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### THE ROLE OF MASS SPORTS IN EDUCATION OF THE REPUBLIC OF TURKEY

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### The role of mass sports in education of the Republic of Turkey

Annotation. The scientific article views the mass sports events in the Republic of Turkey, the state and place of mass sport in the world. Sport is closely related to human nature and there is no limited definition of it. This is because the feasibilities of sports and their benefits to the human body are endless. Games, activities and competitions, perceived as sports, are developing and improving over time. Sport is for children, sports is for young and old, sport is for people with disabilities, sport is for men and women, sport is for the rich and the poor, sport is for the masses. Mass sports aims to involve the entire population in physical activity and sports activities and to improve the quality of life of everyone, from childhood to the end of life, to live a healthy and happy life. The research has been conducted by face-to-face interview method. Particularly competent in the field of mass sports highly qualified specialists and professors of the Republic of Turkey are involved as respondents.

Key words: Republic of Turkey, mass sport, healthy lifestyle, education.

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### Түркия Республикасы бұқаралық спортының білім берудегі алатын орны

Аңдатпа. Бұл мақалада Түркия Республикасындағы бұқаралық спорт шаралары, бұқаралық спорттың әлемдік деңгейдегі жағдайы мен білім берудегі алатын орны жайында баяндалды. Аталмыш ғылыми мақалада зерттеудің жүзбе-жүз сұхбаттасу әдісі қолданылды. Респондент ретінде зерттеу тақырыбын толық меңгерген, Түркия Республикасының бұқаралық спорт саласын жан-жақты білетін арнайы мамандар мен профессорлар қатыстырылды. Адамзаттың жаратылысынан бүгінгі күнге дейін онымен тығыз байланыста жүретін спорттың шектеулі түрде анықтамасы жоқ. Себебі спорттың мүмкіндігі де, адам ағзасына тигізер пайдасы да шексіз. Спорт ретінде қабылданған ойындар, қимыл-қозғалыстар мен жарыстар уақыт өткен сайын даму мен жетілдіру үстінде. Спорт – бала үшін, спорт – жас пен көрі үшін, спорт – мүмкіндігі шектеулілер үшін, спорт – ер мен әйел үшін, спорт – бай мен кедей үшін, спорт – бұқара халық үшін. Бұқаралық спорт – барша халықты дене жаттығулары мен спорттық шараларға қатыстыруды және кез келген адамның, бала кезінен өмірінің соңына дейін өмір сүру сапасын арттыруды, дені сау, бақытты өмір сүруін мақсат етеді.

Түйін сөздер: Түркия Республикасы, бұқаралық спорт, салауатты өмір сүру салты, білім беру.

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### Роль массового спорта в системе образовании в Турецкой Республике

Аннотация. В научной статье рассматриваются массовые спортивные мероприятия в Республике Турции, состояние и место массового спорта в мире и в образовании, а также особенности преподавания массового спорта. Спорт тесно связан с человеческой природой, и ему нет ограниченного определения. Это потому, что возможности спорта и их польза для человеческого организма безграничны. Игры, мероприятия и соревнования, воспринимаемые как спорт, со временем развиваются и совершенствуются. Спорт для детей, спорт для молодых и пожилых, спорт для людей с ограниченными возможностями, спорт для мужчин и женщин, спорт для богатых и бедных, спорт для масс. Массовый спорт направлен на вовлечение всего населения в физическую активность и занятия спортом, а также на улучшение качества жизни каждого, от детства до конца жизни, чтобы жить здоровой и счастливой жизнью. Исследование проводилось методом личного интервью. Специалисты и профессора, привлеченные в качестве респондентов, обладают высокой квалификацией в предмете исследования и особенно компетентны в области массового спорта Республики Турции.

Ключевые слова: Турецкая Республика, массовый спорт, здоровый образ жизни, образование.

**Introduction.** Physical culture is a special kind of cultural activity, useful for society and personality. Physical culture is educational, health and socio-cultural impact on social life, education, everyday life, leisure. This is the joint activity of people in use, dissemination and multiplication of the values of physical culture.

