

Evaluating the Level of Exercise Dependence and Psychological Resilience of Athletes from Different Branches

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KEYWORDS Individual. Participation. Sports. Team. Types

ABSTRACT In this study, exercise dependence level and psychological resilience of the athletes in different sport branches were examined in terms of gender, sport branches and sports participation types as individual or team sports. For these purposes, 313 female and 464 male athletes who are interested in single sport branch at least 5 years in Mugla and neighbor cities. The average age of the participants was found 22.72+3.024. Data was collected with two different scales. Result shows that there is no significant difference in dependence level and psychological resilience in terms of gender ($p>0.05$). There are significant differences in exercise dependency in terms of sport branches variable ($p<0.05$). Significant difference was found in exercise dependence in terms of individual and team sports variables. It is concluded that more exercise dependence risk occurs in endurance sports and weight training sports when compared to team sports.