



Students' Perception of Social Development through Sports at University Level

Javed Ali Soomro *

| Ghayoor Abbas Bhati †

| Nisar Ahmed Khaskheli ‡

Abstract: This investigation was conducted on the university students studying at Shah Abdul Latif University Khairpur (SALU)-Sindh-Pakistan. 100 students amongst the enrolled students in various teaching departments (N=100) were selected to take part in the study as on a random sampling basis. A survey questionnaire was used as a data collection tool. The frequency percentage were differently calculated with the general frequencies shows the results of various statements about students' perception regarding social development through sports as frequency percent of items maximum as 30%, item-2, 38%, item-3, 31%, item-4, 42%, item-5, 46%, item-6, 51%, statement-7, 46% item-8, 47% item-9, 48%, item-10, 52% which all were different from each other. The results depict the closest relationship of sports with the social development of youths in our society. This investigation recommends that sports programs that may offer opportunities to ensure the social development of youths must be organized.

Key Words: University Students, Sports, Perception, Social-Development

Introduction

Sports has been characterized as a health problem; it is recreational workmanship, it is a social practice, it is relaxation, it is an actual exercise movement, it is a method for procuring occupation, it is a way to social collaboration, and it is a way to political impact the rundown is perpetual. The historical backdrop of sports stretches out as far back as the presence of humankind as intentionally playful and dynamic creatures. Sports have been a valuable route for individuals to build their dominance of nature and their current circumstance, in an offer to misuse this nature and the climate adequately for their endurance (Mackenzie, 2004). The credit has a place with the one who may work really in the field; whose face is defaced by residue, perspiration and lifeblood, who endeavors courageously; who blunders and misses the mark over and over; who knows the extraordinary eagerness, the incredible dedications and devotes

oneself in a noble motivation; who knows the things very well, ultimately, the victory of high accomplishment; and even from a pessimistic standpoint, on the off chance that he bombs, in any event, comes up short while trying extraordinarily, (Pagliuca, 2009). The game is viewed as principally an innovation of the Western Culture (Steve Webmaster, 2012). It is foreseen that the individuals who appreciate the advantages of actual exercises have an ideal and uplifting mentality toward actual exercises. It has additionally been accounted for that actual exercises will be exceptionally acknowledged by a network if the lion's share of its individuals has an inspirational mentality toward such exercises; anyway, conversely, a negative demeanor would bring about dismissal of these exercises and their related beneficial outcomes (Eraslan, 2015).

Taking an interest in normal actual movement altogether adds to psychological

* Center for Physical Education Health & Sports Sciences, Faculty of Natural Sciences, University of Sindh, Sindh, Pakistan.

† Center for Physical Education Health & Sports Sciences, Faculty of Natural Sciences, University of Sindh, Sindh, Pakistan.

‡ Department of Physical Education and Sports Sciences, Sukkur IBA University, Sindh, Pakistan.

Email: nisar.khaskheli@iba-suk.edu.pk

capacities advancement along with supporting sound maturing measures for youngsters, teenagers, and grown-ups (Weuve et al., 2004). The sporting activity is a zone where individual increases a serious way, working control and interest to compete, learns cooperation regardless of all assortments individuals collect inside comparable norms and battle autonomously or as groups (Sebin et al., 2007). At the point when someone recognizes as the person playing any sports, the apparent degree of control is also improved, further improving the probability of transforming exercise expectation into conduct (Yin and Boyd, 2000). While sport gives occasion to the prominence of nations, it likewise speaks to an undeniable call for social, social, and monetary perspectives (Nicholson et al., 2011). In current time sports has a more extensive range which plays a positive effect on singular wellbeing and joy. To increase an inspirational demeanour towards sports, it must make a general social, financial, and social impact in the public eye (Ding and Sugiyama, 2017). An ongoing examination led on understudies of higher auxiliary schools demonstrated that mentality levels of understudies vacillate regarding their neighborhoods for example, the city inhabitant pupils hold the most elevated disposition flat, and the same were engaged with physical enacts to remain fit with excellency as a fiddle (Eraslan, 2015). By changing with the important standards of current direction, it is believable to increase persons as resilient folks in total assets by demonstrating them close to their scholastic coaching. This can be perceived under the motivations behind broad coaching with the dedication of real guidance and game (Kangalgil et al., 2006).

