



Content Analysis of Autism with Sports Activity in Turkey

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Abstract

Objective: This research was carried out with the aim of examining the thesis studies prepared after undergraduate education in the field of Sports Science for individuals diagnosed with Autism Spectrum Disorder (ASD) in Turkey between 2010-2020 in terms of different variables. 7 doctoral and 22 master's thesis studies were included in the research.

Methods: The research method is qualitative and the document analysis technique is used. The studies were examined in terms of subject distribution, Year, Level, University, Department, title of faculty members, sample type, sample size and data collection tools variables.

Results: As a result of the research, when examined according to the distribution of the subject, it was observed that the most were done in the field of social competencies and that the master's and doctoral thesis on sports activity and autism was not found before 2013, but the most dissertations were prepared in 2019. It was determined that children diagnosed with ASD in the sample type of graduate theses prepared, studies prepared with 100 or fewer participants in the sample size, and motor performance and physical fitness tests were more preferred than data collection tools.

Conclusion: This study, which was prepared in the field of autism and sports activity, content analysis for postgraduate studies published in this area, for example, previously prepared for work in the field of autism, and it also sports activity of the findings from this study and the lack of sports activity in the field of autism and it is important to provide information for theses. In addition, the compilation of 10-year master's and doctoral thesis studies can provide important information to guide researchers who are familiar with concepts specific to scientific research methods for the first time.

Keywords: Sports; Autism; Graduate; Content Analysis

Introduction and Theoretical Framework

"Showing the first signs autism spectrum disorder in early childhood, individuals with a negative influence on social interaction and communication skills, obsessive, repetitive behaviors and interests with the limitations in a developmental disorder that manifests itself" [1]. According to another definition, autism is a brain injury that causes

a perception problem. Different perception, different interpretation of perceptions in the brain causes some different behaviors in an individual's actions, and this is interpreted as autism [2].

As can be seen from the definitions, autism affects people's development throughout their lives [3]. Autism is known as a problem associated with communication,

socialization, mental lateness that continues throughout their lives, starting from the early stages of an individual's life. Although it is not very common, it affects the life of a person and their family [4]. Autism is a developmental problem manifested by limited attention, repetitive and obsessive actions, as well as social skills and inability to communicate in the early years of childhood due to a wide range of reasons. Experienced difficulty in learning the language of individuals who are diagnosed with autism, self-conscious, the same behavior is persistent in being closed to changes, being in favor of uniformity, abstract schemas my time to learn to understand it, the inability to recognize the spoken words, individuals with social communication problems and lack of eye contact are the most evident features [5]. People with autism experience various problems in communicating with other people. Although individuals with autism appear to be quite healthy in terms of their external images, their motor development varies compared to their peers. Although many abilities are thought to be able to do so at the specified time, they are physically incapable of revealing these abilities. It seems that individuals with autism are not good at making a move compared to their non-autism peers [6].

A sedentary life, lack of sports and physical activity can also lead to very important problems in a person's life. In a Normal way, children spend the growth process by playing games and various activities, while children who want special attention cannot do these activities at the desired level. This can cause the growth and development of people with disabilities to lag behind [7]. These children, who grow up in a limited environment, are also negatively affected psychologically. Along with physical problems, hormonal disorders, behavioral problems, lack of self-confidence, failure to participate in activities, anxiety, sadness, inability to communicate healthily, overreaction or not reacting at all cause extremely important problems. This situation is negatively reflected in the quality of life of people with disabilities. In addition, side effects and inactivity of the drugs used can cause children with autism to experience a number of problems, such as weakness, too much weight, various vascular diseases, due to novelization of the musculoskeletal system in later times. Even in children with autism who are extremely mobile, there is no endurance and continuity of movement due to the fact that their aerobic capacity does not fully develop [8]. Children with autism have a negative impact on their social-sensory development [9] even their lack of response to the emotional behavior of the mother, who meets their basic needs to live their lives, is bored with social communication, or even their resistance to not communicating. Power, self-control, endurance, speed, balance, agility, flexibility, and motor competencies in terms of physical abilities such as autism, with non-back for the kids from their peers, initially only over time while the understanding of physical rehabilitation of you might think

that enough has changed, however, have been differentiated in the desired goal. At the point reached today, it is no longer aimed to achieve freedom of movement by improving a disabled person, but to reach a state of an individual who is free from being dependent in his life and can continue his life without needing other people. In order to achieve this result, a new motivation and a new excitement were given to the disabled person, unlike routine ongoing treatment methods [10]. At this point, Sport takes on a very important task by allowing individuals who need special attention to spend time with other individuals [11-18].

