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## The relationship between subjective wellbeing and attitude towards physical education and sports: Example of vocational high school

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Subjective well-being (SWB) can be described as people's cognitive and emotional evaluations about their own lives. Attitude towards physical education and sports plays a decisive role in one's physical activity level. The purpose of this study was to investigate the relationship between SWB and attitude towards physical education and sports. 336 students (266 male, 70 female) participated in this study. Physical education and sports attitude scale which contained 24 items (12 negative, 12 positive) and developed by Demirhan and Altay (2001) and adolescent subjective wellbeing scale which contained 15 items and developed by Eryılmaz (2009) were used as data collection tools. Collected data was analysed by SPSS 22. Independent samples t-test, Kruskal Wallis, Mann Whitney-U and Bivariate Correlation tests were used. The Cronbach Alpha reliability values were calculated as .840 for physical education and sports attitude scale and .915 for SWB. Statistically significant difference was found between the licensed athlete-students and non-licensed students ( $p < .05$ ) in physical education and sports attitude scale. As the physical education and sports attitude scores increased, it was seen that physical activity levels also increased. Moderate positive correlation was found between physical education and sports attitude scale and adolescent SWB scale scores [ $r(336) = .306$ ;  $p < .01$ ]. It can be concluded that doing sports as licensed has a positive impact on SWB. Students with high levels of attitude towards physical education and sports subjectively feel better than the rest which means being physically active can affect your mental health positively. These findings are in parallel with the literature.

### Biography

Serdar Kocaekşi has completed his PhD at Hacettepe University in 2010. He is the Head of Physical Education and Sports Teaching department in Sport Sciences Faculty of Anadolu University since 2014. He published more than 15 papers in scientific journals.

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