While thinking sports not similarly by way of a strategy for working up a person's bodily and aptitudes of motor yet additionally like a sporting activity, as amusement, and just like a recreation time action, it is moreover helpful for social associations. Game is convincing for flexibility to the atmosphere, particularly for school understudies commencing another life. Due to the game, it is probable to enter diverse conditions and structure new cooperation. It will be conceivable just with an elevating inclination towards the sport. While talking about quickly creating a period of innovation, social orders, to keep up their reality in a sound climate and to

safeguard network harmony and government assistance, advantage from wearing exercises. It is realized that participating in exercises like these is significant for people's sound turn of events, for shielding them from hurtful propensities in normal circumstances, and for expanding the nature of their own lives (Guner, 2015). To accomplish this, most importantly, direction is required towards cooperation in exercises like these. This is just conceivable by building up an uplifting disposition towards sport in people. As is known, mentalities powerfully affect a person's practices (Tavsancil, 2014). The factor that decides if a person's social reactions are optimistic or adverse is that person's perspectives (Morgan, 2010).

A sound way of life practices as a rule, and expanded actual movement specifically, have been viewed as certain results of the school insight and are critical segments of the coordinated co-educational plan in advanced education (Sandeen, 1996). Because of their assets and potential for emphatically impacting understudy advancement, schools and colleges have frequently been observed as circumstances wherever actual movement can be stimulated and unconventional (Suminski et al., 2002). At the point when understudies have achieved a higher optional level of school for training, that is, the degree of method four and method five, their recreation time likely could be used to expand their inclusion in actual exercises. An examination found that college understudies at the college level can improve their actual action and workout routine after one semester to the ensuing, in light of actual training educational plan offered at the college level (Nahas et al., 2003). Maximum colleges and schools in the US deal with schemes and workplaces that progress investment in leisure sports, actual movement, and commonly talking actual comfort (NIRSA, 2004). Men are more beneficial and are more dynamic in actual exercises contrasted with ladies. Besides, it was discovered that Caucasian ladies invest more energy staring at the TV contrasted with the men. Besides, the result shows that Asian understudies are less truly dynamic contrasted with Caucasian and Hispanic American's understudies. Also, African American ladies invest more energy sitting in front of the TV day by day contrasted with Asian and Caucasian ladies. It is likewise fascinating to realize that ladies are not as much as men to

utilize recreational office in college sports focus (Miller et al., 2008). Understudies who battle in scholarly territories yet prevail in Physical Education regularly increase a lift in certainty from these victories (Morgan and Hansen, 2008).

Society is the main community structure where someone consumes the entirety of his time on earth. The general public hears human abilities and actuates his convictions which may support the development of perspectives and significant activities towards actual exercises (Drum et al., 2016). There is a concurrence on the way that actual exercises and sports assume a significant function in the bodily, social, and psychological advancement of together males and females (Mirzaei et al., 2014). These days, sport is a huge factor in childhood qualified people who have finished their bodily, social and passionate turn of events, and it tends to be significantly regarded as an ally of mingling measure for youngsters and youths (Kocak et al., 2013). Taking an interest in sporting events directly affects social and enthusiastic advancement notwithstanding sound improvement of young age (Marquis and Baker, 2015). In Pakistan, genuine inertness and power are transforming into a basic clinical issue that has attracted the thought of researchers in late years. A fixed lifestyle and a growing example of suburbanization in the country, i.e. Pakistan, are seen as the basic motorists for sluggish lifestyle and various disorders. An examination showed that the as country Pakistan passes on the maximum vital extent of people with the diabetic patient in south Asian countries while generally speaking Pakistan passes on the ninth circumstance in the situating of the bulky and inert lifestyle however America beat the summary, and it arises a need to take a gander at the viewpoints of understudies towards genuine activities (Streib and Lauren, 2007). Plus, in excess of 22 percent of everybody in Pakistan, recent ages old is observed as weighty or overheavy weight. Research besides indicates that a single person in every four Pakistanis have a body having overweight and as per an outline exhibiting the tags of the world's "fattest nations", Pakistan grasps 165th condition out of 194 nations. While calling such a sedentary physical existence and chunkiness can in like manner be seen among pupils anywhere, it has radically extended over the span of later an exceptionally prolonged stretch of time as a result of poor genuine happenings of the

