



# Investigation of the Effect of Physiotherapists' Basic Psychological Needs in Leisure on Life Satisfaction with Structural Equation Model

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## Abstract

This study aimed to examine the effect of physiotherapists' basic psychological needs in leisure on life satisfaction. Relational screening method was used in our study which was conducted according to the general screening model. The data were collected using the personal information form developed by the researchers in the first part, the Basic Psychological Needs Scale in Leisure Activity (BPNSLA) in the second part, and the Life Satisfaction Scale in the third part. The data were analysed with AMOS 21.0 and SPSS 25.0 package programmes. According to the result of the Independent Sample T-test between the Basic Psychological Needs in Leisure Activity and Life Satisfaction of the participants, a statistically significant difference was detected in favour of male participants only in the variable of relatedness, and according to the result of the Anova test between professional experience variables and Basic Psychological Needs in Leisure activity and Life Satisfaction, a statistically significant difference was detected in the total score of Basic Psychological Needs in Leisure activity, competence and relatedness sub-dimensions. Moreover, according to the result of the Independent Sample T-Test between marital status variables and Basic Psychological Needs in Leisure Activity and Satisfaction with Life, a statistically significant difference was detected in all variables except the relatedness variable to Basic Psychological Needs in Leisure Activity, and according to the result of the ANOVA test between Weekly Leisure variable and Basic Psychological Needs in Leisure Activity and Satisfaction with Life, a statistically significant difference was detected only in the autonomy sub-dimension of Basic Psychological Needs in Leisure Time ( $p<0.05$ ). As a result, in the model created to investigate the effect of Basic Psychological Needs in Leisure Activity on life satisfaction, it was concluded that autonomy, competence and relatedness did not have a statistically significant effect on life satisfaction, but there was statistical significance in various variables.

**Keywords:** Leisure, Leisure Satisfaction, Life Satisfaction.

## Özet

### Fizyoterapistlerin Serbest Zaman Temel Psikolojik İhtiyaçlarının Yaşam Doyumuna Etkisinin Yapısal Eşitlik Modeliyle İncelenmesi

Bu çalışmada, Fizyoterapistlerin Serbest Zaman Temel Psikolojik İhtiyaçlarının Yaşam Doyumuna Etkisinin İncelenmesi amaçlanmıştır. Genel tarama modeline göre yürütülen çalışmamızda ilişkisel tarama yöntemi kullanılmıştır. Veriler ilk bölüm araştırmacılar tarafından geliştirilen kişisel bilgi formu, ikinci bölümde Vlachopoulos ve Mchailidou (29) tarafından geliştirilen, Türkçe uyarlaması Güneş (10) tarafından yapılan Serbest Zamanda Temel Psikolojik İhtiyaçlar Ölçeği (SZTPIÖ); üçüncü bölümde Diener ve ark. (8) tarafından geliştirilen, Türkçe uyarlaması Köker (12) tarafından gerçekleştirilen Yaşam Doyumu Ölçeği kullanılarak toplanmıştır. Veriler Google Form aracılığı ile katılımcılara gönderilmiş isteyen bireylerin doldurması sağlanmıştır. Toplamda 260 katılımcı formları doldurmuş olup aykırı uç değer gösteren 7 form değerlendirmeye alınmamış, toplamda 253 form değerlendirmeye alınmıştır. Veriler AMOS 21.0 ve SPSS 25.0 paket programları ile çözümlemeleri yapılmıştır. Katılımcıların Serbest Zamanda Temel Psikolojik İhtiyaçlar ve Yaşam Doyumları arasında yapılan Bağımsız Örneklem T testi Sonucuna göre sadece ilişkili olma değişkeninde erkek katılımcılar lehine istatistiksel olarak anlamlı farklılık olduğu, mesleki tecrübe değişkenleri ile Serbest Zamanda Temel Psikolojik İhtiyaçlar ve Yaşam Doyumları arasında yapılan Anova testi sonucuna göre Serbest Zamanda Temel Psikolojik İhtiyaçlar toplam puanı, yeterlilik ve ilişkili olma alt boyutlarında istatistiksel olarak anlamlı farklılık olduğu, medeni durum değişkenleri ile Serbest Zamanda Temel Psikolojik İhtiyaçlar ve Yaşam Doyumları arasında yapılan Bağımsız Örneklem T Testi sonucuna göre sadece Serbest Zamanda Temel Psikolojik İhtiyaçların ilişkili olma değişkeni dışında tüm değişkenlerde istatistiksel olarak anlamlı farklılık olduğu ve Haftalık Boş Zaman Süresi değişkenleri ile Serbest Zamanda Temel Psikolojik İhtiyaçlar ve Yaşam Doyumları arasında yapılan Anova testi sonucuna göre sadece Serbest Zamanda Temel Psikolojik İhtiyaçların özerklik alt boyutunda istatistiksel olarak anlamlı farklılık olduğu görülmektedir ( $p<0.05$ ). Sonuç olarak Serbest Zamanda Temel Psikolojik İhtiyaçların yaşam doyumu üzerindeki etkisi araştırılmak üzere oluşturulan modelde özerklik, yeterlilik ve ilişkili olmanın yaşam doyumu üzerinde istatistiksel olarak anlamlı bir etkisinin olmadığı fakat çeşitli değişkenlerde ise istatistiksel olarak anlamlılığın olduğu sonucuna ulaşılmıştır.

