ANALYSIS OF TRAINERS'S WELLNESS IN TURKEY

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ABSTRACT

Introduction: *Sports trainers play an important role in the development of sports. The purpose of this study is to examine variables such as coaches' sports branch types, genders, and smoking status in terms of wellness levels.*

Materials and Methods: *A quantitative method was used in this research. In accordance with the purpose, a descriptive survey model was adopted. The study sample consists of team and individual sports coaches based in Ankara. 406 coaches working in different parts of Ankara were selected by convenience sampling method. In order to evaluate the wellness levels of the research group, the wellness scale was used as a data collection tool.*

Results: *No significant difference in age, coaching level and regular physical activity practiced was detected from the "out of work" sub-dimension.A significant difference (p=0.023) in the "emotional sub-dimension" was detected according to the type of sports that is coached.Male and non-smokers coaches exhibit higher "physical wellness"(p=0.009 and p=0.01, respectively) compared to female or smoking coaches.*

Conclusion: *Male, non-smoking coaches has been observed to possess higherlevelsof physical wellness. While team sports coaches display higher levels of emotional wellness.Future strategies need to be integrated to promote wellness for other sport coaches.*

Keywords: *Wellness, sports, trainers, ohysical activity.*

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Introduction

Health promotion programs are increasing, which leads to increased fitness levels[1] and a reduction in risk factors for coronary heart disease[2]. Healthy living programs are widely applied to increase physical activity, increase cost-effectiveness in healthcare, increase efficiency and improve employee morale[3]. These programs can play an important role by providing employees with the necessary tools to reduce certain disease risks and improve their quality of life[4, 5]. In addition,in a study conducted in Jordan,wellnesswas consideredrelated to educational programs, diet, physical activity, personal care and other lifestyle behaviors.

The study concluded that there is a need to improve the state of wellness with more detailed tools in regards to eating habits, physical activities and psycho-social life in such developing countries[6]. Physical activity can be defined as physical movements that require energy above the basal level as a result of the contraction of skeletal muscle[7, 8].

Whereas, wellness aims to achieve the desired change by shaping and strengthening behaviors and attitudes. Wellness also includes sevenmajor health components, including physical activity, eating habits, dental health, disease status, smoking, substance abuse, and sexual behavior as the basis for health and wellness[9]. Performing physical activity may have a 75% positive effect on human healthand individuals who do physical activity are also more motivated to improve their physical health[10].

Regularly exercising and increasing the level of physical activity, increases endurance by strengthening the cardiovascular system as well as muscle strength and flexibility[11, 12].

Regular exercise and physical activity are also beneficial for mental health. It can reduce tension, keep the mind away from daily pressures and keep it fit[13]. Wellness can be also expressed as healthy individuals' in terms of physical, emotional, social and spiritual aspects, and representsa state of balance for each individual[14, 15]. In addition, wellness includes a representative example of healthy living[16].

Hattie, Myers and Sweeney[17] use a combination of body, mind and soul, socially and personally, with individual goals and the broader goal of a more meaningful life. Wellnessincludes all the characteristics of the individual's body, mind and soul to better live in humanity and natural society[18].

Since coaches are those individuals who lead athletes and teams and are also responsible for their management, they have a significant impact on the development of a sense of health.

It is important for the coaches to adapt to the environmental and society changes in order to effectively promotewellness and healthy life styles[19]. From this point of view, coaches must also have a vision to do their jobs in the best way[20]. In addition the productivity of the trainer depends on the skills he develops during his training periodand such will be also responsible for increased motivation[21].

The purpose of this study is to examine variables related to Turkish coaches wellness such as coaches' sports branch types, ages, coaching levels, genders, regular sports and smoking status in terms of wellness levels, in order to identify strategies to promote such aspect in these individuals.

Materials and methods

Participants

In this research a quantitative method was adopted. In accordance with the purpose, it was made with descriptive survey model, which is one of the general screening patterns[22].

The sample of the study consisted of 416 people, 216 men and 190 women (Age range 22 to 48 years old), who work as trainers in sports clubs in Ankara. Participation voluntarily participated to the study, and prior a consent form was signed by the participants in order to participate to the study.

The consent form also described the protocol and the aim of the study.

Data collection tool

The instrument adopted was a questionnaire consisting of two parts. A first part which included personal information and a second part which included wellness related aspects.

The "Wellness" scale developed by Korkut-Owen et al.[23] was theadopted questionnaire. Personal Information regarded 6 questions related to gender, sport aspects and smoking status.

The wellness scale consists of 5 sub-dimensionswhich included cognitive wellness, social wellness, making life meaningful and being goal-oriented, emotional wellness and physical wellness.

Data analysis

In normality distribution measurements, the data were analysed using parametric tests since Skewness and kurtosis values were distributed between -2 and +2[24].

Accordingly, the data were analysed by T-tests to detect differences and multiple comparisons by a One-way Variance Analysis (Anova) test. LSD test was used to determine which group favoured the difference.

Cronbach Alpha reliability coefficient of the scale was 90. Significance was set at $p<0.05$.

Results

The data obtained is analysed, tabulated and interpreted in this section. Table 1 report kurtosis-skewness values of the Scale of Wellness were examined.

In normality distribution measurements, the data were analysed using parametric tests since the Skewness and Kurtosis values in the data are distributed between -2 and +2.

