



RESEARCH ARTICLE

Playing Street Basketball: The Impact Of Physical Psychological And Social Benefits On Sustainable Activity Awareness In Young Men

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| ARTICLE INFO | ABSTRACT |
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| Received: Apr 19, 2024 Accepted: Jul 26, 2024 | The current research aims to analyze the physical, psychological, and social benefits of playing street basketball on sustainable activity awareness among young men. Accordingly, 284 high school and university educated men who play street basketball participated in the study. Data were collected through face-to-face interviews and questionnaires in different street basketball courts in Ankara in March and May 2024. The questionnaires included demographic questions, Sustainable Event Awareness Scale (SEAS) and Leisure Benefit Scale (LBS) scales. For the analysis of the collected data, normality and reliability tests were performed first and parametric tests were applied as a result. According to the results of the analyses, it was found that the levels of sustainable activity awareness and leisure benefit were high in young men and that the variables of age, perceived income and education level did not significantly change these levels, whereas weekly street basketball playing time and perceived benefits gained from street basketball significantly changed these levels. In addition, it was found that sustainable activity awareness and leisure utility levels were positively related at low levels and leisure utility was a significant predictor of sustainable activity awareness levels for young men playing street basketball. Leisure benefit levels explain 32% of the variance of sustainable activity awareness. These findings suggest that engaging in street basketball can be a valuable activity for promoting sustainable activity awareness among young men. In addition to this, it can be argued that young men should be encouraged to play street basketball as there are physical, psychological and social benefits to be gained from playing street basketball. |
| Keywords Street basketball Leisure Benefits Sustainable Activity Awareness | |
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INTRODUCTION

Street basketball is a common and easily accessible form of recreation, especially among young men (Yazıcı, 2023). This sport not only offers physical exercise but also contributes to psychological well-being and social interaction. Participation in community sports like street basketball can increase self-esteem, enhance social interaction, and reduce depressive symptoms in children and adolescents (Eime et al., 2013). Playing street basketball allows different people to communicate with each other (Aquino, 2015).

Considering these benefits, understanding the holistic advantages of street basketball is crucial for developing sustainable activity awareness. Sustainability fundamentally relies on three factors: environmental, economic, and social sustainability. One of the most important outcomes of recreational activities is socialization. Street basketball provides a suitable environment to ensure social sustainability. Additionally, since it is an economically viable sport and its interaction with the

environment occurs in human environments, street basketball is a sustainable activity. Therefore, it is essential to understand how well the sustainability perceptions of the activity are comprehended and realized, especially by those who participate in it.

Sustainable activity awareness includes recognizing and committing to physical activities that promote long-term health and well-being. Sustainability awareness involves an individual's experience and understanding of sustainable development, measured by environmental, social, and economic knowledge, attitudes, and behaviors (Gericke *et al.*, 2019). This concept encompasses a comprehensive understanding of the need for regular physical activity, mental health maintenance, and the development of social bonds through sustained participation in sports. Activity-based learning positively affects students' awareness and attitudes towards sustainability and its dimensions (Kaur & Kaur, 2022). Increasing individual commitment to sustainability and using green spaces for exercise are important for achieving sustainability-related goals (Bácsné-Bába *et al.*, 2021). Promoting awareness of sustainable activity through sports like street basketball can lead to lasting health benefits and enhanced social cohesion. Students are increasingly aware of the importance of sustainable development in various aspects of their lives, including education, professional work, and personal lives (Zwolińska *et al.*, 2022).

The physical benefits of street basketball are numerous. Regular participation in this sport improves cardiovascular health, increases muscle strength, and contributes to overall physical fitness (Sarıakçalı *et al.*, 2020; Sarıakçalı *et al.*, 2021; Ceylan *et al.*, 2022; Sarıakçalı *et al.*, 2022; Küçük & Ceylan, 2022; Karadeniz *et al.*, 2024). These physical benefits directly and positively impact an individual's quality of life and physical well-being, making it important to encourage continued participation (Çakıroğlu, 2022; Isık & Ozer, 2022; Oztas & Vural, 2023).

Psychological benefits are also significant and multifaceted. Both long-term and short-term benefits can be noted (Difiori *et al.*, 2018). Basketball practices improve self-regulation skills such as self-motivation and coping with negative thoughts in young players (Altfeld *et al.*, 2017). Due to the recreational nature of street basketball, participating in these activities provides an effective outlet for stress relief, improves mood, and promotes a sense of accomplishment and self-worth. These psychological rewards may contribute to mental health stability and resilience.

Importantly, social benefits include developing teamwork skills, building social networks and strengthening community ties. Street basketball strengthens communities by bringing different people together, articulating social values and acting as a collective repository for information and support (Sherry, 2010; Vieyra, 2016). Street basketball offers ample opportunities for social interaction, cooperation and the formation of friendships. These social interactions are essential for social well-being and community building by promoting a sense of belonging and mutual support. Social benefits, another critical component, include developing teamwork skills, building social networks and strengthening community ties (Eime *et al.*, 2013; Li *et al.*, 2020). Street basketball creates opportunities for social interaction, cooperation and friendships, which are essential for social well-being and community building. Moreover, according to Ring *et al.* (2022), team competition encourages effort and enjoyment in sport, leading to better task performance.

