



ANALYSIS OF THESES ON FITNESS IN TURKEY

(Analysis study)

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Received: 20.04.2024

Revised version received: 18.05.2024

Accepted:12.06.2024

Abstract

The aim of this study is to examine the studies by revealing the general profile of postgraduate theses on fitness in Turkey. The Council of Higher Education (YÖK) Thesis Center was used to scan the theses. Content analysis, one of the qualitative research methods, was used in the study. The sample of the study consisted of 14 postgraduate theses containing the word "fitness" between 1991 and 2024. It was seen that most studies were conducted on football. As a result, it was suggested that conducting studies in other branches other than football would contribute to the literature.

Keywords: Fitness, Analysis, Strategic management, health

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1. Introduction

Sport is a big phenomenon in our daily lives. In addition to having an important place in our lives, sport is rapidly increasing its development day by day. There are certain ways to achieve success in sports and these ways are based on scientific foundations. Sport is the name given to the whole of the physical and mental thinking ability of an individual, individually or collectively, against himself/herself and an opponent, and the name given to the whole of the physical movements he/she makes in order to achieve success within the order of the struggle whose rules are determined in advance (Türkiye Gazetesi, 1994). People need fitness in their daily life according to their work power. Conditioning has an important place in sportive activities as well as life. In the dictionary of the Turkish Language Association, fitness is defined as "1. 2. The state of an athlete in physical and mental terms" (TDK, 2024). Çetin and Flock (2000) explained fitness as the realization of the individual's unique abilities as well as physical abilities in sports.

Conditioning is divided into two as general conditioning and special conditioning. General conditioning is the sportive activities performed in order for the cardiovascular system, muscle strength and joint movements to work in a multi-directional and harmonious manner. General conditioning training is also briefly defined as biological adaptation (Çetin & Flock, 2000). On the other hand, special conditioning can be defined as training that includes the development of general and special skills in a particular sport (Çetin and Flock 2000).

Conditioning and sports are a whole. The compatibility of this integrity brings success. Studies on fitness have been increasing in recent years. It was deemed important to collect and analyze the studies in the literature in order to provide future researchers with different ideas in their studies. The aim of this study is to contribute to the studies on fitness by revealing the general profile of postgraduate theses on fitness in Turkey.

2. Method

Research Model

In this study, the document analysis method, which is one of the qualitative research models, was chosen in order to conduct a content analysis of the fitness studies that constitute the research findings. Document analysis is the compilation of information in written documents to reveal the current situation (Suri & Clarke, 2009).

Collection of Data

Within the scope of the study, theses published in the national thesis search center of the Council of Higher Education (YÖK) were listed using the keyword "Condition". Of the 27 studies published between the years 2024-1991, 14 were included in the study since open access was allowed.

Data Collection Tool

In this study, the year of the thesis, the university where it was published, the sample group, the type of thesis, the data collection tool, the method of the research and the subject of the thesis were evaluated in order to determine the general profile of the master's and doctoral theses conducted between 2024-1991.

3. Findings

Table 1. Distribution of graduate theses according to years

Year	n	%
2008	1	7,1
2011	1	7,1
2013	1	7,1
2015	2	14,2
2016	1	7,1
2017	1	7,1
2018	1	7,1
2020	2	14,2
2021	1	7,1
2022	1	7,1
2023	2	14,2
Total	14	100,0

When Table 1 is examined, it is seen that a total of 14 theses were written between 2008 and 2023. According to the years in which the theses were written, it is seen that the theses were written

the most with 2 (14.2) between 2015, 2020 and 2023, and the least with 1 (7.1) between 2008, 2011, 2013, 2016, 2017, 2018, 2021 and 2022 (Table 1).

Table 2. Distribution of graduate theses according to universities

Universities	n	%
Trakya University	1	7,1
Harran University	1	7,1
Süleyman Demirel University	1	7,1
Ataturk University	1	7,1
Gazi University	1	7,1
Istanbul Gelisim University	2	14,2
Anadolu University	1	7,1
Gaziantep University	1	7,1
Sakarya University of Applied Sciences	2	14,2
Aksaray University	1	7,1
Nineteen May University	1	7,1
Selcuk University	1	7,1
Total	14	100,0

When the distribution of postgraduate theses according to universities is examined, studies were conducted in 12 universities. The most studies were conducted in Istanbul Gelisim University and Sakarya University of Applied Sciences (14.2%) (Table 2).

Table 3. Distribution of graduate theses according to type

Thesis Type	n	%
Master Thesis	14	100,0

All of the theses examined are master's theses (Table 3).

