



(ISSN: 2602-4047)

Uzun, M., Osmanoğlu, H., & Güney, G. (2022). A Study of the Relationship between Sensation-Seeking and Leisure Satisfaction among Cycling Athletes: A Case Study of the Cycling Festival, *International Journal of Eurasian Education and Culture*, 7(16), 368-383.

DOI: <http://dx.doi.org/10.35826/ijoecc.536>

Article Type (Makale Türü): Research Article.

A STUDY OF THE RELATIONSHIP BETWEEN SENSATION-SEEKING AND LEISURE SATISFACTION AMONG CYCLING ATHLETES: A CASE STUDY OF THE CYCLING FESTIVAL

Meliha UZUN

Asst. Prof. Dr., Şırnak University, Şırnak, Turkey, melihauzun16@gmail.com

ORCID: 0000-0002-1691-3504

Hasan OSMANOĞLU

Asst. Prof. Dr., Şırnak University, Şırnak, Turkey, osmanoglu1980@gmail.com

ORCID: 0000-0002-2421-8587

Gamze GÜNEY

Asst. Prof. Dr., Ardahan University, Ardahan, Turkey, gamzeliderim@hotmail.com

ORCID: 0000-0001-9638-320X

Received: 06.12.2021

Accepted: 12.02.2022

Published: 02.03.2022

ABSTRACT

This study was conducted to examine the relationship between sensation seeking and leisure satisfaction in cyclists. The universe of the research consists of 250 participants who participated in the Şırnak bicycle festival. The sample of the study consists of 80 cyclists, 66 men and 14 women, selected by simple random sampling method. The model of the study was designed according to the relational survey model, which is one of the survey models. Personal information form developed by the researchers, "Sensation Seeking Scale (SSS)", and "Leisure Satisfaction Scale (LSS)" were applied to the participants participating in the research. Whether the data met the prerequisites of parametric tests by examining the results of Skewness and Kurtosis (normal distribution of the data) was analysed. As the data show normal distribution, percentage and frequency were used as a statistical method in the analysis of the obtained data, t-test was used to compare two groups, one-way analysis of variance (ANOVA) was used to compare groups, and correlation analysis was used to determine the relationships between sub-dimensions. In line with the findings, there was no statistically significant difference between the sub-dimensions of sensation seeking and leisure satisfaction according to gender. According to the educational status variable, no statistical difference was found in sensation seeking and leisure satisfaction. No difference was found according to the experience of cycling by year. Significant differences were found on age and marital status variables according to the sensation seeking levels and leisure satisfaction of cyclists. In addition, it was observed that there was a positive and significant relationship between the sub-dimensions of sensation seeking and leisure satisfaction after activity. It is thought that sensation seeking and leisure satisfaction created by cycling activities on cyclists will make positive contributions both individually and socially.

Keywords: Cycling, recreation, sensation seeking, leisure satisfaction.

INTRODUCTION

Recreation refers to an activity in which people are engaged to regain, protect, and maintain their mental and physical health, which is endangered or adversely affected due to intense work responsibility, stereotyped lifestyle, and negative environmental factors as well as to enjoy and attain personal satisfaction. Such activities are done by individuals in their leisure time, voluntarily and individually or in a group, apart from the time that individuals allocate to meet their mandatory needs (Karaküçük, 2008).

Every individual pursues different goals in terms of participation in and tendency to a recreational activity. Yet there is one thing that all of them have in common: to enjoy such a recreational activity and to be satisfied as a result. Leisure satisfaction should be the most important goal for recreation (Çelik, 2011). Leisure satisfaction evokes positive perceptions, emotions, and individual forms, or the individual gains are obtained as a result of leisure activities and choices (Beard & Ragheb, 1980).

Individuals should prefer activities that not only contribute positively to their health but also increase their satisfaction levels. In this context, efficient evaluation of leisure is crucial in achieving a positive health level. Another point to mention is that these activities can include nature and adventure recreation (Akten, 2003). Activities such as camping, hiking, and wildlife observation are among adventure activities with low levels of difficulty while activities such as air sports, climbing, mountain biking, and skiing are among the adventure activities that require high risk and skill, as the difficulty level is high (Swarbrooke et al., 2003).

Adventure recreational activities are different from other types of activities, such as outdoor activities, as they highlight physical performance and motivate participation. The distinctive nature of adventure recreation promotes spiritual motivation for physical activity participation (Lynch & Dibben, 2016). In his study, Ewert (1994) subjectively included the concept of adventure and mentioned that adventure can vary from person to person. Adventure recreation activities include the freedom of choice of the participant, the sense of satisfaction, the elements of uncertainty and risk and the importance of risk for participants is the most obvious motivating resource. The lack of risk for participants may result in lower satisfaction levels and decreased motivation to participate in the adventure (Morgan & Fluker, 2006; Kane & Tucker, 2004; Weber, 2001). It was also demonstrated that individuals interested in outdoor sports activities are very happy and excited to do these activities with their interaction with nature along with a longing for nature to see the view of the natural environment (Mengütay, 2003).

Outdoor sports allow individuals to look for more diverse and exciting opportunities and challenges (Jenkins & Pigram, 2003). It is known that there is a relationship between sensation-seeking, impulsivity, and biological predisposition. Therefore, sensation-seeking is a system based on genetic structure (Zuckerman et al., 1980). Zuckerman (1979) reported that individuals have different levels of sensation and impulse from each other and associated sensation-seeking with the courage of the individual in unfamiliar situations. Thrill seeking; It is

defined as the high tendency to engage in new, complex, exciting experiences and to take various physical, social, legal and economic risks for the sake of experiencing excitement (Zuckerman, 1994). Zuckerman identifies four sub-dimensions of sensation seeking: 1) Excitement and adventure seeking: associated with physical risk taking and engaging in high-risk sports activities. 2) The pursuit of experience: it is the pursuit of new and exciting experience. 3) Disinhibition: It is associated with the desire to take social risks and engaging in health-related risky behaviors (unprotected sexual intercourse, alcohol intake, etc.). 4) Sensitivity to boredom: includes intolerance to monotony (Lapsekili et al., 2010).

