

YAŞLILIK VE TERAPATİK REKREASYON

Tuba SEVİL



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ÖNSÖZ

Günümüzde teknolojinin gelişmesi, temel tıp alanındaki gelişmeler ve insanlarda sağlıklı yaşam bilinçlerinin oluşması gibi sıralayabileceğimiz birçok faktör ile birlikte yaşam süresi uzamakta, yaşlıların toplam nüfus içerisindeki payı giderek artmakta ve yaşlı nüfusun ihtiyaçları da önem kazanmaktadır. Bu ihtiyaçların karşılanması yanında yaşlıların yaşam kalitelerinin yükseltilmesinde boş zaman aktivitelerine katılımın etkili olacağı ileri sürülmektedir. Boş zaman aktiviteleri yaşlı konumundaki bireylere terapi niteliğinde sunulduğunda mutluluk ve sağlık anlamında yaşlıların tatmine ulaşabilecekleri ve yaşam kalitesinin iyileştirilebileceği bu çalışmada ileri sürülmektedir. Çalışmadan elde edilen sonuçların ülkemizde terapötik rekreasyon alanına katkı sağlayıcı nitelikte olduğu ve gelecekte yapılacak çalışmalar açısından yararlı olabileceği düşünülmektedir.

Bu uzun ve zorlu süreçte bana en büyük desteği sağlayan saygıdeğer hocalarıma, aileme, dostlarıma ve arkadaşlarıma sonsuz teşekkürlerimi sunmaktan onur ve mutluluk duymaktayım. Öncelikle, bu araştırma da bana her koşulda destek olan, yol gösteren ve beni cesaretlendiren değerli hocalarım Prof. Dr. Kerem Yıldırım Şimşek, Prof. Dr. Coşkun Bayrak ve Prof. Dr. Metin Argan'a teşekkürlerimi sunarım.

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Dr. Öğr. Üy. Tuba SEVİL

İÇİNDEKİLER

GİRİŞ ve AMAÇ	1
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BÖLÜM 1

BOŞ ZAMAN VE TERAPATİK REKREASYON KAVRAMLARI

1.1 Boş Zaman Kavramı.....	5
1.1.1. Boş Zaman Kavramı Hakkındaki Görüşler.....	8
1.1.1.1. Klasik Görüş	9
1.1.1.2. İsteğe Bağlı Zaman Görüşü.....	9
1.1.1.3. Sosyal Ayrıcalık Sembolü Görüşü.....	9
1.1.1.4. Aktivite Görüşü	9
1.1.1.5. Bütünsel Görüş	10
1.1.1.6. Terapatik Görüş.....	10
1.2. Rekreasyon Kavramı	10
1.3. Terapatik Rekreasyon.....	11
1.3.1. Terapatik Rekreasyon Kullanıcıları	18
1.3.2. Terapatik Rekreasyonun Tarihçesi ve Gelişimi	21
1.3.3. Terapatik Rekreasyonun Yararları	27
1.3.3.1. Psikolojik Yararlar	31
1.3.3.2. Terapatik Rekreasyonun Sosyal Yararları.....	35
1.3.3.3. Terapatik Rekreasyonun Fiziksel Yararları.....	36
1.3.3.4. Terapatik Rekreasyonun Bilişsel Yararları.....	37

BÖLÜM 2

YAŞLILIK VE YAŞAM KALİTESİ

2.1. Yaşlılık	41
2.1.1. Yaşlanma	43
2.2. Yaşlılarda Boş Zaman ve Terapatik Rekreasyon	47
2.3. Yaşlanma, Boş Zaman Katılımı, Yaşam Tatmini ve Yaşam Kalitesi	49
2.3.1. Boş Zaman Katılımı.....	51
2.3.1.1. Boş Zaman Katılımının Alt Boyutları	55
2.3.1.2. Yaşlılarda Boş Zaman Katılımı	56
2.3.2. Boş Zaman Tatmini	57

2.3.2.1. Boş Zaman Tatmini ve Boş Zaman Katılımı	59
2.3.2.2. Boş Zaman Tatminini Etkileyen Kişilik Özellikleri.....	60
2.3.2.3. Boş Zaman Tatmininin Alt Boyutları.....	61
2.3.2.4. Yaşlılarda Boş Zaman Tatmini.....	61
2.3.3. Yaşam Tatmini.....	63
2.3.3.1. Yaşam Tatmini Üzerinde Etkili Boş Zaman Katılım Teorileri.....	65
2.3.3.2. Yaşlılarda Yaşam Tatmini	71
2.3.4. Yaşam Kalitesi.....	72
2.3.4.1. Yaşam Kalitesinin Alt Boyutları	76
2.3.4.2. Yaşam Kalitesi, Boş zaman Katılımı, Boş Zaman Tatmini ve Yaşam Tatmini	77
2.3.4.3. Yaşlılarda Yaşam Kalitesi	79

BÖLÜM 3

ARAŞTIRMA AMACI VE YÖNTEM

3.1. Araştırmanın Amacı	81
3.2. Araştırmanın Önemi.....	82
3.3. Araştırma Problemi.....	83
3.4. Araştırma Hipotezleri	84
3.6. Araştırma Modeli	88
3.7. Araştırmanın Evren ve Örneklemi.....	89
3.8. Veri Toplama Tekniği.....	90
3.9. Araştırmada Kullanılan Ölçekler ve Ölçüm Düzeyleri	90
3.10. Veri Analiz Yöntemleri	91
3.10.1. Tanımlayıcı İstatistikler.....	91
3.10.2. Açıklayıcı Faktör Analizi (AFA)	91
3.10.3. Doğrulamalı Faktör Analizi (DFA).....	93
3.10.4. Yapısal Eşitlik Modellemesi.....	94
3.10.5. Varyans Analizi (t-testi ve ANOVA)	97

