

## **The Effect of Same and Opposite Gender Friendship on Regular Physical Activity and Cigarette Smoking Habits**

**D. Sevimli**

*Coaching Department, School of Physical Education and Sports, Çukurova University,  
Adana, Turkey*

**KEYWORDS** Exercise. Peer Effect. Smoking. Health

**ABSTRACT** This paper aims to investigate the effect of same (SGF) and opposite (OGF) gender friendship on regular physical activity (PA) and cigarette smoking (CS) habits of individuals living in the province of Adana. By using questionnaire, the data for regular PA level and CS was collected from the total 553 volunteers, including 237 females and 316 males, aged 20-40 years with their SGF and OGF. This study showed that the rate of physical activity for males and females were significantly higher than SGF and OGF. The physical activity level in males and females were highly correlated with the SGF than that of OGF. CS rates in male participants were significantly lower than their SGF and significantly higher OGF, while these rates for female participants were similar to their SGF's. In conclusion, CS habits and regular PA levels in both genders were more affected by their interactions with SGF than OGF.