

PINK CLAW®

PINK CLAW - 101090089
D5 - Longitudinal study -
Country report - Türkiye



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INTRODUCTION

Summary of the project / objectives of the PINK CLAW project

PINK CLAW is a project funded in the framework of the ERASMUS+ SPORT programme of the European Union aiming at the promotion of the practice of physical activity among women aged 18 - 35 who have never exercised or have not exercised regularly for at least 2 years.

By means of its activities, the project wants to promote their physical, psychological, and social well-being, and to create an inclusive environment in which participants feel comfortable and supported. In particular, the project aims to engage women in regular and sustained sports practice, stimulating their motivation through the innovativeness of the proposed activities and the support offered by the coaches, who are role models and mentors for the participants.

Moreover, PINK CLAW is part of a broader European campaign to promote sport and physical activity as tools for disease prevention and promoting a healthy and ecologically sustainable lifestyle. Finally, the project also aims to raise awareness of gender equality and diversity by promoting the inclusion of all women, including those from discriminated or marginalized groups.

PINK CLAW is a multidisciplinary project that combines a range of physical and mental practices, each structured in individual and group modalities.

Its exercise programme is based on five (5) selected disciplines that are considered particularly effective in stimulating motor activity among women:

1. Obstacle Course Racing,
2. Self-defence,
3. Tactical fitness,
4. Mindfulness and
5. First Aid.

PINK CLAW involves only female coaches because they could become role models for the participants. As said, women are more likely to identify with a female coach who also acts as a mentor and helps them counter stereotypes by increasing girls' confidence, self-efficacy and sense of belonging.

The rationale behind the project is that we want to create and support relationships among the project participants because only in this way, we can engage and retain girls and women in sport.

Thanks to the well-functioning of the relations among the participants and between the participants and the female coaches, the project will achieve its objective to promote sport and physical activity, to stimulate women's and girls' desire to practice sport and physical activity not only for their health and wellbeing but also for their self-empowerment.

To achieve such goal, the PINK CLAW project is divided in two main phases:

1. Engaging women in regular physical activity through an innovative multidisciplinary outdoor sports program, shared across Europe, that encourages participants to have fun and challenge themselves.
2. Training female coaches in the project program (of which this manual is integral part of). PINK CLAW female instructors will be experts in the different disciplines and have natural relationship-building skills to support the group, particularly in sports settings. The training has a “Train the Training” approach in order to be sustainable and be replicable in all EU countries and contexts.

To know more about the project, its consortium and results please visit <https://www.pinkclaw-europe.eu>

Specific purposes of the survey

The survey presented in this report stems from the partnership's desire to listen directly to European women about their experience and perception of the world of sport. This is an initiative promoted by the Alice Milliat Association, partner of the PINK CLAW project, with the aim of collecting qualitative and quantitative data that help build concrete proposals that adhere to reality.

The main purpose of the survey is to identify the real needs, motivations and barriers that affect women's participation in sport. In particular, the questionnaire was designed to include:

- The level of physical activity actually practiced by women in different age groups and territorial contexts.
- Previous experience in sport, including any episodes of abandonment, and the reasons behind it.
- Expectations, desires and interests in new sports proposals.
- The logistical, organizational and relational conditions that can facilitate or hinder women's sports participation.
- The role of social representation and female sports models in the construction of interest and self-efficacy.

The questionnaire has also been designed to collect practical suggestions and ideas directly from the participants, which may influence the future planning of the activities planned by PINK CLAW. The objective is twofold: on the one hand to collect a database useful for research and design reflection, on the other hand to activate a process of empowerment also through the simple action of "telling oneself", of actively participating in a survey that recognizes the value and importance of the voice of women.

Survey target and geographical area involved

The target of the survey is women who self-identify as such, without any limitation with respect to age, occupation, marital status or cultural background. The questionnaire has been designed to be inclusive and accessible, with simple language and intuitive questions, which can be used online via the Google Forms platform. Dissemination took place through the channels of the project partners, who used mailing lists, social media, local networks and direct contacts to promote their compilation.

The survey was conducted on an European scale, involving PINK CLAW's partner countries. Each partner independently took care of the dissemination of the questionnaire in its own national context, also taking care of the collection, analysis and production of a local report. This approach made it possible to collect country-specific data, while maintaining a common and consistent structure, useful for subsequent comparative analysis.

The aim of this document is therefore to offer an in-depth and contextualized snapshot of the French sample, useful for guiding the actions that will be carried out in Italy within the framework of the activities envisaged by the PINK CLAW project. The analysis focuses on the trends, needs, barriers and motivations expressed by Italian women, to ensure targeted, realistic and culturally appropriate interventions.

NATIONAL CONTEXT ON WOMEN'S PARTICIPATION IN SPORT AND THE USE OF SPORT FOR HEALTH

The Use of Sport for Health in Türkiye

Today, the attention of all developed and developing countries is on the physical and mental health problems of the people of the country. For this reason, scientists have defined different solutions and programs. One of these solutions is to create guidelines for daily regular physical activity. For this reason, the World Health Organization has stated that everyone with any physical capacity and disability should do physical activity as much as possible. In addition, the EU and other countries, as well as international organizations (UN, IOC and similar) are working to protect and develop people's physical and mental well-being through regular sports and physical activity.