Problem State

In this study, an overview of the field of sports activity and autism was provided in terms of different variables of post-undergraduate theses published in the Higher Education Board (HEB) thesis center between 2010-2020. In accordance with the purpose of the prepared conflict, answers to the following questions were sought.

1. How is the distribution of sports activity and autism post-undergraduate thesis studies according to their subjects?
2. How is the distribution of post-undergraduate thesis studies on sports activity and autism by year?
3. How is the distribution of post-undergraduate thesis studies on sports activity and autism according to their level?

Limitations

This study was prepared with 29 post-undergraduate theses on sports and autism shared by the HEB thesis center between 2010-2020.

Methods

Model of Research

In this study, document analysis technique, which is one of the qualitative research methods, was applied when analyzing the post-undergraduate theses prepared on sports and autism.

Universe and sample

The universe of research is the master's and doctoral theses prepared in the field of sports and autism. In the sample, criteria sampling from objective sampling was used. In this study, the preparation of theses in the range of 2010-2020 and registration in the YÖK thesis Center are criteria. For this research, department of disability studies, physical education and Sport Science Department of Psychology Department of Management Department of Sport Sciences,

Department of Psychosocial Domains in Sport, Coaching Education, Department of recreation management postgraduate thesis has been examined by the department created 29.

Collection and analysis of data

A total of 29 graduate theses, including 22 master's 7 doctoral theses published in 2010-2020, were reached and analyzed in the dissertation Screening Center with the words autism, Sports, Sports Activity. A dissertation analysis form was created for the purpose of the study to analyze the master's and doctoral theses obtained. In accordance with this form, theses have been studied and carefully scanned. In the prepared form, the type, subject, year, university where the study was conducted, working group, type of research, sample, sample size, data collection tools and statistics used in data analysis are available.

Results

In this study, which analyzed master's and doctoral theses on sports activity and autism according to some variables, the following findings were determined.

Findings On The First Problem Of The Research

The results of the distribution of the master's and doctoral thesis studies analyzed by subject are shown in (Table 1).

Topic distribution	N	%
Factors affecting the participation of children diagnosed with ASD in sports activities	2	7
Effect of participation of children diagnosed with ASD in sports activities on fine and coarse motor skills	6	21
Effect of participation of children diagnosed with ASD in sports activities on social competencies	13	44
The effect of participation of children diagnosed with ASD in sports activities on parents	3	11
Impact of participation of children diagnosed with ASD in sports activities on quality of life	5	17
Total	29	100

Table 1: Distribution by topic.

Table 1 is examined, 'the sporting activities of children who had been diagnosed ASD of the factors that affect their participation in 2 (7%), with children who had been

diagnosed ASD participation in sporting activities of its impact on the field of fine and gross motor skills in 6 (22%) for children who had been diagnosed ASD effect on participation in sports activities in the field of social competencies, 13 (44%), and parents of children who had been diagnosed ASD participation in sporting activities in the area of Effect 3 (%11), 5 (17%) in the field of the impact of participation in sports activities on quality of life of children diagnosed with ASD, a total of 29 theses were reached. Master's and doctoral theses prepared in the field of sports activity and autism are also studied, and it seems that the dissertation is also prepared in the field of social competencies. As a reason for this, children diagnosed with ASD can be shown weakness in social interaction.

Findings On The Second Problem Of The Research

The distribution of Master's and doctoral thesis studies on sports activity and autism by year is shown in (Table 2).

Dissertations by year	N	%
2013	1	3
2014	3	10
2015	2	7
2016	7	24
2017	4	14
2018	3	11
2019	9	31
Total	29	100

Table 2: Dissertations by year.

In Table 2, a distribution of 1 (3%) in 2013, 3 (10%) in 2014, 2 (7%) in 2015, 7 (24%) in 2016, 4 (14%) in 2018, 3 (11%) and 9 (31%) in 2019 was found in the range of 2010-2020. It was found to show an irregular distribution between 2010 and 2020, with the most dissertations between 2010-2020 being prepared in 2019.