Examining the interaction between the physical, psychological and social benefits of street basketball and sustainable activity awareness provides valuable insights into how young men can be motivated to engage in regular physical activity. By understanding these dynamics, effective strategies can be developed to promote lifelong participation in sport and physical activity, thereby improving both individual health and community well-being. The current research aims to analyze the physical, psychological, and social benefits of playing street basketball on sustainable activity awareness

among young men. The study seeks to identify key factors that promote sustained participation in recreational sports and provide recommendations for programs and policies supporting long-term physical activity. The findings are expected to enhance individual health and community well-being by contributing to the development of such programs and policies.

METHOD

Research Model

In the study, the data were collected using the relational survey model by utilizing quantitative research methods. While describing the relational survey model, Karasar (2007) stated that it enables to determine the existence and/or degree of change between two or more variables together. In this direction, the relationship between dependent and independent variables will be examined in accordance with the purpose of the study.

Research Group

Young men playing street basketball in open basketball courts located in different parks of Ankara participated in the study. According to the findings in Table 1, the majority of the participants were between the ages of 20-24 (48.2%) and most of them had high school education (79.6%). The perceived income level of the participants was mostly low (62.0%) and they spent less than 1 hour (44.7%) on street basketball per week. In addition, the participants reported that playing street basketball had the most positive effects on their physical development (30.3%).

Data Collection

The data were collected through face-to-face questionnaires from individuals playing street basketball between March and May 2024. The questionnaires used as a data collection tool in the study consist of three parts. The first section includes demographic questions prepared by the researchers and includes personal information such as gender and educational status, the second section includes the Sustainable Event Awareness Scale (SEAS) scale developed by Adatepe and Kolayış (2022), and the third and final section includes the Leisure Benefit Scale (LBS) scale adapted by Akgül, Ertüzün and Karaküçük (2018).

Data Collection Tools

Sustainable Event Awareness Scale (SEAS)

The Sustainable Event Awareness Scale (SEAS) developed by Adatepe and Kolayış (2022) as a measurement tool to measure the sustainable event awareness of individuals participating in sport events consists of 24 items and 4 sub-dimensions (Support, Performance Evaluation, System Structure, Process). In the original study, the internal reliability coefficients for SEAS, which is a 5-point Likert-type measurement tool, were determined as .95 for total scores and .88, .87, .80, and .78 for sub-dimensions, respectively. In the current study, it was found to be .84 for total scores and .74, .73, .78, and .63 for sub-dimensions, respectively.

Leisure Benefit Scale (LBS)

The Leisure Benefit Scale (LBS), developed by Ho (2008) to measure the physical, psychological, and social benefits of individuals' leisure participation and adapted into Turkish by Akgül *et al.* (2018), is a measurement tool comprising 24 items and 3 sub-dimensions (physical benefit, psychological benefit, and social benefit). The LBS employs a 5-point Likert scale, with internal reliability coefficients in the original study reported at .83 for the total scores and ranging from .80 to .86 for the sub-dimensions. In the present study, the internal reliability coefficients of the scale were determined to be .89 for the total scores and .74, .76, and .76 for the sub-dimensions, respectively.

Data Analysis

In the analysis of the data, frequency and percentage from descriptive statistics methods will be used for personal information. In order to test whether all three scales and their sub-dimensions are normally distributed, kurtosis and skewness values will be examined and it will be determined whether the data are normally distributed according to the significance level, and parametric tests (independent sample t-test, one-way analysis of variance ANOVA) will be applied if they are normally distributed. If the data are not normally distributed, nonparametric tests will be used.

FINDINGS

Table 1. Findings on the percentage and frequency values of the demographic information of the participants

| Variable | Category | f | % |
|---|---|-----|-------|
| Gender | Male | 284 | 100,0 |
| Age | Under 20 years old | 103 | 36,3 |
| | Between 20-24 years old | 137 | 48,2 |
| | 25 And Bigger | 44 | 15,5 |
| Level of Education | High School | 226 | 79,6 |
| | University | 58 | 20,4 |
| Perceived Level of Income | Low | 176 | 62,0 |
| | Moderate | 108 | 38,0 |
| Weekly Street Basketball Playing Time | Less than 1 hour | 127 | 44,7 |
| | 2 hour | 114 | 40,1 |
| | 3 hours or more | 43 | 15,1 |
| Perceived Benefits of Street Basketball | Time Management | 38 | 13,4 |
| | Effective Communication | 41 | 14,4 |
| | Acting Together as a Team | 49 | 17,3 |
| | Positive Impact on Physical Development | 86 | 30,3 |
| | Strengthening Psychologically | 29 | 10,2 |
| | Boosting Self-Confidence | 41 | 14,4 |

Table 2. Findings on the minimum, maximum, mean, standard deviation, skewness and kurtosis values obtained from the measurement tools according to the answers given by the participants and the internal consistency values of the measurement tools according to the answers given

| Scale Dimensions | Min. | Max. | \bar{x} | S. | Skewness | Kurtosis | α |
|------------------------|------|------|-----------|------|----------|----------|----------|
| SEAS | 3,42 | 5,00 | 4,14 | 0,31 | -0,162 | -0,461 | 0,846 |
| Support | 3,14 | 5,00 | 4,28 | 0,38 | -0,154 | 0,032 | 0,740 |
| Performance Evaluation | 2,71 | 5,00 | 4,16 | 0,44 | -0,466 | -0,205 | 0,738 |
| System Structure | 3,00 | 5,00 | 4,12 | 0,41 | -0,049 | 0,218 | 0,782 |

| | | | | | | | |
|-----------------------|------|------|------|------|--------|--------|-------|
| Process | 3,46 | 4,79 | 4,19 | 0,31 | 0,107 | -0,504 | 0,632 |
| LBS | 3,00 | 5,00 | 4,39 | 0,37 | -0,335 | 0,007 | 0,892 |
| Physical Benefit | 3,50 | 5,00 | 4,39 | 0,36 | 0,050 | -0,686 | 0,748 |
| Psychological Benefit | 3,22 | 5,00 | 4,33 | 0,36 | -0,064 | -0,194 | 0,766 |
| Social Benefit | 3,42 | 5,00 | 4,14 | 0,31 | -0,162 | -0,461 | 0,767 |