**Anahtar Kelimeler:** Serbest Zaman, Serbest Zaman Doyumu, Yaşam Doyumu.

## INTRODUCTION

Individuals start to be in need for various reasons from the moment they start to exist. The basis of these needs can be psychological or physiological. The inadequacy of individuals due to physiological or psychological needs is expressed as needs (7). In another expression, needs are the lack of the necessary conditions for individuals to maintain their development and to provide a harmonious relationship with their environment (2). Among basic psychological needs, physical needs are the needs of the individual such as eating, drinking and sleeping. Psychological needs, on the other hand, are the needs of the individuals such as loving, being loved, being respected and self-actualisation (13). Individuals' fulfilment of their basic psychological needs in the periods that they can spare for themselves outside working hours is thought to create a positive emotional state in individuals. In particular, it is believed that the satisfaction achieved as a result of meeting basic psychological needs will contribute positively to the individual's life satisfaction and play an essential role in forming a psychologically healthy situation (6). The concept of life satisfaction is a concept that varies according to the state of the difference that emerges as a result of comparing what the individual has achieved with what he/she wants to achieve (16). It can also be expressed as a holistic cognitive evaluation of an individual's life (18). Life satisfaction covers the whole life of an individual and many different dimensions of this life. In other words, it can be said as satisfaction towards all experiences rather than satisfaction towards a certain situation. In addition to being expressed as the dominance of positive emotions over negative emotions in daily relationships, it also indicates the state of well-being in dimensions such as happiness, morale, etc. (22). Life satisfaction, which is defined as the whole quality of life and the level of positive development, also indicates satisfaction with one's life (24). As a result, life satisfaction can be expressed as the degree to which individuals' expectations from life are fulfilled. Life satisfaction should not

be considered as a single satisfaction or time in an individual's life. Life satisfaction can also be expressed as a situation that is realised as the total of the situations encountered by the individual throughout his/her life. In other words, it can also be explained as the formation of an emotional state in which positive emotions in daily life prevail over negative emotions (1).

The definitions and research have shown a relationship between life satisfaction and the fulfilment of basic psychological needs. If these needs cannot be fulfilled, some deficiencies and inadequacies may occur in individuals. In particular, in our study, individuals' own free time periods in working life or busy daily life, the fulfilment of basic psychological needs of some demographic variables and their contribution to life satisfaction were determined as the subject of study.

## METHOD

### Research Design

Our study, which was conducted according to the general screening model, was conducted with the relational screening method. The relational survey model was a research approach that explained the change of two or more variables together (11).

### Research Group

The research group of this study consisted of physiotherapists working in Ankara in 2022. The data were sent to the participants via Google Forms and the volunteer participation was essential. In total, 260 participants were reached and 7 forms showing outlier values were not used in the evaluation, 253 forms filled in completely and accurately were used for analysis.

### Data Collection Tool

#### Personal Information Form

In the first part of the study, a personal information form consisting of four items was developed by the researchers was used.