Table 4. Distribution of graduate theses according to research method

Research Methodology	n	%
Nicel	13	92,3
Karma	1	7,1
Total	14	100,0

When the distribution of the analyzed postgraduate theses according to the research method was examined, it was seen that quantitative method was used in 13 studies (92.3) and mixed method was used in 1 study (7.1) (Table 4).

Table 5. Distribution of graduate theses according to data collection tools

Data Collection Tool	n	%
Eurofit Test Battery	2	4
Anthropometric Test	3	6
Physical Parameter Measurement	2	4
Condition Test	2	4
Skinfold Method	1	2
Biometric Measurement	1	2
Personal Information Form	1	2
Speed Test	1	2
Vertical Jump Test	1	2
Subcutaneous Fat Measurement	1	2
Shuttle Test	1	2
Push-up Test	1	2
Resilience Measurement	1	2
Smart Speed	2	4
Heart Rate Monitor	1	2
Camera	1	2
Meter	2	4
Seco Height Meter	1	2
Scales	1	2
Skinfold Caliper	1	2
Blood Pressure Monitor	1	2
Sit and Reach Box Table	1	2
Digital Hand Claw Dynanometer	1	2
Treadmill	1	2
Running Distance	1	2
Sprint Distance	1	2
Number of Shots	1	2
Pass Count	1	2
Ball Possession Rate	1	2
Yo-yo Test	1	2
Agility T Test	3	6
Squat Jump Test	1	2
Counter Movement Test	1	2
Classic Bow	1	2
Roller Spring	1	2
Survey	1	2
Running Speed Test	1	2
Running Anaerobic Sprint Test	1	2
Wingate Anaerobic Power Test	1	2
Postural Control	1	2
Speed Test	1	2
Total	50	100,0

When the distribution of graduate theses according to data collection tools was examined, it was seen that anthropometric test and agility t-test (6%) were used the most (Table 5).

Table 6. Distribution of graduate theses according to sample groups

Sample Group	n	%
Footballer	5	35,5
Archer	1	7,1
Primary School Student	3	21,3
Volleyball player	1	7,1
Handball player	1	7,1
Badminton player	1	7,1
Coach	1	7,1
Basketball player	1	7,1
Total	14	100,0

When the distribution of postgraduate theses according to the sample group is examined, it is seen that football players constitute the highest number of studies with 5 studies (35.5) (Table 6).

Table 7. Distribution of graduate theses according to the subject of study

Study Subject	n	%
Football	5	35,5
Archery	1	7,1
Physical Development	3	21,3
Volleyball	1	7,1
Handball	1	7,1
Badminton	1	7,1
Tennis	1	7,1
Basketball player	1	7,1
Total	14	100,0

When the distribution according to the subject of the postgraduate theses is examined, it is seen that the highest number of studies (35.5) is on football (Table 7).

3. Discussion

In this study, the theses written between 2024-1991 were analyzed in terms of the year in which they were written, the university where they were published, the sample group, the type of thesis, the data collection tool, the method of the research and the subject of the thesis. When the findings of the study were evaluated, it was seen that the football field was mostly included in the research subject. The majority of the studies conducted in this field are anthropometric test and agility t-test. In the sample group, soccer players were emphasized a lot. It is seen that quantitative method is used the

most. Increasing the number of studies to be conducted with qualitative method and mixed method can contribute to the studies to be conducted in the field of fitness. Football is a branch that attracts attention both in our country and in the world. In this study, it is seen that the most studies were conducted in football. Coşkun (2020) found that the fitness of football players varies according to the position they play; Aslan (2020) analyzed the statistical data of the Turkish Super League for 3 seasons and found that technical characteristics affect success, but conditional characteristics have no effect on success; Ersoy (2017) found that 3x3 small field games contributed more to physical conditioning than 6x6 field games; Sanlav (2016) found that hand grip strength increased in the 15-year-old age group compared to the 10-12 and 11-13 age group, so age is effective in fitness; Erdoğan (2015) concluded that there is a change in the fitness of 10-14-year-old football players according to their position.

4. Conclusion

This study is considered important in order to guide the scientific studies to be conducted in this field by examining the studies conducted between 1991 and 2024 on fitness. As a result of the study, it was seen that the most studied sample group was football players, the most studies were conducted at Istanbul Gelisim University and Sakarya University of Applied Sciences, and all studies were in the type of master's thesis. In the studies on soccer, it was concluded that factors such as age, position and field were effective in fitness. Even though football is an important sport branch in our country and in the world, it is thought that it is necessary to increase the studies on branches such as volleyball, handball and basketball in the studies to be conducted in the field of fitness. Conducting studies on fitness at the doctoral level will also contribute to the field.

Declaration of Conflicting Interests and Ethics

"The authors declare no conflict of interest."

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