

THE VALIDITY AND RELIABILITY STUDY OF LEISURE TIME EXERCISE QUESTIONNAIRE FOR ADOLESCENTS

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Abstract

The aim of this study is to validity and reliability study of leisure time exercise questionnaire in adolescents. The population of this study consist of two groups. First group consist of 100 students to reliability of test-re-test, second group consist of 527 girls and 386 boys applied exploratory factor analysis between 13-19 years and totally 913 students attending high school in Antalya. The Leisure-Time Exercise Questionnaire developed by Godin and Shephard and studied by Yerlisu Lapa and Yağar in adults was used as data collection to evaluate exercise activity of participants in leisure-time. It was determined that factor loadings of item was .74, .81 and .48 and that total variance was explained 48% result of exploratory factor analysis. Correlation coefficient of reliability was calculated as .94 related with overall of questionnaire and .90, .93 and .85 related with questions of questionnaire. In validity of criteria, it was found that a significant difference was found between scores of boys and girls students in favour of boys. In conclusion, it can be say that "The Leisure-Time Exercise Questionnaire" is a validity and reliability questionnaire to determine exercise levels of leisure-time in adolescent students.

Keywords: Leisure time, exercise, validity, reliability, adolescents.