#### Basic Psychological Needs Scale in Leisure Activity (BPNSLA)

The "Basic Psychological Needs Scale in Leisure Activity" developed by Vlachopoulos and Mchailidou (29) and adapted into Turkish by Güneş (10) consisted of 12 items and 3 sub-dimensions (competence, autonomy and relatedness). The Basic Psychological Needs Scale in Leisure Activity was a 5-point Likert-type scale ranging from "Completely Disagree" (1) to "Completely Agree" (5). Cronbach's alpha internal consistency coefficient of the scales was reported to be between 0.73 and 0.80 in sub-dimensions and the total score (29). In our study, cronbach's alpha internal consistency coefficient for the scale was found to be 0.85. As a result of the CFA analysis, the 5th item with a factor load below 0.40 was excluded from the analysis, and as a result of the CFA analysis performed again, it was found that the values of the Fit Indices were  $\chi^2/df: 1,721$ , RMSEA: ,53, GFI: ,94, AGFI: ,91, CFI: ,95, SRMR: ,044. According to these results, it was concluded that all goodness of fit values showed excellent fit (21).

#### Life Satisfaction Scale (LSS)

The Satisfaction with Life Scale developed by Diener et al. (8) had a 7-point Likert-type rating between 1=strongly disagree and 7=strongly agree, consisting of five items and one dimension. High scores obtained from the scale indicated that the life satisfaction of the participant was high. In the exploratory factor analysis conducted during the development process of the scale, it was concluded that it explained 66% of the total variance. The cronbach alpha internal consistency coefficient of the scale was 0.87 and the test-retest reliability coefficient was 0.82. In the Turkish adaptation of the scale by Köker (12), the internal consistency coefficient was found to be 0.86 and the test-retest reliability coefficient was 0.73. In our study, cronbach's alpha internal consistency coefficient was found to be 0.51. As a result of the CFA analysis, the 5th item with a factor load below 0.40 was excluded from the analysis, and as a result of the CFA analysis performed again, it was determined that the Fit Indices values were  $\chi^2/df: 1,441$ , RMSEA: ,42, GFI: ,98, AGFI: ,92, CFI: ,92, SRMR: ,039. According to these results, it was concluded that all goodness of fit values showed excellent fit (21).

## Data Analysis

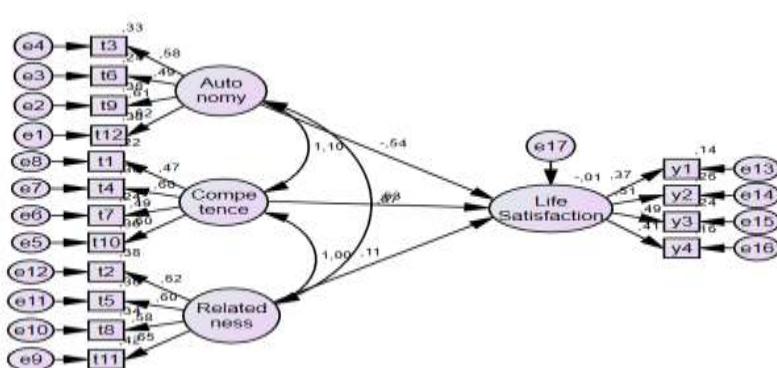
The data obtained in this study were analysed in AMOS 21.0 and SPSS 25.0 package programmes. Statistically, percentage, frequency and reliability coefficient calculations were performed. Structural equation modelling (path) analysis was applied to look at the effect between variables. Independent sample t-test was applied in the analysis of binary variables and ANOVA test was applied in the analysis of more than two variables.

## FINDINGS

**Table 1.** Demographic Information of the Participants

Variables		f	%
Gender	Female	70	27,7
	Male	183	72,3
	Total	253	100,0
Professional experience	1 year or less	82	32,4
	2-3 years	93	36,8
	4-5 years	39	15,4
	6 years or more	39	15,4
	Toplam	253	100,0
Marital status	Married	56	22,1
	Single	197	77,9
	Total	253	100,0
Weekly leisure	15 hours or less	71	28,1
	16-20 hours	79	31,2
	21-25 hours	26	10,3
	26-30 hours	33	13,0
	34 hours and more	44	17,4
	Total	253	100,0

Table 1 showed the frequency table indicating the demographic characteristics of the physiotherapists who participated in the study. It was seen that male participants were in the majority in the gender variable (72,3%); those with 2-3 years of professional experience were in the majority in the professional experience variable (26,2%); single participants were in the majority in the marital status variable (77,9%) and participants with 16-20 hours of weekly leisure were in the majority (31,2%).