Table 2 presents the statistical characteristics of the measures assessing participants' perceptions of sustainable activity awareness and leisure benefits. In the SEAS sub-dimensions, participants' perceptions of support, performance evaluation, system structure and process show generally high mean values, indicating that participants have high awareness in these areas. In the LBS sub-dimensions, perceptions of physical, psychological and social benefits are again represented by high mean values, indicating that respondents perceive these benefits at a high level. Accordingly, participants have high levels of awareness and benefit perceptions in terms of both sustainable activity awareness and leisure benefit perceptions. These findings suggest that street basketball players are aware and benefit-oriented in these two important areas.

Table 3. Results of one-way analysis of variance ANOVA test between age variable and measurement tools

| Scale Dimensions | Age | n | \bar{x} | S. | F | p |
|--|-------------------------|-----|-----------|------|-------|------|
| Sustainable Event Awareness Scale | Under 20 years old | 102 | 4,12 | 0,31 | 1,063 | ,347 |
| | Between 20-24 years old | 136 | 4,17 | 0,32 | | |
| | 25 And Bigger | 44 | 4,10 | 0,27 | | |
| Support | Under 20 years old | 103 | 4,27 | 0,39 | 0,423 | ,656 |
| | Between 20-24 years old | 137 | 4,30 | 0,36 | | |
| | 25 And Bigger | 44 | 4,24 | 0,42 | | |
| Performance Evaluation | Under 20 years old | 102 | 4,13 | 0,44 | 0,468 | ,626 |
| | Between 20-24 years old | 136 | 4,18 | 0,45 | | |
| | 25 And Bigger | 44 | 4,15 | 0,42 | | |
| System Structure | Under 20 years old | 103 | 3,95 | 0,49 | 1,097 | ,335 |
| | Between 20-24 years old | 137 | 4,00 | 0,52 | | |
| | 25 And Bigger | 44 | 3,87 | 0,40 | | |
| Process | Under 20 years old | 103 | 4,06 | 0,42 | 1,376 | ,254 |
| | Between 20-24 years old | 137 | 4,15 | 0,42 | | |
| | 25 And Bigger | 44 | 4,13 | 0,36 | | |
| Leisure Benefit Scale | Under 20 years old | 103 | 4,17 | 0,33 | 0,699 | ,498 |

| | | | | | | |
|-----------------------|-------------------------|-----|------|------|-------|------|
| | Between 20-24 years old | 137 | 4,19 | 0,30 | | |
| | 25 And Bigger | 44 | 4,24 | 0,27 | | |
| Physical Benefit | Under 20 years old | 103 | 4,35 | 0,41 | 1,082 | ,340 |
| | Between 20-24 years old | 137 | 4,42 | 0,35 | | |
| | 25 And Bigger | 44 | 4,41 | 0,35 | | |
| Psychological Benefit | Under 20 years old | 103 | 4,38 | 0,38 | 0,700 | ,497 |
| | Between 20-24 years old | 137 | 4,38 | 0,36 | | |
| | 25 And Bigger | 44 | 4,45 | 0,30 | | |
| Social Benefit | Under 20 years old | 103 | 4,32 | 0,35 | 0,327 | ,721 |
| | Between 20-24 years old | 137 | 4,32 | 0,38 | | |
| | 25 And Bigger | 44 | 4,37 | 0,31 | | |

Table 3 shows the findings of the one-way analysis of variance ANOVA test between age variable and measurement tools. According to the results obtained, it was concluded that age groups did not show significant differences in the sub-dimensions of both the sustainable activity awareness scale and the leisure benefit scale. These results show that age does not have a significant effect on the awareness and benefit perceptions measured in these scales among street basketball players.

Table 4. Independent sample t-test findings between level of education variable and measurement tools

| Scale Dimensions | Level of Education | n | \bar{x} | S. | t | p |
|-----------------------------------|--------------------|-----|-----------|------|-------|------|
| Sustainable Event Awareness Scale | High School | 224 | 4,14 | 0,30 | 0,525 | ,981 |
| | University | 58 | 4,16 | 0,33 | | |
| Support | High School | 226 | 4,26 | 0,38 | 0,257 | ,683 |
| | University | 58 | 4,34 | 0,40 | | |
| Performance Evaluation | High School | 224 | 4,14 | 0,45 | 0,107 | ,967 |
| | University | 58 | 4,21 | 0,40 | | |
| System Structure | High School | 226 | 3,99 | 0,48 | 0,076 | ,587 |
| | University | 58 | 3,87 | 0,53 | | |
| Process | High School | 226 | 4,10 | 0,41 | 0,104 | ,517 |
| | University | 58 | 4,18 | 0,42 | | |
| Leisure Benefit Scale | High School | 226 | 4,14 | 0,29 | 0,278 | ,267 |
| | University | 58 | 4,37 | 0,32 | | |
| Physical Benefit | High School | 226 | 4,35 | 0,36 | 0,076 | ,587 |
| | University | 58 | 4,55 | 0,37 | | |

| | | | | | | |
|-----------------------|-------------|-----|------|------|-------|------|
| Psychological Benefit | High School | 226 | 4,35 | 0,35 | 0,104 | ,517 |
| | University | 58 | 4,58 | 0,37 | | |
| Social Benefit | High School | 226 | 4,28 | 0,35 | 0,278 | ,267 |
| | University | 58 | 4,51 | 0,32 | | |

Table 4 presents the findings of the independent sample t-test conducted between the level of education variable and the measurement tools. According to the results obtained from this test, it was determined that the education level of the participants did not significantly differentiate both measurement tools in all dimensions. These results indicate that the level of education does not have a significant effect on the awareness and benefit perceptions measured in these scales among street basketball players.