The concept of "mass sport" was first proposed in 1919 by Baron Pierre De Coubertin, the founder of the International Olympic Movement. In the past, rich and free travelers were involved in sports. For 30 years, Coubertin worked to introduce bourgeois sports to the world. The notion that "every sport is for the masses" has become a way of life, no longer a utopian dream, but a result of many years of efforts. Today, sports are becoming an important part of life, especially for young people (Kartakoullis, 2009) [1].

Included in the system of education and training, mass sports characterizes the physical training of people, from the development of physical abilities to the acquisition of the fund of vitally important motor skills.

Mass sports is a prerequisite for the development of integrated personal qualities, conditions and prerequisites for effective educational and professional activity, it reflexes professional culture of the future specialist and the goal of development and perfection. It is characterized by a free, conscious self-determination of a society, as well as individuals.

The concept of sports in the modern world, regardless of the socio-political, economic and social conditions of countries around the world, is an important tool for uniting the peoples of the world (Nuhu, 2010) [2]. International sports competitions such as the Olympic Games, the FIFA World Cup, the World Cup are the proof of this. Sports festivals from all over the world gather all types of people at sports festivals, regardless of whether they are rich or poor, black or white, making people kin.

According to Kuzino, the main purpose of mass sports is to create a democratic sports environment, the second goal is to promote a healthy lifestyle. According to Ravenskroff, mass sports is a set of six important goals: increasing the number of people involved in sports, using sport for medical treatment, improving human well-being, improving the morale of young people, personal development and good and meaningful use of leisure time (Aman, 2009) [3].

We should also define the term "elite sports" along with the term "mass sports", Elite sports can be described as high-performance sports. Because the *elite* means the highest level. Elite sports are often recognized as an important element in motivat-

ing participants. For example, the Olympic Games increase the interest of the public in sports by involving more people in sports and rewarding the winners (Pope, 2011) [4].

Not all groups of society can play sports at the elite level. In addition, their attitudes toward sports may have different purposes. For example, being a spectator in sports, exercising in order to maintain a healthy lifestyle, participating in sports activities as a hobby, doing sports for amateur purposes. Therefore, mass sports do not include specialized sports competitions, but sports recreational activities. Mass sports is a concept that includes participants in sports schools, including education, tourism, rehabilitation programs, nature walks, age and health conditions, including the concept of sports rehabilitation.

The aim of the research. Based on our research topic, we decided to define the following goals:

- Demonstrate the importance of sports in society;
  - Explain the concept of mass sports;
  - Providing information on world sports events;
- To determine the level of mass sports in Turkey;
- Demonstration of the influence of the Mass
   Sports Federation of the Republic of Turkey;
- Identify the features of the system of mass sports in the Republic of Turkey;
- Emphasize the importance of the role of mass sports in educating society and individuals
- Describe the peculiarities of teaching and educating children in preschool institutions through participation in mass sports events.

Research methods and methodologies. In this section, we have defined the content of the "mass sports" and "face-to-face" methods based on the research of foreign and Turkish scientists. We also talked about the features, advantages and disadvantages of this method and the method we used in our scientific article.

Pinar Güzel's face-to-face interview with the participation of the International Olympic Committee representatives, supported by the Turkish National Olympic Committee at the XIII World Mass Sports Congress in Finland, identified world-class issues in mass sports (Pinar, 2011) [5].

Mantegazza proved with his method of studying mass sports by various examples that professional athletes develop themselves through a certain sport, but not all people have such an opportunity. Raising this issue, he suggested that each state should pay real attention to mass sports (Mantegazza, 2009) [6]. One of the main tasks of the state is to provide

adolescents and adults with the right information and the right ideology on the topics of alcoholism, smoking, nutrition, hygiene and health.

Trul and Magnanini proved on the basis of their research that new sports may emerge during the formation of the model of mass sports in Italy, and that the development of mass sports can change society for the better (Magnanini, 2015) [7]. Indeed, if we develop mass sports and form them on a regular basis, we will be able to help young people avoid harmful substances and improve the health of the population.

Zorba's study of global sports found that more than 40% of the population in the United States and Australia are involved in mass sports (Zorba, 2014) [8]. Currently, many countries are taking measures to develop mass sports, because the only way to build a healthy lifestyle is to do sports and exercise.