The "Türkiye Healthy Nutrition Active Life Program", which was launched by the Ministry of Health in Türkiye in 2010, was published in the Official Gazette dated September 29, 2010 and numbered 27714 as a Prime Ministry Circular, and has enabled the development of policies that strengthen intersectoral cooperation in the field of health in order to achieve a healthy society. The aim of the program is to effectively combat obesity, which is increasingly common in our country and affects our children and youth, to increase the knowledge and level of society in combating obesity, to encourage individuals to acquire the habit of adequate and balanced nutrition and regular physical activity, and thus to reduce the incidence of obesity and obesity-related diseases (cardiovascular diseases, diabetes, some types of cancer, hypertension, musculoskeletal diseases, etc.) in Türkiye.

The Ministry of Youth and Sports implements the following sports and physical activity programs and activities in order to provide citizens of all age groups with access to sports and physical activity and to adopt a healthy lifestyle.

- GSB Sports Schools Project
- Happy Wednesday Project
- Streets Are Ours BASKETBALL 3X3 Project
- Sultans of the Home VOLLEYBALL Project
- Run While You Can Project
- 100th Year Public Sports Games of Our Republic
- GSB Sports Schools for Disabled Project
- Everyone Can Swim Project
- Local Sports Events

In addition, with the Türkiye Talent Screening project conducted jointly by the Ministry of National Education and the Ministry of Youth and Sports, approximately 1 million students in the 3rd grade of primary school participate in the sports talent screening program each year. According to the data from this program, children determined by the academic board

participate in various educational games and physical activity programs for sports branches or for everyone. The main purpose of the project is to help children acquire sports and physical activity habits at a young age and thus protect and maintain the physical and mental well-being of future generations.

Women's Participation in Sport in Türkiye

Sports have an important role and impact in the social, physical and mental empowerment of women and girls. Sports have a generally accepted understanding of the power of integrating and encompassing beyond national and cultural boundaries and can convey important messages to the masses with this effect. In a global context, many national and international sports governing bodies are working to produce innovations to further advance gender equality. However, there are significant gaps in this regard and gender equality in sports has not yet been achieved. It is a fact that women and girls have the right to participate and benefit equally from sports. Moreover, gender equality increases the diversity in sports organizations and contributes to the role of more individuals in such institutions and encourages them to participate (1).

In recent years, there has been a significant increase in women's participation in sports in the EU, with the creation of new opportunities for women, the introduction of new legal regulations for women, the influence of the women's movement and the increase in health and physical fitness movements. Although significant increases have been observed in women's participation in sports and physical activities in Türkiye in recent years, studies that address women's participation in these activities as a leisure activity from a social perspective are still very new and the organization of events that will increase women's participation is still not at a sufficient level (2).

In a study conducted to reveal women's participation in sports in Türkiye, the participation of women as licensed athletes, sports managers and other fields of activity in sports was examined and a real situation was aimed to be determined with this study (3). In this study, as seen in the references made to other studies, while the number of licensed male athletes in Türkiye was 69%, this situation was seen as 31% for licensed female athletes. A similar situation was seen in the number of licensed disabled men and women athletes as 78% and 22%, respectively. This situation observed among athletes was also examined in the sports management level. A similar situation was observed here and while there were 63 male presidents in 65 different sports federations, the number of female presidents was observed as only 3. When the gender distribution in another field of activity in sports, the coaching profession, was examined, unfortunately, a similar situation was observed. While the rate of female coaches in Türkiye remained at the level of 28%, it was seen that the rate of male coaches was almost three times that of women (78%).

In a study conducted by KASFAD in 2023, when we look at the board members and general secretaries of the Ministry of Youth and Sports or some datas on women in sport, which is the supreme organization in sports management, and its sub-management organizations and sports federations, we see the following results (5).

- Gender distribution of department heads in General Directorates affiliated to the Ministry of Youth and Sports of the Republic of Türkiye: Female (9) 15.52%; Male (49) 84.48%.
- Gender distribution of Provincial Directors of Youth and Sports of the Ministry of Youth and Sports of the Republic of Türkiye: Female (0) 0%; Male (81) 100%.
- Gender distribution of management positions in the General Directorate of Sports Services of the Ministry of Youth and Sports of the Republic of Türkiye: Female (1) 8.33% and Male (11) 91.66% male.
- In 2023, 9 (14.06%) of the general secretaries of 64 sports federations are female and 55 (85.94%) are male.
- In the boards of directors of 64 sports federations, there are 73 (8.10%) female members and 828 (91.90%) male members.
- The number of sports federations with no female members on their boards of directors is 25 and the rate is 39.06%.
- The President of the Turkish National Olympic Committee (TMOK) is male and the Secretary General is female. The rate of female members on the board of directors is 35.29% (6), and the rate of male members is 64.71%.
- The President and Secretary General of the Turkish National Paralympic Committee (TMPC) are male. The rate of female members on the board of directors is 23.08% (3), and the rate of male members is 76.92%.
- The total number of coaches affiliated with 59 sports federations is 302,502. The rate of female coaches is 33.75% (102,090), and the rate of male coaches is 66.25% (200,412). The first 5 sports with the highest number of female coaches are Chess, Gymnastics, Sports for All, Folk Dances, Badminton. The general conclusion from this study is that men are represented at a higher rate than women in different areas of sports (athletes, managers, coaches, etc.). Although the rate of women's participation in sports has increased compared to previous years, it is not yet at a sufficient level.