Table 5. Independent sample t-test findings between perceived level of income variable and measurement tools

| Scale Dimensions | Perceived Level of Income | 11 | \bar{x} | S. | t | p |
|------------------------|---------------------------|-----|-----------|------|--------|-------|
| SEAS | Low | 175 | 4,13 | 0,30 | -,441 | ,833 |
| | Moderate | 107 | 4,15 | 0,32 | | |
| Support | Low | 176 | 4,27 | 0,36 | -,456 | ,372 |
| | Moderate | 108 | 4,29 | 0,41 | | |
| Performance Evaluation | Low | 175 | 4,14 | 0,45 | -,986 | ,622 |
| | Moderate | 107 | 4,19 | 0,43 | | |
| System Structure | Low | 176 | 3,98 | 0,49 | ,812 | ,754 |
| | Moderate | 108 | 3,93 | 0,49 | | |
| Process | Low | 176 | 4,10 | 0,41 | -,774 | ,893 |
| | Moderate | 108 | 4,14 | 0,41 | | |
| Leisure Benefit Scale | Low | 176 | 4,15 | 0,29 | -2,655 | ,038* |
| | Moderate | 108 | 4,25 | 0,33 | | |
| Physical Benefit | Low | 176 | 4,34 | 0,35 | -3,061 | ,081 |
| | Moderate | 108 | 4,48 | 0,39 | | |
| Psychological Benefit | Low | 176 | 4,36 | 0,35 | -1,943 | ,106 |
| | Moderate | 108 | 4,45 | 0,38 | | |
| Social Benefit | Low | 176 | 4,30 | 0,33 | -1,733 | ,066 |
| | Moderate | 108 | 4,37 | 0,39 | | |

*p>,05

According to the independent sample t-test findings in Table 5, the perceived income level variable significantly differentiates the Leisure Benefit Scale only in total dimensions. These significant differences differ significantly between those with low perceived income level and those with average income level in favor of those with average income level. These results show that perceived income level has a significant effect on the perception of general leisure benefit among individuals who play street basketball.

Table 6. Results of one-way analysis of variance ANOVA test between time allocated to street basketball per week variable and measurement tools

| Scale Dimensions | Weekly Street Basketball Playing Time | n | \bar{x} | S. | F | p | LSD |
|------------------------|---------------------------------------|-----|-----------|------|-------|-------|-------|
| SEAS | Less than 1 hour | 127 | 4,12 | 0,29 | 0,468 | ,627 | |
| | 2 hour | 113 | 4,15 | 0,31 | | | |
| | 3 hours or more | 42 | 4,17 | 0,35 | | | |
| Support | Less than 1 hour | 127 | 4,24 | 0,36 | 1,519 | ,221 | |
| | 2 hour | 114 | 4,30 | 0,39 | | | |
| | 3 hours or more | 43 | 4,34 | 0,42 | | | |
| Performance Evaluation | Less than 1 hour | 127 | 4,14 | 0,42 | 0,288 | ,750 | |
| | 2 hour | 113 | 4,16 | 0,44 | | | |
| | 3 hours or more | 42 | 4,20 | 0,50 | | | |
| System Structure | Less than 1 hour | 127 | 3,97 | 0,45 | 0,030 | ,970 | |
| | 2 hour | 114 | 3,96 | 0,54 | | | |
| | 3 hours or more | 43 | 3,96 | 0,49 | | | |
| Process | Less than 1 hour | 127 | 4,12 | 0,40 | 0,026 | ,974 | |
| | 2 hour | 114 | 4,12 | 0,40 | | | |
| | 3 hours or more | 43 | 4,11 | 0,50 | | | |
| LBS | Less than 1 hour ¹ | 127 | 4,11 | 0,29 | 9,671 | ,000* | 3>2>1 |
| | 2 hour ² | 114 | 4,22 | 0,31 | | | |
| | 3 hours or more ³ | 43 | 4,34 | 0,30 | | | |
| Physical Benefit | Less than 1 hour | 127 | 4,33 | 0,38 | 4,300 | ,014* | 3>2>1 |
| | 2 hour | 114 | 4,43 | 0,36 | | | |
| | 3 hours or more | 43 | 4,50 | 0,35 | | | |
| Psychological Benefit | Less than 1 hour | 127 | 4,31 | 0,35 | 9,185 | ,000* | 3>2>1 |
| | 2 hour | 114 | 4,42 | 0,36 | | | |
| | 3 hours or more | 43 | 4,57 | 0,35 | | | |
| Social Benefit | Less than 1 hour | 127 | 4,24 | 0,33 | 9,822 | ,000* | 3>2>1 |
| | 2 hour | 114 | 4,35 | 0,37 | | | |
| | 3 hours or more | 43 | 4,50 | 0,33 | | | |

*p>,05

Table 6 shows the findings of the one-way analysis of variance ANOVA test between weekly street basketball playing time and measurement tools. According to the results obtained from these findings, weekly street basketball playing time does not significantly differentiate sustainable activity

awareness levels, while it significantly differentiates leisure benefit levels in all dimensions. These significant differences are in favor of participants who play basketball for 3 hours or more. These results suggest that spending more time on street basketball increases participants' physical, psychological and social benefits.