Findings On The Third Problem Of The Research

Results on the levels of Master's and doctoral theses on sports activity and autism are shown in (Table 3).

Graduate thesis level	N	%
Post graduate	22	76
PhD	7	24
Total	29	100

Table 3: Distribution by graduate thesis levels

In Table 3, according to the distribution by thesis level, 22 (76%) master's theses and 7 (24%) doctoral theses were reached. Between 2010-2020, graduate theses in sports activity and autism were extensively studied in the type of Master's thesis.

Discussion

When the master's and doctoral theses prepared in the field of sports and autism in 2010-2020 were examined, it was seen that these theses were most often prepared in the field of social competencies. In addition, it was determined that the graduate theses prepared were made in 2019. Chukurov University, Marmara University, Pamukkale University, Anatolian University, Thrace University, Black Sea University, Sakarya University of Applied Sciences, Mugla Sitki Kochman University, Kahramanmaraş Milkman Imam University, one, Bartın University, Hittite University, Golden Horn University, two, Istanbul Development University, three, Istanbul Gedik University, it is observed that four and no more than six dissertations were prepared at Gazi University. Looking at the level of 29 post-undergraduate thesis studies in the field of sports activity and autism, it is seen that it is intensively studied at the master's level. It can be said that Doctoral Education is less studied for reasons such as being longer and more laborious than a master's degree. Graduate theses prepared between 2010-2020 were mostly prepared by the Department of Physical Education and sports teaching. Coaching education department prepared with other theses, Department of Psychology, Department of Sport Management, Department of Disability Studies, Department of sport and Recreation Management in the Department of psychosocial areas was prepared. The reason why the graduate theses prepared are more concentrated in the main science of Physical Education and sports teaching may be the study of more general issues related to the field.

As the intensity of the consultants of the people who prepared the study, Ass.Prof.Dr. He was identified as a member. Families with children with autism, individuals with autism, students diagnosed with ASD, students with severe autism diagnosed with ASD, parents of individuals diagnosed with ASD, autism, typical autism, etc. children with pervasive developmental disorders with cognitive developmental delay, children who are diagnosed with ASD, mothers, observers and helpers, parents of students who are diagnosed with ASD, ASD and normally developing children and children who are diagnosed with physical education teachers, young people who are diagnosed with ASD, ASD for children who are diagnosed with their parents who go in for sports, a typical children diagnosed with autism and normally developing children, nine children who are diagnosed with ASD, is made with. According to the sample size of the master's and doctoral theses prepared, it was determined

that twenty-eight studies were created with 100 or less, and one study was created with 101 or more participants. When the data collection tools of the master's and doctoral theses prepared are examined, five are scale / inventory, Seventeen are motor performance and physical fitness tests, seven are interviews, structured questions, registration, etc. it has been determined that it was created using. 29 graduate thesis studies were conducted in the category of the effect of Sports Activity Program on people diagnosed with ASD. The fact that there are so few thesis studies in the field of sports activity and autism also leads to insufficient research. As a result of this situation, in our country, it can be said that research is needed to compare the levels of sports activity of individuals participating in the sports activity program, teachers, parental opinions and people in other disability groups with people diagnosed with ASD. In this context, it is expected that individuals diagnosed with ASD will be useful to people who conduct research on their sports activities.

Conclusion

According to the results determined, the following recommendations can be made; It is believed that the study of the prepared theses in a much wider area will contribute to the field, Further work can be done on issues such as behavior problems, parental education, attitudes of course teachers and special education schools, A bibliotectic study can be prepared in which the bibliographic parts of graduate theses prepared in the field of sports activity and autism are examined in detail, A research can be prepared that compares the environment of sports activity conducted individually and as a group. This research was limited to graduate thesis studies in 2010-2020. For this reason, research can be done again in longer year intervals, this research was limited to national studies only It can be covered by research in Europe, America and other countries.

In this study, the distribution of research by 1) Subject, (2) year, (3) thesis level, (4) university prepared, (5) Department, (6) consultant lecturer titles, (7) sample type, (8) sample size, (9) data collection tools were collected under nine headings. In new research, it can be repeated according to its different characteristics.

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