Barriers to Sport for Women in Türkiye are listed below (4);

- **Personal Barriers**

Personal barriers to women's physical activity are seen as age, pregnancy, lack of time, lack of motivation, fatigue, lack of information, health conditions/health problems related to physical activity, physical appearance concerns and the prices of sports facilities.

- **Communal Barriers**

Communal barriers to women's physical activity are seen as lack of a physically active role model, neighborhood/community safety concerns, lack of sidewalks, lack of local facilities in the neighborhood and unsuitable weather conditions.

- **Social Barriers**

Social barriers to women's physical activity are seen as role in the family, gender influence, lack of social support and lack of a physical activity partner.

SURVEY METHODOLOGY

Understanding physical activity habits is essential to improving public health strategies and promoting inclusive access to sport. This study focuses on women aged between 18 and 35, a key demographic often navigating work, studies, family responsibilities, and identity building.

The main research question was: “What are the motor activity habits of women aged 18 to 35?”

For this questionnaire, the Alice Milliat Association chose to consult directly with women in Europe.

The terms “women” and “female” are aimed at individuals who self-identify as such.

To address this, a mixed-method questionnaire was developed, combining the International Physical Activity Questionnaire (IPAQ) with custom questions designed by project partners. This combination enables a comprehensive understanding of both quantitative activity levels and qualitative elements such as motivation, perceived barriers, and openness to community-based initiatives.

The hybrid structure of the questionnaire combines scientific validity (IPAQ) with a contextual and gendered-approach lens, taking into account the specific needs of each woman, tailored by the project partners. This approach acknowledges the complex reality of women's daily lives and explores what facilitates or hinders access to sport practices.

Structure and Methodology of the Questionnaire

The full questionnaire (in English) is available here <https://forms.gle/s8og2qcdDTAX73q69>

The questionnaire is structured into **6 main sections**:

1. Personal and personal information section (age, occupation, marital status, children, place of residence)

The first section gathered basic data on age, job status, residence, marital status, and presence of children. These variables enabled a socio-demographic profile and showed how personal circumstances influence sport participation. Occupation and family status were recoded for clarity. Territorial information helped assess accessibility to sports based on urban or rural areas. This section also served to ease participants into the survey and support an intersectional reading of the results.

2. Physical activity section (levels, frequencies and types)

This section examined the participants' current involvement in sport, including type of activity, frequency, and setting (e.g. at home, in a gym). Responses were categorized (e.g. fitness, dance, martial arts). Based on the International Physical Activity Questionnaire (IPAQ), it measured intensity and duration of weekly activity, and included sitting time to assess sedentary behavior. It provided a clear picture of the physical activity levels of women in the sample.

3. Section past experience in sport and reasons for dropping out

Focused on previous engagement in sport, this section explored reasons for stopping (e.g. cost, lack of time, health, maternity, insecurity), and asked if participants would like to resume. It identified key drop-out phases and potential target groups for reactivation—like those needing flexible sessions or safe environments. These insights are key for understanding the emotional and structural barriers to continuity in sport.

4. Section motivations and perceived barriers in sports practice

This part addressed motivating factors (e.g. health, well-being, fun, challenge, socialization) and obstacles (e.g. economic, time constraints, cultural stereotypes). It included a question on the impact of low female visibility in sport, and whether a women-only environment would increase participation. This helped define both enablers and blockers and emphasized the need for non-competitive, inclusive contexts.

5. Interest and preferences for future activities of the PINK CLAW project section

Participants indicated their interest in PINK CLAW sessions, preferred sports (from yoga to boxing), and suggested additional ideas like wellness workshops and group walks. Preferences reflected a desire for non-judgmental spaces, female trainers, and accessible formats compatible with daily life. These responses are crucial to align project offerings with real interests.

6. conditions and factors facilitating sports practice

This section explored the practical needs for consistent participation: affordability, flexible hours, proximity to home/work, transport options, emotional support, and female staff presence. It also gathered data on preferred time slots and acceptable travel times, providing operational insights to design realistic and inclusive activities.

Tool used

Google Forms was used for data collection, a free platform accessible online that allows you to create personalized questionnaires and collect responses in real time. The choice of this tool was dictated by several factors: firstly, its accessibility on any device connected to the internet (computer, tablet, smartphone), which facilitated participation even by less digitally savvy users. Secondly, Google Forms allows an automated and secure management of responses, providing data in exportable and easily analysable format, a fundamental condition for subsequent statistical processing work.

The questionnaire was created anonymously, without requiring identification data, to ensure the confidentiality of respondents and encourage greater freedom of expression. The structure of the questions included both single- or multiple-choice closed-ended questions, and open-ended questions, to allow participants to freely express their opinions and proposals.

The Google Forms interface has made it possible to clearly manage even questions with articulated options or with specific display conditions, avoiding confusion or cognitive overload. Finally, the tool provided a first automatic representation of the results through summary graphs, useful in the preliminary phase of exploratory reading of the data before the in-depth analysis on SPSS.

Period and duration of data collection

The collection of responses took place over an extended period of time, between 3 May 2023 and 26 March 2025. This long period of opening of the questionnaire made it possible to reach a large number of participants, ensuring a progressive and diversified data collection over time. The extended duration allowed the partners in each country

involved in the PINK CLAW project to plan and adapt their dissemination strategies according to their own timing and territorial availability.