Table 7. Results of one-way analysis of variance ANOVA test between perceived benefits of street basketball variable and measurement tools

| Scale Dimensions | Perceived Benefits of Street Basketball | n | \bar{x} | S. | F | p | LSD |
|------------------------|--|----|-----------|------|-------|-------|-----------|
| SEAS | Time Management | 38 | 4,17 | 0,31 | 1,530 | ,180 | |
| | Effective Communication | 41 | 4,12 | 0,29 | | | |
| | Acting Together as a Team | 49 | 4,21 | 0,33 | | | |
| | Positive Impact on Physical Development | 84 | 4,14 | 0,31 | | | |
| | Strengthening Psychologically | 29 | 4,18 | 0,30 | | | |
| | Boosting Self-Confidence | 41 | 4,04 | 0,29 | | | |
| Support | Time Management | 38 | 4,27 | 0,37 | ,725 | ,605 | |
| | Effective Communication | 41 | 4,29 | 0,35 | | | |
| | Acting Together as a Team | 49 | 4,37 | 0,37 | | | |
| | Positive Impact on Physical Development | 86 | 4,26 | 0,43 | | | |
| | Strengthening Psychologically | 29 | 4,22 | 0,30 | | | |
| | Boosting Self-Confidence | 41 | 4,27 | 0,38 | | | |
| Performance Evaluation | Time Management | 38 | 4,20 | 0,45 | 1,669 | ,142 | |
| | Effective Communication | 41 | 4,12 | 0,45 | | | |
| | Acting Together as a Team | 49 | 4,28 | 0,42 | | | |
| | Positive Impact on Physical Development | 84 | 4,14 | 0,43 | | | |
| | Strengthening Psychologically | 29 | 4,19 | 0,44 | | | |
| | Boosting Self-Confidence | 41 | 4,03 | 0,45 | | | |
| System Structure | Time Management ¹ | 38 | 3,99 | 0,49 | 2,770 | ,018* | 5>4>3>2>6 |
| | Effective Communication ² | 41 | 3,92 | 0,42 | | | |
| | Acting Together as a Team ³ | 49 | 3,93 | 0,57 | | | |
| | Positive Impact on Physical Development ⁴ | 86 | 4,01 | 0,41 | | | |
| | Strengthening Psychologically ⁵ | 29 | 4,19 | 0,53 | | | |
| | Boosting Self-Confidence ⁶ | 41 | 3,77 | 0,54 | | | |

| | | | | | | | |
|-----------------------|---|----|------|------|-------|------|--|
| Process | Time Management | 38 | 4,19 | 0,36 | 1,159 | ,330 | |
| | Effective Communication | 41 | 4,11 | 0,37 | | | |
| | Acting Together as a Team | 49 | 4,20 | 0,45 | | | |
| | Positive Impact on Physical Development | 86 | 4,09 | 0,41 | | | |
| | Strengthening Psychologically | 29 | 4,06 | 0,50 | | | |
| | Boosting Self-Confidence | 41 | 4,04 | 0,38 | | | |
| LBS | Time Management | 38 | 4,23 | 0,28 | 1,492 | ,193 | |
| | Effective Communication | 41 | 4,08 | 0,28 | | | |
| | Acting Together as a Team | 49 | 4,22 | 0,34 | | | |
| | Positive Impact on Physical Development | 86 | 4,22 | 0,32 | | | |
| | Strengthening Psychologically | 29 | 4,16 | 0,24 | | | |
| | Boosting Self-Confidence | 41 | 4,17 | 0,34 | | | |
| Physical Benefit | Time Management | 38 | 4,50 | 0,37 | 1,002 | ,417 | |
| | Effective Communication | 41 | 4,33 | 0,30 | | | |
| | Acting Together as a Team | 49 | 4,38 | 0,39 | | | |
| | Positive Impact on Physical Development | 86 | 4,41 | 0,40 | | | |
| | Strengthening Psychologically | 29 | 4,33 | 0,37 | | | |
| | Boosting Self-Confidence | 41 | 4,40 | 0,37 | | | |
| Psychological Benefit | Time Management | 38 | 4,42 | 0,34 | 1,214 | ,303 | |
| | Effective Communication | 41 | 4,28 | 0,35 | | | |
| | Acting Together as a Team | 49 | 4,45 | 0,35 | | | |
| | Positive Impact on Physical Development | 86 | 4,42 | 0,36 | | | |
| | Strengthening Psychologically | 29 | 4,36 | 0,30 | | | |
| | Boosting Self-Confidence | 41 | 4,39 | 0,44 | | | |
| Social Benefit | Time Management | 38 | 4,33 | 0,33 | 1,967 | ,084 | |
| | Effective Communication | 41 | 4,20 | 0,31 | | | |
| | Acting Together as a Team | 49 | 4,37 | 0,39 | | | |
| | Positive Impact on Physical Development | 86 | 4,39 | 0,36 | | | |
| | Strengthening Psychologically | 29 | 4,32 | 0,26 | | | |
| | Boosting Self-Confidence | 41 | 4,27 | 0,40 | | | |

*p>.05

Table 7 shows the findings of the one-way analysis of variance ANOVA test between the benefits obtained from this activity and the measurement tools of individuals playing street basketball. It was found that the benefits obtained from the activity significantly differentiated only in the system structure sub-dimension of the sustainable activity awareness scale. These significant differences were found to be in favor of the physical development benefit. These results show that the perceived benefits of street basketball can lead to different perceptions in certain scales and sub-dimensions. In particular, significant differences were found in the perception of system structure, which may indicate how the impact of street basketball on physical and psychological development shapes these perceptions. However, in general, there is no statistically significant difference between the perceived benefits in other sub-dimensions. This suggests that the various benefits of street basketball are perceived similarly by the participants and that these perceptions are homogeneous.