BÖLÜM 4

ARAŞTIRMADA KULLANILAN ÖLÇEKLERİN GEÇERLİK VE GÜVENİRLİK ÇALIŞMALARI

4.1. İçerik Geçerliği.....	99
4.2. Kapsam Geçerliği.....	99
4.3. Pilot Çalışma	100

4.3.1. Ölçeklerin Yapı Geçerliği.....	100
4.3.1.1. Boş Zaman Katılım Ölçeği Yapı Geçerliği.....	100
4.3.1.2. Boş Zaman Tatmini Ölçeği Yapı Geçerliği.....	102
4.3.1.3. Yaşam Tatmini Ölçeği Yapı Geçerliği.....	104
4.3.1.4. Yaşam Kalitesi Ölçeği Yapı Geçerliği	105
4.3.2. Ölçeklerin Ayırışma ve Dış Geçerliği	107
4.3.2.1. Boş Zaman Katılımı Ölçeğinde Ayırışma ve Dış Geçerlik.....	107
4.3.2.2. Boş Zaman Tatmini Ölçeğinde Ayırışma ve Dış Geçerlik	108
4.3.2.3. Yaşam Kalitesi Ölçeğinde Ayırışma ve Dış Geçerlik.....	108
4.3.3. Ölçeklerin Güvenirliği.....	109
4.3.3.1. Boş Zaman Katılımı Ölçeğinde Güvenirlik	109
4.3.3.2. Boş Zaman Tatmini Ölçeğinde Güvenirlik.....	110
4.3.3.3. Yaşam Tatmini Ölçeğinde Güvenirlik.....	110
4.3.3.4. Yaşam Kalitesi Ölçeğinde Güvenirlik	111

BÖLÜM 5

BULGULAR ve TARTIŞMA

5.1. Kayıp Veri ve Normal Dağılıma İlişkin Bulgular	113
5.2. Tanımlayıcı İstatistiklere İlişkin Bulgular	114
5.2.1. Katılımcıların Demografik Bulguları	114
5.3. Boş Zaman Katılımı, Boş Zaman Tatmini, Yaşam Tatmini ve Yaşam Kalitesi Ölçeklerinin Belirlenmesine ve Geçerliğine İlişkin Bulgular	117
5.3.1. Ölçeklerin Açıklayıcı Faktör Analizi Bulguları.....	117
5.3.1.1. Boş Zaman Katılımı Ölçeği Boyutlarının Belirlenmesi	117
5.3.1.2. Boş Zaman Tatmini Ölçeği Boyutlarının Belirlenmesi.....	119
5.3.1.3. Yaşam Tatmini Ölçeği Boyutlarının Belirlenmesi.....	121
5.3.1.4. Yaşam Kalitesi Ölçeği Boyutlarının Belirlenmesi	122
5.3.2. Ölçeklerin Doğrulayıcı Faktör Analizi Bulguları	124
5.3.2.1. Boş Zaman Katılımı DFA Bulguları.....	124
5.3.2.2. Boş Zaman Tatmini Ölçeği DFA Bulguları.....	128
5.3.2.3. Yaşam Tatmini Ölçeği DFA Bulguları.....	131
5.3.2.4. Yaşam Kalitesi Ölçeği DFA Bulguları	134
5.4. Kuramsal Modelin Test Edilmesine İlişkin Bulgular	137
5.5. Yaşlıların Boş Zaman Katılımı, Boş Zaman Tatmini, Yaşam Tatmini ve Yaşam Kalitesi Açısından Demografik, Sosyo-Ekonomik ve Kültürel Özelliklerinin Analizi	141

5.5.1. Boş Zaman Katılımının Yaşlıların Demografik Özelliklerine Göre Analizi	141
5.5.2. Boş Zaman Tatmininin Yaşlıların Demografik Özelliklerine Göre Analizi.	148
5.5.3. Yaşam Tatmininin Yaşlıların Demografik Özelliklerine Göre Analizi	154
5.5.4. Yaşam Kalitesinin Yaşlıların Demografik Özelliklerine Göre Analizi	156

BÖLÜM 6

SONUÇ, TARTIŞMA VE ÖNERİLER

6.1. Sonuç ve Tartışma	163
6.2. Sınırlılıklar ve İleri Araştırmalara Yönelik Öneriler.....	176
KAYNAKLAR.....	177

SİMGE ve KISALTMALAR DİZİNİ

AFA	: Açıklayıcı Faktör Analizi
AVE	: Açıklayıcı Ortalama Varyans
AAHPER	: Amerika Sağlık, Beden Eğitimi ve Rekreasyon Birliği
ATRA	: Amerikan Terapatik Rekreasyon Derneği
AGFI	: Düzenlenmiş İyilik Uyum İndeksi
CFI	: Karşılaştırmalı Uyum İndeksi
CR	: Birleşik Güvenirlik
DFA	: Doğrulayıcı Faktör Analizi
GFI	: İyilik Uyum İndeksi
NCRTA:	North Carolina Rekreasyonel Terapi Birliği
NFI	: Normlaştırılmış İyilik Uyum İndeksi
NNFI	: Normlaştırılmamış İyilik Uyum İndeksi
NTRS	: Ulusal Terapatik Rekreasyon Kurumu
RMR	: Artık Ortalamaların Karekökü
RMSEA	: Yaklaşık Hataların Ortalama Karekökü
Sd	: Serbestlik Derecesi
SRMR	: Standartlaştırılmış Artık Ortalamaların Karekökü
WHO	: Dünya Sağlık Örgütü
WHOQOL	: Dünya Sağlık Örgütü Yaşam Kalitesi Grubu
TR	: Terapatik Rekreasyon
YEM	: Yapısal Eşitlik Modeli

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