The term satisfaction is a concept that we often encounter, especially in our social lives (Çelik, 2011). Meeting impulses, motives, needs, and expectations is described as "satisfaction". In other words, it refers to the difference between what people have and what they expect. It is reported that the lower the difference, the greater the satisfaction (Kovacs, 2007). The individual participating in recreational activities aims to satisfy the expectations from these activities and to reach satisfaction and as a result, the individual wishes to get leisure satisfaction from the activities s/he is engaged in (Ayyıldız, 2015). In this context, the aim of the study is to examine the relationship between sensation-seeking and leisure satisfaction in cycling athletes. Since the studies on the relationship between sensation-seeking and leisure satisfaction in cyclists are very limited in the literature, it is expected that the study will contribute to the literature on this subject. It is thought that the findings to be obtained in the research will benefit the branch of cycling and contribute to the increase of the interest in cycling.

METHOD

Research Ethics

The ethical approval for this study was obtained by the decision of Şırnak University Ethics Committee numbered 2021/68 and dated 16/09/2021 (Number: E-74546226-050.03-17268).

Research Model

Conducted to examine the relationship between sensation-seeking and leisure satisfaction in cyclists, this study was designed according to the relational screening model, which is one of the screening models. Among the general screening model types, relational screening model; It is a research model that aims to determine the presence and/or degree of co-variance between two or more variables (Fraenkel & Wallen, 2009; Karasar, 2005).

Universe and Sample

The population of the study includes 250 athletes who participated in the Şırnak cycling festival. The sample of the study consists of 80 cycling athletes selected by a simple random sampling method. Of these participants, 66 were male and 14 were female.

Data Collection Tools

To collect the data, a personal information form developed by the researchers, "Sensation-Seeking Scale (SSS)", and "Leisure Satisfaction Scale (LSS)" were used.

“Sensation-Seeking Scale (SSS)”

The scale developed by Hoyle et al. (2002) was adapted into Turkish by Çelik and Turan (2016). The scale including eight items is one-dimensional and has no reverse encoded items. The numerical equivalent of the substances evaluated over 5 categories is as follows; "Strongly disagree=1...Strongly Agree=5". The high scores from the scale indicate that the level of sensation-seeking is high while low scores indicate that the level of sensation-seeking is low. The Cronbach’s Alpha internal consistency of the Sensation-Seeking Scale was determined as 0.848 in this study.

“Leisure Satisfaction Scale (LSS)”

Developed by Beard and Ragheb (1980), the scale consists of 51 items and 6 sub-scales. The LSS was later converted by Idyll Arbor, Inc. (1991) into a short form of 24 items and 6 sub-scales. It was adapted into Turkish by Gökçe and Orhan (2011). The Cronbach’s Alpha internal consistency value of the scale for this study is given in the table below.

Table 1. Reliability Analysis of the Sub-Scales of the LSS

Sub-scales	Items	Alpha (α)
Psychological	Items 1 ,2, 3, and 4	0.82
Educational	Items 5, 6, 7, and 8	0.79
Social	Items 9, 10, 11, and 12	0.81
Physical	Items 13, 14, 15, and 16	0.81
Relaxation	Items 17, 18, 19, and 20	0.83
Aesthetic	Items 21, 22, 23, and 24	0.85
Total Scales	24 items	0.85

There are no reverse encoded items in the scales. The short form, which has a 5-point Likert-type scale structure, was rated as “Almost never true=1...Almost always true=5”. The data were collected digitally via the internet.

Statistical Analyses

Table 2. Analysis of Normality Distribution of Data

	Sensation Seeking	Psychological	Educational	Social	Physically	Relaxation	Aesthetic
Skewness	-0.15	-0.23	-0.18	-0.20	-0.42	-0.52	-0.19
Kurtosis	-0.22	-0.03	-0.55	-0.78	-0.34	-0.34	0.01
N	80	80	80	80	80	80	80

When Table 2 is examined, skewness and kurtosis values range between +2 and -2. If these values are in the range of (-2 to +2) according to some authors and (-3 to +3) according to some others, this indicates that the collected data show a normal distribution (Kalaycı, 2010). Since the data showed a normal distribution, parametric hypothesis tests were used in the study. Percentage (%) and frequency (f) analysis were used to determine the distribution of demographic information of the participants, t-test was used to compare the two groups, correlation analysis was used to determine the relationships between the sub-scales, and one-way analysis of variance (ANOVA) was used to compare the groups. Tukey Post-hoc analysis was applied to determine the source of the difference among groups. The significance level of the study was accepted as $p < 0.05$.

FINDINGS

In this part of the study, the findings related to the data are given.

