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Examination of optimal performance mood status in sedentary women according to certain variables

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Abstract

This study investigates the Optimal Performance Mood State in sedentary women according to their behavioral change stages, perception of their health and appearance, and menstrual status. 774 sedentary women participated in the study. One-way analysis of variance was performed in statistical procedures. According to the behavioral change stages, a statistically significant change was found in the dimensions of task difficulty, awareness in action, clear goals, secondary notification, focus on the task, sense of control, transformation of time and experience of achieving the goal, and decrease in awareness subscales in optimal performance emotional state ($p<0.001$). When comparing the optimal performance mood and sub-dimension averages of sedentary women according to the "your health" variable, a statistically significant difference was found in all dimensions ($p<0.05$ and $p<0.001$). When comparing the optimal performance mood and sub-dimension averages of sedentary women according to the variable of your physical image relative to yourself, a statistically significant difference was found in all dimensions except decreased awareness ($p<0.001$). Conclusion: It was concluded that Optimal Performance Mood in sedentary women varies according to the stages of behavioral change and their perception of their health and appearance. As the exercise status of sedentary women increases, their optimal performance mood improves positively as they perceive their health as good and accept their appearance as good. Women should be encouraged to do sports regularly to improve their optimal performance mood, receive psychological support to perceive their health as good and encourage their desire to look beautiful. It may also be recommended that women receive support for regular menstruation to increase their optimal performance mood.

Keywords: Body image, menstruation, health perception, optimal performance, sedentary woman

Sedanter kadınlarda optimal performans duygu durumunun belirli değişkenlere göre araştırılması

Öz

Bu çalışmanın amacı Sedanter kadınlarda Optimal Performans Duygu Durumunun davranış değişim aşamaları, kendi sağlıklarını ve görüntülerini algılamaları ve adet görme durumlarına göre araştırılmasıdır. Çalışmaya 774 sedanter kadın katılmıştır. İstatistiksel işlemlerde tek yönlü varyans analizi yapılmıştır. Davranış değişim aşamalarına göre optimal performans duygu durumunda görev zorluğu, eylemde farkındalık, açık hedefler, feri bildirim, göreve odaklanma, kontrol duygusu, zamanın dönüşümü ve amaca ulaşma deneyimi ve farkındalığın azalması alt ölçekleri boyutlarında istatistiksel olarak anlamlı bir değişim bulunmuştur ($p<0,001$). Sedanter kadınların optimal performans duygu durum ve alt boyut ortalamalarının kendinize göre sağlığınız değişkenine göre karşılaştırılmasında tüm boyutlarda istatistiksel olarak önemli bir farklılığa rastlanmıştır ($p<0,05$ ve $p<0,001$). Sedanter kadınların optimal performans duygu durum ve alt boyut ortalamalarının kendinize göre bedensel görüntünüz değişkenine göre karşılaştırılmasında farkındalığın azalması hariç tüm boyutlarda istatistiksel olarak önemli bir farklılığa rastlanmıştır ($p<0,001$). Sonuç: Sedanter kadınlarda Optimal Performans Duygu Durumun davranış değişim aşamalarına, kendilerinin sağlıklarını ve görüntülerini algılamalarına göre değiştiği sonucuna varılmıştır. Kadınların optimal performans duygu durumlarını iyileştirmek için devamlı olarak spor yapmaya yönlendirilmeleri, sağlıklarını iyi olarak algılamaları için psikolojik destek almaları ve güzel görünme isteklerinin önünün açılması önerilebilir. Yine kadınların optimal performans duygu durumlarının yükselmesi için düzenli adet görmeleri konusunda destek almaları önerilebilir.

Anahtar Kelimeler: *Vücut imajı, adet görme, sağlık algısı, optimal performans, sedanter kadın*

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INTRODUCTION

The optimal performance emotional state reflects the mental and psychological state formed by the performance experience experienced in the sports and exercise environment (Yamaner et al., 2020; Bozkurt et al., 2023). Beyond supporting the physical health of individuals, sports also have an important role in social, psychological and cultural aspects (Arslan & Erail, 2023). In fact, optimal performance experience and related behaviors in athletes and exercisers have been the focus of attention of researchers in the field of sports and exercise psychology in recent years. It happened. Optimal performance emotional state is defined as the inner pleasure experienced when the individual fully concentrates on the activity, gives all his attention to it, feels like a part of the team, and feels that he has sufficient skill according to the perceived difficulty activity (Ersöz, 2011; Yanar et al., 2017). Athletes must have high levels of internal and external motivation (Yanar et al., 2017). However, athletes may experience different emotional states during training or matches. The different situations that athletes encounter may cause them to feel emotions such as anxiety, stress, and comfort and may affect their performance for better or worse. The emotions felt by athletes and their current psychological state are one of the determinants of their performance. Optimal performance mood is one of the psychological structures considered to determine performance in sports (Kelecek et al., 2010). Optimal performance emotional state is the optimal mental state that occurs in the sports and physical activity environment due to the balance individuals establish between the skills they display during physical activity and the situation, requirements or challenge perceived at that moment (Aşçı et al., 2007). An optimal performance emotional state is essential in ensuring human psychological competence (İri & Şengür, 2022; Bozkurt et al., 2023). In addition to improving the skill levels of athletes regularly participating in physical activities, it also contributes to them gaining internal motivation, thus enjoying physical activity more, evaluating their free time and experiencing the performance mood (Hadi et al., 2021).

