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Adventure Seeking Or Sport Engagement? A Study On Adventure Behavior Seeking And Sport Engagement In Adult Skiers

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doi: [10.33472/AFJBS.6.6.2024.9081-9096](https://doi.org/10.33472/AFJBS.6.6.2024.9081-9096)**ABSTRACT:**

This study investigates whether adult individuals who ski at different levels do skiing for adventure-seeking or because of their commitment to sports in terms of various variables. In this direction, 297 adults, 197 males and 100 females, who skied in the ski centres in the Uludağ district of Bursa in the 2023-2024 ski season, participated in the study. Data were collected through questionnaires in face-to-face interviews to investigate the levels of adventure behaviour seeking and sports commitment levels of the participants participating in the study. The questionnaires included the Adventure Behavior Seeking Scale (TABSS) adapted into Turkish by Güngörmüş et al. (2023) and the Sports Engagement Scale (SES) adapted into Turkish by Sırgancı et al. (2019) as well as a demographic questionnaire created by the researchers. According to the answers given by the participants to the questionnaires, it was determined that the data were normally distributed and parametric tests were applied. The findings determined that the participants had high levels of commitment to sports and average levels of adventure behaviour seeking. In addition, it was determined that these levels differed significantly in terms of age, level of skiing, duration of interest in skiing (years), type of skiing and gains from skiing ($p < 0.05$). According to the results obtained, it is thought that it may be useful to design skiing programs to support sports commitment and adventure seeking.

Keywords: Skiing, Adventure Behaviour Seeking, Sports Engagement, Winter Leisure.

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1. Introduction

Winter sports have continued to exist as part of the cultural heritage of societies living in cold climates. According to the definition made by the IOC, activities performed on snow or ice and called "cold sports" are considered winter sports (Martínková & Parry, 2020). It is stated that these sports go beyond just entertainment and competition and contribute to the physical, mental and social development of individuals (Eime et al., 2013). It is stated that the psychological and physical positive effects that can be achieved by utilizing leisure time during the winter months can be possible through participation in winter sports. Such sports include activities such as mountaineering, ice skating, snow rafting and skiing (Olympics.com, 2024).

It is emphasized that skiing, unlike other winter sports, appeals to a wide range of participants with its ability to be practised both individually and in groups. In this context, skiing, as an indispensable element of winter sports, offers a special experience that combines adventure seeking and sports participation. It is stated that adventure sports activities promote well-being and support autonomy, competence, relatedness and connectedness to nature (Buckley, 2021). It is stated that skiing provides mental relaxation by reducing stress and providing high levels of enjoyment (Bielinis et al., 2019; Lee et al., 2019) and contributes to a healthier lifestyle with higher levels of physical activity, thus supporting healthy ageing (Burtscher et al., 2019). It is also emphasized that skiing contributes to the well-being of individuals (Mirehie & Gibson, 2020). For these reasons, skiing provides an ideal framework for understanding the effects of adventure-seeking and sports participation on adults.

Adventure-seeking and sports participation in winter sports are considered two important dimensions that support individuals' physical and psychological health as well as strengthen their social interactions. Adventure-seeking can be defined as the process by which recreationists satisfy their adventurous behaviour by deliberately seeking specific activities with dangerous or uncertain outcomes (Lee et al., 2015). High scores in adventure-seeking are generally recognized as a characteristic feature of participants who engage in high- and medium-risk sports and, to a lesser extent, low-risk sports (Gomà-i-Freixanet et al., 2012). Skiing offers an exciting experience by combining the challenging conditions and unique landscapes offered by nature and brings these two dimensions together. In particular, it is stated that individuals who ski in different ways may seek more adventure and participation (Kopp et al., 2016). Skiing contributes to health and well-being through autonomy, personal development, positive relationships, environmental mastery, self-acceptance, and life purpose, and in this respect, it goes beyond just a physical activity (Wu & Yang, 2021). Therefore, skiing is considered an activity that allows individuals to satisfy their quest for adventure.