Methods of dissemination of the questionnaire in Türkiye

In Türkiye, to promote the surveys, PINK CLAW team members used their private channels, WhatsApp, social media accounts, and also sent emails and messages to participants. The surveys were also shared in the Sport for All Federation's coaching training course. We also sent the link to our friends who work as lecturers at the university, and they shared it with their students in class. Sometimes we worked like a pollster, helping them fill it out one by one, sometimes we did this because someone did not want to participate in the survey (most of the time we calculated the time to fill it out, it was 6-10 minutes at most, but for some reason most of them did not want to do it).

At first, a negative and hopeless atmosphere was created. As a team, we had to find another way to reach more people.

The QR code and Google link created for the survey were shared at regular intervals on OFD's Instagram account (325 followers). In addition, the survey was regularly shared in the project's Türkiye WhatsApp group (295 participants). The survey was shared with the participants in the yoga and wellness instructor trainings of the Turkish Sports for All Federation, where the majority of participants are women. The survey was shared with students in various student groups, especially in sports science departments, both at METU and Gazi University. In addition, surveys were shared in public and private institutions where OFD board of directors and members work. Despite such in-depth studies, feedback from the people with whom the survey was shared was not productive. The survey was also shared with institutions with which it had previously been a project partner at the EU countries level. In this way, 250 participants from Latvia answered the English version of the survey with the contribution of our Erasmus project partner BK-95. This was quite pleasing.

RESULTS AND DATA ANALYSIS

Number of participants reached and responses obtained in Türkiye

In the Country Report of Türkiye, total number of responses : 409

Profile of respondents

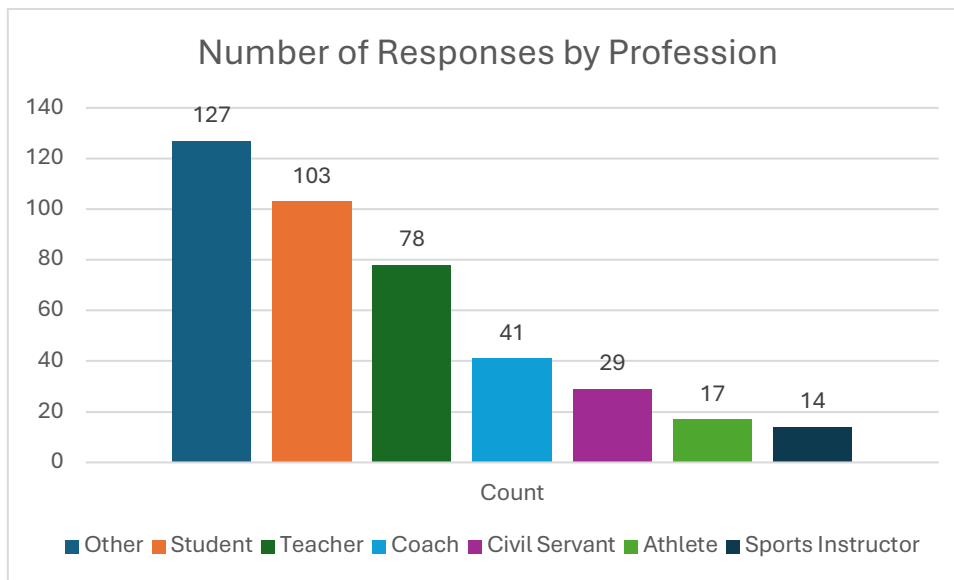
Profession

When we look at the occupational distribution of the respondents, the largest group is the "Other" (127 people) category. All occupations under 3% are collected in this category. It was seen that some of the main occupations of the participants in this group (Other) are health sector, banking, engineer, lawyer, housewife. This shows us that a significant portion of the participants come from different fields other than the sports sector.

The most common occupational group is students (103 people), followed by teachers (78 people) and coaches (41 people). This shows that students and educators are actively

involved in the process in terms of the target audience of the project. It can be said that the biggest reason for this active participation is the implementation of the PINK CLAW workout program on the university campus. At the same time, public sector employees (civil servants - 29 people) and athletes directly related to sports (17 people) and sports trainers (14 people) also provided significant participation.

It is also useful to state that the participants (for example, students) came from different departments. For example, mechanical engineering, medicine, English language teaching or other undergraduate departments. However, in the study, these differences were combined under the label "student".



Age

According to the responses obtained from the survey, the ages of the participants range from 15 to 62. The mean age data is 30, and the median value is 29. The most common age in the data is 34. The most represented age group is the 31-35 age group, with 86 participants. The age group with the most participants is the 26-30 age group, with 80 participants. The age distribution shows that the majority of the participants are concentrated in the 20 to 35 age groups. These findings show that the highest participation in the survey was from young adult women, but individuals of all ages supported and showed interest by participating in the survey.

Sport practice (which , where, with who)

Which sport ?

According to the responses obtained from the survey, the most preferred sport was "yoga". A total of 67 participants stated that they do yoga. Yoga is followed by "pilates" with 59 participants and "fitness" with 50 participants. This data shows that the participants largely

prefer sports that can be done individually and indoors. It is particularly striking that activities that support body-mind balance, such as yoga and pilates, are preferred at such a high rate.

