithmetic mean and standard deviation values were determined for data analysis, and t-test and One-Way Analysis of Variance (ANOVA) tests were used to determine the differentiation of participants' opinions in terms of demographic variables. Scheffe and LSD tests were used to determine the source of the difference in groups with significant differences.

FINDINGS

The researchers who developed the scale stated that scores ranging between 7 and 35 are obtained from the scale in the context of the distribution of scores according to the happiness levels of the participants. Therefore, the score range is categorized as follows and shown in Table 1.

Table 1. Score Range Distribution According to the Happiness Level of the Participants

Low Level of Happiness Score Range	07 – 16.33
Moderate Level of Happiness Score Range	16.34 – 25.66
High Level of Happiness Score Range	25.67 - 35

Table 2. Score Distribution According to the Happiness Level of the Participants.

Happiness Level Scores of Athletes According to Options	N	Mean	SS.
General	243	23.74	4.04
Traditional Archery	58	25.55	4.09
Orienteering	61	23.30	3.85
Football	52	23.00	4.09
Other Branches	72	23.19	3.77

It is seen in Table 2 that the scores of the happiness level emerging according to the responses given by the athletes participating in the research to the statements on the scale (since scores ranging between 7 and 35 are obtained from the scale) are at a moderate level. However, it is seen that archery athletes are within the score range of the high level of happiness.

Table 3. Independent Group t-test Results of Oxford Happiness Questionnaire Scores According to the Gender Variable of the Participants.

Scale	Gender	N	$\bar{x}$	SS	sd	*t*	*p*
Oxford Happiness Questionnaire	Male	138	3.34	.58	241	-1.45	.14
	Female	105	3.45	.57			

*(*p*<.05)

According to Table 3, as a result of the t-test, no statistically significant difference was found in terms of the gender variable $t(241) = -1.45$; $p<.05$.. It was observed that although there was no significant difference, the happiness scores of the female athletes were higher.

Table 4. One-Way Analysis of Variance (ANOVA) Results of Oxford Happiness Questionnaire Scores According to Branch, Age, and Years of Sport Variables of the Participants.

Variables	Category	N	$\bar{x}$	SS	*F*	*p*	Groups with difference (Scheffe and LSD Test)
Branch	Traditional Archery (a)	58	3.65	.58	5.43	.00*	a - b,c,d
	Orienteering (b)	61	3.33	.55			
	Football (c)	52	3.29	.58			
	Other Branches(d)	72	3.31	.54			
Age	15-20 (a)	128	3.31	.61	3.08	.04*	c - a
	21-25 (b)	62	3.46	.44			
	26-30 (c)	53	3.51	.62			
Year of Sport	1-5 (a)	143	3.36	.58	1.51	.22	-
	6-10 (b)	64	3.38	.57			
	11 years and over (c)	36	3.54	.53			

*(*p*<.05)

As a result of the analysis made according to Table 4, no statistically significant difference was found in terms of the year of sport variable (F = 1.51; p = .22). Significant differences were found in the branch variable F (2, 240) = 5.43; p <.05., and in the age variable F (2. 240) = 3.08; p <.05.. To determine from which groups the difference stemmed, Scheffe tests were conducted in the branch variable while LSD tests were conducted in the age variable.

In terms of the branch variable, it was revealed that there was a statistically significant difference of p <.05 between the level of happiness of the athletes in the archery branch ($\overline{X}_{archery}$ = 3.65, $SS_{archery}$ = .58) and orienteering ($\overline{X}_{orienteering}$ = 3.33, $SS_{orienteering}$= .55), football ($\overline{X}_{football}$ = 3.29, $SS_{football}$ = .58) and other branches ($\overline{X}_{otherbr}$ = 3.31, $SS_{otherbr}$ = .54). It was seen that the level of happiness of the athletes in the archery branch was significantly higher in the orienteering, football, and other branches.

In terms of the age variable, it was revealed that there was a statistically significant difference of p<.05 between the level of happiness of the athletes in the age group of 26-30 ($\overline{X}_{26\text{-}30}$= 3.51, $SS_{26\text{-}30}$=.62) and the age group of 15-20 ($\overline{X}_{15\text{-}20}$= 3.31, $SS_{15\text{-}20}$=.61). ıt was also observed that the level of happiness of the athletes in the age group of 26-30 was higher than that of the age group of 15-20.

