

DÜZENLİ EGZERSİZE KATILIMI ENGELLEYEN VE GÜDÜLEYEN FAKTÖRLER

Yener AKSOY

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Teşekkürlerimi sunarım.

Yener AKSOY



SİMGELER VE KISALTMALAR

ABD	Amerika Birleşik Devletleri
AGT	AchievementGoalTheory (Başarılacak Amaç Teorisi)
BKİ	Beden Kütle İndeksi
BZE	Boş Zaman Engelleri
BZEÖ	Boş Zaman Engelleri Ölçeği
CDC	Centerfor Disease Control (Hastalık Kontrol Merkezi)
DAM	Değişim Aşamaları Modeli
E	Erkek
EBSC	Exercise Behavior Stage of Change (Egzersiz Davranışı Değişim Aşaması)
ECD	Elektro kimyasalDetektör
EDDAA	Egzersiz Davranış Değişim Aşamaları Anketi
EDDB	Egzersiz Davranış Değişiminin Basamakları
EGA	Egzersiz Güdüleme Anketleri
EU	EuropeanUnion (Avrupa Birliği)
EYDDA	Egzersiz Yapanların Davranış Değişikliği Anketi
FA	FizikselAktivite
GC	Gas Chromatagrophy (GazKromatografisi)
HPLC	High Performance Liquid
K	Kadın
LCS	Leisure Constraint Scale (Serbest Zaman Engelleri Ölçeği)
Maks	Maksimum
Min	Minimum
MS	Kütle Spektrometresi
n.a	Not Applicable (uygulanabilir değil)
PASCQ	TurkishVersion of Physical Activity Stages of Change Questionnaire
REM	Recreational Exercise Motivation Scale (Rekreasyon Egzersizi Motive Ölçeği)

SDT	Self-DeterminationTheory (Özgöl İdare Teorisi)
SGM	Spor Genel Müdürlüğü
TBSA	Türkiye Beslenme ve Sağlık Araştırması
TC	Türkiye Cumhuriyeti
TTM	Transteoretik Model
TÜİK	Türkiye İstatistik Kurumu
WHO	World Health Organisation (Dünya Sağlık Örgütü)

İÇİNDEKİLER

1. Bölüm Giriş	1
1.1. Problem Cümlesi.....	3
1.2. Alt Problemler	4
1.3. Araştırmanın Hipotezleri.....	4
1.4. Sınırlılıklar	19
2. Bölüm Genel Bilgiler	21
2.1. Transteoretik Model.....	25
2.1.1. Değişim Aşamaları (Zaman ile İlgili Geçici Boyut)	27
2.1.2. Egzersiz Davranışı Değişim Basamakları Anketi	27
2.1.3. Değişim Süreci (Bağımsız Değişken Boyutu)	37
2.1.4. Değişim Düzeylerini Belirleyen Ölçekler.....	39
2.2. Egzersize Güdöleyen Faktörler	40
2.3. Fiziksel Aktiviteye Katılım Engelleri	50
3. Bölüm Materyal ve Metot	55
3.1. Araştırma Grubu.....	55
3.2. Veri Toplama Araçları.....	55
3.3. Beden Kütle İndeksinin Hesaplanması	56
3.4. Demografik Bilgiler:	56
3.5. Düzenli Fiziksel Aktiviteye Katılımın Değişim Basamakları Anketi	56
3.6. Egzersize Güdölenme Anketi (EGA).....	57
3.7. Boş Zaman Engelleri Ölçeği-18 (BZEÖ).....	57
3.8. Verilerin Analizi	57

İçindekiler

4. Bölüm Bulgular	59
5. Bölüm Tartışma	133
5.1. Egzersiz Davranışı Değişim Aşamaları	134
5.2 Egzersizi Gündüleyen Faktörler	138
5.3. Egzersize Katılım Engelleri	145
6. Sonuç ve Öneriler	155
KAYNAKLAR	159
EKLER	168

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