On the other hand, more physical, outdoor activities such as "walking" and "swimming" also attracted attention; each was preferred by 21 participants. Karate was preferred by 10 people. This situation shows that sports are done for both health and relaxation purposes and that there is a variety of preferences depending on the environmental conditions. This shows that the participants mostly tend to do exercises that focus on both mental relaxation and physical strength.

Where?

Participants generally practising sports in:

- In clubs they are members of (120 people)
- In independent places (104 people)
- In private areas (e.g. weight rooms) (70 people).

This shows that both organized and individual sports tendencies are balanced. It is also seen that fitness clubs and similar private areas are the preferred places to do sports. This is followed by public areas (parks, beaches, etc.) and more private areas such as home.

With who?

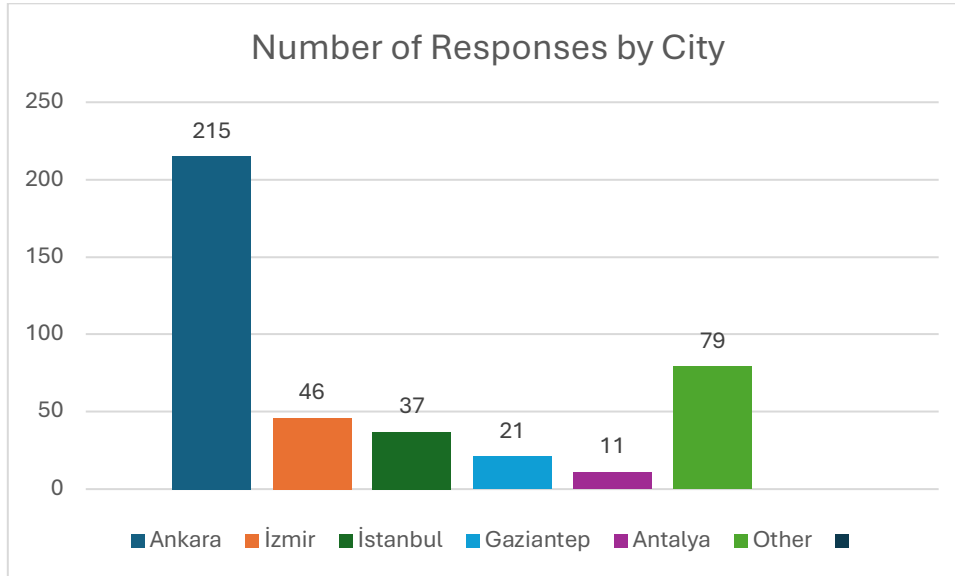
The responses given to the question " Do you practice sports... (with who)?" were analyzed by taking into account that a person could choose more than one option. According to the data obtained, the most frequently given response was "With other participants" and this statement was marked 236 times (%45,1). This shows that women see sports as a social activity and prefer to practice with others.

The second most common response was "Alone" with 209 times (%40). This shows that the number of people who prefer to do sports individually is quite high and that there is a significant group that does sports on their own.

The response "I do not do sports" was given 78 times (%14,9). This number shows that the rate of those who do not participate in sports at all is lower and most participants are involved in sports in some way. These findings show that there is a variety in the ways women practice sports. Participation in group sports is quite high, which emphasizes the importance of social sports activities.

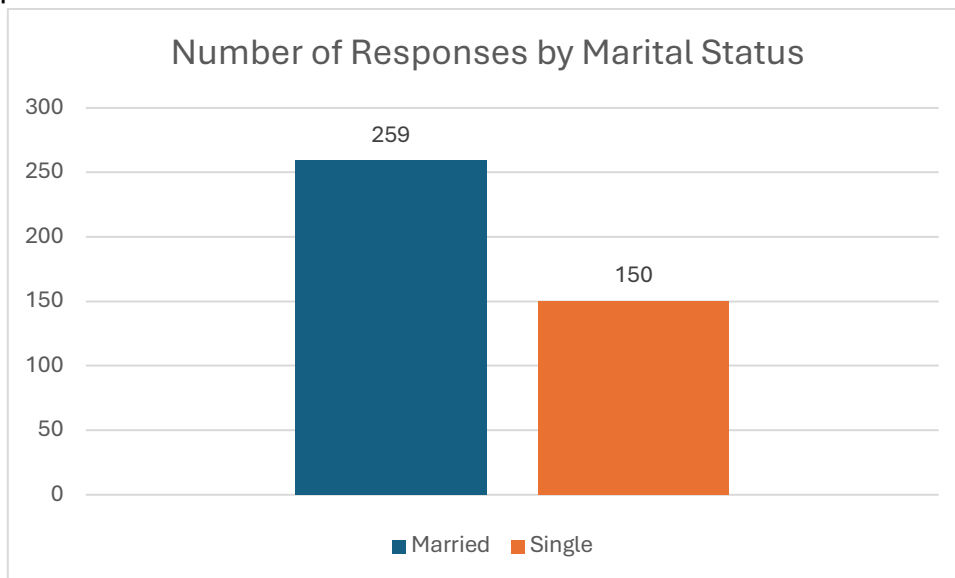
Cities

The highest participation rate in the survey came from Ankara with %52,6 (215 participants), indicating that awareness and access are high in the capital. Ankara is followed by Izmir with %11,2 (46 participants) and Istanbul with %9,0 (37 participants). The population density, access to sports venues and strong communication networks in these metropolitan cities may have increased interest in the project. Participation was lower in cities such as Gaziantep %5,1 (21 participants) and Antalya % 2,7 (11 participants). Although the 79 participants (%19,3) representing the other 32 provinces indicate diversity across the country, it can be assessed that participation in these cities remained relatively low due to lack of local promotion or limited access opportunities.