Task Difficulty-Skill Balance: The model reveals that anxiety will occur when difficulties are perceived as heavier than skills (Hanin, 2000). Action-Awareness Combination refers to integrating the individual's movements and awareness during performance. It causes the athlete to consciously feel the movement he/she makes without thinking (Bayköse, 2014). Clear Goals: Having clearly defined goals for the activity will ensure that the person knows exactly what to do. Specific Feedback: Feedback provides clear feedback continuity with a clear idea and specific target cycle for the following action (Ada, 2011). Focus on the Task: The integration of the individual with the movements, transitions and emotional transfers related to

the activity by focusing only on the task (activity) while in the activity means maintaining the appropriate focus (Tez, 2018). Sense of Control: It refers to the feeling that the person has mastered and can control the task he is faced with. Decreased Self-Awareness: If the person is fully engaged in the activity, there is no room for concern about self-evaluation and the evaluation of others. Loss of self-awareness does not mean loss of awareness (Hanin, 2000). Turning of Time: Although this perception of time may seem too slow for some athletes, they typically state that time seems to speed up for them. Goal Attainment Experience: This flow dimension is the culmination of the others. When other positive qualities come together, the resulting experience becomes delightful and intrinsically rewarding (Ada, 2011; Çetinkalp, 2011).

As the age of starting sports decreases, menarche is delayed, and menstrual disorders increase (Kishali et al., 2007; Atan et al., 2012a). Although female athletes experience decreased physical capacities during the menstrual period, some Olympic and world records have been broken at almost all menstrual cycle stages (Gölünük et al., 2012). Tsuneura et al., (2013) stated in a study that changes in exercise performance may fluctuate during the menstrual cycle. Their study by Yamaner et al. (2020) determined that Optimal performance mood scores were similar in sports-trained students according to gender team and individual sports participation. It is thought that the optimal performance emotional state may vary depending on the stages of behavioral change in sedentary women, whether women perceive themselves as good in terms of health and body image, and whether their menstrual periods are regular or not. This study investigates the Optimal Performance Mood State in sedentary women according to their behavioral change stages, perception of their health and appearance, and menstrual status.

METHOD

Participants: 774 sedentary women, on average 29.15 years old, 165.34 cm tall, weighed 66.51 kg and had a body mass index of 24.34 kg/m2, participated in this study. Women over the age of menstruation were not included in the study.

Data collection tools

Behavior Change Steps Survey: The validity and reliability study of the Turkish version of the Exercise Behavior Change Steps Survey (EDDBA) was conducted by Miçooğulları et al. (2010). Analyzes conducted to test the validity of the survey support the criterion validity of the survey. Additionally, the test-retest value for the reliability of the survey was found to be high. Participants gave binary answers as yes/no to four items in the survey. People's intentions

to exercise and their habits of participating in it are divided into five stages of exercise behavior using scoring algorithms according to their responses to the items: Pre-intention, intention, preparation, action and continuity (Marcus & Lewis, 2003). It is done in the behavioral tendency phase for five separate exercises, using scoring algorithms for the first four questions. Scoring method of change categories according to the no or yes answers given to each question: Those who answered No to the First and Second Questions, the "Pre-Intention" stage. Those who answer "No" to the first question and "Yes" to the second question are in the "Intent" stage. Those who answered Yes to the first question and No to the third question will enter the "Preparation" phase. Those who answered Yes to the first and third questions and No to the 4th question are in the "Action" phase. Those who answer yes to the first, third and fourth questions are considered in the "Continuity" stage (Çeker et al., 2013).