Sekaran Uma's study of research methods found that data collection required communication with people (Sekaran, 1999) [9]. Lale Erdem has proven that this connection can be achieved through face-to-face interviews or telephone interviews, mailing a questionnaire, or using a combination of these methods (Erdem, 2007) [10]. Which of these methods you choose to collect data from is one of the decisions you make during your research.

Reaves argued that it was necessary to take into account various inconveniences when the necessary information was obtained through face-to-face interviews with direct respondents. The main feature of the method of face-to-face interview is the ability to get accurate information on the desired topic (Reaves, 1999) [11]. This method, like other research methods, has advantages and disadvantages.

Table 1 - Advantages of face-to-face interview method according to the concept developed by Bir A., Hosjan J., Kirdjaly-Itfar G., Odabasy J., Ozdamar K., Ozmen A. and Uzuner J. [12]

# Advantages of face-to-face interview method:

### - Being able to explain in detail what the interviewer did not understand by giving various examples of questions;

- Getting to know the opinions of the respondent on a particular topic, to have accurate information about the study of this topic;
- Questions can be easily understood by using visual aids;
- It is possible to increase the speed of response by explaining the importance of questions and ensuring confidentiality;
- In some cases, timely access to respondents is easier than with other methods. For example, we can get to know the views of people on a new film right from the cinema house on the spur of the moment;
- Having the opportunity for longer conversations than telephone surveys;
- The researcher will be able to control the time spent for answering questions;
- It's possible to avoid the situations, when as a result of boredom, the respondent does not finish the questions, or leaves halfway;
- There will be an opportunity to talk to people from low-income families, people with certain religious beliefs, people with certain diseases, people who for important reasons cannot go to public places.

Table 2 - Disadvantages of the face-to-face interview method according to the study of Bas T. [13]

# interview method:

- Although the interviewer tries not to give the answer to the question, the results may be one-sided. For example, with some gestures, the interviewer unintentionally informs the respondent which answer is correct. In this case, the reliability of the research is compromised;
- In some cases, meeting with respondents may lead to additional financial costs for the press or the interviewer;
- Such a method can cause significant economic losses for the respondent;
- It takes a long time to get results;
- The tendency to reduce costs leads to errors in the survey results;
- In some cases, the presence of two different respondents in the same environment as the interviewer may be dangerous;
- It can be difficult to find a respondent at home or to set aside time for a meeting. In this case, the costs for the interviewer increase and the result takes a long time;
- The interviewer can use the answers to achieve their own desired result.

In this research, the face-to-face interview method was used. Using this research method,

we decided to meet with three experts who are competent in the topic of research. They are:

- I. President of the Balkan Mass Sports Federation, Honorary Member of the Mass Sports Federation of the Republic of Turkey from 2008 to 2017, Advisor to the Rector of Gazi University, Doctor of Sports, Professor Erdal Zorba.
- II. President of the International Boccheral (Petank) Federation (CBI), President of the Bocche Bowling and Darts Federation of the Republic of Turkey, Foreign Affairs Coordinator of the Mass Sports Federation of the Republic of Turkey, Vice-Rector of Bayburt University, Doctor of Sports, Professor Mutlu Turkmen.
- III. Deputy Chief of Staff of the Mass Sports Federation of the Republic of Turkey Jenan Eruzun.

Research results and discussion. To date, many studies on mass sports have been conducted in the foreign countries, especially in European countries. There is less research on this topic in the

Kazakh and Turkish publications than in foreign ones. As a result of his research on mass sports, Magnanini proposed the formation of a model of "world mass sports". In his study, he stated that the formation and teaching a model of mass sports can not only increase the interest of people with disabilities in sports and provide them with a good opportunity to form a healthy lifestyle, but also teaching them basis of mass sports (Magnanini, 2010) [14].

According to the results of Zorba's research, the formation of the Olympic movement found that mass sports have a special impact. One of the main principles of the International Olympic Committee is the development of mass sports, which affects the perception of sports culture of the world population, their physical, psychological and social development (Zorba, 2009) [15].

