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# ABSTRACT BOOK

*" IMPROVING THE STANDARDS OF LIFE  
IN TECHNICAL AGE THROUGH HPERSD "*

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**MIRAGE PARK RESORT • ANTALYA • TURKEY**

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second group and the chest depth average was determined as  $17,0 \pm 1,4$  cm. for the first group and  $15,6 \pm 1,5$  cm. for the second group.

For the respiration parameters the Vital Capacity (VC) was determined as  $2,65 \pm 0,2$  lt. for the first group,  $2,10 \pm 0,2$  lt. for the second group, Forced Vital Capacity (FVC) was determined as  $2,52 \pm 0,3$  lt. for the first group and  $2,15 \pm 0,3$  lt. for the second group, one second Forced Vital Capacity (FEV1) was determined as  $2,45 \pm 0,3$  lt for the first group and  $2,06 \pm 0,3$  lt. and for the second group, the percentage of one second Forced Vital Capacity (FEV1%) was determined as  $97,0 \pm 2,6$  for the first group and  $95,3 \pm 4,7$  for the second group.

Results; Between the group that have a higher vital capacity average and lower vital capacity significant differences ( $P < 0,05$ ) was determined according to the chest symmetry, chest diameter and vital capacity. However there was no significant difference ( $P > 0,05$ ) between the values of dorsal angle, chest depth, FVC, FEV1, FEV1%.

## P257

### Behavioral Sciences

#### THE RELATIONSHIP BETWEEN PLAYING TIME WITH GOAL PERSPECTIVE THEORY, LIFE SATISFACTION AND PERCEIVED MOTIVATIONAL CLIMATE AMONG YOUNG BOY BASKETBALL PLAYERS IN TURKEY

\* Turhan Toros

\* Pamukkale University, School of Sport Sciences and Technology

The aim of study was to the relationship between playing time with goal perspective theory, life satisfaction and perceived motivational climate among young boy basketball players in Turkey. A total of 187 basketball players participated in this study. "Task and Ego Orientation in Sport Questionnaire", "Perceived Motivational Climate in Sport Questionnaire" and "Life Satisfaction Questionnaire" were used in the study. Descriptive statistics and pearson correlation coefficient were used as statistical analyses. Pozitive relationship was found between playing time and life satisfaction ( $0.460$ ;  $p < 0.00$ ). Negative relationship was found between playing time and mastery climate ( $-0.210$ ;  $p < 0.01$ ) of young boy basketballer. The relationship could not be found between playing time with task orientation, ego orientation and performance climate.

## P258

### Physical Education

#### COMPARISON OF CHILDREN AND YOUNGS' (12-14 AGE) EXPECTATIONS IN RURAL AND URBAN AREAS TOWARDS TO PHYSICAL EDUCATION AND SPORT PRACTICE

\* F. Yaylacı, \*İ. Orhan, \*B. Orhan, \*E. Örs

\* Akdeniz University, School of Physical Education and Sports

Purpose: It aims to search of structure of physical education and expectations of students from this lesson who are in primary schools being in city centres and out of city centres. Physical Education lessons start with Physical Education teacher by 6th. class. That is why 6, 7 and 8th classes are included in this study.

Methodology: Search is a descriptive study. In pre-practice, the data from 159 people are evaluated by experts and on the last practice, it is reached to 414 people. Physical Education Expec-

tation Questionary includes 54 expressions which is used for obtaining data. a) Students informations b) What is physical education c) The needs of equipments d) Psychomotor needs e) Sentimental and social needs f) Mental needs g) Quality. For statistical analyses, frekans, percenty, independent samples T test and chi-square are used. Reliability coefficient: pre-practice ( $0,9761$ ), last practice ( $0,9522$ ).

Results: The students in study: girls %58,5, boys %41,5. In city centre: %29,5 (%54,1 girls, %45,9 boys). In rural areas: %70,5 (%60,3 girls, %39,7 boys). There is no noticable difference between students sexuality living in rural areas and city centres. (Fischers Exact Test  $p: 0,146$   $p > 0,05$ ). There is no difference between age and height according to their sexualities. Boys are weighter than girls ( $p > 0,05$ ). In city centre: Age  $12,79 \pm 1,04$ , height  $151,82 \pm 9,29$  cm, weight  $39,50 \pm 7,20$  kg; In rural areas: Age  $13,17 \pm 1,28$ , height  $155,27 \pm 10,37$  cm, weight  $44,07 \pm 9,07$  kg. According to this analysis, there is noticable difference between students living in city centre and rural areas ( $p < 0,05$ ).

Conclusion: Physical Education schedules are needed to be developed by contemporary needs.

## P259

### Movements and Training

#### A COMPARISON OF HAND GRIP STRENGTH OF AMATEUR MALE WRESTLERS AND SEDENTARY UNIVERSITY STUDENTS

\* Ercan Çetinus, \*Murat Uzel, \*Erkal Bilgiç,

\*Ahmet Karaoğuz, <sup>1</sup>Mutlu Uzun, <sup>2</sup>Hasan Ekerbiçer, <sup>3</sup>Yakup Gümüşalan

\* University of Sütçü İmam, Faculty of Medicine Department of Orthopedics

<sup>1</sup> University of Gaziantep, Institute of Health, Physical Education and Sports Sciences

<sup>2</sup> University of Sütçü İmam, Faculty of Medicine Department of Public Health

<sup>3</sup> University of Sütçü İmam, Faculty of Medicine Department of Anatomy

The purpose of this study was to compare the hand grip and pinch strength of male wrestlers with that of university students.

Twenty-three volunteer university students (mean age  $22.00 \pm 1.69$  years and mean body mass index  $22.31 \pm 2.53$ ) and twenty-two amateur wrestlers (mean age  $20.27 \pm 2.49$  years and mean body mass index  $23.88 \pm 1.93$ ) were tested for grip and pinch strength. Mid-arm and wrist circumference were measured with a flexible plastic tape. Grip strength was assessed with an Jamar dynamometer. Pinch strength was measured with a pinch gauge. Body composition was measured by Tanita body composition analyzer. The Mann Whitney U test was used to determine the differences within groups and a P value  $< 0.05$  was taken as being statistically significant. Correlation analyses of the maximal grip and hand size values were determined by bivariate Pearson correlation analysis.

Although mid-arm and wrist circumference of wrestlers were statistically higher than those of university students, there was no statistically significant difference in grip strength between two groups. Left hand tip and palmar pinch strength of wrestlers were statistically higher than the control group.

As a conclusion, wrestling is effective in building up the mid-arm and wrist circumference but it has no effect on hand grip and pinch strength.