Optimal Performance Mood Scale: Continuous Optimal Performance Mood Scale-2 measures the general state of optimal performance mood on the individual participating in the activity and aims to evaluate the frequency of experiencing optimal performance in physical activity and participation in sports. The scale was adapted to Turkish by Aşçı et al. (2007). The scale consists of 36 items and nine subscales. These subscales are Task Difficulty/Skill Balance (items 1, 10, 19 and 28), Action-Awareness Combination (items 2, 11, 20 and 29), and Clear Goals (items 3, 12, 21 and 30). Specific Feedback (items 4, 13, 22, 31), Task Focus (items 5, 14, 23 and 32), Sense of Control (items 6, 15, 24 and 33), Decreased Self-Awareness (items 7, Articles 16, 25 and 34), Transformation of Time (Articles 8, 17, 26 and 35), Experience of Achieving the Goal (Articles 9, 18, 27 and 36). Each item in the scale is answered on a 5-point Likert scale ranging from "Never (1)" to "Always (5)".

Statistical analysis

SPSS 25 package program was used to evaluate the data. It was observed that the data showed normal distribution according to the Shapiro Wilk test. Multiple comparisons ANOVA and LSD test were used to identify different groups.

Ethics committee report: The ethical report of this study was taken by the decision of Ondokuz Mayıs University Clinical Research Ethics Committee, numbered B.30.2.ODM.0.20.08/328-4- and dated 06.08.2019.

RESULTS

Table 1 shows the average scores of the optimal performance mood sub-dimensions according to the behavioral change stages. Optimal performance mood subscale scores are given in tables 2, 3 and 4 according to women's health perception, body image perception and menstruation status.

Table 1. Comparison of optimal performance mood states of sedentary women according to behavioral change stages

Scale sub-dimensions	Behavior Change Phase	N	Mean	Standard deviation	F/LSD	p
Task difficulty	Pre-contemplation (1)	175	1.37	3.63	14.22 1<2,3,4,5 2<4,5	0.000**
	Contemplation (2)	157	4.56	2.85		
	Preparation (3)	117	14.86	2.67		
	Taking Action (4)	113	15.27	2.54		
	Maintenance (5)	212	15.43	2.55		
	Total	774	4.72	3.00		
Action awareness	Pre-contemplation (1)	175	13.20	3.61	8.39 1<2,3,4,5 2,3<5	0.000**
	Contemplation (2)	157	13.98	3.00		
	Preparation (3)	117	14.21	2.48		
	Taking Action (4)	113	14.26	2.35		
	Maintenance (5)	212	14.92	2.77		
	Total	774	14.14	2.99		
Clear targets	Pre-contemplation (1)	175	13.64	3.92	21.24 1<2,3,4,5 2,3<4,5	0.000**
	Contemplation (2)	157	15.04	2.58		
	Preparation (3)	117	15.08	2.99		
	Taking Action (4)	113	16.18	3.02		
	Maintenance (5)	212	16.21	2.57		
	Total	774	15.28	3.21		
Feedback	Pre-contemplation (1)	175	13.74	3.73	19.03 1<2,3,4,5 2,3<4,5	0.000**
	Contemplation (2)	157	14.58	3.07		
	Preparation (3)	117	14.72	3.04		
	Taking Action (4)	113	15.24	2.55		
	Maintenance (5)	212	16.39	2.80		
	Total	774	15.04	3.23		
Focus on task	Pre-contemplation (1)	175	13.17	3.43	15.75** 1<2,3,4,5 2<5	0.000**
	Contemplation (2)	157	14.09	2.47		
	Preparation (3)	117	14.46	2.18		
	Taking Action (4)	113	14.76	2.76		
	Maintenance (5)	212	15.36	2.76		
	Total	774	14.42	2.90		
Sense of control	Pre-contemplation (1)	175	13.74	3.54	30.03 1,2<3,4,5 3<4,5	0.000**
	Contemplation (2)	157	14.97	2.48		
	Preparation (3)	117	15.30	2.69		
	Taking Action (4)	113	16.20	2.56		
	Maintenance (5)	212	16.66	2.50		
	Total	774	15.45	3.00		

**p<0.001

Table 1. (continuation) Comparison of optimal performance mood states of sedentary women according to behavioral change stages