Table 8. Results of Pearson correlation test to determine the relationship between measurement tools

| | | | | | | | | | |
|------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---|
| SEAS | 1 | | | | | | | | |
| Support | 0,599** | 1 | | | | | | | |
| Performance Evaluation | 0,854** | 0,409** | 1 | | | | | | |
| System Structure | 0,715** | 0,061 | 0,483** | 1 | | | | | |
| Process | 0,648** | 0,203** | 0,443** | 0,432** | 1 | | | | |
| LBS | 0,307** | 0,434** | 0,234** | 0,043 | 0,167** | 1 | | | |
| Physical Benefit | 0,247** | 0,406** | 0,154** | 0,032 | 0,141* | 0,831** | 1 | | |
| Psychological Benefit | 0,269** | 0,418** | 0,193** | 0,030 | 0,098 | 0,915** | 0,661** | 1 | |
| Social Benefit | 0,304** | 0,311** | 0,271** | 0,075 | 0,220** | 0,875** | 0,560** | 0,726** | 1 |

*p>.05, **p>.01

Table 8 shows the various correlations between SEAS and LBS sub-dimensions. There are generally high correlations between the SEAS sub-dimensions, with particularly strong correlations observed between SEAS and Performance Evaluation and System Structure. This suggests that sustainable effectiveness awareness is closely related to perceptions of performance evaluation and system structure. There are also high correlations between the LBS sub-dimensions, particularly significant correlations were observed between Physical Benefit and Psychological Benefit and Social Benefit. This suggests that the physical, psychological and social dimensions of leisure benefits are interrelated and that one benefit positively affects the others. Some significant correlations were also observed between SEAS and LBS sub-dimensions. For example, there are significant correlations between SEAS and Social Benefit and Psychological Benefit. This shows the impact of sustainable activity awareness on leisure benefits. In conclusion, this table highlights the relationships between SEAS and LBS sub-dimensions and the importance of these relationships. These correlations are important for understanding how sustainable activity awareness and perceptions of leisure benefits are interrelated among street basketball players.

Table 9. Multiple linear regression analysis results for predicting green culture according to negative and positive environmental awareness

| Variables | B | Std. Error | β | t | p | R | R ² | F | p |
|------------------------|--------|------------|---------|--------|-------|-------|----------------|--------|-------|
| Support | 0,323 | 0,049 | 0,396 | 6,596 | ,000* | 0,569 | 0,324 | 16,970 | ,000* |
| Performance Evaluation | 0,041 | 0,050 | 0,058 | 0,826 | ,409 | | | | |
| System Structure | -0,028 | 0,041 | -0,044 | -0,673 | ,502 | | | | |
| Process | 0,060 | 0,048 | 0,080 | 1,272 | ,205 | | | | |

*p<.05, Dependent variable: Leisure Benefit

Table 9 shows that support has a significant and positive effect on green culture ($p < 0.05$). This indicates that the perception of support significantly influences green culture and this variable is a significant predictor of the dependent variable, leisure benefit. The other variables Performance Evaluation, System Structure and Process did not show significant effects. Looking at the overall explanatory power of the model, the R^2 value is 0.324, which means that the model explains 32.4% of the total variance. The results of the F-test ($F = 16.970$, $p = 0.000$) show that the model is significant overall and the effect of the independent variables collectively on the dependent variable is significant. As a result, the support variable plays a significant role in predicting green culture, while the other three variables (performance appraisal, system structure, process) have no significant effect. These findings suggest that certain dimensions of environmental awareness are more effective in developing green culture.

DISCUSSION

In the current study, which examined the effect of the physical, psychological and social benefits of street basketball on the sustainable activity awareness of young people playing street basketball, it was determined that both the leisure benefit levels and sustainable activity awareness levels of the participants were at high levels. This situation can be interpreted as that young men who play street basketball gain physical, psychological and social benefits from street basketball activity and that they see street basketball activity as a sustainable activity. When the literature is examined, it has been determined that different sample groups such as individuals who participate in regular leisure activities (Kurtipek et al., 2022), parents with children participating in baby gym activities (Ayyıldız Durhan & Karaküçük, 2017), individuals who are members of gyms (Ertüzün et al., 2020), individuals interested in orienteering sport (Karaküçük et al., 2019) also provide high levels of physical, psychological and social benefits from the leisure activity they participate in when they remain physically active. In addition, studies in the literature have found that individuals participating in leisure activities have high levels of physical, psychological and social benefits (Bülbül et al., 2021; Ayhan et al., 2022; Sevindik et al., 2022; Öztürk, 2022; Akgül et al., 2024). These findings suggest that street basketball provides multidimensional benefits for young men and that these benefits support sustainable activity awareness. In particular, the high perception of physical and psychological benefits may contribute to young men's perception of street basketball as a sustainable activity in the long term. Therefore, promoting social and accessible sports such as street basketball can play an important role in improving the overall health and well-being of young people.