86450 understudies in their school-age and fixed lifestyle (Ngandu et al., 2015). The importance of game interest lies in what it can accomplish for their social relations and what it says about them as people. They are probably going to like their association in the sport just when they are important for the famous gathering or feel they have picked up the endorsement of others. Regardless of whether members see sport as an occasion to create common close social connections or as an occasion to approve their ability to be self-aware by increasing societal position and acknowledgement is probably going to affect their emotions and activities in sport. Consequently, the idea of inspirational social directions may give analysts a superior comprehension of the mental cycles that lead to contrasts like game members' inspiration (Allen, 2003). This extension in certainty can similarly enhance socially improved relationships with various categorized people. In addition, pupils' associations with people others can, in like manner, help with trim their self-thought (Delcourt, 2007).

It is additionally realized that during the period of university, which by and large agrees with their time of youthfulness, their attitudes may experience various changes reliant on their encounters (Ozyurek, 2010). The factor that examined the positive or negative conduct reactions of people is actually the attitudes of the persons (Ho, 2008; Morgan, 2010). This type of perception has been the subject of many research examines from a few perspectives, for example, in what way it shapes, in what way its deviations, and how it influences the person and community (Tekkursun, et al., 2017). The job of organizations belonging to Educational systems shape and create attitudes towards sports and co-curricular activities are extraordinary (Balyan, 2012). The point expanding campus pupils' involvement in the game, giving people sufficient chances and offices, and coordinating and inspiring all towards the game will positively affect their attitude towards sports. Offering wearing administrations, especially in the sections which were inaccessible to students before the education of university level, is significant in regards to both improvements of uplifting mentalities and social development. The main problem of facilities & guidance will negatively affect the students of the university for their wishes to play (Bushman et al.,

2014). It is realized that pupils' cooperation in the game has expanded as of late. As indicated by the insights of leagues in Turkey in the sports of university level, whereas the number of pupils participating in wearing rivalries amid campuses was 8501 popular during the year 2000, the present structure was achieved 26446 continuously 2015 (TUSE, 2015). Inside the setting of this information, the point of this examination is to look at the perception of understudies learning at Higher Education Institutions towards sports as to specific factors.

The central research question of this study is the University students as to what they think about the relationship of sports with the youths' social development that academically belongs to Khairpur-Sindh, Pakistan. It was observed through the collected literature that this kind of research work had not been conducted before this for University level students in Khairpur Mirs. Therefore, keeping in view the proposed need for research, this study will attempt to explore the view of the University students for social development through sports.

Research Methodology

The benefits at the university level were estimated by questions managing improving students' feeling of having a place and fulfilment with the University sports, expanded awareness of certain expectations towards the university and responsibility of students towards university. Individual, communal advantages remained estimated through a self-managed survey relating to the advancement of social capacities, improvement of fearlessness, sentiments of self-esteem and in general satisfaction, and whether sports cooperation permits understudies to better for a social turn of events. Social developments through games were estimated by questions, for example, improving social aptitudes, quick to partake in sports programs, expanded arrangement and resilience through actual action programs, and an ability to associate with various societies. Ultimately, social gathering holding benefits as were characterized through the questions managing and refining communal relationships, diminishing sentiments of social distance, refining capacity to do work inside a group, with addition to communal holding and backing, holding with colleagues, and refining capacity of students to associate communally. A

little pilot investigation was led through a review poll as it was directed to the respondents in this investigation to decide some ambiguities in the phrasing of the overview questions. The overview was guided to roughly 100 understudies concentrating on the single guy and expert degree projects of different divisions. The solid union included the improvement of reliable, trustworthy associations with others and was characterized by questions, for example, expanding understudies' feeling of trust and duty in their friends.