Scale sub-dimensions	Behavior Change Phase	N	Mean	Standard deviation	F/LSD	p
Sense of control	Pre-contemplation (1)	175	13.74	3.54	30.03 1,2<3,4,5 3<4,5	0.000**
	Contemplation (2)	157	14.97	2.48		
	Preparation (3)	117	15.30	2.69		
	Taking Action (4)	113	16.20	2.56		
	Maintenance (5)	212	16.66	2.50		
	Total	774	15.45	3.00		
Decreased awareness	Pre-contemplation (1)	175	12.92	4.23	4.46 1<4,5 2<5	0.001**
	Contemplation (2)	156	13.33	4.37		
	Preparation (3)	117	13.41	3.80		
	Taking Action (4)	113	13.96	4.00		
	Maintenance (5)	212	14.57	4.09		
	Total	773	13.68	4.16		
Transformation of time	Pre-contemplation (1)	175	13.29	3.76	15.31 1,2<3,4,5 3<4,5	0.000**
	Contemplation (2)	156	14.59	2.57		
	Preparation (3)	117	15.04	2.97		
	Taking Action (4)	113	15.47	2.95		
	Maintenance (5)	212	15.49	2.92		
	Total	773	14.78	3.19		
Goal achievement experience	Pre-contemplation (1)	175	14.29	3.79	24.15 1<2,3,4,5	0.000**
	Contemplation (2)	157	16.23	2.61		
	Preparation (3)	117	16.73	2.76		
	Taking Action (4)	113	16.77	3.02		
	Maintenance (5)	212	16.97	2.44		
	Total	774	16.18	3.13		

**p<0.001

Statistically significant differences were found in all dimensions in the optimal performance emotional states of sedentary women according to their behavioral change stages (p<0.001).

Table 2. Comparison of optimal performance mood and sub-dimension averages of sedentary women according to your health variable

Scale sub-dimensions	State of feeling oneself	N	Mean	Standard deviation	F/LSD	p
Task difficulty	Very good and Good (1)	94	14.85	3.08	8.83 3<1,2	0.000**
	Normal (2)	441	14.80	2.71		
	Bad-Very bad (3)	39	12.77	4.57		
	Total	774	14.72	3.00		
Action awareness	Very good and Good (1)	294	14.33	3.00	8.71 3<1,2	0.000**
	Normal (2)	441	14.18	2.81		
	Bad-Very bad (3)	39	12.23	4.13		
	Total	774	14.14	2.99		
Clear targets	Very good and Good (1)	294	15.55	3.26	15.11 3<1,2	0.000**
	Normal (2)	441	15.34	2.88		
	Bad-Very bad (3)	39	12.62	4.81		
	Total	774	15.28	3.21		

*p<0.05 and**p<0.001

Table 2. (continuation) Comparison of optimal performance mood and sub-dimension averages of sedentary women according to your health variable

Scale sub-dimensions	State of feeling oneself	N	Mean	Standard deviation	F/LSD	p
Feedback	Very good and Good (1)	294	15.19	3.28	9.04 3<1,2	0.000**
	Normal (2)	441	15.13	2.93		
	Bad-Very bad (3)	39	12.92	5.00		
	Total	774	15.04	3.23		
Focus on task	Very good and Good (1)	294	14.47	2.99	7.48 3<1,2	0.001**
	Normal (2)	441	14.54	2.60		
	Bad-Very bad (3)	39	12.69	4.50		
	Total	774	14.42	2.90		
Sense of control	Very good and Good (1)	294	15.49	3.25	14.41 3<1,2	0.000**
	Normal (2)	441	15.64	2.52		
	Bad-Very bad (3)	39	13.00	4.63		
	Total	774	15.45	3.00		
Decreased awareness	Very good and Good (1)	293	13.40	4.32	5.37 3<1,2 1<2	0.005*
	Normal (2)	441	14.02	4.01		
	Bad-Very bad (3)	39	12.00	4.09		
	Total	773	13.68	4.16		
Transformation of time	Very good and Good (1)	293	14.72	3.46	4.39 3<1,2	0.013*
	Normal (2)	441	14.94	2.87		
	Bad-Very bad (3)	39	13.38	4.12		
	Total	773	14.78	3.19		
Goal achievement experience	Very good and Good (1)	294	16.09	3.38	9.03 3<1,2	0.000**
	Normal (2)	441	16.41	2.74		
	Bad-Very bad (3)	39	14.23	4.39		

When comparing the optimal performance mood and sub-dimension averages of sedentary women according to the "your health according to yourself" variable, a statistically significant difference was found in all dimensions ($p<0.05$ and $p<0.001$).

Table 3. Comparison of optimal performance mood and sub-dimension averages according to your self-body image variable

Scale sub-dimensions	Physical Image status	N	Mean	Standard deviation	F/LSD	p
Task difficulty	Good (1)	325	15.32	2.88	20.88 1>2,3 2>3	0.000**
	Medium (2)	355	14.57	2.68		
	Bad (3)	94	13.15	3.84		
	Total	774	14.72	3.00		
Action awareness	Good (1)	325	14.56	3.05	9.85 1>2,3 2>3	0.000**
	Medium (2)	355	14.03	2.80		
	Bad (3)	94	13.05	3.22		
	Total	774	14.14	2.99		
Clear targets	Good (1)	325	15.76	3.06	15.06 1>2,3 2>3	0.000**
	Medium (2)	355	15.25	2.98		
	Bad (3)	94	13.73	3.99		
	Total	774	15.28	3.21		