Marital status

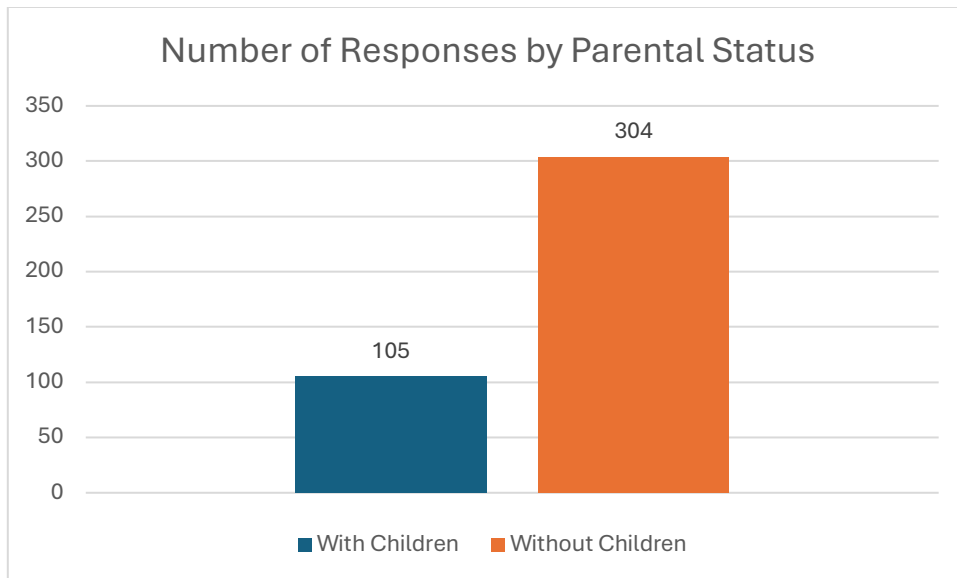
According to the marital status of the respondents, married participants constitute the majority with %57,9 (259 people), while the number of single participants is seen as % 42,1 (150 participants) with this distribution, it can be said that married women showed more interest in the survey. The high participation rate of married women suggests that the demand or awareness level of this group regarding sports may be more evident. The participation rate of single women is also remarkable, but represents a lower portion of the total participation.



Children : yes or no

When the survey respondents were examined as to whether they had children, a total of 105 people stated that they had children and 304 people stated that they did not have children. According to this data, the vast majority of the participants do not have children. It can be said that the survey respondents are generally in younger age groups or have not yet chosen to have children. At the same time, since the sports tendencies and leisure

time spending styles of individuals who do not have children may differ, this data can also be considered as an important reference in terms of sports planning.



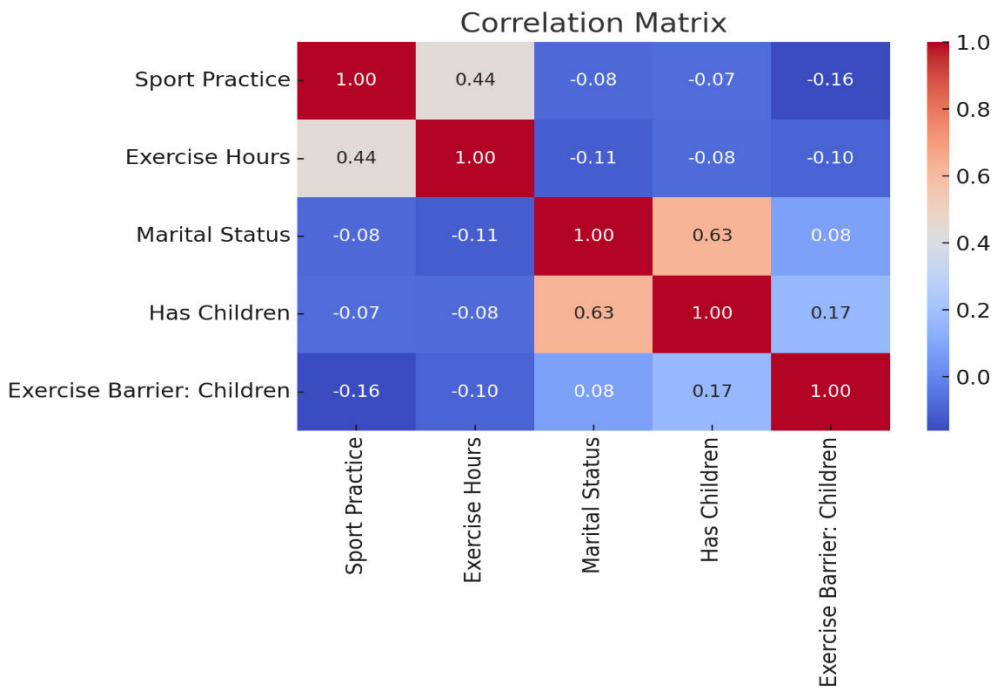
Correlations

Correlation : Sport practice : yes/no : if yes, how many hours ?

Correlation : Marital status and sport practice

Correlation : Children and sport practice

Correlation : Children and duration of sport practice



According to the data in the table above, the correlation matrix between some variables is interpreted below.