Limitations

In deciphering these discoveries, it is critical to take note of the constraints related to the investigation, which was inside the understudies concentrating on the single guy and expert degree programs. While the general dependability of the scale of the advantage was very high, moreover, oneself directed scale has great normal legitimacy. Accordingly, a portion of the huge discoveries might be a component of the quantity of examination directed. Even though the example size was moderately typical in this examination, an alert is prompted when endeavoring to sum up the outcomes past the example in this investigation as subjects were drawn from one foundation. Future exploration ought to arbitrarily test the whole understudy populace or draw tests from various establishments with tantamount recreational games programs to build the summed up capacity of these outcomes. This recommends that an advantages viewpoint ought to be joined into the arranging and usage of intramural games programs to deliver wanted social advantages

Statistical Analysis

A self-administered organized examination questionnaire was utilized as a data collection instrument. The frequency and percentage were computed using the Statistical Package of Social Sciences (SPSS) version 22.

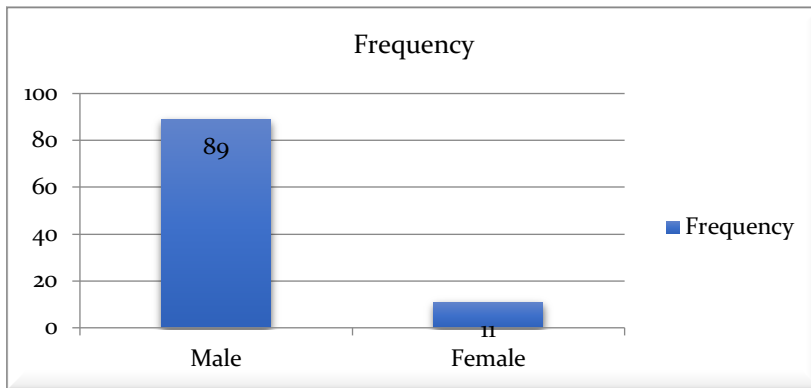
Results

Cronbach's Alpha test was led to guarantee the uniformity of data. The consequences of Cronbach's Alpha test were originated as 0.85, which is solid. Graph-1 shows the gender frequency percentage of the respondents as 89 male and 11 female respectively, whereas graph-2

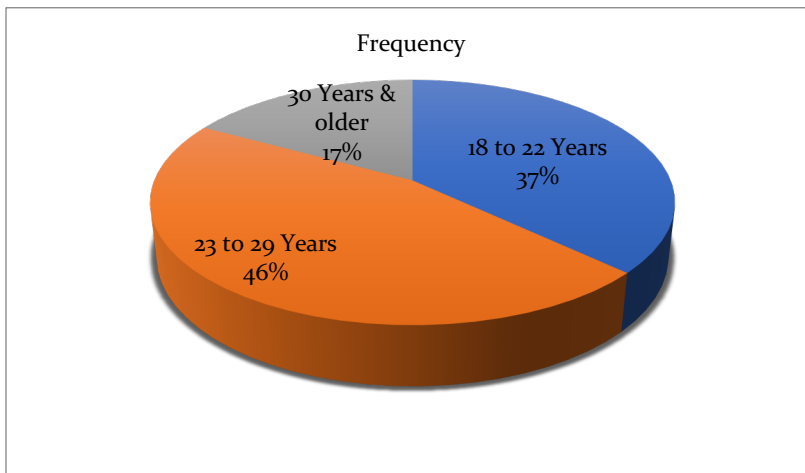
shows the frequency percentage of age groups as of 18 to 22 years of age group 37%, (age group of 23 to 29 years) 46% as a maximum, and 30 years & above 17% respectively. Options for attempting the questionnaire were given to the students after every statement on a likert scale of 5 bases. The table 1. shows the results of various statements pertaining with students' perception regarding social development through sports as frequency percent of statement-1 is 11, 22, 30, 29 and 8, frequency percent of statement-2 is 25,38,15,15 and 7, frequency percent of statement-3 is 20,31,20,22, and 7, statement-4 is 42,39,9,6, and 4, statement-

5 is 46,39,11,3 and 1, statement-6 is 51,36,11,1 and 1, statement-7 is 46,46,6,2 and 0 statement-8 is 36,47,14,3 and 0, statement-9 is 26,48,18,5 and 3 and statement-10 is 11,19,52, 14 and 4 with sequential options strongly agree, agree, neutral disagree and strongly disagree respectively. Current investigation shows that a greater part of responses as a student perception shows that there is the closest relationship of sports with the social development of the youth with the most frequencies depicts as computed and showed in all items or statements.