**p<0.001

Table 3. (continuation) Comparison of optimal performance mood and sub-dimension averages according to your self-body image variable

Scale sub-dimensions	Physical Image status	N	Mean	Standard deviation	F/LSD	p
Feedback	Good (1)	325	15.42	3.06	6.57 1,2>3	0.001**
	Medium (2)	355	14.95	3.08		
	Bad (3)	94	14.09	4.06		
	Total	774	15.04	3.23		
Focus on task	Good (1)	325	14.63	3.12	10.26 3<1,2	0.001**
	Medium (2)	355	14.56	2.33		
	Bad (3)	94	13.17	3.67		
	Total	774	14.42	2.90		
Sense of control	Good (1)	325	15.87	3.01	16.10 3<1,2	0.000**
	Medium (2)	355	15.47	2.67		
	Bad (3)	94	13.91	3.61		
	Total	774	15.45	3.00		
Decreased awareness	Good (1)	325	13.97	4.23	1.42	0.242
	Medium (2)	354	13.50	4.05		
	Bad (3)	94	13.36	4.31		
	Total	773	13.68	4.16		
Transformation of time	Good (1)	325	15.16	3.37	7.36 3<1,2	0.001**
	Medium (2)	354	14.71	2.90		
	Bad (3)	94	13.76	3.38		
	Total	773	14.78	3.19		
Goal achievement experience	Good (1)	325	16.65	3.20	24.43 3<1,2	0.000**
	Medium (2)	355	16.27	2.82		
	Bad (3)	94	14.18	3.24		
	Total	774	16.18	3.13		

**p<0.001

When comparing the optimal performance mood and sub-dimension averages of sedentary women according to the variable of your physical image relative to yourself, a statistically significant difference was found in all dimensions except decreased awareness (p <0.001).

Table 4. Comparison of optimal performance mood and sub-dimension means according to menstruation status variable

Sub-dimensions	Menstruation status	N	Mean	s.d.	F/LSD	p
Task difficulty	Regular (1)	5520	14.89	2.80	5.94 3<1,2	0.003*
	Sometimes Irregular (2)	1154	14.73	3.08		
	Irregular (3)	1100	13.77	3.66		
	Total	7774	14.72	3.00		
Action awareness	Regular (1)	5520	14.30	3.06	4.78 3<1,2	0.009*
	Sometimes Irregular (2)	1154	14.11	2.45		
	Irregular (3)	1100	13.30	3.28		
	Total	7774	14.14	2.99		
Clear targets	Regular (1)	5520	15.54	3.06	14.18 3<1,2	0.000**
	Sometimes Irregular (2)	1154	15.40	3.05		
	Irregular (3)	1100	13.72	3.76		
	Total	7774	15.28	3.21		

*p<0.05 and**p<0.001

Table 4. (continuation) Comparison of optimal performance mood and sub-dimension means according to menstruation status variable

Sub-dimensions	Menstruation status	N	Mean	s.d.	F/LSD	p
Feedback	Regular (1)	5520	15.19	3.11	8.34 3<1,2	0.000**
	Sometimes Irregular (2)	1154	15.33	3.27		
	Irregular (3)	1100	13.83	3.56		
	Total	7774	15.04	3.23		
Focus on task	Regular (1)	5520	14.61	2.81	3.72 3<1	0.025*
	Sometimes Irregular (2)	1154	14.14	2.88		
	Irregular (3)	1100	13.87	3.29		
	Total	7774	14.42	2.90		
Sense of control	Regular (1)	5520	15.68	2.76	13.18 3<1,2	0.000**
	Sometimes Irregular (2)	1154	15.58	2.95		
	Irregular (3)	1100	14.04	3.82		
	Total	7774	15.45	3.00		
Decreased awareness	Regular (1)	5520	13.77	4.10	13.97 3<1,2 1<2	0.000**
	Sometimes Irregular (2)	1154	14.56	3.90		
	Irregular (3)	1100	11.83	4.31		
	Total	7774	13.68	4.16		
Transformation of time	Regular (1)	5520	14.81	3.16	2.49	0.083
	Sometimes Irregular (2)	1154	15.08	2.88		
	Irregular (3)	1100	14.18	3.73		
	Total	7774	14.78	3.19		
Goal achievement experience	Regular (1)	5520	16.46	3.03	8.11 1>2,3	0.000**
	Sometimes Irregular (2)	1154	15.85	2.87		
	Irregular (3)	1100	15.19	3.74		
	Total	7774	16.18	3.13		

*p<0.05 and**p<0.001

When comparing the optimal performance mood and sub-dimension averages of sedentary women according to the menstrual status variable, a statistically significant difference was found in all dimensions except the transformation of time (p<0.05 and p<0.001).