Sport Practice ↔ Exercise Hours; correlation coefficient: 0.44

- There is a moderately positive relationship between these two variables. In other words, individuals who state that they do sports tend to spend more time on physical activity on a daily basis.

Sport Practice ↔ Has Children; correlation coefficient: -0.07

- A weak negative relationship is observed. Having children may slightly reduce the likelihood of doing sports, but this relationship is not very strong negative

Sport Practice ↔ Marital Status; correlation coefficient: -0.08

- Very weak negative relationship. The effect of marital status (married/single) on sports is very limited, giving the impression that single individuals may be slightly more inclined to do sports.

Sport Practice ↔ Exercise Barrier: Children; correlation coefficient: -0.16

- This relationship is also at a weak negative level. In individuals with children, situations where children prevent them from doing sports may reduce the tendency to do sports.

Has Children ↔ Exercise Barrier: Children; correlation coefficient: 0.17

- Slightly positive correlation. A logically expected result: individuals with children are more likely to see their children as obstacles to their participation in sports.

Has Children ↔ Marital Status; correlation coefficient: 0.63

- Strong positive correlation. Married individuals are more likely to have children, which is consistent with demographic data.

Exercise Hours ↔ Other Variables; correlations with other variables are generally weak.

- However, the 0.44 correlation with “Sport Practice” is a significant finding.

According to the research, the correlation matrix presented above clearly reveals the relationships between the participants' sports habits and some socio-demographic variables. According to the findings, a moderately positive relationship was observed between the individuals' sports status and weekly exercise hours ($r=0.44$). This situation reveals that individuals who do regular sports also exercise for longer periods of time and continue their exercise activities in a planned manner or have this tendency.

On the other hand, a negative relationship was found between the responses to the question "Do you have children?" and practising sports ($r=-0.16$). This result shows that childcare responsibilities can negatively affect individuals' sports behavior. In addition, a strong positive relationship ($r=0.63$) was found between the variables of marital status and having children. This finding suggests that married individuals have children to a large extent and that this situation may indirectly affect practising sports.

In the light of all this data, it can be thought that sports policies and programs encouraging physical activity should be designed by taking into account the social roles and family responsibilities of individuals. It is considered that developing strategies to reduce the obstacles that individuals with children face in practising sport will be an important step in increasing sports participation rates.

DISCUSSION OF THE RESULTS

Factors Affecting Sports Participation in Türkiye

The analysis of the multiple answers given by the participants to the factors affecting their participation in sports training is given below. Since the answers given to the questions

were multiple-choice, it was taken into account that a participant marked more than one option. Therefore, since a participant could have more than one response, the total number of responses is more than the number of participants.

The most frequently stated obstacles by the participants were seen to be lack of time, financial inadequacies and restrictions arising from daily living conditions.

Lack of time due to work or education was the most frequently stated obstacle by 24.8% of the participants.

This was followed by lack of motivation with 17.6% and the financial cost of doing sports with 16.3%.

Lack of time due to family responsibilities was mentioned by 15.3% of the participants.

Unsuitable practice times also stand out as an important obstacle with 13.6%.

Health problems (8.9%) were stated as another obstacle and lack of self-confidence (7.7%) were also included as other obstacles.

Finally, some women also indicated structural barriers such as distance from the place of living/working (6.5%), over-representation of men (4.5%) and an inclusive sports environment (3.2%).

These results reveal that sports policies should be rearranged in accordance with women's real-life dynamics; and the importance of interventions, especially at organizational, psychological and socio-economic levels. The barriers that most affect women's participation in sports can be summarized as lack of time (due to work or family), financial difficulties, psychological and social barriers and personal life changes such as health problems.



The results obtained are grouped under the following headings:

Social

- Family and work responsibilities
- Inappropriate exercise hours
- Distance of sports facilities to the place of residence
- Lack of social support

Economic

- Cost
- Distance from my place of living/working (Cost)
- Sport equipment cost
- Lack of adapted offer

Psychological

- Lack of motivation
- Lack of interest
- Lack of self-confidence in practising sports

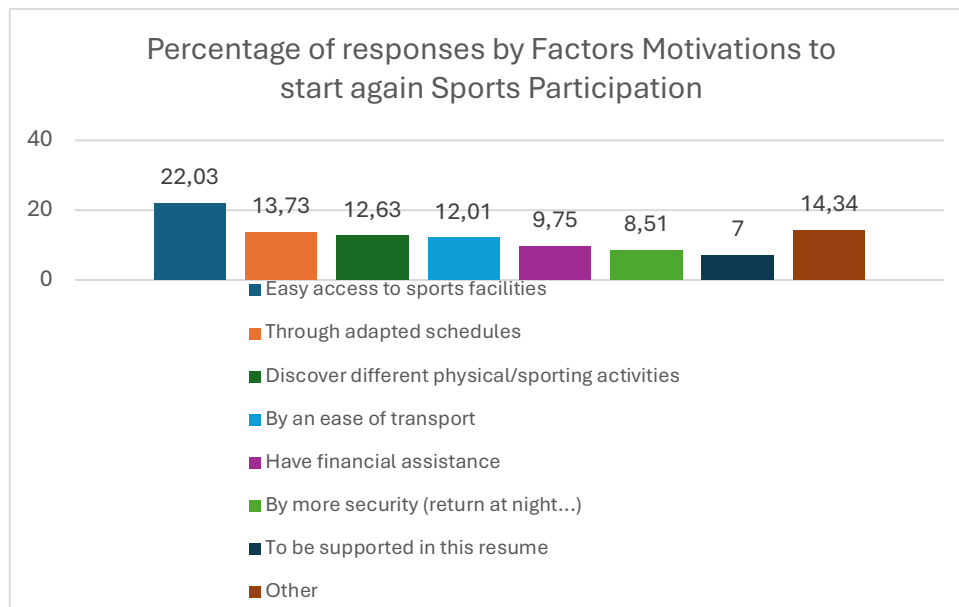
Other

- Health reasons
- Lack of communication on the offers
- Bad atmosphere
- Lack of security

