

BÖLÜM 1

BASKETBOL AKTİVİTELERİNE KATILIMIN SPORTMENLİK VE EMPATİ ÜZERİNE ETKİSİ

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GİRİŞ

Yıllardan beri spora katılımın ergenlerin sağlıklı ve olumlu gelişimi üzerine etkisinin incelendiği birçok çalışma yapılmış ve yine genç sporcuların sağlıklı gelişim elde edebilmek için gerekli kaynağa, güce ve potansiyele spor yoluyla sahip olabileceği öngörülmüştür (Holt, Neely, Slater, Camiré, Côté, Fraser-Thomas, MacDonald, Strachan ve Tamminen, 2017; Larson, 2000; Lerner, Almerigi, Theokas ve Lerner, 2005; Trottier, Migneron ve Robitaille, 2017). Spor aktiviteleri veya ortak gerçekleştirilen oyunlar kişiler arasındaki sosyal etkileşimi teşvik edecek etkili bir yoldur ve bu yollarla kişiler arasındaki olumlu iletişim ve işbirliği gibi durumlar geliştirilebilir (Glugatch, Machalicek ve Knutson, 2021; Schoen ve Bullard 2002). Dolayısıyla spor aktiviteleri gibi bu türden işbirlikli oyunlar, kişilerin öz düzenleme becerilerini geliştirmeye destek olur, bilişsel ve sosyal gelişimlerini olumlu anlamda etkiler, dil gelişimine yardımcı olur ve akranlarıyla ilişkilerini artırmaya olanak sağlar (Burriss ve Tsao 2002; Caplan ve Caplan 1973; Glugatch ve ark., 2021). Akranlarla yapılan spor etkinlikleri veya oyunlar işbirliğini, esnek davranabilmeyi ve daha önceden belirlenmiş bazı kurallara uymayı öğrenme dahil olmak üzere birçok sosyal becerinin gelişimini destekler (Burriss ve Tsao 2002; Glugatch ve ark., 2021). Spor faaliyetleri kişilerin işbirliği yapma ve iyi gözlem yapabilme becerilerini geliştirirken bir yandan da agresif davranışları azaltarak insanlara saygı ve sevgi kazandırmakta ve ayrıca kendine güvenin artmasını sağlamaktadır (Karacabey, Apur, Öntürk ve Akyel, 2017; Arslan, Güllü ve Tural, 2011). Özetle, gençlerin spora katılımı fiziksel sağlıktan sosyal becerilere kadar birçok alanda olumlu etkiye sahiptir (Ferguson ve Shapiro 2016; Glugatch ve ark., 2021; Hofferth ve Sandberg, 2001).

Spora katılımın gençler üzerindeki olumlu etkilerinden bahsettikten sonra araştırmanın konularını oluşturan sportmenlik ve empati kavramlarına göz atmakta fayda vardır. Sportmenlikle başlamak gerekirse, sportmenliğin ilk tanım-

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