Graph 1 and 2 Show the Gender and Age of the Respondents, Respectively



Graph 1: a bar chart showing the frequency of the



Graph 2: Pie chart showing frequency percent of respondents male respondents, as there are 89 male and 11 are like 46% participants belongs to the age group of 23 to 29 years female respondents 37% belongs to the age group of 18 to 22 years and 17% belongs to 30 years and above

Table 1. Showing Responses of Respondents as Making their Perception Towards Sports as Social Development

Item	Option	Frequency	Percentage
Sports activities are boring as there is the repetition of	Strongly Agree	11	11.0
	Agree	22	22.0
	Neutral	30	30.0
	disagree	29	29.0
Sports improve social skills	strongly disagree	8	8.0
	strongly agree	25	25.0
	agree	38	38.0
	neutral	15	15.0
I don't like trying any new activity in sports in case somebody laughs me	disagree	15	15.0
	strongly disagree	7	7.0
	strongly agree	20	20.0
	agree	31	31.0
Sports improve sociability skills	neutral	20	20.0
	disagree	22	22.0
	strongly disagree	7	7.0
	strongly Agree	42	42.0
Sports improve interpersonal relations	agree	39	39.0
	neutral	9	9.0
	disagree	6	6.0
	strongly disagree	4	4.0
Sports give a message of peace and unity	strongly Agree	46	46.0
	agree	39	39.0
	neutral	11	11.0
	disagree	3	3.0
Sports create a platform to be one and united	strongly disagree	1	1.0
	strongly agree	51	51.0
	agree	36	36.0
	neutral	11	11.0
Sports improve interactional skills	disagree	1	1.0
	strongly disagree	1	1.0
	strongly Agree	46	46.0
	agree	46	46.0
Sports give name and fame	neutral	6	6.0
	disagree	2	2.0
	strongly disagree	00	00.0
	strongly Agree	36	36.0
Sports is just like fun, only	agree	47	47.0
	neutral	14	14.0
	disagree	3	3.0
	strongly disagree	00	00.0
	strongly agree	26	26.0
	agree	48	48.0
	neutral	18	18.0
	disagree	5	5.0
	strongly disagree	3	3.0
	strongly Agree	11	11.0
	agree	19	19.0
	neutral	52	52.0
	disagree	14	14.0

Item	Option	Frequency	Percentage
Total respondents	strongly disagree	4	4.0
		100	100.0

Table 1 shows students' responses regarding social development through sports as frequency percent of items maximum as 30%, item-2, 38%, item-3, 31%, item-4, 42%, item-5, 46%, item-6, 51%, statement-7, 46% item-8, 47% item-9, 48%, item-10, 52% which all were different from each other.

Discussion

To raise persons who may involve in playing sporting activities, it is specifically basic to manage all men and women to inline for sports, to request that they are interested in sporting activities and to offer working environments towards them. It is understood that the level of the positive progression of points of view towards the game will reveal how much we have to win in this. Checking the associated composing exposes that surveys connected to this issue on helper school understudies have gotten in quantity, while for the most part, fewer examinations have been made on school understudies. Notwithstanding acknowledgement of the striking nature of social open doors in sport, specialists have to a great extent disregarded the commitment that social objective directions and view of having a place may make toward giving a complete image of youngsters' intentions in taking an interest in the sport. One purpose behind this might be because of the absence of an applied methodology that incorporates away from and estimation of objective social directions and the impression of having a place (Allen, 2003). Dialogue and comments recognized with this examination, which means to pick the air levels of pupils enrolled at Balikesir University to have the concentration for sport and to separate these stages concerning diverse parts, are presented underneath. No immense differentiation was seen between bundles in the examination of individuals' games mindsets made by sex. In the examinations drove by (Goksel et al., 2017) on school understudies and the examination administered by Goksel & Caz, 2016 on optional school understudies, no quantifiably basic differentiation was settled among the students of both genders for the sexual direction variable. These findings furthermore identify with the