Sub Dimensions	Skewness	Kurtosis
Making life meaningful and Being goal-oriented	-1.508	1.968
Cognitive Wellness	-1.104	0.248
Emotional Wellness	-1.466	1.722
Physical Wellness	-0.179	-0.492
Social Wellness	-.1.185	0.810

Table 1: Skewness and Kurtosis Values of the Wellness Scale Sub-dimensions.

Table 2, reports the differences between the sports branch type variable of the coaches' in the "emotional wellness" sub-dimension of the wellness scale, which is shown significant. Team sport coachesexhibit significantly greater values.

Variable	Sports Branch Type	N	X Averages	ss	p
Making life meaningful and Being goal-oriented	Individual Sports Team Sports	118 288	29.88 29.91	5.87 5.40	.329
Cognitive Wellness	Individual Sports Team Sports	118 288	18.14 18.29	3.66 3.34	.422
Emotional Wellness	Individual Sports Team Sports	118 288	19.91 20.15	3.95 3.19	.023
Physical Wellness	Individual Sports Team Sports	118 288	13.80 13.86	3.28 3.00	.474
Social Wellness	Individual Sports Team Sports	118 288	16.81 16.82	3.30 3.07	.259

Table 2: The sub-dimensions of the scale of wellness T-test analysis according to the sports branch type variable of the coaches' $p<0.05$.

Table 3 reports, the difference between genders of the coaches'. The "physical wellness" sub-dimension shows differences between male and female, with male coaches showing greater values that female coaches.

Variable	Gender	N	X Averages	ss	p
Making life meaningful and Being goal-oriented	Male Female	216 190	30.01 29.75	5.81 5.65	.494
Cognitive Wellness	Male Female	216 190	18.15 18.22	3.52 3.63	.792
Emotional Wellness	Male Female	216 190	20.17 19.76	3.82 3.66	.767
Physical Wellness	Male Female	216 190	13.90 13.72	3.44 2.90	.009
Social Wellness	Male Female	216 190	16,69 16,96	3,26 3,20	,671

Table 3: Wellness Scale sub-dimensions T-test analysis according to gender variable $p<0.05$.

Finally, table 4 reports the difference between the averages of the coaches according to the smoking status variable. "Physical wellness" of coaches who do not smoke is significantly higher compared to those who smoke.

Variable	Status of Smoking	N	X Averages	ss	p
Making life meaningful and Being goal-oriented	Yes No	216 190	29.36 30.24	5.91 5.59	.989
Cognitive Wellness	Yes No	216 190	18.03 18.28	3.61 3.55	.892
Emotional Wellness	Yes No	216 190	19.98 19.9	3.52 3.89	.111
Physical Wellness	Yes No	216 190	13.58 13.97	2.88 3.38	.010
Social Wellness	Yes No	216 190	16.53 17.00	3.05 3.33	.337

Table 4: T - Test analysis of Wellness Scale sub-dimensions according to smoking status variable $p<0.05$.

Discussion and conclusion

The environment each individual lives may influence wellnesseither positively or negatively[25]. Seligman and Csikszentmihalyi[26] anticipate that the symptoms that threaten mental health will disappear by supporting the development of positive aspects of human nature. Parks& Steelman[27] emphasized that the psychological effects of wellness are important for job satisfaction.

Turgut et al.[28], in their study, has seen that athletes engaged in individual sports display a more negative view than team athletes. However, according to our research findings, although there is no difference between the coaches, it is seen that team sports coaches have higher emotional wellness (Table 1). In sports environments shaped by the attitude and behaviour of team sports coaches is also important. In the study of Aydin et al.[29] it is reported that having more unity in team sports will result in a more positive environment which may also be a reason by which team sports result in a higher wellness compared to individual athletes.

According to the results of Table 3, a significant difference was found in favour of males in the physical wellness sub-dimension. These findings are supported by a previously published study which reports that physical wellnessshows gender differences, with higher levels usually seen in males[30]. According to these results, it is thought that the physical wellness is higher because males are physically stronger. In addition, Coen, Rosenberg and Davidson,[31] emphasize that in some societies, while evaluating the physical structure, people have the perception that males are superior.

Sharara et al.[32] reports that especially in Arab societies, gender is an important factor affecting the participation to physical activity. As a result, the physical appearance and physical wellness of the individuals also shows differences between genders. Kilpi et al.[33] concluded that the rate of obesity is high in these societies also due to the lower level of wellness and health awareness.

While there was no significant difference in smoking status[34], according to the results of Table 4, a significant difference was found in the physical wellness sub-dimension of such variable. In the study of Pekçetin and İnal[35], the authors found a significant difference in favour of those who participated in physical activity. These findings however, cannot be applied to our study,because coaches are engaged in sports and physical activitydue to their

working habits. However, since the rate of participation in physical activity in different professions will vary, it is thought that there may be a difference in case of wellness among individuals.

Coaches can find solutions to these elements more easily because they have the ability to live in physical, social, emotional aspects and manage themselves and their environment with the feelings of winning and losing in sports. Our study has identified that coaches living in Turkey, which are engaged in team sports exhibit higher levels of emotional wellness, while male and non-smoker coaches have a higher level of physical wellness. It is important to recognize such social and personal aspects in order to identify strategies which may promote other aspects of wellness and increase quality of life.

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