DISCUSSION AND CONCLUSION

774 sedentary women, on average 29.15 years old, 165.34 cm tall, weighed 66.51 kg and had a body mass index of 24.34 kg/m^2, participated in this study.

Optimal performance emotional state occurs when the individual can accomplish activities that require a high level of challenge and difficulty and maintain control over these tasks. When the optimal performance emotional state occurs, the individual is entirely focused on the task he is doing and is internally motivated without realizing how time passes during the activity (Yıldız et al., 2015). In his study, Ersöz (2011) stated that a significant positive relationship exists between task difficulty and skill balance, action awareness combination, transformation of time, specific feedback, task focus, sense of control, clear goals, and goal

achievement sub-dimensions. Imamoğlu (2020) stated in his study that, in general, the scores of those at the pre-intention and intention stage are significantly lower than those of students at the Taking Action and preparation stage. In Balakar's (2020) study, according to the stages of behavioral change, there was a change in the optimal performance emotional state in the dimensions of task difficulty, awareness in action, clear goals, secondary notification, focus on the task, sense of control, transformation of time and goal achievement experience subscales, while no change was found in the dimension of decreased awareness. In Aybek et al. (2023) study, when women's quality of life and its sub-dimensions were compared according to behavioral change stages, a significant difference was found between the physical domain, mental domain, social relations and environment sub-dimensions. In this study, a statistically significant change was found in the subscale dimensions of optimal performance emotional state, task difficulty, awareness in action, clear goals, secondary notification, focus on the task, sense of control, transformation of time and experience of achieving the goal, and decrease in awareness subscales ($p<0.001$). Many studies support the positive effects of regular physical activity on well-being and specific health (Atan et al., 2012b). It appears to indicate that increased physical activity is associated with improvement in health-related quality of life dimensions such as physical functionality and mental health (Yazıcı, 2023). The studies of Iri and Şengür (2022) determined that the physical activity levels of the students studying at the Faculty of Sports Sciences were excellent, and their optimal performance emotional state was high. According to this study, the scores of women in the pre-intention and intention stages are lower than those in the movement and movement continuity stages. In other words, it can be said that as the exercise status of sedentary women increases, their optimal performance mood also develops positively. It is recommended that women be guided to exercise regularly to improve their optimal performance mood.

As a result of a study found a positive relationship between students' physical activity level and general health perception (Solmaz & Aydın, 2015). Aybek et al. (2023) determined in their study that the quality of life of those who perceived their health as good was significantly better than those who perceived their health as poor. In his study, Balakar (2020) found a statistically significant difference in task difficulty skill, action awareness combination, clear goals, sense of control, and experience of achieving the goal when comparing it according to the variable of your health relative to yourself, while there was a significant difference in the sub-dimensions of specific feedback, task focus, decrease in self-awareness and time transformation. Did not find it. In this study, a statistically significant change was found in the

subscale dimensions of task difficulty, awareness in action, clear goals, secondary notification, focus on the task, sense of control, transformation of time and experience of achieving the goal, and decrease in awareness, according to the self-assessment of health variable ($p<0.05$ and $p<0.001$). In this study, among sedentary women, those who perceived their health as very good and sound and those who perceived their health as usual, had better optimal performance moods than those who perceived their health as bad or very poor. It may be recommended that women receive psychological support to help them perceive their health as good.

In their study, Yamak et al. (2016) examined the differences between adolescents who do active sports and those who are sedentary in terms of body image and found that those who do sports have a better body image. In the Bıdaklar (2019) study, most participants reported being better than before the surgery regarding being physically active, socializing and working. In their study, Aybek et al. (2023) found that the quality-of-life scores of those who perceived their body image as good were significantly better than those who perceived their body image as bad. Enişte (2021) stated in his study that increasing physical activity levels will improve the quality of life. In his study, Balakar (2020) found a statistically significant difference in task difficulty skill, clear goals, sense of control, and experience of achieving the goal when comparing it according to the variable of your physical image relative to yourself, while there was a significant difference in the sub-dimensions of action awareness combination, specific feedback, task focus, decrease in self-awareness, and time transformation. I found no difference. In this study, a statistically significant change was found in the dimensions of task difficulty, awareness in action, clear goals, secondary notification, focus on the task, sense of control, transformation of time and goal achievement experience subscales according to the variable of your physical appearance ($p<0.05$ and $p<0.05$). There was no significant difference in the only and decreased awareness sub-dimensions ($p>0.05$). According to this study, women who describe their physical appearance as excellent or average have better optimal performance mood scores than women who describe their physical appearance as bad. It can be said that women who are satisfied with their physical appearance will perform better. For this reason, it is recommended that women's desire to look beautiful be met with understanding to see their physical appearance as beautiful.