Table 3. Percentage and Frequency Distribution of Athletes according to Various Variables

		f	%	Total
Gender	Male	66	82.15	80
	Female	14	17.5	
Marital Status	Married	22	27.5	80
	Single	58	72.5	
Educational Level	Primary/Secondary	3	3.8	80
	High School	13	16.3	
	University	52	65.0	
	Post-graduate	12	15.0	
Age	15-19	6	7.5	80
	20-24	13	16.3	
	25-29	17	21.3	
	30-34	22	27.5	
	35 and over	22	27.5	
Cycling Experience/Year	1-4	25	31.3	80
	5-9	26	32.5	
	10-14	11	13.8	
	15 and over	18	22.5	

It is seen in Table 3 that 82.15% of the athletes are male and 17.5% are female participants while 27.5% participants are married and 72.5% participants are single. 3.8% of the participants have a primary-secondary education, 16.3% a high school education, 65.0% a university education, and 15.0% hold a postgraduate degree. 7.5% of the athletes are in the age group of 15-19; 16.3% 20-24; 21.3% 25-29; 27.5% 30-34 and 27.5% 35 and over. 31.3% have a cycling experience of 1-4 years; 32.5% 5-9 years; 13.8% 10-14 years and 22.5% 15 years and over.

Table 4. Analysis of Sensation-Seeking, Leisure Satisfaction Mean Scores by Gender

	Gender	n	\bar{x}	SD	t	p
Sensation Seeking	Male	14	3.571	0.469	1.905	0.146
	Female	66	2.280	0.708		
Psychological	Male	14	3.928	0.638	0.778	0.439
	Female	66	3.784	0.629		
Educational	Male	14	4.303	0.607	1.406	0.183
	Female	66	4.053	0.640		
Social	Male	14	4.178	0.668	1.394	0.140
	Female	66	3.909	0.602		
Physical	Male	14	4.464	0.634	1.044	0.266
	Female	66	4.272	0.569		
Relaxation	Male	14	3.767	0.443	-0.330	0.791
	Female	66	3.814	0.620		
Aesthetic	Male	14	3.625	0.569	-0.481	0.668
	Female	66	3.708	0.674		

p>0,05

According to Table 4, there is no statistically significant difference between the sub-scales of sensation-seeking and leisure satisfaction by gender. However, the arithmetic mean of female athletes is higher than male athletes in sensation-seeking ($\bar{x} = 3.57 \pm 0.47$), psychological ($\bar{x} = 3.92 \pm 0.63$), educational ($\bar{x} = 4.30 \pm 0.60$), social ($\bar{x} = 4.18 \pm 0.66$), and physical ($\bar{x} = 4.46 \pm 0.63$) sub-scales.

Table 5. Analysis of Sensation-Seeking, Leisure Satisfaction Mean Scores by Marital Status

	Marital Status	n	\bar{x}	SD	t	p
Sensation Seeking	Married	22	2.914	0.744	-3.627	0.001*
	Single	58	3.489	0.585		
Psychological	Married	22	3.727	0.778	-0.622	0.538
	Single	58	3.840	0.567		
Educational	Married	22	3.954	0.610	-1.235	0.221
	Single	58	4.150	0.643		
Social	Married	22	3.897	0.653	-0.519	0.605
	Single	58	3.978	0.609		
Physical	Married	22	4.170	0.628	-1.291	0.201
	Single	58	4.357	0.560		
Relaxation	Married	22	3.659	0.717	-1.379	0.172
	Single	58	3.862	0.532		
Aesthetic	Married	22	3.772	0.667	0.662	0.510
	Single	58	3.663	0.653		

**p<0,05*

As seen in Table 5, there is a statistically significant difference in sensation-seeking ($t = -2.62$; $p = 0.01$) between the sensation-seeking and leisure satisfaction sub-scales according to marital status. Considering the source of the difference among groups, one may notice that the arithmetic mean of married ones ($\bar{x} = 2.91 \pm 0.74$) is lower than the arithmetic mean of single ones ($\bar{x} = 3.49 \pm 0.58$). There is no significant difference in other sub-scales.

Table 6. Analysis of Sensation-Seeking, Leisure Satisfaction Mean Scores by Educational Status

Sub-scales	Groups	n	\bar{X}	SD	F	p
Sensation Seeking	Primary/Secondary	3	3.250	0.216	0.059	0.981
	High School	13	3.298	0.724		
	University	52	3.329	0.651		
	Postgraduate	12	3.395	0.870		
Psychological	Primary/Secondary	3	4.166	0.639	0.978	0.408
	High School	13	3.576	0.624		
	University	52	3.831	0.561		
	Postgraduate	12	3.875	0.882		
Educational	Primary/Secondary	3	3.750	1.145	1.00	0.396
	High School	13	4.057	0.729		
	University	52	4.067	0.592		
	Postgraduate	12	4.354	0.597		
Educational Social	Primary/Secondary	3	4.166	0.803	1.100	0.352
	High School	13	3.884	0.674		
	University	52	3.899	0.612		
	Postgraduate	12	4.229	0.527		
Physical	Primary/Secondary	3	4.500	0.661	1.311	0.277
	High School	13	4.192	0.708		
	University	52	4.259	0.564		
	Postgraduate	12	4.583	0.456		
Relaxation	Primary/Secondary	3	3.750	0.500	1.234	0.303
	High School	13	3.538	0.815		
	University	52	3.841	0.524		
	Postgraduate	12	3.958	0.591		
Aesthetic	Primary/Secondary	3	3.166	1.607	1.757	0.163
	High School	13	3.423	0.738		
	University	52	3.779	0.553		
	Postgraduate	12	3.791	0.629		

p>0,05

In Table 6, it was determined that there was no significant difference found in the sub-scales of sensation-seeking ($F(3;76)=0.06$; $p>0.05$), psychological ($F(3;76)=0.98$; $p>0.05$), educational ($F(3;76)=1.00$; $p>0.05$), social ($F(3;76)=1.10$; $p>0.05$), physical ($F(3;76)=1.31$; $p>0.05$), relaxation ($F(3;76)=1.23$; $p>0.05$), and aesthetic ($F(3;76)=1.75$; $p>0.05$).