Table 3 - The result determined with the participation of the respondent #I on the basis of the face-to-face interview method

№	Questions	Answers
11	How is the structure of the of mass sports events implemented in Turkey?	The main government agencies responsible for mass sports events in Turkey are located in the following order: Ministry of Youth and Sports of the Republic of Turkey - Federation of Mass Sports of the Republic of Turkey (main force) - Administrative Offices of Turkey - Higher Education Institutions - Special Educational Institutions
22	When was the Mass Sports Federation of the Republic of Turkey established and what is its purpose?	The Mass Sports Federation of the Republic of Turkey was established on June 12, 1990. Purpose:  To create conditions for engaging in mass sports our compatriots between the ages of 3 and 93, keeping in mind their physical capabilities, gender, social status and national identity; Taking into account the economic situation of the population to ensure their participation in mass sports, if necessary, through negotiations with government agencies and individual entrepreneurs; Organization of mass sports events, competitions, conferences, seminars, meetings, courses, symposiums and festivals at the international and national levels, etc.
33	How is information about sports events and programs made available to the public?	The information is disseminated to the public with the help of television, newspapers and magazines, websites, various advertisements, social networks and institutions hosting the event. In addition, the application «HisApp», which can be used on smartphones and computers, was recently launched.
44	What are the specific features of the "HisApp" program? Also, what are the advantages of this program for teaching mass sports?	"HisApp" is a project developed by the Turkish Mass Sports Federation. This is an unprecedented program in the world. With the free application "HisApp" you will be able to play sports anytime, anywhere with the help of downloaded videos. An irreplaceable project for people with disabilities, people who cannot go to the gym (work, health, age, gender).  Through HisApp, children in schools and kindergartens can access new types of sports and games using the features of modern education. "HisApp" has a total of about 950 training videos.
55	To what extent do the measures taken by the Turkish Mass Sports Federation contribute to improving the health of the population?	Health, education and sports are inseparable. The involvement of the population in sports and physical activity improves the quality of life of the population.  Only a healthy generation can keep up with education and science. A mentally and physically healthy generation is fully capable of learning new learning technologies. Every sporting event will improve the health of the population. As a result of sports, young people avoid bad habits. As a result of physical activity of our retired compatriots, their health will improve.

Table 4 - The result determined with the participation of the respondent #II on the basis of the face-to-face interview method

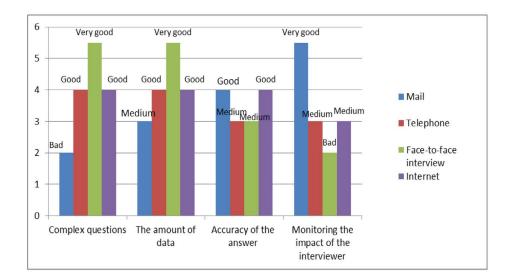
Respondent II: President of the International Bocca (Petank) Federation (CBI), President of the Boccheral Bowling and Darts Federation of the Republic of Turkey, Foreign Affairs Coordinator of the Mass Sports Federation of the Republic of Turkey, Rector of Bayburt University, Doctor of Sports, Professor Mutlu Turkmen