When looking at the life scale scores in the Cetin (2018) study, there was no statistically significant difference in the physical, psychological, social and environmental scores of those who menstruated regularly. In his study, Türk (2016) found that menstrual cycles were regular after three months of exercise in those who had irregular menstruation in the pre-exercise phase.

In Balakar's (2020) study, when comparing the optimal performance mood and sub-dimensions regarding menstruation, a significant difference was found only in the clear goals sub-dimension. No significance was found in the other sub-dimensions. This study found a significant difference in all sub-dimensions except the transformation of the time sub-dimension in optimal performance emotional state according to menstruation ($p<0.05$ and $p<0.001$). Yaşartürk et al. (2016) found that the participation of sedentary women in recreational activities is affected by many factors, such as marital status, place of residence, free time and difficulties in evaluating free time. This effect may have an impact on women's menstrual cycle. According to this study, the optimal performance mood scores of women with irregular menstruation are generally lower than those of women with regular menstruation. It may be recommended that women receive support for regular menstruation to increase their optimal performance mood.

Conclusion: It was concluded that Optimal Performance Mood in sedentary women varies according to the stages of behavioral change and their perception of their health and appearance. As the exercise status of sedentary women increases, their optimal performance mood improves positively as they perceive their health as good and accept their appearance as good. Women should be encouraged to do sports regularly to improve their optimal performance mood, receive psychological support to perceive their health as good and encourage their desire to look beautiful. It may also be recommended that women receive support for regular menstruation to increase their optimal performance mood.

GENİŞLETİLMİŞ ÖZET

GİRİŞ

Sporcular, antrenman veya maç sırasında farklı duygu durumları yaşayabilirler. Sporcuların içinde bulundukları farklı durumlar, kaygı, stres, rahatlık gibi duyguları hissetmelerine neden olabilir ve performanslarını iyi ya da kötü etkileyebilir. Sporcuların hissettikleri duygular ve o anki psikolojik durumları performanslarının belirleyicilerinden biridir. Optimal performans duygu durumu sporda performansın belirleyicisi olarak ele alınan psikolojik yapılardan biridir (Kelecek ve ark., 2010). Optimal performans duygu durumu, spor ve fiziksel aktivite ortamında, bireylerin fiziksel aktivite sırasında sergiledikleri becerileri ile o anda algılanan durum, gereklilikler veya mücadele arasında kurdukları denge sonucunda oluşan optimal zihinsel durumdur (Aşçı ve ark., 2007). İnsanlarda psikolojik yeterliliğin sağlanmasında optimal performans duygu durumunun önemli olduğu bilinmektedir (İri & Şengür, 2022). Yine sporcuların düzenli olarak fiziksel aktivitelere katılmalarının beceri düzeylerinin geliştirmesine ek olarak içsel motivasyon kazanmalarına bu şekilde de fiziksel aktiviteden daha fazla keyif almalarına, serbest zamanlarını değerlendirmelerine ve performans duygu

durumunu yaşamalarına katkı sağlar (Hadi ve ark., 2021). Bu çalışmanın amacı Sedanter kadınlarda Optimal Performans Duygu Durumunun davranış değişim aşamaları, kendi sağlıklarını ve görüntülerini algılamaları ve adet görme durumlarına göre araştırılmasıdır.

YÖNTEM

Bu çalışmaya ortalama olarak 29,15 yaşında ve 165,34 cm boy uzunluğunda, 66,51 kg ağırlığında ve 24,34 kg/m2 beden kütle indeksine sahip 774 sedanter bayan katılmıştır. Adet görme yaşını geçmiş bayanlar çalışmaya dahil edilmemiştir. Bu çalışmada "Egzersiz Davranışı Değişim Basamakları Anketi ve Sürekli Optimal Performans Duygu Durum Ölçeği-2" kullanılmıştır. Egzersiz Davranışı Değişim Basamakları Anketinde yer alan dört maddeye katılımcılar evet/hayır şeklinde ikili cevaplar vermişlerdir. Sürekli Optimal Performans Duygu Durum Ölçeği-2 Türkçeye uyarlama çalışması Aşçı ve arkadaşları (2007) tarafından yapılmıştır. Ölçek 36 madde ve 9 alt ölçekten oluşmaktadır. Verilerin değerlendirilmesinde SPSS 25 paket programı kullanıldı. Verilerin Shapiro Wilk testine göre normal dağılım gösterdiği görülmüştür. Çoklu karşılaştırmalar ANOVA ve farklı grubu belirlemek için LSD testi kullanılmıştır.