Table 7. Analysis of Sensation-Seeking, Leisure Satisfaction Mean Scores by Age

Sub-scales	Groups/Age	n	\bar{X}	SD	F	P
Sensation Seeking	15-19	6	3.708	0.595	3.950	0.006*
	20-24	13	3.759	0.366		
	25-29	17	3.411	0.682		
	30-34	22	3.278	0.739		
	35 and over	22	2.965	0.608		
Psychological	15-19	6	3.958	0.188	0.574	0.683
	20-24	13	3.865	0.316		
	25-29	17	3.911	0.537		
	30-34	22	3.818	0.795		
	35 and over	22	3.647	0.726		
Educational	15-19	6	4.083	0.875	1.234	0.304
	20-24	13	4.365	0.428		
	25-29	17	4.191	0.704		
	30-34	22	4.068	0.603		
	35 and over	22	3.897	0.634		

Educational	Social	15-19	6	3.958	0.714	0.370	0.829
		20-24	13	4.115	0.506		
		25-29	17	3.985	0.582		
		30-34	22	3.943	0.626		
		35 and over	22	3.852	0.701		
Physical		15-19	6	4.458	0.430	2.181	0.079
		20-24	13	4.634	0.452		
		25-29	17	4.308	0.583		
		30-34	22	4.306	0.493		
		35 and over	22	4.068	0.690		
Relaxation		15-19	6	4.208	0.500	1.611	0.180
		20-24	13	3.923	0.482		
		25-29	17	3.882	0.516		
		30-34	22	3.772	0.587		
		35 and over	22	3.602	0.666		
Aesthetic		15-19	6	3.541	0.659	0.149	0.963
		20-24	13	3.730	0.345		
		25-29	17	3.750	0.770		
		30-34	22	3.647	0.718		
		35 and over	22	3.715	0.678		

* $p < 0.05$

The findings in Table 7 demonstrates that a significant difference was found between age variable and sensation-seeking ($F(4;75)=3,950$; $p < 0.05$). As a result of the Tukey Post hoc analysis conducted to determine from which groups the difference in sensation-seeking stems from, it was observed that there was a difference between the participants aged 20-24 ($\bar{x} = 3.759 \pm 0.366$) and those aged 35 and over ($\bar{x} = 2.965 \pm 0.608$). As a result of the analysis made to determine the source of the difference among groups, the arithmetic mean of the participants in the 20-24 age range was higher than the participants aged 35 and over. No significant difference was found in the sub-scales of psychological ($F(4;75)=0.574$; $p > 0.05$), educational ($F(4;75)=1.234$; $p > 0.05$), social ($F(4;75)=0.370$; $p > 0.05$), physical ($F(4;75)=1.181$; $p > 0.05$), relaxation ($F(4;75)=1.611$; $p > 0.05$), and aesthetic ($F(4;75)=0.149$; $p > 0.05$).

Table 8. Analysis of the Mean Scores of Sensation-Seeking and Leisure Satisfaction by Cycling Experience/Year

Sub-scales	Groups/Year	n	\bar{x}	SD	F	p
Sensation Seeking	1-4	25	3.280	0.762	0.484	0.694
	5-9	26	3.283	0.619		
	10-14	11	3.556	0.635		
	15 years and over	18	3.333	0.695		
Psychological	1-4	25	3.770	0.553	0.171	0.916
	5-9	26	3.788	0.673		
	10-14	11	3.795	0.850		
	15 years and over	18	3.902	0.549		
Educational	1-4	25	4.020	0.525	0.255	0.858
	5-9	26	4.086	0.681		
	10-14	11	4.159	0.889		
	15 years and over	18	4.180	0.573		
Educational Social	1-4	25	3.930	0.542	0.166	0.919
	5-9	26	4.000	0.714		
	10-14	11	4.022	0.728		
	15 years and over	18	3.888	0.537		

Physical	1-4	25	4.280	0.469	0.843	0.474
	5-9	26	4.442	0.641		
	10-14	11	4.272	0.627		
	15 years and over	18	4.166	0.612		
Relaxation	1-4	25	3.810	0.506	0.245	0.865
	5-9	26	3.798	0.738		
	10-14	11	3.931	0.537		
	15 years and over	18	3.736	0.524		
Aesthetic	1-4	25	3.770	0.494	0.194	0.900
	5-9	26	3.653	0.724		
	10-14	11	3.613	0.551		
	15 years and over	18	3.694	0.824		

p>0,05

Table 8 highlights that according to the variable of Cycling Experience/Year, no significant difference was found in the sub-scales of sensation-seeking ($F(3;76)=0.484$; $p>0.05$), psychological ($F(3;76)=0.171$; $p>0.05$), educational ($F(3;76)=0.255$; $p>0.05$), social ($F(3;76)=0.166$; $p>0.05$), physical ($F(3;76)=0.843$; $p>0.05$), relaxation ($F(3;76)=0.245$; $p>0.05$), and aesthetic ($F(3;76)=0.194$; $p>0.05$).