delayed consequences of the current assessment. Evaluation of the composing concerned to school understudies' mindsets for the sports depicts that there are additional focuses where male understudies have higher aura scores for sports as compared to females. The assessments coordinated on school understudies by (Blacklock et al., 2007; Tomik et al., 2012, Milanovic et al., 2013; Kocak, 2014; and Varol, 2017) are a part of these.

The finding of various outcomes in writing concerning the sexual orientation variable might be clarified by the way that the examinations were led in various associations and on various gatherings. Additionally, it is viewed as that the way that the associations where the examinations were made given various degrees of offices to their understudies may have affected understudies' mentalities. People learning at college, wishing to be alive new encounters, may wind up in various social conditions. Because of the offices presented to them by the institutions of education and the zones where they live, understudies might be associated with zones to do with craftsmanship, sporting activity, or departmental disciplines where someone may have an opportunity to recognize oneself. An understudy in music may get associated with different masterful exercises, while an understudy in designing may wind up in more specialized zones to create himself. However, because of the perspectives framed during their previous encounters or procured with the offices offered to them, understudies may end up in a brandishing climate (Yanik, M. (2018).

Recreational games projects ought to interface cooperation in intramural games with more extensive institutional objectives of maintenance by underlining their function in socially incorporating understudies into the college through investment in different recreational games contributions. Understudies who utilize recreational games offices, projects, and administrations endure at a higher rate than the individuals who don't (Belch et al., 2001). There are various reasons which can impact the support of understudies in actual movement; for example, the disposition of guardians about actual exercises may influence their kids as dangerous games are debilitated in Pakistan. In like manner,

past encounters of understudies concerning some hazardous games or injury, expanding weight of study on the understudies at the college level, absence of the arrangement of game offices and assets are every one of those reasons that may influence understudies' disposition towards actual exercises. It is recommended that establishments ought to make mindfulness identified with medical conditions because of an inactive way of life and advance actual exercises among understudies. Besides, reasonable measures of assets and openings must be given to the understudies to the games and actual exercises ([Zaman et al., 2018](#)).

Conclusion

The social development of youths in backward areas of any region is in need of the hour. Mostly the organized Sports activity programs are seen in some developed and metropolitan areas. An exploration of students' perception towards social development is essential to know for further planning in the best interest of youths and their ultimate positive role in society. The sport has been viewed as a very useful source of entertainment and human development in multiple aspects of the world. This study was to discover what the students have their perception

about the social development of youths through the physical activities in organizing sports programs at the university level. The present research study results that as per the perception of the students and its analysis, there is the closest relationship of sports programs and the participation of youths in those and the participation in sport is beneficial for the social development youths involved.

Recommendations

As the study was conducted at Shah Abdul Latif University Khairpur to find out the perception of the students towards social developments, results get clear about the relationship of sports youth's social development. The study was limited just to explore the relationship of sports with social development. Such restrictions of the examination give regions to additional investigations such as to examine the sports facilities available in the Higher Education Institutions (HEIs), Colleges and at Schools for the students and the presence of qualified sports officials who have the expertise to organize the events. Further investigations are additionally expected to discover the variables which add to the local students' support in sporting programs.

