



LEISURE PARTICIPATION, INTERNET ADDICTION AND LEISURE BOREDOM IN UNIVERSITY STUDENTS

Assoc. Prof. Dr. Evren Tercan Kaas
Akdeniz University
Sport Sciences Faculty
Campus 07058 Antalya- Turkey
evrentercan@akdeniz.edu.tr

Sinem Uğur
Akdeniz University
Sport Sciences Faculty
Campus 07058 Antalya- Turkey
sinemugur0756@gmail.com

Abstract

The aim of the study is to examine the leisure participation, internet addiction and leisure boredom in university students. Population consisted of 3665 students taking elective physical education courses. From the sampling formula ($n = \frac{Nt^2pq}{d^2(N-1) + t^2pq}$) sample size was 348 and 498 students were selected as sample. For data collection "Internet Addiction" and "Leisure Boredom" scales were utilized. Mann Whitney U test and Spearman Correlation Coefficient were used in statistical analyses. Leisure boredom scores showed positive correlation with social isolation and withdrawal, meanwhile leisure satisfaction scores showed negative correlations with control difficulty, withdrawal, disorder in functionality and social isolation. Active sport participants had lower boredom, lower satisfaction, higher withdrawal, lower control difficulty levels. Women participants showed higher boredom, satisfaction and lower withdrawal scores ($p < 0.05$). For future studies internet addiction can be associated with various leisure concepts such as family leisure or leisure education.

Keywords: Recreation, Leisure, Internet Addiction, Leisure Boredom