Table 9. The Relationship between Sensation-Seeking and Leisure Satisfaction Sub-Scales

	Sensation seeking	Psychological	Educational	Social	Physical	Relaxation	Aesthetic	Leisure
Sensation seeking	1	.389(**)	.327(**)	.345(**)	.383(**)	.342(**)	.132	.421(**)
		.000	.003	.002		.000	.242	.000
Psychological		1	.641(**)	.468(**)	.453(**)	.461(**)	.408(**)	.761(**)
			.000	.000	.000	.000	.000	.000
Educational			1	.708(**)	.640(**)	.435(**)	.412(**)	.849(**)
				.000	.000	.000	.000	.000
Social				1	.642(**)	.439(**)	.365(**)	.799(**)
					.000	.000	.001	.000
Physical					1	.453(**)	.295(**)	.762(**)
						.000	.008	.000
Relaxation						1	.427(**)	.705(**)
							.000	.000
Aesthetic							1	.651(**)
								.000
Leisure								1

****p**<0.01

When the analysis results were examined, there was a positive, moderate ($r=0.421$), and significant relationship between sensation-seeking and leisure satisfaction. Considering the literature, it is generally believed that there is a (.00 -.30) weak, (.31 -.49) medium, (.50 -.69) strong (.70 -.100), and very strong relationship (Tavşancıl, 2006).

The table shows that there was a positive, moderate, and significant relationship between the sensation-seeking and the sub-scales of Psychological ($r=0.389$), Educational ($r=0.327$), Social ($r=0.345$), Physical ($r=0.383$),

Relaxation ($r=0.342$) while there was no relationship between sensation-seeking and aesthetic ($r=0.132$). A positive and strong relationship was found between Psychological and Educational ($r=0.641$) sub-sub-scales and a positive and moderate relationship was found between Social ($r=0.368$), Physical ($r=0.453$), Relaxation ($r=0.461$), and Aesthetics ($r=0.408$) sub-scales.

There was a positive and strong relationship between the sub-scales of Educational and Social ($r=0.708$) and a positive and moderate relationship between the sub-scales of Physical ($r=0.640$), Relaxation ($r=0.435$) and Aesthetics ($r=0.412$). A positive and strong relationship was found between the sub-scales of Social and Physical ($r=0.642$) and a moderate and positive relationship between the sub-scales of Relaxation ($r=0.439$) and Aesthetics ($r=0.365$). There was a moderate and positive relationship between the sub-scales of Physical and Relaxation ($r=0.453$) and a weak and positive relationship between the sub-scales of Physical and Aesthetics ($r=0.295$). It can be said that there was a moderate and positive relationship between the subscales of Relaxation and Aesthetics ($r=0.427$).

CONCLUSION and DISCUSSION

In this study, it was aimed to examine the relationship between excitement seeking and leisure satisfaction in cyclists. As a result of the study, there was no statistically significant difference between the participants' sensation-seeking and leisure satisfaction scores and the sub-scales by gender. However, the arithmetic mean of female athletes in the sub-scales of psychological, educational, social, and physical within the sensation-seeking scale was higher than that of male athletes. Bilgen and Yüksel (2021) reported that the average values of female participants in sensation-seeking values were higher than the average values of male participants, concluding that the difference between these two average values was statistically significant. Emir (2015) reported that female participation in physical activity was more effective in meeting their expectations (sensation and fun, knowledge and skill) as a result of participation in recreational activities. In the study conducted by Yumuk (2019), it was reported that the gender variable was a significant difference in sensation-seeking and the total scores from the sensation-seeking scale were in favor of male participants. Along the same lines with this study, Çelebi and Kaya (2020) did not find any significant difference between the leisure satisfaction levels of the athletes according to their gender. Acar and Yilmaz (2021) did not find statistical differences in terms of gender in the Leisure Satisfaction Scale (LSS) and its sub-scales except for "educational satisfaction and relaxation satisfaction". Scores of female participants were found to be higher than the score of male participants in educational and relaxation. Altuntaş et al. (2021) studied the leisure satisfaction levels of students by gender and concluded that the difference was statistically significant. Siyahtaş and Donuk (2021) reported that there was no statistically significant difference in the sub-scales of the LSS including "educational", "social", "relaxation", "physiologic", and "aesthetic" according to the gender of individuals while there was a statistically significant difference in the sub-scale of "psychologic". Misra and McKean (2000) reported that male students had a higher level of satisfaction in leisure activities than female students. Lu and Hu (2005) found that male and female participants did not differ in terms of leisure satisfaction by gender.

There was a difference in sensation-seeking according to marital status, but there was no statistically significant difference between the subscales of leisure satisfaction. One may notice that the arithmetic mean of married participants was lower than that of single participants. Along the same lines, Cengiz and Yaşartürk (2020) did not find a significant difference between married and single participants. In contrast to this study, Gümüş and Karakullukçu (2015) Leisure Satisfaction Scale (LSS) scores (Mean= 4,281) of married individuals were more positive than single individuals. Bilgen and Yüksel (2021) did not find a significant difference between the sub-dimensions of leisure according to the marital status variable, but they found a significant difference between marital status and sensation-seeking in that single participants had a higher average than married participants. Bilgen and Yüksel (2021) did not report any statistically significant difference in sensation-seeking according to the marital status variable. Demiral (2018) reported that the participants' leisure satisfaction levels changed significantly in the physiological sub-scale in terms of the marital status variable. In the study on the relationship between sensation-seeking and leisure satisfaction. Beşikçi (2016) concluded that the sensation-seeking levels of single participants were higher than those of married participants. Zuckerman and Neeb (1980) reported that single or divorced individuals are mostly high sensation-seekers. Demiral (2018) reported that the level of leisure satisfaction of the participants did not change significantly according to the educational status. On the contrary, Beşikçi (2016) found significant differences in terms of the education status variable.