**Figure 1.** Path Diagram of the Proposed Model for the Effect of Basic Psychological Needs in Leisure Activity on Life Satisfaction

**Table 2.** Results related to the research model

Effect	Tahmin ( $\beta$ )	Standart Error	t	p	Result
<b>Autonomy → Life Satisfaction</b>	-,537	,241	-1,193	,233	Kabul Değil
<b>Competence → Life Satisfaction</b>	,629	,254	1,353	,176	Kabul Değil
<b>Relatedness → Life Satisfaction</b>	,114	,227	,253	,800	Kabul Değil

p&lt;0,05\*

A model was created to investigate the effect of basic psychological needs in leisure activity on life satisfaction. As a result of the analysis, it was observed that autonomy, competence and relatedness did not have a statistically significant effect on life satisfaction ( $p>0.05$ ). Considering the beta values, an increase of 1 unit in the autonomy variable caused a non-significant decrease of -,537 in the negative direction ( $\beta$ : -,537  $p>0.05$ ). An increase of 1 unit in the competence variable caused a non-significant increase of ,629 in the positive direction ( $\beta$ : ,629  $p>0.05$ ). A 1-unit increase in the relatedness variable caused a non-significant increase of ,1142 in the positive direction ( $\beta$ : ,114  $p>0.05$ ). This explained 1% of the change in life satisfaction ( $R^2=0.010$ ).

**Table 3.** Goodness of Fit Results of the Research Model

Structural Equation Model Values	Suggested Values	Excellent Fit	References
$\chi^2/df$	1,903	$\leq 5$	$0 \leq \chi^2 \leq 3$
RMSEA	,060	$\leq 0.08$	$0 \leq \text{RMSEA} \leq ,05$
GFI	,91	$\geq 0.80$	$\geq 0.90$
AGFI	,88	$\geq 0.80$	$0.95 \leq \text{AGFI} \leq 1,00$
CFI	,89	$\geq 0.80$	$0.90 \leq \text{CFI} \leq 1,00$
SRMR	,056	$\leq 0.10$	$0 \leq \text{SRMR} \leq 0,05$

According to Table 3, it was seen that  $\chi^2/df$  and GFI values had excellent fit, and AGFI, CFI and SRMR values had acceptable fit in the fit index values of the model.

**Table 4.** Independent Sample T-Test Results between Basic Psychological Needs in Leisure Activity and Satisfaction with Life and Gender Variables

Scale and sub-dimensions	Group	n	$\bar{X}$	SD	t	p
<b>Autonomy</b>	Female	70	3,2286	,66586	-1,115	,266
	Male	183	3,3361	,69370		
<b>Competence</b>	Female	70	3,0429	,65934	-1,882	,061
	Male	183	3,2268	,70842		
<b>Relatedness</b>	Female	70	3,0607	,74871	-2,125	,035*
	Male	183	3,2842	,74807		
<b>BPNSLA</b>	Female	70	3,1107	,60188	-1,963	,051
	Male	183	3,2823	,62968		
<b>Life Satisfaction</b>	Female	70	2,0371	,63729	-,424	,672
	Male	183	2,0710	,53982		

p&lt;0,05\*

According to Table 4, the Independent Sample T-test result between the participants' gender variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction showed a statistically significant difference in favour of male participants only in the variable of relatedness ( $p<0.05$ ).

**Table 5.** Anova Analysis Results According to Basic Psychological Needs in Leisure Activity and Life Satisfaction and Professional Experience Variable

Dimensions	Experience	N	$\bar{X}$	SD	F	p	Tamhane
Autonomy	(a) 1 years or less	82	3,3171	,70716	1,402	,243	-
	(b) 2-3 years	93	3,3925	,66390			
	(c) 4-5 years	39	3,2500	,81918			
	(d) 6 years or more	39	3,1346	,51887			
Competence	(a) 1 years or less	82	3,2530	,66724	5,491	,001*	a,b>d
	(b) 2-3 years	93	3,2742	,64802			
	(c) 4-5 years	39	3,1795	,89028			
	(d) 6 years or more	39	2,7756	,52814			
Relatedness	(a) 1 years or less	82	3,2713	,71708	4,539	,004*	a,b>d
	(b) 2-3 years	93	3,3414	,70111			
	(c) 4-5 years	39	3,2244	,86943			
	(d) 6 years or more	39	2,8333	,72623			
BPNSLA	(a) 1 years or less	82	3,2805	,59483	4,558	,004*	a,b>d
	(b) 2-3 years	93	3,3360	,59391			
	(c) 4-5 years	39	3,2179	,80514			
	(d) 6 years or more	39	2,9145	,45221			
Life Satisfaction	(a) 1 years or less	82	1,9780	,45651	1,305	,273	-
	(b) 2-3 years	93	2,0581	,56073			
	(c) 4-5 years	39	2,1692	,65941			
	(d) 6 years or more	39	2,1385	,67925			

p&lt;0,05\*

According to Table 5, according to the result of the ANOVA test between the participants' professional experience variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected in the total score of Basic Psychological Needs in Leisure Activity, competence and relatedness sub-dimensions ( $p<0.05$ ). When we look at the Tamhane test conducted to determine the source of the difference, it was revealed that the scores of the participants with 1 year or less and 2-3 years of professional experience were higher than the scores of the participants with 6 years or more of professional experience in all three variables.