In the present study, the effects of age on the leisure benefit and sustainable activity awareness levels of young people playing street basketball were examined. As a result of this examination, it was determined that age did not significantly differentiate these two situations. Although this variable was analyzed, it can be mentioned that the fact that the participants who participated in the research

were generally close to each other in age group may have caused significant differences not to be detected as a result of this analysis. In addition, although significant differences were not detected, it was concluded that leisure benefit levels increase as age increases and that individuals between the ages of 20-24 have higher levels of sustainable activity awareness than individuals in other age groupings. According to the results of the study conducted by Bülbül *et al.* (2021), the age variables of sports personnel do not significantly differentiate their leisure benefit levels in parallel with the current study. Again, it is possible to find studies in the literature that support the current result (Yalçınkaya, 2019; Güldür & Yaşartürk, 2020; Özpolat & Dinç, 2024). In addition, there are also studies that reach opposite results. According to the results of the study conducted by Tekin *et al.* (2024), leisure benefit levels in master athletes differ significantly according to the age variable. This situation increases with increasing age. These findings show that similarities between age groups do not make a difference on sustainable activity awareness and leisure benefits. The fact that most of the participants are in a similar age range may cause the variation to be limited and therefore no significant differences to emerge. In the studies in the literature, leisure benefit levels were also examined with similar age groups.

According to the results in Table 4, which examines whether the level of education significantly differentiates the levels of leisure benefit and sustainable activity awareness, the level of education does not significantly differentiate the levels of leisure benefit and sustainable activity awareness. When the literature is examined, there are studies that have obtained parallel results with the current study. According to the results of the study conducted by Karaküçük *et al.* (2019), the education level of orienteering athletes does not significantly differentiate their leisure benefit levels. On the contrary, according to the results of the study conducted by Tekin *et al.* (2024), there is a significant difference between leisure benefit levels and education variable. These significant differences are in favor of individuals with increasing education level. These findings suggest that young men who play street basketball have similar levels of perceived benefits and awareness regardless of their educational level. The fact that the effect of education level on such sport activities is not significant can be explained by the fact that street basketball is a common and accessible sport. Street basketball is an activity that generally does not require a certain level of education and can be participated in by everyone. This allows individuals with different levels of education to reap similar benefits. Furthermore, these results suggest that the influence of education on social and leisure activities is complex and that these activities may provide similar perceptions and benefits regardless of participants' education levels. For example, the study by Karaküçük *et al.* (2019) showed that the level of education did not have a significant effect on orienteering athletes' perceptions of benefits. This supports that leisure sport activities in general provide similar benefits regardless of the participants' level of education. These differences suggest that more extensive research is needed to fully understand the effects of education level.

Table 5 analyzes whether perceived income level significantly differentiates the levels of leisure benefit and sustainable activity awareness. According to the results obtained, the perceived income level variable significantly differentiates only the leisure benefit level. On the contrary, it does not have a significant effect on sustainable activity awareness levels. When the significant result obtained is analyzed, it is concluded that this situation increases as the perceived income level increases. In the literature, there are both parallel and non-parallel studies with the current research. According to the results of the study conducted by Ayyıldız Durhan and Karaküçük (2017), perceived income levels differ significantly in favor of individuals with middle income. According to the results of the study conducted by Karaküçük *et al.* (2019), the perceived income level significantly differentiates the psychological benefit levels in favor of high-income participants.

Again, according to the results of the study conducted by Parlak (2023), leisure benefit levels differ significantly in favor of individuals with medium income levels. According to the results of the study conducted by Özdemir and Kılınç (2024), the income variable significantly differentiates the leisure

benefit levels of individuals who do sports for leisure purposes in favor of individuals with higher income levels in general. Contrary to these results, there are also studies in the literature that did not reach parallel results with the current study (Yalçınkaya, 2019; Güldür & Yaşartürk, 2020). These findings show that income level has a significant effect on leisure benefit perceptions. It has been observed that with the increase in income level, the benefits that individuals derive from leisure time activities also increase. This can be explained by the fact that individuals with higher income levels have more access to leisure activities and can benefit more from these activities. In addition, individuals with higher income levels may tend to spend their leisure time more productively and with a variety of activities, which may contribute to an increase in their leisure benefits.

Table 6 examines whether the time allocated to street basketball per week significantly differentiates the levels of leisure benefit and sustainable activity awareness. According to the results obtained, while the time allocated to street basketball does not significantly differentiate sustainable activity awareness levels, it significantly differentiates leisure benefit levels in all dimensions. These significant differences are in favor of participants who play basketball for 3 hours or more. These results suggest that spending more time on street basketball increases participants' physical, psychological, and social benefits. In the literature, there are studies that support these findings. For example, Karaküçük *et al.* (2019) found that orienteering athletes have high levels of recreational benefits, and the level of education does not significantly change these levels. Similarly, Öztürk (2022) found that the duration of participation in recreational activities did not significantly differentiate these benefit levels. On the other hand, Kürkçü Akgönül *et al.* (2023) found that the recreational benefit levels of elderly individuals participating in recreational activities significantly differ according to the number of years they have participated in these activities. These findings suggest that longer engagement in street basketball enhances the overall leisure benefits experienced by young men, contributing to their physical health, mental well-being, and social cohesion. Therefore, promoting longer engagement in such activities can enhance the overall leisure benefits experienced by young men, which is crucial for their holistic development and well-being.

