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## **DETERMINATION OF PHYSICAL ACTIVITY PARTICIPATION BEHAVIOURS IN NATURE: AN EXAMPLE OF YEDIGÖLLER NATURAL PARK**

### **Abstract:**

Nowadays, with the effects of rapid urbanization natural areas, forest and lake shores are frequently preferred as places where outdoor physical activities can be done. When the literature is examined, it is found that after the covid-19 pandemic, there is an increase in the physical mobility of individuals, their preference for natural areas to perform recreation and tourism activities. Yedigöller National Park are visited by an average of 30,000 people a year, with their vegetation diversity and their landscaped spaces, 7 landslide lakes that allow physical activity participation. Within the scope of the study, a questionnaire was applied to the users who visited Yedigöller National Park in the spring and summer of 2021 to determine the frequency of physical activity participation, the reasons for choosing the area and the physical activities they participated in. The survey data applied to a total of 396 visitors were analyzed with the IBM Statistics SPSS 22.0 program. The results were interpreted using frequency, percentage and mean analyses. It has been determined that the users visiting the area mostly visit the area for camping, hiking, picnic, angling, photography, watching the scenery, and doing exercises in nature. It has been determined that those who visit the area prefer to come to the area at least once a year, and the summer and autumn months have more visitors. Yedigöller National Park was evaluated as sufficient in terms of physical, social and economic aspects by the participants. It has been observed that the participants prefer physical activity in Yedigöller National Park as an activity where they can feel free, spend time with their friends and families and relieve their troubles.

### **Keywords:**

Behaviour, Physical Activity, Outdoor Recreation, Nature, Yedigöller