A significant difference was found between the age variable and sensation-seeking. The difference in sensation-seeking was higher for the participants between the ages of 20 and 24 than for the participants who were 35 years of age or over. Beşikçi (2016) determined that as the age of the pilot's increases, they tend to seek less sensation. It was found that the sensation-seeking levels of pilots aged 25 and under were higher than those aged 45 and over. According to this result, it can be argued that young people have a higher tendency towards sensation-seeking, and because they are young, their willingness to take risks is high. Besides, no significant difference was reported in the sub-scales including psychological, educational, social, physical, relaxation, and aesthetic subscales. Çakır (2017) reported no statistically significant difference in terms of the leisure satisfaction levels of the participants according to the age variable. In this respect, it can be implied that this result shows parallelism with the result of this study. Gökçe (2008) reported a statistically significant difference between the total score of Leisure Satisfaction Scale (LSS) in the sub-scales of psychological, physiological, relaxation, and aesthetic in different age groups. Öztaş (2018) reported that the main effect of participants on the subscales of the Leisure Satisfaction Scale (LSS) according to the "age" variable was not significant. In a study conducted by Yıldız (2019) on Youth Centers, it was observed that there was a significant difference between age groups in terms of LSS total scores and participants in the age group of "21 years old and over" had higher scores than other participants. In the study conducted by Dikici (2020), a completely parallel result was obtained and no statistically significant difference was found between the ages of the participants.

Considering the cycling experience/year variable, no significant difference was found in terms of the sub-scales including psychological, social, educational, physical, relaxation, and aesthetic. Besides, there was a positive and significant relationship between sensation-seeking and leisure satisfaction. In fact, the increase in sensation-

seeking and the positive increase in psychological, educational, social, physical and relaxation situations of the participants undoubtedly stemmed from the happiness occurring after the activity. Beşikçi (2016) concluded that there is no statistically significant relationship between the sensation-seeking of pilots and their leisure motivation.

There was also a positive and moderate relationship between the level of education of individuals and the subscales of social, physical, relaxation, and aesthetic. According to the results of the study, there was a significant increase in sensation-seeking and leisure satisfaction of the participants of cycling. In addition, sensation-seeking for activities is higher in females than in males psychologically, educationally, and socially and thus it is important to increase the leisure satisfaction of females. Allocation of different recreation areas can allow people to have higher levels of sensation-seeking and leisure satisfaction. Güneş (2019) reported that male participants participate in leisure activities due to external reasons compared to female participants. Those reading books as a hobby meet the need for autonomy less than students who play sports and listen to music while those engaged in sport are believed to meet the need for proficiency in this activity more than students who read books. Furthermore, leisure motivation varies by gender and male participants have higher averages of demotivation than female participants. It was determined that females scored higher than males in terms of knowing and accomplishment (Lapa et al., 2012; Mutlu et al., 2011). On the contrary, in the study conducted by Kocac (2018), it was determined that the leisure satisfaction of the participants did not differ significantly compared to the experience/year of sports.

In the light of all these findings, it was concluded that marital status and age factors are effective in sensation seeking. It was determined that gender, education level and year of cycling did not have an effect on sensation seeking and leisure satisfaction. It has been determined that there is a positive and moderately significant relationship between excitement seeking and leisure satisfaction. In sum;

- There was no statistically significant difference between sensation-seeking and the subscales of leisure satisfaction by gender
- There was a statistically significant difference in terms of sensation-seeking between the subscales of sensation-seeking and leisure satisfaction according to marital status. It appeared that the difference was in favour of single participants.
- No difference was found in terms of educational status.
- There was a significant difference between the age variable and sensation-seeking. As a result of the analysis made to determine the source of difference among groups, the arithmetic mean of participants between the ages of 20 and 24 was higher than that of participants aged 35 and over.
- No significant difference was found according to the Cycling Experience/Year.
- There was a positive, moderate, and significant relationship between sensation-seeking and leisure satisfaction.

In light of all these findings, it is thought that sensation-seeking and leisure satisfaction the cycling festival evokes on the people participating in the cycling festival will make positive contributions both individually and socially.

RECOMMENDATIONS

Recreational activities are a bridge in the social life of individuals and in increasing their quality of life. In addition to providing a positive effect on the development of physical health, it is also very important for the person in terms of mental health. Recreational activities play an important role in acquiring many aspects such as morale, happiness, motivation, self-confidence, imagination, personal skills and success. In this context, it can be suggested to increase the number of organizations that appeal to all segments of the society within the framework of a good planning of recreational activities and to include encouraging activities for the participation of individuals. In addition, diversity can be achieved by organizing festivals, cultural feasts, sportive and recreational activities for other activities. In addition, other activities and sample groups can be conducted to determine excitement seeking and leisure satisfaction.

ETHICAL TEXT

Research Ethics

The ethical approval for this study was obtained by the decision of Şırnak University Ethics Committee numbered 2021/68 and dated 16/09/2021 (Number: E-74546226-050.03-17268).

"In this article, the journal writing rules, publication principles, research and publication ethics, and journal ethical rules were followed. The responsibility belongs to the author (s) for any violations that may arise regarding the article. "

Authors' Contribution Rate Statement: The first author's contribution rate to this article is 40%, the second author's contribution rate to this article is 30%, the third author's contribution rate to this article is 30%.

REFERENCES

- Acar, K., & Yılmaz, A. K. (2021). Üniversite öğrencilerinin serbest zaman doyumları ile yaşam doyumları arasındaki ilişki. *Journal of Physical Education & Sports Science*, 15(1), 25-35.
- Akten, M. (2003). Isparta ilindeki bazı rekreasyon alanlarının mevcut potansiyellerinin belirlenmesi. *Turkish Journal of Forestry*, 4(2), 115-132.
- Altuntaş, O., Köse, B., Aran, O., Huri, M., Kitiş, A., Ayhan, A. B., & Aki, E. (2021). The relationship between time management and leisure time satisfaction in health sciences students. *Hacettepe University Faculty of Health Sciences Journal*, 8(2), 331-343. Doi: 10.21020/husbfd.917328
- Ayyıldız, T. (2015). *Rekreatif dans faaliyetlerine katılan bireylerin serbest zaman tatmin düzeylerinin incelenmesi* [Yüksek Lisans Tezi]. Gazi Üniversitesi Sağlık Bilimleri Enstitüsü.
- Beard, J. G., & Ragheb, M. G. (1980). Measuring leisure satisfaction. *Journal of Leisure Research*, 12(1), 20-33.