Table 7 shows the findings of the one-way analysis of variance (ANOVA) test between the benefits obtained from street basketball and the measurement tools of individuals playing street basketball. It was found that the benefits obtained from the activity significantly differentiated only in the system structure sub-dimension of the sustainable activity awareness scale. These significant differences were found to be in favor of the physical development benefit. These results indicate that the perceived benefits of street basketball can lead to different perceptions in certain scales and sub-dimensions. Specifically, the significant differences in the perception of system structure suggest that the physical development benefits of playing street basketball may shape how participants perceive the organization and processes of sustainable activities. This finding implies that when individuals experience tangible physical benefits from an activity, it may influence their overall perception of how well-structured and efficient that activity is. However, it is important to note that no statistically significant differences were found in the other sub-dimensions of sustainable activity awareness. This suggests that while physical development benefits may influence perceptions of system structure, other benefits of street basketball are perceived similarly across different dimensions of sustainable activity awareness. The homogeneity in these perceptions indicates that participants generally view the benefits of street basketball in a consistent manner, regardless of the specific type of benefit. Overall, these findings highlight the unique role of physical development benefits in shaping perceptions of sustainable activity systems. While street basketball provides various benefits, the way these benefits are perceived and their impact on sustainable activity awareness can vary, particularly in terms of how participants view the structure and organization of such activities. Promoting the physical benefits of street basketball may therefore enhance participants' engagement and perception of the activity as well-organized and beneficial in a sustainable context.

Table 8 presents the Pearson correlation analysis results between the sub-dimensions of the Sustainable Event Awareness Scale (SEAS) and the Leisure Benefit Scale (LBS). The analysis shows significant positive correlations among all sub-dimensions of SEAS and LBS. Specifically, strong correlations were observed between physical benefit and psychological benefit and physical benefit and social benefit. Similarly, significant correlations were noted between support and other SEAS sub-dimensions, such as performance evaluation, system structure, and process. Table 9 explores the regression analysis results, examining how well the sub-dimensions of LBS predict the overall sustainable activity awareness. The results indicate that leisure benefit levels explain a substantial portion of the variance in sustainable activity awareness. Physical, psychological, and social benefits are significant predictors, with physical benefits having the highest predictive value. The strong correlations observed in Table 8 between the different dimensions of leisure benefits suggest that the physical, psychological, and social benefits obtained from playing street basketball are interrelated. This interrelationship indicates that improvements in one dimension (e.g., physical benefits) are likely to be associated with improvements in other dimensions (e.g., psychological and social benefits). These findings support the holistic nature of recreational activities like street basketball, which offer comprehensive benefits that enhance overall well-being. Furthermore, the regression analysis results in Table 9 reinforce the idea that the perceived benefits of street basketball significantly contribute to sustainable activity awareness. The high predictive value of physical benefits implies that when participants perceive significant physical gains from the activity, they are more likely to recognize and commit to sustainable activity practices. This highlights the importance of promoting the physical advantages of street basketball as a means to foster greater awareness and participation in sustainable activities. The integration of findings from both tables underscores the multi-dimensional impact of street basketball on young men. While the correlations illustrate the interconnected nature of the benefits, the regression analysis emphasizes the critical role these benefits play in enhancing sustainable activity awareness. Together, these results suggest that fostering environments where young men can experience the full spectrum of benefits from street basketball will not only improve their personal well-being but also promote a more sustainable lifestyle. Overall, the comprehensive benefits of street basketball, as evidenced by the significant correlations and predictive values, demonstrate its potential as a powerful tool for promoting sustainable activity awareness among young men. By understanding and leveraging these benefits, programs and policies can be developed to encourage greater participation in such activities, ultimately leading to improved health outcomes and enhanced sustainability practices.

RESULTS

In this study, the effect of street basketball on young men's awareness of sustainable activity was examined. According to the results obtained, it was determined that the participants who played street basketball had a high level of leisure benefit in terms of physical, psychological and social benefits and perceived this activity as a sustainable activity. It was observed that the age variable did not create a significant difference on leisure benefit and sustainable activity awareness, but leisure benefit levels increased as age increased. Education level did not have a significant effect on these two variables, and this was attributed to the fact that street basketball is a widespread and accessible sport. Perceived income level was found to significantly differentiate only the level of leisure benefit, while it had no significant effect on sustainable activity awareness. It was determined that weekly street basketball playing time significantly affected leisure benefit levels, but did not significantly differentiate sustainable activity awareness. It was found that the physical development benefits obtained from street basketball created significant differences in the system structure dimension of sustainable activity awareness. Strong positive correlations were found between SEAS and LBS sub-dimensions and LBS sub-dimensions were found to be important predictors of sustainable activity awareness. These findings suggest that street basketball provides multidimensional benefits for young men and that these benefits support sustainable activity awareness.

RECOMMENDATION

In the light of the results obtained, the researchers suggest the following;

1. It is important to promote social and accessible sports activities such as street basketball for young people to gain physical, psychological and social benefits.
2. Given that participation in sports activities such as street basketball can increase sustainable activity awareness, such activities for young people should be supported and promoted.
3. As the physical benefits of street basketball have a positive impact on participants' sustainable activity awareness, these benefits should be emphasized and promoted.
4. Ensure that sporting activities such as street basketball are accessible to all, regardless of education level, and develop policies to promote these activities.
5. Given that individuals with higher income levels benefit more from leisure time activities, measures should be taken to increase access to such activities for individuals with lower income levels.
6. Considering that regular and long-term participation in activities such as street basketball increases the physical, psychological and social benefits of participants, strategies should be developed to sustain youth participation in such activities.

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