References

- Allen, J. B. (2003). Social Motivation in Youth Sport. *Journal of Sport & Exercise Psychology*, Human Kinetics Publishers, Inc.
- Balyan, M., K. Y. Balyan, & Kiremitci, O. (2012). "Effects of Different Sporting Events on 2nd Level Elementary School Students' Attitude Towards Physical Education and Sport Lessons, Social Skills and Self Efficacy", *SelcukUniversity Journal of Physical Education and Sport Science*, 14(2); 196-201.
- Belch, H. A., Gebel, M., & Mass, G. M. (2001). Relationship between student recreation complex use, academic performance, and persistence of first-time freshmen. *NASPA Journal*, 38 (2), 254-268.
- Blacklock, R. E., Rhodes, R. E., & Brown, S. G. (2007). Relationship between regular walking, physical activity, and health-related quality of life. *Journal of Physical Activity and Health*, 4(2), 138-152. <https://doi.org/10.1123/jpah.4.2.138>
- Bushman, B. A., R. Battista, P., Swan, L. Ransdell, & Thompson, W. R. (2014). ACSM's resources for the personal trainer (4th ed.). New York: Lippincott Williams &Wilkins, 202-211.
- Delcourt, M. A., Cornell, D. G., & Goldberg, M. D. (2007). Cognitive and affective learning outcomes of gifted elementary school students. *Gifted Child Quarterly*, 51(4), 359-381.
- Ding, J., & Sugiyama, Y. (2017). Exploring Influences of Sport Experiences on Social Skills in Physical Education Classes in College Students. *Advances in Physical Education*, 7, 248-259.
- Drum, S. N., Bellovary, B., Jensen, R., Moore, M., & Donath, L. (2016). Perceived demands and post-exercise physical dysfunction in CrossFit® compared to an ACSM based training session. *Journal of Sports Medicine and Physical Fitness*, <http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999NooA16021203>.
- Eraslan, M. (2015). An Analysis of Secondary School Students' Attitudes towards Physical Education Course According to Some Variables, 19(1), 23-29.
- Goksel, A. G., & Caz, C. (2016). Examining of Physical Education Course Attitudes of Anatolian High School Students, *Marmara University Journal of Sport Science*, 1(1), 1-10.
- Goksel, A. G., Caz, C., Yazici, O. F., & Ikkizler, H. C. (2017). Comparison of Attitudes of Students from Different Departments Towards Sport: The Model of Marmara University. *Journal of Sport and Performance Researches*, 8(2).123-134.
- Guner, B. (2015). The Evaluation of the Problems Related to The Women's Not Being Able to Participate in Recreation Activities, *Journal of International Sports Sciences*, 1(1), 22-29.
- Ho, T. K. (2008). A Study of Leisure Attitudes and Benefits for Senior High School Students at Ping-Tung City and County in Taiwan. United States Sports Academy.
- Kangalgil, M., Hunuk, D., & Demirhan, G. (2006). Comparison of Elementary School, High School, and University Students' Attitudes Toward Physical Education and Sport, *Hacettepe J. of Sport Sciences 2006*, 17(2), 48-57.
- Kanters, M. A. (2000). Recreational sport participation as a moderator of college stress. *Recreational Sports Journal*, 24(2), 11-24
- Kocak, F. (2014). Undergraduate Students' Attitudes Towards Sport: A Scale Development Study, *Spormetre, Ankara University Faculty of Sport Sciences*, 12(1), 59-69.
- Koçak, F., Tuncel, F., & Tuncel, S. (2013). Sparda sürdürülebilirliğinin boyutlarının belirlenmesi, *Ankara University Faculty of Sports Sci. J.* 11(2), 113-129.
- Mackenzie, B. (2004). History of Sports and Games, <http://www.brianmac.co.uk/history>.
- Milanović, Z., Sporiš, G., Trajković, N., Vračan, D., Andrijašević, M., Pantelić, S., & Baić, M. (2013). Attitudes towards exercise and the physical exercise habits of University of Zagreb students. *Journal Annales Kinesiology*, 4(1), 57-70.
- Miller, K. H., Noland, M., Rayens, M. K., & Staten, R. (2008). Characteristics of users and nonusers of a campus recreation center. *Recreational Sports Journal*, 32, 87-96. 60, 1.
- Mirsafian, H., Doczi, T., & Mohamadinejad, A. (2014). The attitude of Iranian Female University Students to Sport and Exercise.