Doi.org/10.1080/00222216.1980.11969416

- Beşikçi, T. (2016). *Macera rekreasyonunda heyecan arayışı, serbest zaman motivasyonu ve serbest zaman tatmini arasındaki ilişkinin incelenmesi: çok hafif hava araçları (çhha) pilot örneği* [Yüksek Lisans Tezi]. Celal Bayar Üniversitesi Sosyal Bilimler Enstitüsü.
- Bilgen, H., & Yüksel, O. (2021). Kick boks sporcularının heyecan arayışı ve serbest zamanda algılanan özgürlük düzeylerinin incelenmesi. *Journal of Physical Education and Sport Studies*, 13(2), 71-81. Doi: 10.30655/besad.2021.37
- Cengiz, R., & Yaşartürk, F. (2020). Fitness katılımcılarının spor salonlarındaki hizmet kalitesi ve serbest zaman doyum düzeyleri arasındaki ilişkinin incelenmesi. *Uluslararası Güncel Eğitim Araştırmaları Dergisi*, 6(1), 48-62.
- Çakır, V. O. (2017). Üniversite öğrencilerinin serbest zaman doyum düzeyleri ile serbest zaman yönetimleri arasındaki ilişki. *Gaziantep Üniversitesi Spor Bilimleri Dergisi*, 2(3), 17- 27.
- Çelebi, M., & Kaya, T. (2020). 15-19 yaş karate sporcularının serbest zaman doyum düzeylerinin incelenmesi. *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi*, 7(2), 167-176. Doi: 10.33468/sbsebd.146
- Çelik, E., & Turan, M. E. (2016). A study on the psychometric features of the Turkish version of the brief sensation seeking scale (BSSS-8) for young adults and the relation between sensation seeking and life satisfaction. *International journal of educational research review*, 1(1), 29-39.
- Çelik, G. (2011). *Kamu kuruluşlarında çalışan engelli bireylerin serbest zaman engellerinin ve tatmin düzeylerinin incelenmesi (Antalya merkez örneği)* [Yüksek Lisans Tezi]. Akdeniz Üniversitesi Sosyal Bilimler Enstitüsü.
- Demiral, S. (2018). *Açık alan rekreasyonuna katılan bireylerin serbest zaman tatmin düzeylerinin incelenmesi: Şavşat-Karagöl örneği* [Yüksek Lisans Tezi]. Batman Üniversitesi Lisansüstü Eğitim Enstitüsü.
- Dikici, İ. (2020). *Serbest zamanlarını gençlik merkezlerinde değerlendiren üniversite öğrencilerinin serbest zaman doyum ve mutluluk düzeylerinin incelenmesi* [Yüksek Lisans Tezi]. Muğla Sıtkı Koçman Üniversitesi Sosyal Bilimler Enstitüsü.
- Emir, E. (2015). Kadınlarda rekreasyonel etkinliklere katılım: Algılanan özgürlük ve mutluluk ilişkisi. 8. *Ulusal Spor Bilimleri Öğrenci Kongresi*, May 14-16, 2015.
- Ewert, A. (1994). Playing the edge: Motivation and risk taking in a high-altitude wilderness like environment. *Environment and Behavior*, 26(1), 3-24. Doi.org/10.1177/0013916594261001
- Fraenkel, J. R., & Wallen, N. E. (2009). *How to design and evaluate research in education (Seventh ed.)*. McGraw-Hill.
- Gökçe, H. (2008). *Serbest zaman doyumunun yaşam doyum ve sosyo-demografik değişkenlerle ilişkisinin incelenmesi* [Yüksek Lisans Tezi]. Pamukkale Üniversitesi Sağlık Bilimleri Enstitüsü.
- Gökçe, H., & Orhan, K. (2011). Serbest zaman doyum ölçeğinin türkçe geçerlilik güvenirlik çalışması. *Spor Bilimleri Dergisi*, 22(4), 139-145.
- Gümüş, H., & Karakullukçu, Ö. F. (2015). Futbol ve basketbol taraftarında serbest zaman tatmini: Afyonkarahisar örneği. *International Journal of Science Culture and Sport (IntJSCS)*, 3, 401-409. Doi: 10.14486/IJSCS306
- Güneş, G. (2019). *Namık Kemal Üniversitesi öğrencilerinde serbest zaman motivasyonunun ve temel psikolojik*