DISCUSSION AND RESULT

The most common measurement tool in studies related to happiness is the Oxford Happiness Inventory, with its various forms (Argyle, Martin & Crossland, 1989). For this reason, this scale was used to safely measure the happiness levels of participants who actively exercise for recreational purposes in their leisure time. In this study which aims to determine the opinions of the athletes on their happiness levels during the beginning of the COVID-19 Pandemic and to examine whether the participants' opinions differ in terms of some demographic variables, it was concluded that the level of happiness scores of the athletes was in the moderate level score range, but the traditional archery branch athletes were within the high score range.

Under normal conditions, the happiness scores of the athletes are expected to be high. Athletes are generally regarded as happy people who are optimistic in their lives. Lyubomirsky (2014) associated methods that add happiness to people with some factors. He stated that one of them is sport activities as a social phenomenon that make individuals happy (Lyubomirsky, 2014). Koç (2020) found the happiness scores of individuals with COPD and Diabetes Mellitus disease to be moderate (22.65). We can assume that the scores of the sick individuals and the happiness scores of the athletes are close and in the same range of points as athletes were negatively affected by Covid-19. Başar & Sarı (2018) determined that the group who exercised regularly had significantly higher happiness and psychological well-being scores than the group who did not exercise regularly. As a result of another study, Demir & Duman (2019) emphasized that happiness levels are higher in individuals who do sport than those who do not, and therefore sport makes positive contributions to individuals' psychology through self-esteem and happiness levels.

In this study, no statistically significant difference was found in terms of the gender variable. In the study of Tunç (2020), no significant difference was found in terms of gender regarding the mean scores of the faculty of sports sciences students in the fear of happiness scale. Mumcu (2019) did not find a significant difference in his research on physical education undergraduate students, while Demir (2020) also had the same finding in his research on academic staff. Doğan (2018), who examined the level of happiness obtained by law school

students from recreational activities, found a result in favour of male students. In this study, no statistically significant difference was found in terms of the year of sport variable. It was determined that, as the sports year increased, the happiness scores of the athletes increased although there was no significant difference. Demir & Duman (2019) found that as the year of sport of athletes increased, their happiness levels increased.

In terms of branch variable, it was concluded that the happiness level of the athletes in the traditional archery branch was significantly higher than the orienteering, football and other branches group. Tükel, Atılgan & Temel, (2019) point out that "Traditional Turkish archery carries a full cultural heritage value with its historical, mystical aspects, rituals, activities, practice method, spiritual and cultural climate. Archery, which combines sport, culture and historical background, is a wonderful sport and recreational activity that can open new horizons for today's people." In line with the information obtained from face-to-face interviews with athletes in the archery branch, being engaged in archery for purposes of pleasure rather than competition and being regarded as a means of entertainment as well as the dominance of traditionalism are among the reasons for significantly higher happiness scores. Scales were applied predominantly in February to the traditional archery athletes participating in the recreational activity before other groups (orienteering, football and other branches). The scales were applied to other groups in the following months. Considering the time interval, COVID-19 began in March in Turkey. Therefore, it can be stated that the COVID-19 virus hurt the happiness score in orienteering, football and other branches.

People tend to spend their free time in a healthy way to protect their health and to get rid of psychological negativity (Aksoy, 2020). In this context, in his study aiming to determine the leisure time satisfaction levels of individuals in the COVID-19 process, Tükel (2020) found that individuals who actively prefer sport activities in their leisure time during the pandemic period have high satisfaction levels. In addition, unlike the findings of this study, Mumcu (2019) did not find a significant difference in happiness scores in the department variable (coaching education, teaching, recreation and sports management) in his study.

In terms of the age variable, it was determined that the happiness level of the athletes in the 26-30 age group was significantly higher than the 15-20 age group. It can be stated that as the age increases, low-level sport activities increase individuals' happiness scores. When evaluated in terms of recreational sports activities, low-intensity physical activities are recommended in terms of health (Ince et al., 2020), and it is also known that cognitive and behavioral activities reduce stress (Lupe, Keefer & Szigethy, 2020). Lippi et al. (2020) stated that during quarantine, staying active and practicing physical activity is necessary for mental and physical health. Tunç (2020) found that participants aged 18-25 had higher scores for fear of happiness than participants aged 26 and over. In Tunç's research, the results support each other because the fear of happiness decreases as age increases. Demir & Duman (2019) and Demir (2020) did not find a significant difference in their studies.

CONCLUSION

As a result, the opinions of athletes on their happiness levels during the COVID-19 pandemic process were examined in this study. During the last days of 2020, the second and third waves of coronavirus (Covid-19) emerged in some countries, and the case and death rates started to increase more. During this period, it is predicted that if the happiness levels of the athletes are measured again with different scales, highly different and new results are likely to be obtained. In addition, potential results that may arise from such studies through these measurements may arouse curiosity.

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