**Table 6.** Independent Sample T-Test Results between Basic Psychological Needs in Leisure Activity and Satisfaction with Life and Marital Status Variables

Scale and sub-dimensions	Group	n	$\bar{X}$	SD	t	p
Autonomy	Married	56	3,2411	,64661	-,806	,421
	Single	197	3,3249	,69788		
Competence	Married	56	2,9509	,77668	-2,766	,006*
	Single	197	3,2398	,66329		
Relatedness	Married	56	3,0089	,82842	-2,425	,016*
	Single	197	3,2830	,72152		
BPNSLA	Married	56	3,0670	,66161	-2,295	,023*
	Single	197	3,2826	,60839		
Life satisfaction	Married	56	2,2107	,72706	10,333	,000*
	Single	197	2,0193	,50733		

p&lt;0,05\*

According to Table 6, according to the results of the Independent Sample T-Test between the marital status variables of the participants and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected in all variables except the autonomy sub-dimension of Basic

Psychological Needs in Scale Leisure Activity ( $p<0.05$ ). It was concluded that the scores of single participants were higher than married participants in the total score of Basic Psychological Needs in Leisure Activity, competence and relatedness variables; and the scores of married participants were higher than single participants in life satisfaction scores.

**Table 7.** Anova Analysis Results According to Basic Psychological Needs in Leisure Activity and Satisfaction with Life Scales and Weekly Leisure Variable

Dimensions	Weekly leisure	N	$\bar{X}$	SD	F	p	Tamhane
Autonomy	(a)15 hours or less	71	3,3345	,65047	2,662	,033*	b>d,e
	(b)16-20 hours	79	3,4335	,56714			
	(c)21-25 hours	26	3,4231	,68106			
	(d)26-30 hours	33	3,0455	,83023			
	(e)31 hours or more	44	3,1591	,77025			
Competence	(a)15 hours or less	71	3,1972	,64492	1,291	,274	-
	(b)16-20 hours	79	3,1867	,60641			
	(c)21-25 hours	26	3,2885	,68078			
	(d)26-30 hours	33	2,9318	,84842			
	(e)31 hours or more	44	3,2386	,80866			
Relatedness	(a)15 hours or less	71	3,2570	,75825	,669	,614	-
	(b)16-20 hours	79	3,2215	,67580			
	(c)21-25 hours	26	3,2885	,79590			
	(d)26-30 hours	33	3,0303	,84953			
	(e)31 hours or more	44	3,2727	,78839			
BPNSLA	(a)15 hours or less	71	3,2629	,57090	1,454	,217	-
	(b)16-20 hours	79	3,2806	,52657			
	(c)21-25 hours	26	3,3333	,67577			
	(d)26-30 hours	33	3,0025	,78713			
	(e)31 hours or more	44	3,2235	,69391			
Life Satisfaction	(a)15 hours or less	71	2,0986	,58931	,988	,415	-
	(b)16-20 hours	79	2,0380	,57831			
	(c)21-25 hours	26	2,1769	,49421			
	(d)26-30 hours	33	2,1152	,55908			
	(e)31 hours or more	44	1,9364	,55702			

p<0,05\*

According to Table 7, according to the result of the ANOVA test between the participants' Weekly Leisure variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected only in the autonomy sub-dimension of Basic Psychological Needs Scale in Leisure Activity ( $p<0.05$ ). When we look at the Tamhane test performed to determine the source of the difference, it was revealed that the scores of the participants with 16-20 hours of leisure per week were higher than the scores of the participants with 26-30 hours and 31 hours and more leisure per week.

## DISCUSSION AND CONCLUSION

A model was created to investigate the effect of Basic Psychological Needs in Leisure Activity on life satisfaction. As a result of the analysis, autonomy, competence and relatedness did not show a statistically significant effect on life satisfaction ( $p>0.05$ ). In a study conducted by Çivitçi (5) with psychological counselling and guidance students, no difference was found between life satisfaction and autonomy sub-dimension, and in another study, it was stated that the increase in the autonomy sub-dimension score reflected positively on life satisfaction (3).

