



## INVESTIGATION OF THE EFFECT OF SPORTIVE ACTIVITIES ON DEPRESSION LEVELS OF CHILDREN BETWEEN 13-17 YEARS OLD

Erkan Yarımkaaya  
Hacı Sabancı Primary School  
Ankara-TURKEY  
[kuzzgun@mynet.com](mailto:kuzzgun@mynet.com)

Assoc. Prof. Dr. Mehibe Akandere  
Selçuk University  
Konya-TURKEY  
[makandere@selcuk.edu.tr](mailto:makandere@selcuk.edu.tr)

Fatih Akgül  
Selçuk University  
Konya-TURKEY  
[kursatakgul@hotmail.com](mailto:kursatakgul@hotmail.com)

### Abstract

The aim of this study was to investigate whether application of regular sportive activities for 12 weeks has an effect on depression levels of children or not. Moreover, depression level of the research group was also examined in terms of age and branch of sports. The research group was constituted of 80 students including 40 students as application group who live in Yozgat Children's Shelter in city center of Yozgat as well as 40 students from Yozgat Cumhuriyet Secondary School and Yozgat Industrial Vocational High School (control group). The research was figured as test model with pre-test and post-test control groups. Regular sports education was given to the students in application group for 2 hour 3 days a week throughout 12 weeks. Before and after 12-week period, Children Depression Scale (Beck, 1979) was applied to both application and control groups. For statistical analysis of the data, SPSS 15.0 software program was used whereas Independent and Paired samples t test together with One-way anova test were applied for comparisons. This study was tested for 0.05 and 0.01 significance levels. It was determined that there was a significant difference in terms of statistics when averages of pre-test and post-test grades of students participated in the research as application group ( $p < 0.05$ ). As a result, it was indicated in this research which was aimed to investigate depression levels of children between 13 and 17 years old that sports activities done by application group resulted in significant difference in depression levels of children. In this regard, it can be concluded that sports positively affected depression levels of children between 13 and 17 years old.

**Keywords:** Sports, Children, Depression.