Motivations to start again:

The main findings obtained as a result of the analysis of the multiple responses given by the participants on the conditions that will facilitate their participation in sports activities or ensure their return to sports are shown below. While obtaining these findings, a total of 1457 responses were obtained from the multiple responses given by 409 participants in the survey (one person has the right to answer more than once). And the analysis was made on these responses.

The factors most frequently stated by the participants as the reason for continuing sports are as follows:



- Easy Access to Sports Facilities (22.03%)

This is the most common response and shows that access to physical space is critical. For women, the decision to do sports is directly related to the existence of a suitable facility and the ease of access to this facility. It is evaluated that easy access is very important especially for women with children, working or older women.

- Through adapted schedules (13.73%)

Programs designed according to individual needs (age, fitness level, health status) rather than a general program can play an important role in women starting sports again. This reminds us of the need for professional trainers and personalized planning.

- Discover different physical/sporting activities (12.63%)

Women may want to avoid traditional or current practices and experience interesting, motivating alternatives. This shows that activities that raise awareness about diversity and sports culture can be effective.

- By an ease of transport (12.01%)

For women who do not own a car or have limited personal transportation, it is important to be able to access sports by public transportation. Integration of facilities with transportation lines can be an element that encourages women's participation.

- Have financial assistance (9.75%)

Economic conditions are a significant obstacle. It is thought that economic incentives, discounted memberships or free courses will be effective in encouraging women's participation and return to sports.

In addition to these, "By more security (return at night...) (8.51%)" and "To be supported in this resume (7%)" are seen as other factors within the framework of the responses given by participants.

CONCLUSION OF RESULTS OF THE STUDY IN TÜRKIYE

This report aims to comprehensively reveal the structural, individual and social dynamics affecting women's participation in sports, as part of the field study conducted in Turkey by the PINK CLAW project funded by the EU within the scope of the Erasmus program. The

research findings show that despite the increasing awareness and various initiatives in Turkey in recent years, women's participation in sports life is still not at a sufficient level and that there are still different obstacles in this regard.

In order for women to be seen as equal to men in a country and to be able to take part in social life and, in parallel, in sports, democracy, human and women's rights must be developed and implemented in real life in that country. In fact, the higher these rights are raised, the higher the participation of women in sports and their success in life will be. Unfortunately, as in every area of life today, there is a clear and overwhelming superiority of men in both sports and sports management. It is thought that the necessary legal infrastructure should be urgently established for women to take part in sports to a sufficient extent and to achieve success in the national and international arena, and that sports people should think about this issue, conduct the necessary scientific studies and put these studies into practice in the field.

Structural Inequalities Based on Gender : The research results revealed that although women's interest in sports is high at an individual level, their representation levels in the institutional structures of sports (sports management, coaching, roles in sports management levels, etc.) are quite low. The fact that the rates of licensed female athletes, female coaches and women in sports management are significantly lower than men reveals that gender-based inequalities in sports need to be reconsidered at a structural level. This situation not only limits women's access to opportunities to do sports, but also their capacity to take part in decision-making mechanisms.

Main Factors Inhibiting Women's Participation in Sports : According to the data in the report, it is seen that the main factors limiting women's participation in sports activities are lack of time, economic constraints and lack of motivation. In particular, women's inability to find enough time due to work life and family responsibilities stands out as one of the most common obstacles to their participation in sports. In addition, it is stated in the correlation analyses obtained that having children negatively affects the possibility of doing sports. In addition, environmental factors such as inadequate sports areas, transportation problems, security concerns and lack of flexible programs directly affect women's tendency to do sports.

Elements Encouraging Participation : The research also determined the main motivational factors that can facilitate women's orientation to sports. For participants, easy access to sports facilities, programs adapted to individual needs, alternative and diverse sports activities, economic support mechanisms and safe environments have effects that increase participation in sports. Accessibility and supportive environmental conditions are of critical importance, especially for women who have children, are working or older.

Increasing Female Leadership and Representation: Increasing the number of female coaches, managers and media representatives will strengthen social role models not only in terms of quantity but also quality, and will be an important trigger in achieving a permanent cultural transformation in sports.

Finally, although positive developments have been observed in Türkiye regarding women's participation in sports, innovative, systematic, comprehensive and multi-dimensional developments are needed in order for this process to progress in a sustainable and inclusive manner. The findings obtained in the research show that participation in sports is not only an individual choice, but also emerges as a result of social structures, cultural norms and policy-level decisions. Therefore, it is thought that developing new policies with a holistic approach that will strengthen women's representation, participation and impact in the field of sports will also play a critical role in achieving gender equality goals.

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