Understanding the motivations that trigger adventure-seeking among adult skiers is important to grasp its effects on individuals' overall health and social interactions. According to Conde-Pipó et al. (2022), skiing is positively associated with higher health-related quality of life, physical self-concept and intrinsic motivation values in older adults. It is stated that individuals participating in adventure sports have various motives, including goal achievement, risk-taking, social motivation, escaping boredom and connecting with nature (Kerr & Mackenzie, 2012). In this context, it can be stated that adventure-seeking is closely related to individuals' interests and curiosity. In addition, it can be said that adventure-seeking allows individuals to discover themselves by pushing their physical limits, gaining new skills and being alone with nature. It is also emphasized that adventure-seeking shapes analytical and strategic thinking increasing sensitivity to contextual feedback and flexibility in achieving goals (Cornell et al., 2001).

Sports engagement is closely related to the fulfilment of individuals' basic psychological needs to sustain their regular participation in sports activities. The Basic Psychological Needs Theory suggests that meeting individuals' basic needs such as autonomy, competence, and relatedness increases their commitment to sports (Alesi et al., 2019; Ece et al., 2021). Among the basic psychological needs, autonomy in particular plays a key role in predicting exercise adherence, while enjoyment, competition, and relational bonds also play an important role (Kang et al., 2019). Higher perceived competence and social relationships are associated with a greater commitment to sport (García-Ceberino et al., 2023). In addition, increased levels of commitment to sport also increase sports participation (László, 2020; Albay et al., 2022). Sports such as skiing can be effective in meeting these basic needs by providing individuals with the opportunity to test their abilities, develop their skills and build social bonds. As individuals fulfil these needs, they establish a stronger bond with sports and sustain their interest in sports (Frayeh & Lewis, 2017; Yiğit & Taştan, 2023). This situation enables

individuals to show continuity in sports activities and achieve high levels of satisfaction from these activities.

Adventure-seeking and sports participation offer rich experiences that fulfil both the physical and psychological needs of individuals. Adventurous physical activities are directly linked to improved psychological health and well-being outcomes (Clough et al., 2016). Outdoor and adventure sports courses enhance individuals' psychological well-being by meeting basic psychological needs (Kaiseler et al., 2019). People participate in sporting activities for a variety of reasons, such as satisfying their curiosity, gaining positive emotional experiences (Zeng, 2023), interacting with their social environment (Andersen et al., 2018), weight management (Allender et al., 2006), personal development, maintaining health, and improving physical fitness (Ashford et al., 1993). For example, a ski athlete, in addition to being in touch with nature, satisfies his/her quest for adventure by pushing his/her physical limits and finding the opportunity to improve himself/herself. In this process, individuals' commitment to sports is closely related to the extent to which their basic psychological needs are met.

Consequently, it is important to examine the effects of adventure seeking, sports participation, and the satisfaction of individuals' needs in these processes on adult skiers to understand how these elements influence each other. This study aims to conduct a detailed analysis of the relationship between adventure behaviour seeking and sport participation among adult skiers. This analysis will contribute to the development of strategies on how to sustain individuals' interest in skiing, how to ensure safety, and how to maximize the benefits derived from this sport.

2. Method

Research Model

In the study, the data were collected using the relational survey model by utilizing quantitative research methods. While describing the relational survey model, Karasar (2007) stated that it enables to determination of the existence and/or degree of change between two or more variables together. In this direction, the relationship between dependent and independent variables will be examined by the purpose of the study.

Research Group

Of the participants, 197 were male (66.3%) and 100 were female (33.7%). The participants were mostly between the ages of 21 and 25 (37.4%) and declared that they were mostly interested in skiing at the professional level (45.8%). 108 (36.4%) of the participants stated that they have been skiing for less than 3 years, 81 (27.3%) between 4 and 7 years and 108 (36.4%) for 8 years or more. Participants mostly ski in the biathlon type (36.0%). When the participants were asked what the biggest benefit they get from this sport is, the answer was mostly personal development and time management (43.1%) (Table 1).

Data Collection

In the study, data were collected from adults who participated in the 2023-2024 winter season for skiing in the ski centers located in the Uludağ region of Bursa province.

Data Collection Tools

The questionnaires used as data collection tools consist of 3 parts. The questionnaires included the Adventure Behavior Seeking Scale (T-ABSS) adapted into Turkish by Güngörmüş et al. (2023) and the Sports Engagement Scale (SES) adapted into Turkish by Sırgancı et al. (2019) as well as a demographic questionnaire created by the researchers.

Adventure Behavior Seeking Scale (T-ABSS)

The Adventure Behavior Seeking Scale (T-ABSS), developed by Próchniak (2017) and adapted into Turkish by Güngörmüş, Yumuk, and Gürbüz (2023) to assess individuals' adventure behaviours in natural environments, consists of 2 sub-dimensions (Water Threats and Weather Conditions) and 7 questions. The measurement tool is a 5-point Likert-type instrument. While there are no reverse-itemized questions in the scale, the internal reliability coefficients of the scale for the original study were found to be,71 for the Water Threats sub-dimension and,70 for the Weather Conditions sub-dimension. For the current study, it was determined as .81 and .69.

Sports Engagement Scale (SES)

The Sports Engagement Scale was developed by Guillen and Martinez-Alvarado (2014) by adapting the Spanish version of The Utrecht Work Engagement Scale (UWES) developed by Schaufeli and Bakker (2004) for athletes. The scale is structured as a 5-category Likert scale consisting of 15 items and three sub-dimensions measuring sports engagement. The sub-dimensions of the scale measure athletes' vitality, dedication and absorption. The internal reliability coefficients for the original study were determined as ,91 for total scores and ,79, ,80, ,82 for sub-dimensions, respectively. In the current study, it was determined as ,83 for total scores and ,63, ,66 and ,63 for sub-dimensions, respectively.

Data Analysis

In the analysis of the data, frequency and percentage from descriptive statistics methods will be used for personal information. To test whether all three scales and their sub-dimensions are normally distributed, kurtosis and skewness values will be examined and it will be determined whether the data are normally distributed according to the significance level, and parametric tests (independent sample t-test, one-way analysis of variance ANOVA) will be applied if they are normally distributed. If the data are not normally distributed, nonparametric tests will be used.

FINDINGS

Table 1. Findings on the percentage and frequency values of the demographic information of the participants

Variable	Category	f	%
Gender	Male	197	66,3
	Female	100	33,7
Age	20 years and younger	103	34,7
	21-25 years old	111	37,4
	Over 25 years old	83	27,9
Which level do you do?	Amateur	90	30,3
	Professional	136	45,8
	Recreational	71	23,9
Skiing year	3 years and less	108	36,4
	Between 4 to 7 years	81	27,3
	8 years and more	108	36,4
Type of skiing	Cross-Country Skiing	88	29,6
	Biathlon	107	36,0
	Other	102	34,3
The benefits of skiing	Personal Development and Time Management	128	43,1
	Socialization and Communication Skills	104	35,0

	Teamwork and Cooperation	65	21,9
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Table 2. Findings on the minimum, maximum, mean, standard deviation, skewness and kurtosis values obtained from the measurement tools according to the answers given by the participants and the internal consistency values of the measurement tools according to the answers given

Scale Dimensions	Min.	Max.	$\bar{x}$	S.	Skewness	Kurtosis	α
T-ABSS	1,00	4,86	3,26	0,83	-0,257	-0,300	,855
Water Threats	1,00	5,00	3,21	0,94	-0,210	-0,283	,816
Weather Conditions	1,00	5,00	3,34	0,86	-0,174	-0,183	,694
SES	2,33	5,00	4,02	0,46	-0,968	1,018	,839
Vigor	2,40	5,00	4,07	0,52	-0,858	0,729	,639
Dedication	2,20	5,00	4,00	0,55	-0,717	0,394	,667
Absorbation	2,40	5,00	3,98	0,55	-0,707	0,380	,637

* $p < .05$

Table 2 shows the minimum, maximum and mean values of the measurement tools, skewness and kurtosis values and internal consistency coefficients of the measurement tools according to the answers given by the participants to the measurement tools. According to the findings, it was determined that the participants had average levels of adventure behaviour-seeking scores and high levels of sports commitment scores. According to the answers given, it was concluded that the measurement tools showed normal distribution and therefore parametric tests were appropriate.

Table 3. Independent sample t-test findings between the gender variable and measurement tools

Scale Dimensions	Gender	n	$\bar{x}$	S.	t	p
T-ABSS	Male	197	3,42	0,79	4,414	,433
	Female	100	2,97	0,84		
Water Threats	Male	197	3,39	0,88	4,698	,389
	Female	100	2,85	0,94		
Weather Conditions	Male	197	3,46	0,80	3,015	,159
	Female	100	3,12	0,94		
SES	Male	197	4,05	0,45	1,766	,350
	Female	100	3,95	0,47		
Vigor	Male	197	4,12	0,51	2,385	,590
	Female	100	3,97	0,53		
Dedication	Male	197	4,04	0,53	1,538	,298
	Female	100	3,93	0,56		
Absorbation	Male	197	4,00	0,55	0,680	,760
	Female	100	3,95	0,54		

* $p < .05$

Table 3 shows the results of the independent sample t-test conducted to determine the relationship between gender variables and measurement tools. According to the findings, it was concluded that the gender variable did not significantly differentiate the measurement tools. Accordingly, it can be said that gender does not affect adventure behaviour seeking and sport addiction levels in skiing individuals.

Table 4. Results of one-way analysis of variance ANOVA test between age variable and measurement tools

Scale Dimensions	Age	n	$\bar{x}$	S.	F	p	LSD
T-ABSS	20 years and younger ¹	103	3,51	0,80	7,914	,000*	1>2>3
	21-25 years old ²	111	3,21	0,77			
	Over 25 years old ³	83	3,04	0,88			
Water Threats	20 years and younger ¹	103	3,47	0,90	8,207	,000*	1>2>3
	21-25 years old ²	111	3,18	0,86			
	Over 25 years old ³	83	2,92	1,00			
Weather Conditions	20 years and younger ¹	103	3,56	0,83	5,072	,007*	1>2>3
	21-25 years old ²	111	3,25	0,80			
	Over 25 years old ³	83	3,20	0,94			
SES	20 years and younger	103	3,97	0,42	2,022	,134	
	21-25 years old	111	4,09	0,41			
	Over 25 years old	83	3,98	0,56			
Vigor	20 years and younger	103	4,04	0,45	1,564	,211	
	21-25 years old	111	4,14	0,46			
	Over 25 years old	83	4,01	0,65			
Dedication	20 years and younger	103	3,96	0,52	1,145	,320	
	21-25 years old	111	4,06	0,52			
	Over 25 years old	83	3,97	0,61			
Absorbation	20 years and younger	103	3,91	0,56	2,070	,128	
	21-25 years old	111	4,06	0,48			
	Over 25 years old	83	3,97	0,61			

*p<.05

Table 4 shows the results of a one-way analysis of variance ANOVA conducted to determine the relationship between age variables and measurement tools. It was determined that the age variable significantly differentiated only the adventure behavior-seeking scale and the levels of sports commitment did not differ significantly according to age. Age differences in adventure behaviour-seeking levels were found to increase with decreasing age in all dimensions.

Table 5. Results of one-way analysis of variance ANOVA test between level variable and measurement tools

Scale Dimensions	Level	n	$\bar{x}$	S.	F	p	LSD
T-ABSS	Amateur ¹	90	3,16	0,76	16,210	,000*	2>1>3
	Professional ²	136	3,53	0,75			
	Recreational ³	71	2,89	0,90			
Water Threats	Amateur ¹	90	3,10	0,83	20,337	,000*	2>1>3
	Professional ²	136	3,53	0,85			
	Recreational ³	71	2,72	0,99			
Weather Conditions	Amateur ¹	90	3,23	0,81	6,617	,002*	2>1>3
	Professional ²	136	3,53	0,81			
	Recreational ³	71	3,12	0,96			
SES	Amateur ¹	90	3,93	0,49	8,998	,000*	2>1>3
	Professional ²	136	4,14	0,37			
	Recreational ³	71	3,90	0,53			
Vigor	Amateur ¹	90	4,03	0,54	5,238	,006*	2>1>3

	Professional ²	136	4,16	0,42			
	Recreational ³	71	3,93	0,62			
Dedication	Amateur ¹	90	3,92	0,57	7,580	,001*	2>1>3
	Professional ²	136	4,13	0,47			
	Recreational ³	71	3,85	0,59			
Absorbation	Amateur ¹	90	3,83	0,57	8,484	,000*	2>3>1
	Professional ²	136	4,12	0,47			
	Recreational ³	71	3,91	0,59			

*p<.05

Table 5 shows the findings of the one-way analysis of variance ANOVA test conducted to determine the relationship between the variable of skiing at different levels and the measurement tools. Accordingly, the level of skiing was found to significantly differentiate both adventure behavior-seeking levels and sport commitment levels. For both measurement tools, it was found that there was a significant difference in favour of individuals who practiced skiing at the professional level. According to these findings, it can be said that individuals who ski at the professional level have higher levels of adventure seeking, risk perception and sports commitment levels than amateur and recreational levels, while individuals who ski at the recreational level have the lowest averages in these characteristics, which shows that the level of sports participation significantly affects individuals' attitudes and motivation towards sports.

Table 6. Results of one-way analysis of variance ANOVA test between year variable and measurement tools

Scale Dimensions	Year	n	$\bar{x}$	S.	F	p	LSD
T-ABSS	3 years and less ¹	108	3,05	0,86	7,709	,001*	3>1
	Between 4 to 7 years ²	81	3,27	0,79			
	8 years and more ³	108	3,48	0,78			
Water Threats	3 years and less ¹	108	2,96	0,95	7,861	,000*	3>2>1
	Between 4 to 7 years ²	81	3,19	0,91			
	8 years and more ³	108	3,46	0,88			
Weather Conditions	3 years and less ¹	108	3,15	0,90	4,769	,009*	3>1
	Between 4 to 7 years ²	81	3,37	0,84			
	8 years and more ³	108	3,51	0,81			
SES	3 years and less ¹	108	3,90	0,53	7,962	,000*	3>2>1
	Between 4 to 7 years ²	81	4,00	0,42			
	8 years and more ³	108	4,15	0,38			
Vigor	3 years and less ¹	108	3,99	0,58	3,081	,047*	3>2>1
	Between 4 to 7 years ²	81	4,05	0,49			
	8 years and more ³	108	4,16	0,45			
Dedication	3 years and less ¹	108	3,87	0,60	9,454	,000*	3>2>1
	Between 4 to 7 years ²	81	3,94	0,54			
	8 years and more ³	108	4,18	0,44			
Absorbation	3 years and less ¹	108	3,84	0,61	6,439	,002*	3>2>1
	Between 4 to 7 years ²	81	4,01	0,49			
	8 years and more ³	108	4,10	0,49			

*p<.05

Table 6 shows the findings of the one-way analysis of variance ANOVA test conducted to determine the relationship between the years of skiing and the measurement tools. Accordingly,

it was found that years of skiing significantly differentiated the levels of adventure behaviour seeking and sports commitment. These significant differences were found to be significantly differentiated in favour of individuals who practised skiing for a longer period. These results can be said to show that the duration of doing sports plays a determining role in the psychological and behavioural characteristics of individuals related to sports, that is, long-term participation reinforces these characteristics.

Table 7. Results of one-way analysis of variance ANOVA test between type variable and measurement tools

Scale Dimensions	Type	n	$\bar{x}$	S.	F	p	LSD
T-ABSS	Cross-Country Skiing ¹	88	3,40	0,82	14,618	,000*	2>1>3
	Biathlon ²	107	3,48	0,70			
	Other ³	102	2,92	0,86			
Water Threats	Cross-Country Skiing ¹	88	3,37	0,92	20,264	,000*	2>1>3
	Biatlon ²	107	3,50	0,78			
	Other ³	102	2,76	0,94			
Weather Conditions	Cross-Country Skiing ¹	88	3,44	0,85	4,539	,011*	2>1>3
	Biathlon ²	107	3,46	0,75			
	Other ³	102	3,14	0,95			
SES	Cross-Country Skiing ¹	88	4,08	0,31	8,145	,000*	2>1>3
	Biathlon ²	107	4,10	0,36			
	Other ³	102	3,87	0,61			
Vigor	Cross-Country Skiing ¹	88	4,13	0,39	5,514	,004*	2>1>3
	Biathlon ²	107	4,15	0,37			
	Other ³	102	3,93	0,69			
Dedication	Cross-Country Skiing ¹	88	4,08	0,42	5,582	,004*	1>2>3
	Biathlon ²	107	4,07	0,49			
	Other ³	102	3,86	0,66			
Absorbation	Cross-Country Skiing ¹	88	4,05	0,45	6,831	,001*	2>1>3
	Biathlon ²	107	4,08	0,49			
	Other ³	102	3,82	0,65			

*p<.05

Table 7 presents the findings of the one-way ANOVA to determine the relationship between the type of skiing and the measurement tools. According to the findings, the type of skiing significantly differentiates the adventure behaviour seeking and sport commitment levels. For adventure behavior-seeking levels, it was found that all dimensions differed significantly in favour of individuals who skied in the biathlon type. In terms of sports commitment levels, vigor and absorbation levels do not differ significantly in favor of biathlon skiers and dedication sub-dimension does not differ significantly in favor of cross-countrt skiers. These findings suggest that the type of sport has a determinant effect on the psychological and behavioural characteristics of individuals and that more challenging and complex sports make these effects stronger.

Table 8. Results of one-way analysis of variance ANOVA test between benefits variable and measurement tools

Scale Dimensions	Benefits	n	$\bar{x}$	S.	F	p	LSD
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T-ABSS	Personal Development and Time Management ¹	128	3,38	0,81	2,999	,051	
	Socialization and Communication Skills ²	104	3,11	0,85			
	Teamwork and Cooperation ³	65	3,29	0,81			
Water Threats	Personal Development and Time Management ¹	128	3,34	0,93	3,417	,034*	1>2
	Socialization and Communication Skills ²	104	3,02	0,93			
	Teamwork and Cooperation ³	65	3,25	0,91			
Weather Conditions	Personal Development and Time Management ¹	128	3,43	0,85	1,492	,227	
	Socialization and Communication Skills ²	104	3,23	0,91			
	Teamwork and Cooperation ³	65	3,35	0,81			
SES	Personal Development and Time Management ¹	128	4,08	0,41	3,325	,037*	1>2
	Socialization and Communication Skills ²	104	3,93	0,52			
	Teamwork and Cooperation ³	65	4,04	0,43			
Vigor	Personal Development and Time Management ¹	128	4,10	0,48	1,531	,218	
	Socialization and Communication Skills ²	104	4,00	0,57			
	Teamwork and Cooperation ³	65	4,11	0,50			
Dedication	Personal Development and Time Management ¹	128	4,10	0,51	4,901	,008*	1>2
	Socialization and Communication Skills ²	104	3,87	0,58			
	Teamwork and Cooperation ³	65	4,02	0,53			
Absorbation	Personal Development and Time Management ¹	128	4,04	0,51	1,685	,187	
	Socialization and Communication Skills ²	104	3,91	0,60			
	Teamwork and Cooperation ³	65	3,99	0,54			

*p<.05

Table 8 shows the findings of the one-way analysis of variance ANOVA test conducted to determine the relationship between the benefits obtained from skiing and the measurement tools. According to the findings, it was found that the benefit variable differed significantly between Personal Development and Time Management and Socialization and Communication Skills benefits in favor of Personal Development and Time Management in the water threats sub-dimension of the T-ABSS scale, and between Personal Development and Time Management and Socialization and Communication Skills benefits in the total scores and dedication sub-dimension of the SES scale in favor of Personal Development and Time Management. It can be said that personal development and time management benefits from skiing contribute to individuals' higher awareness and motivation in areas such as adventure seeking, sports commitment and risk perception, whereas focusing on teamwork and

cooperation may reduce individual risk taking and dedication by focusing more on collective goals, thus different benefits affect individuals' attitudes towards sports in various ways.

3. Discussion

According to the results obtained from the current study, which was conducted to examine the status of adventure behavior seeking and sport commitment levels of individuals skiing in ski resorts in terms of some demographic variables, it was determined that the participants in the study had average levels of adventure behavior seeking and high levels of sport commitment. When the literature is examined, it has been determined that young adults participating in extreme sports activities have average levels of adventure behavior seeking levels (Keane et al., 2019) and individuals participating in outdoor recreational activities have average levels of adventure behavior seeking levels (Yumuk, 2023) and these results support the current study. In addition, it is possible to come across studies that support the current study in terms of sports commitment levels in the literature. According to the results of the study conducted by Kül Avan and Parlakyıldız (2024), it was determined that the sports commitment levels of master athletes were high. In addition, in the results of the study conducted by Han and Polat (2022), it was determined that individuals interested in winter sports had high levels of sports commitment. Together with these results in the literature, it can be said that Turkish sportive and recreational participants have average levels of intention to seek adventure behaviour, and in addition, their commitment to sports may be high regardless of the type of sportive activity. According to the results of the independent sample t-test conducted to determine the effect of gender of skiers on adventure behaviour seeking and sports commitment levels, it was determined that gender was not a significant differentiator. When the literature is examined, it is possible to come across studies with significant results contrary to the current study (Gülen et al., 2021; Özgün et al., 2021; Yumuk, 2023; Avşar & Güzel Gürbüz, 2024). In addition, there are studies in the literature that support the current study (Dinçer, 2020; Can & Kızılet, 2020). When these results are examined, it can be said that gender variables can change the levels of adventure behaviour seeking and sports commitment levels according to the sporting activity. It was determined that the level of seeking adventure behaviour increased significantly as the age level decreased. On the other hand, it was determined that the age variable did not significantly differentiate the levels of sports commitment. Although no significant differences were found in sports commitment levels according to the age variable, it was determined that individuals between the ages of 21-25 had higher levels of sports commitment. This may be because individuals in this age group may allocate more time to sports due to both personal and social interactions. In contrast to this result, according to Próchniak (2017), the increased experience of participating in outdoor activities such as skiing leads to increased levels of adventure behaviour seeking. This finding supports that young individuals may seek more new experiences and are more prone to adventurous activities. On the other hand, the fact that there is no significant age-related difference in the levels of sports commitment indicates that interest and commitment to sports are not limited to a certain age group and that different age groups may show similar levels of sports commitment. This may indicate that sport can play an important role at every stage of life.

According to the results of the current study, adventure behavior-seeking levels and sport commitment levels differ significantly according to the level of skiing. These significant differences differ significantly for both levels in favour of the participants who practice skiing professionally. Müller and Liu (2018) stated that ski sports such as biathlon are complex and difficult in terms of physical, technical and tactical aspects. In the current study, both adventure behaviour seeking and sport commitment levels differed significantly in favour of participants who ski professionally because skiing is a sport that requires more effort, effort and talent, and

people who do this sport professionally can meet these requirements. In addition, it can be said that skiing at a professional level requires a high level of dedication not only physically but also psychologically, and therefore professional skiers have higher levels of adventure-seeking and sports commitment.

Duration of skiing, i.e. experience, is a variable that helps to increase adventure behaviour seeking and sport commitment. The findings obtained from the one-way analysis of variance ANOVA test in Table 6 reveal this result. According to the table, the significant differences detected change in favour of individuals who are interested in skiing for a longer period. According to the results of the study conducted by Kül Avan and Parlakyıldız (2024), the number of weekly training sessions is a significant differentiator for sports commitment and these significant differences increase as the number of training sessions increases. Although not all of the groups participating in the study are not practising professionally, it can be said that as the years of practising skiing increase, this sport is practised more frequently, in other words, more training is done. This situation can be said to cause this sport to be adopted more over time and individuals to be more engaged in the sport. It can be thought that individuals who practice skiing for a long time invest more in this sport both physically and mentally by training more frequently and therefore their commitment to the sport increases.

In Table 7, a one-way analysis of variance ANOVA test was conducted to determine the relationship between the type of skiing and the measurement tools. According to the results obtained from the analysis findings, it was determined that the levels of adventure behaviour seeking and sport commitment levels changed significantly in favour of individuals interested in biathlon type of skiing. Biathlon is a sport that combines cross-country ski skating with rifle marksmanship and requires extensive aerobic capacity and precision shooting while recovering from high-intensity skiing. As such, biathlon performance is influenced by physiological and biomechanical factors, shooting technique and psychophysiological aspects of shooting performance. Biathlon is a demanding endurance sport that requires high aerobic capacity, precision shooting, and effective training (Laaksonen et al., 2018). In addition, according to Kerr and Mackenzie (2012), participants in adventure sports have many motives such as goal achievement, risk-taking, social motivation, escaping boredom, and connecting with nature.

Some of the benefits that can be gained from skiing include personal development and time management, socialization and communication skills, teamwork and cooperation. Participants were asked to indicate the benefits they derived from participating in skiing. Accordingly, a one-way analysis of variance ANOVA test was applied in Table 9 to determine the relationship between the results obtained by the participants from this sport and the measurement tools. According to the findings, it was determined that the benefit variable showed a significant difference between Personal Development and Time Management and Socialization and Communication Skills benefits in favour of Personal Development and Time Management in the water threats sub-dimension of the T-USAS scale, and between Personal Development and Time Management and Socialization and Communication Skills benefits in the total scores and dedication sub-dimension of the SES scale in favour of Personal Development and Time Management. It can be said that the personal development and time management benefits of skiing contribute to higher awareness and motivation in areas such as adventure seeking, sports commitment and risk perception, while focusing on teamwork and cooperation may reduce individual risk-taking and commitment by focusing more on collective goals, thus different benefits affect individuals' attitudes towards sports in various ways. It can be argued that focusing on individual benefits such as personal development and time management may contribute to higher awareness and motivation in areas such as adventure seeking, sports commitment and risk perception and that these individual benefits may increase motivation for personal achievement. On the other hand, it can be emphasized that focusing on teamwork and cooperation may direct individuals' individual motivation towards sport towards more

collective goals, and therefore may lead to a decrease in personal factors such as risk-taking and sports commitment. It can be stated that personal development and time management benefits reinforce individuals' desire to succeed individually in sports, which positively reflects on their adventure-seeking and commitment to sports. In this context, it can be stated that personal development-oriented benefits help individuals to be motivated to further develop themselves in sports and to cope with challenges. These findings may help us better understand how sport shapes individuals' relationships with sport while addressing various dimensions of sport such as personal development and teamwork.

4. Results

As a result, this study revealed that the adventure-seeking and sport commitment levels of individuals participating in skiing sport showed significant differences according to various demographic and participation variables such as age, gender, duration of practising sport and sport type. In particular, it was determined that individuals who skied professionally and engaged in complex sports such as biathlon had higher levels of adventure-seeking and sport commitment. Furthermore, individual benefits such as personal development and time management were found to lead to higher awareness and motivation in these areas, whereas a focus on teamwork and cooperation may have negative effects on individual risk-taking and commitment. These findings provide valuable insights into how sport shapes individuals' commitment to sport and their pursuit of adventure, taking into account various dimensions of sport such as personal development, teamwork and motivation.

Recommendations

According to the results obtained from this study, the researchers suggest the following: Education and awareness programs for young individuals and professional athletes should be organized to increase their level of adventure-seeking and commitment to sport. These programs can provide participants with information about risk management, coping with challenges, and the contribution of sport to individual development, and encourage them to engage in sports consciously. In this way, athletes' interest in sports may increase and their level of commitment to sports may increase in the long term.

Special training programs should be created to support athletes' personal development and improve their time management skills. These programs can help athletes both increase their success and achieve their sport-related goals. Time management strengthens athletes' commitment to sport by enabling them to balance training and personal responsibilities.

Collaborative activities should be organized to encourage teamwork and develop social skills. These activities should support individual motivation while strengthening team dynamics. By balancing individual and team achievements, commitment to sport can be increased at both individual and team levels.

Increasing the duration of sports participation can strengthen the commitment to sports. Regular training incentives should be offered, especially for sports with a high degree of difficulty. Long-term sporting habits allow athletes to develop a lasting commitment to sport by increasing both their physical and mental endurance.

Specific support programs should be developed for complex sports such as biathlon. These programs help athletes to increase their physical and mental endurance, enabling them to achieve high levels of performance and commitment to the sport.

Extensive research should be conducted to understand the effects of sport on different demographic groups. By identifying the needs of athletes, this research allows for the development of more effective training and support programs. In addition, personalizing athlete support programs, can contribute to maximizing the performance of athletes.

5. References

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