№	Questions	Answers
1	What are the features of the phased development strategy of the Turkish Mass Sports Federation?	We will consider the following stages:  - Formation of physical culture and sports from 1990 to 1995;  - Carrying out of sports actions of a new direction from 1995 to 2000;  - Passive period from 2000 to 2008;  - The period of reorganization and internationalization since 2008.
2	To date, what large-scale measures have been taken to internationalize the Mass Sports Federation?	In order to internationalize the Federation of Mass Sports, the following measures were taken: 22nd World TAFISA Congress - Antalya (2011); the Balkan International Sports Federation- Istanbul (2010); International mass sports festivals of the Balkans - Edirne (2010) and Bodrum (2011); Mass sports seminars of the Balkans - Istanbul, Antalya, Sarajevo (2012, 2014, 2015); TAFISA CLC courses Izmir (2010) and Ankara (2014); International mass sports congresses - Antalya (2009 - 2012); Experience exchange programs between South Korea, Romania, Tunisia, Bulgaria and Turkey, Various TAFISA YKT and seminars were held from 2010 to 2016.
3	What is the main mission TAFISA?	TAFISA means the International Mass Sports Association. The association that unites all federations and organizations that shapes mass sports events around the world. It has 170 member states around the world.
4	What is the level of mass sports events in Turkey compared to the rest of the world and Europe?	In general, each state carries out mass sports events at different levels, on the basis of the responsibility of different institutions. The Republic of Turkey actively participates in all international sports projects between international and European countries. We are one of the leading countries in the organization of mass sports events, and in the provision of the population with sports events.
5	During the pandemic, we once again realized the importance of sports in the world. In this regard, what do you think should be the position of the Turkish people in sports and the main position in the teaching of mass sports?	Unfortunately, Turkey is one of the leading countries in terms of obesity. This is a dangerous indicator. At the state level, we must pay attention to the further development of mass sports. It is necessary to regularly participate in sports events that involve the general population. We need to exercise regularly for 45 minutes three times a week. Everyone should make it a habit to walk 10,000 steps a day. This is because if a person is constantly on the move, they will be in good health and have a high immunity. It is necessary to introduce mass sports education not only in educational institutions that train specialists in «Physical Culture and Sports», but also in all educational institutions, all specialities and kindergartens.

Table 5 - The result determined with the participation of the respondent #III on the basis of the face-to-face interview method

Respondent III: Deputy Chief of Staff of the Mass Sports Federation of the Republic of Turkey Jenan Eruzun.				
№	Questions	Answers		
1 1	What is the budget of the Turkish Mass Sports Federation?	The federation's budget in 2008 was only 50,000 liras. In other words, in terms of budget, it ranked 49-50 among the 50 federations at that time. In 2009, the budget increased 10 times. In 2010, this figure increased 50 times. The budget for 2020 has been increased by 4,140,030.77 liras.		
2 2		Funding of the Turkish Mass Sports Federation comes from the Sports Affairs Directorate of the Republic of Turkey, Spor Toto organization, the federation's own budget and sponsorship of individual entrepreneurs for a particular event.		
3 3		(1) We form the concept of sports in the minds of children aged 3-5, first of all, through our coloring magazines for sports exercises, sports items and sports venues. (2) We provide them with physical exercises through videos. (3) Through interactive sports games, we allow children to increase their interest in sports and learn new forms of learning.		

4 4	There are «Yoga», «Wellnes» and «Coaching» courses in the Federation. Additionally, graduates of these courses can work in gyms, sports clubs and fitness clubs as well as being authorized to open sports centers.
5 5	* '



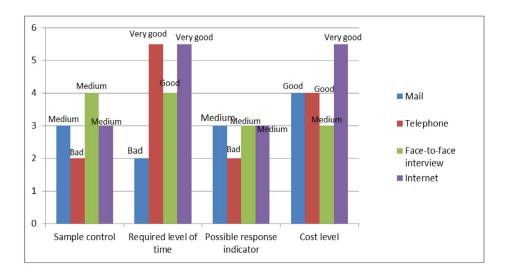


Figure 1 – The data collected during the study of information on mass sports



Figure 2 - Scenes from international sports events held in Turkey



Figure 3 - Scenes from national sports events held in Turkey

**Conclusion.** "Some people spend their whole lives doing the impossible. And some don't want to take a minute to do what they can." (Nuwit Osmay). Not everyone can afford to go in for specialized or professional sports. However, all healthy people have the opportunity to exercise.

Mass sports - ensures that people improve their health through sports and physical activity. Regular physical activity can improve the health of people and give birth to a healthy offspring. Because sport is a guarantee of health.

With the high level of support for sports throughout the world, sports professionals and athletes can achieve high results. Conversely, the level of development of sports and the population's indifference to physical culture can have a negative impact on economic growth of the country.

Only a healthy, educated and well-prepared population can make a significant contribution to improving the competitiveness of the state. The only way to improve the health of the population is the development of mass sports. At a time when there is little movement, it is necessary to develop mass sports in order to improve the health of the population and ensure their healthy lifestyle.

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