- ihyaçların çeşitli değişkenler açısından incelenmesi* [Yüksek Lisans Tezi]. Tekirdağ Namık Kemal Üniversitesi Sağlık Bilimleri Enstitüsü.
- Hoyle, R. H., Stephenson, M. T., Palmgreen, P., Lorch, E. P., & Donohew, R. L. (2002). Reliability and Validity of a Brief Measure of Sensation Seeking. *Personality and Individual Differences*, 32, 401–14.
- Idyll Arbor, Inc. (1991). *Leisure satisfaction measure*. (Mounir G. Ragheb, Jacob G. Beard). https://www.idyllarbor.com/agora.cgi?p_id=A146&xm=on. (10.09.2015).
- Jenkins, J. M., & Pigram, J. J. (2003). *Encyclopedia of leisure and outdoor recreation*. Routledge, Taylor & Francis Group.
- Kalaycı, Ş. (2010). "Faktör Analizi", Şeref Kalaycı (Edit.) *SPSS uygulamalı çok değişkenli istatistik teknikleri*, (5. Baskı). Asil Yayın Dağıtım Ltd. Şti.
- Kane, M., & Tucker, H. (2004). Adventure tourism: The freedom to play with reality. *Tourist Studies*, 4(3), 217 - 234.
- Karaküçük, S. (2008). *Rekreasyon boş zamanları değerlendirme (Altıncı Baskı)*. Gazi Kitabevi.
- Karasar, N. (2005). *Bilimsel araştırma yöntemi*. Nobel Yayın Dağıtım.
- Kocaer, G. (2018). *Beden Eğitimi ve Spor öğretmenleri ve adaylarının öğretmenlik mesleğine yönelik tutum, serbest zaman ilgilenim ve rekreasyon faaliyetlerine yönelik fayda düzeyleri arasındaki ilişkinin incelenmesi* [Yüksek Lisans Tezi]. Bartın Üniversitesi Eğitim Bilimleri Enstitüsü.
- Kovacs, A. (2007). *The leisure personality: relationships between personality, leisure satisfaction, and life satisfaction*. Indiana University School of Health.
- Lapa, T. Y., Ağyar, E., & Bahadır, Z. (2012). Yaşam tatmini, serbest zaman motivasyonu, serbest zaman katılımı: Beden eğitimi ve spor öğretmenleri üzerine bir inceleme (Kayseri Örneği). *Spormetre Beden Eğitimi ve Spor Bilimleri Dergisi*, 10(2), 53-59. https://doi.org/10.1501/Sporm_0000000220
- Lapsekili, N., Uzun, Ö., & Ak, M. (2010). Obsesif kompulsif bozukluk olgularında heyecan arama davranışı. *Klinik Psikiyatri Dergisi*, 13(4), 170-176.
- Lu, L., & Hu, C. H. (2005). Personality, leisure experiences and happiness. *Journal of Happiness Studies*, 6(3), 325-342. Doi: 10.1007/s10902-005-8628-3
- Lynch, P., & Dibben, M. (2016). Exploring motivations for adventure recreation events: A New Zealand study. *Annals of Leisure Research*, 19(1), 80-97. Doi: 10.1080/11745398.2015.1031804
- Mengütay, S. (2003). *Boş zamanları değerlendirme paneli*. 1. Gençlik Boş Zaman ve Doğa Sporları Sempozyumu Bildiri kitabı (s. 246-272).
- Misra, R., & McKean, M. (2000). College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, 16(1), 41-51.
- Morgan, D., & Fluker, M. (2006). *Risk management for Australian commercial adventure tourism operations*. Routledge: In *Tourism, Security and Safety* (pp. 161-176).
- Mutlu, İ., Yılmaz, B., Güngörmüş, H. A., Sevindi, T., & Gürbüz, B. (2011). Bireyleri rekreasyonel amaçlı egzersize motive eden faktörlerin çeşitli değişkenlere göre karşılanması. *Selçuk Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi*, 13(1), 54-61.

- Öztaş, İ. (2018). *Farklı kurumlarda çalışan memurların serbest zaman doyum ve mutluluk düzeylerinin belirlenmesi (Kırıkkale ili örneği)* [Yüksek Lisans Tezi]. Ağrı İbrahim Çeçen Üniversitesi Sosyal Bilimler Enstitüsü.
- Siyahtaş, A., & Donuk, B. (2021). Serbest zaman etkinliklerine katılan bireylerin yalnızlık düzeyleri ile doyum düzeylerinin incelenmesi. *İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi*, 8(2), 1-18.
- Swarbrooke, J. B., Leckie, C. S., & Pomfret, G. (2003). *Adventure tourism the new frontier*. Elsevier Science Ltd.
- Tavşancıl, E. (2006). *Tutumların ölçülmesi ve SPSS ile veri analizi*. Nobel Yayın Dağıtım.
- Weber, K. (2001). Outdoor adventure tourism: A review of research approaches. *Annals of Tourism Research*, 28(2), 360 - 377.
- Yıldız, M. (2019). *Belediyelere ait gençlik merkezlerinde etkinliklere katılan bireylerin serbest zaman doyum düzeyleri, memnuniyet ve beklenti düzeylerinin incelenmesi* [Doktora Tezi]. Fırat Üniversitesi Sağlık Bilimleri Enstitüsü.
- Yumuk, D. E. (2019). *Heyecan arayışı ile yaşam doyumunu ve serbest zamanda algılanan özgürlük düzeyi ilişkisi: İzmir korku evleri örneği* [Yüksek Lisans Tezi]. Manisa Celal Bayar Üniversitesi Sosyal Bilimler Enstitüsü.
- Zuckerman, M. (1979). *Sensation seeking: Beyond the optimal level of arousal*. Erlbaum: Hillsdale, NJ.
- Zuckerman, M., Buchsbaum, M. S., & Murphy, D. L. (1980). Sensation seeking and its biological correlates. *Psychological Bulletin*, 88(1), 187-214. <https://doi.org/10.1037/0033-2909.88.1.187>
- Zuckerman, M., & Neeb, M. (1980). Demographic influences in sensation seeking and expressions of sensation seeking in religion, smoking and driving habits. *Personality and Individual Differences*, 1(3), 197-206.
- Zuckerman, M. (1994). *Behavioral expressions and biosocial bases of sensation seeking*. Cambridge University Press.