BULGULAR VE TARTIŞMA

Bu çalışmaya ortalama olarak 29,15 yaşında ve 165,34 cm boy uzunluğunda, 66,51 kg ağırlığında ve 24,34 kg/m2 beden kütle indeksine sahip 774 sedanter kadın katılmıştır. Bir çalışma sonucunda ise öğrencilerin fiziksel aktivite düzeyi ve genel sağlık algısı yönünde pozitif bir ilişki tespit edilmiştir (Solmaz & Aydın,2015). Aybek ve arkadaşları (2023) çalışmalarında kendi sağlığını iyi olarak algılayanların yaşam kalitesini kendi sağlığını kötü olarak algılayanlara göre anlamlı düzeyde daha iyi olduğunu belirlemişlerdir. Balakar (2020) çalışmasında kendinize göre sağlığınız değişkenine göre karşılaştırılmasında görev zorluğu becerisi, eylem farkındalık birleşimi, açık hedefler, kontrol duygusu, amaca ulaşma deneyiminde istatistiksel olarak anlamlı farklılık bulurken belirli geri bildirim, göreve odaklanma, kendilik farkındalığın azalması ve zaman dönüşümü alt boyutlarında anlamlı farklılık bulmamıştır. Bu çalışmada kendinize göre sağlığı değerlendirme değişkenine göre görev zorluğu, eylemde farkındalık, açık hedefler, feri bildirim, göreve odaklanma, kontrol duygusu, zamanın dönüşümü ve amaca ulaşma deneyimi ve farkındalığın azalması alt ölçekleri boyutlarında istatistiksel olarak anlamlı bir değişim bulunmuştur ($p<0,05$ ve $p<0,001$). Bu çalışmada sedanter kadınlarda kendi sağlığını çok iyi ve iyi olarak algılayanlar ve normal olarak kabul edenlerin sağlığını kötü ve çok kötü olarak algılayanlara göre optimal performans duygu durumları daha iyidir. Kadınların sağlıklarını iyi olarak algılamaları konusunda psikolojik destek almaları önerilebilir.

Yamak ve arkadaşları (2016) çalışmalarında beden imajı açısından aktif spor yapan adölesanlar ile sedanterler arasındaki farklılıkları incelemiş ve spor yapanların daha iyi beden imajına sahip olduğu bulmuştur. Bıdaklar (2019) çalışmasında ise fiziksel olarak aktif olma, sosyalleşme ve çalışabilme durumlarında da katılımcıların büyük çoğunluğu ameliyat öncesine göre daha iyi olduklarını

bildirmişlerdir. Aybek ve arkadaşları (2023) çalışmalarında kendi beden imajını iyi olarak algılayanların yaşam kalitesi puanlarını beden imajını kötü olarak algılayanlara göre anlamlı düzeyde daha iyi olarak tespit etmişlerdir. Enişte (2021) çalışmasında fiziksel aktivite düzeylerinin arttırılmasının yaşam kalitesinin iyileştireceğini belirtmiştir. Balakar (2020) çalışmasında kendinize göre bedensel görüntünüz değişkenine göre karşılaştırılmasında görev zorluğu becerisi, açık hedefler, kontrol duygusu, amaca ulaşma deneyiminde istatistiksel olarak anlamlı farklılık bulurken eylem farkındalık birleşimi, belirli geri bildirim, göreve odaklanma, kendilik farkındalığın azalması ve zaman dönüşümü alt boyutlarında anlamlı farklılık bulmamıştır. Bu çalışmada kendinize göre bedensel görüntünüz değişkenine göre görev zorluğu, eylemde farkındalık, açık hedefler, feri bildirim, göreve odaklanma, kontrol duygusu, zamanın dönüşümü ve amaca ulaşma deneyimi alt ölçekleri boyutlarında istatistiksel olarak anlamlı bir değişim bulunmuştur ($p<0,05$ ve $p<0,001$). Sadece ve farkındalığın azalması alt boyutunda anlamlı bir farklılık bulunmamıştır ($p>0,05$). Bu çalışmaya göre bedensel olarak görüntülerini iyi ve orta olarak belirten kadınların bedensel görüntülerini kötü olarak belirten kadınlara göre optimal performans duygu durum puanları daha iyidir. Bedensel görüntülerinden memnun olan bayanların daha yüksel performans göstereceği söylenebilir. Bu nedenle kadınların bedensel görüntülerinin güzel görülmesi için onların güzel görünme isteklerinin anlayışla karşılanması önerilir.

SONUