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MUAMMER CANBAZ

Selcuklu Anatolian School, Turkey

SEFA LOK

Selcuk University Faculty of Sport Science, Turkey

METIN SAHIN

Selcuk University Faculty of Sport Science, Turkey

NESLIHAN LOK

Akdeniz University Faculty of Nursing, Turkey

EVALUATION OF THE RELATIONSHIP BETWEEN THE PHYSICAL ACTIVITY AND QUALITY OF LIFE OF TAEKWONDO REFEREES

Abstract:

Introduction and Aim: The importance of physical activity and exercise is increasing nowadays. Physical activity is essential for healthy individuals and healthy societies considering the benefits of it. Taekwondo is a sport that requires intense training. However, referees are not subject to the same conditions. Therefore, the aim of this study was to evaluate the relationship between the physical activity levels and quality of life of taekwondo referees.

Methods: The study population consisted of taekwondo referees working in Turkey. The study sample consisted of 324 taekwondo referees who were willing to participate. Data were collected with face-to-face interviews, a socio-demographic questionnaire, the SF-36 quality of life scale and the International Physical Activity Questionnaire - Short Form. Data were analyzed using Chi-square test, Student's t test, Mann-Whitney and Kruskal-Wallis test and Pearson's correlation test.

Results: The study found that 47% of the participants were female, their mean age was 33.28 ± 3.35 and the average duration of working as a referee was $2.72 \pm 8:42$. In terms of physical activity levels, 2.1% of the participants were inactive, 27.6% were minimally active, and 70.3% were very active. Considering the physical activity levels based on gender, the male participants were physically more active than the female ones ($p < 0.05$). Regarding the quality of life scores of the participants, the physical health mean score was 77.5 ± 15.2 while the mental health mean score was 77.4 ± 19.1 . There was a strong positive correlation between the participants' physical activity levels and the quality of life mean scores, a strong positive correlation was found ($r = 0.145$, $p = 0.001$).

Conclusion: This study found that there was a strong direct relationship between the physical activity level and quality of life of the participants, and quality of life would improve as physical activity levels increased. The importance of being physically active for leading a quality life and being healthy was shown once again. The study also concluded that taekwondo referees are physically as active as athletes.

Keywords:

Taekwondo, Physical activity, Quality life