- Iranian Studies, 47(6), 951-966.
<https://doi.org/http://dx.doi.org/10.1080/00210862.2013.823790>
- Morgan, C. (2010). Introduction to Psychology, Adjusted and Reviewed. Education Academy Publications. Konya, Turkey.
- Morgan, P. J., & Hansen, V. (2008, August 20). Physical education in primary schools: Classroom teachers' perceptions of benefits and outcomes. *Health Education Journal*, 67(3), 196-207. Retrieved March 9, 2012
- Nahas, M. V., Goldfine, B., & Collins, M. A. (2003). Determinants of physical activity in adolescents and young adults: The basis for high school and college physical education to promote active lifestyles. *Physical Educator*
- Ngandu, T., Lehtisalo, J., Solomon, A., Levälähti, E., Ahtiluoto, S., Antikainen, R., Jula, A. (2015). Articles A 2-year multidomain intervention of diet, exercise, cognitive training. 2255-2263.
[https://doi.org/10.1016/S0140-6736\(15\)60461-5](https://doi.org/10.1016/S0140-6736(15)60461-5).
- Nicholson, M., Hoye, R., & Houlihan, B. (2011). Introduction. Inside: Participation In Sport: International Policy Perspective. (Edt: Nicholson M, Hoye R, Houlihan B). New York: Routledge.
- Ozyurek, M. (2010). "To change of the attitudes toward to disabled people".(8th edition).Karatepe Publishing Ankara:
- Pagliuca, S. G. (2009). Sports and Life: Common Principles of Success
- Sandeen, A. (1996). Organization, functions, and standards, of practice. In S.R. Komives, D.B. Woodard & Associates (Eds.). Student services: A handbook for the profession (3rd Ed.), pp. 435-457. San Francisco: Jossey-Bass.
- Sebin K., Serarslan Z., Katkat D., Tozoğlu E., & Kızılet, A. (2007). Spor yapan üniversite öğrencilerinin spor başlama ve spor yapma nedenlerine ilişkin görüşleri, Atatürk University BESB J. 9(1), 43-63
- Streib, L. (2007). World's fattest countries. Forbes [http://www. Forbes. com/2007/02/07/worlds-fattest-countriesforbeslife-cx_ls_o2o8worldfat.html].
- Suminski, R. R., Petosa, R., Utter, A. C., & Zhang, J. J. (2002). Physical activity among ethnically diverse college students. *Journal of American College Health*, 51, 75-80.
- Tavsancil, E. (2014). Measurement of the attitudes and data analysis with SPSS. Nobel Publishing, Ankara.
- Tekkursun, D. G. H., Cicioglu, E. I., & Arslan, O. (2017). "The attitudes of classroom teacher candidates towards physical education lesson".In. *J. of Sport, Exercise & Training Sciences*, 3(4): p, 120-128.
- Tomik, R., Olex-Zarychta, D., & Mynarski, W. (2012). Social values of sport participation and their significance for youth attitudes towards physical education and sport, *Studies in Physical Culture and Tourism*, 19(2), 99-104.
- TUSF. (2015). "SporcuSayilariIstatistikleri". "http://www.tusf.org/2000-2013-sporcu-sayilari.aspx".
- Varol, R. (2017). The Study of University Students Attitudes Towards the Sport and University Students Opinions on the Women Participation in Sports Activities (Bartın University Case Study). Unpublished Master's dissertation). Bartın University, Bartın, Turkey.
- Webmaster, S. (2012). "The People History". <http://www.thepeoplehistory.com.sports>.
- Weuve, J., Kong, H. S., Manson, J. E., Breteler, M. M. B., Ware, J. H., & Grodstein, F. (2004). Physical education: Including, walking, and cognitive function in older women, *J. Am. Med. Association*. 292(12), 1454-1461.
- Yanik, M. (2018). "Attitudes of University Students Towards Sport". *J. of Education and Training Studies*, Vol. 6(5), p.111-117.
- Yin, Z., & Boyd, M. P. (2000). Behavioral and cognitive correlates of exercise and self-schemata. *Journal of Psychology*, 134, 269-282.
- Yin, Z., & Boyd, M. P. (2000). Behavioral and cognitive correlates of exercise and self-schemata. *Journal of Psychology*, 134, 269-282.
- Zaman, S. A. K. M., & Butt, F. (2018). The attitude of Young Students towards Sports and Physical Activities. *The Global Management Journal for Academic & Corporate Studies (GMJACS)*. Vol. 08(1),