According to the Independent Sample T-test result between gender variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected in favour of male participants only in the variable of relatedness sub-dimension ( $p<0.05$ ). Özmaden et al. (17), in their study

with sports sciences students, concluded that as a result of the analysis between the leisure psychological needs of the participants and the gender variable, a situation occurred in favour of female participants in the autonomy sub-dimension. Yasul (31) concluded in a thesis study that there was no statistically significant difference in terms of gender variable in the Autonomy, Relatedness, and Competence sub-dimensions of the basic psychological needs scale. Sari et al. (20) reported that there was no significant difference between basic psychological needs in terms of gender. In another study, Waters et al. (30) found that the scores of basic psychological needs of male individuals were higher than the total scores of female individuals. Moreover, Cihangir Çankaya (4) found that autonomy and competence needs did not show a significant difference in terms of gender, while the need for relatedness showed a significant difference in favour of females. When the studies were evaluated, it was seen that the results were different from each other. In the comparison between female and male teacher candidates by Recepoglu (19), it was concluded that females had higher life satisfaction than males. In another study conducted by Liang et al. (14), no difference was detected in terms of gender variables in Japan, but in the same study, male participants in China and Korea had higher life satisfaction scores than female participants. When the studies were examined, the results showed differences and this difference was thought to be due to the demographic characteristics of the participants.

According to the result of the ANOVA test between the participants' professional experience variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected in the total score of Basic Psychological Needs in Leisure Activity, competence and relatedness sub-dimensions ( $p<0.05$ ). When we look at the Tamhane test conducted to determine the source of the difference, it was revealed that in all three variables, the scores of the participants with 1 year and less and 2-3 years of professional experience were higher than the scores of the participants with 6 years and more professional experience. In the study conducted by Ünal (28), it was concluded that experience did not affect life satisfaction. Gürer and Kılınç (9) found that there was no significant difference in the experience in their study on Basic Psychological Needs in Leisure Activity, but concluded that the mean scores were good. Toy (25) concluded that life satisfaction increased as the professional experience increased in the study on wrestler athletes. Our research findings differ from the findings of similar studies in the literature. In another study, it was reported that there was a significant positive relationship between sports experience and life satisfaction (26). Tabuk (23) found that there was a positive relationship between the duration of professional sportsmanship and life satisfaction.

According to the result of the ANOVA test between the participants' Weekly Leisure variables and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected only in the autonomy sub-dimension of Basic Psychological Needs in Leisure Activity ( $p<0.05$ ). When we look at the Tamhane test performed to determine the source of the difference, it was revealed that the scores of the participants with 16-20 hours of leisure time per week were higher than the scores of the participants with 26-30 hours and 31 hours or more of leisure time per week.

According to the results of the Independent Sample T-Test between the marital status variables of the participants and Basic Psychological Needs in Leisure Activity and Life Satisfaction, a statistically significant difference was detected in all variables except the autonomy variable of the Basic Psychological Needs Scale in Leisure Activity ( $p<0.05$ ). It was concluded that the scores of single participants were higher than married participants in the total score, competence and relatedness variables of Basic Psychological Needs in Leisure Activity, and the scores of married participants were higher than single participants in life satisfaction scores. Ünal (27) concluded that the life satisfaction of married participants was higher than single participants in his study on deskbound working individuals. Ünal et al. (28) reported that being married was a factor that increased life satisfaction in their study on doctors. In another study, Linn et al. (15) reported that the life satisfaction of married individuals was higher than single individuals. Studies showed that being married had a positive contribution on life satisfaction.

## **Recommendations**

As a result of the results obtained in the study, the following suggestions can be given:

The addition of participants who continue their lives in different regions, including various professional groups, may help to provide different levels of feedback in comparisons related to Basic Psychological Needs and Life Satisfaction in Leisure Activity.

Various informative studies can be performed for individuals to use their leisure more qualified and more consciously.

### Ethical Text

"In this article, the journal writing rules, publication principles, research and publication ethics, and journal ethical rules were followed. The responsibility belongs to the authors for any violations that may arise regarding the article."

Ethics Committee approval dated 19.04.2023 and decision number 16 was obtained from Aydin Adnan Menderes University Institute of Social Sciences Ethics Committee for this study."

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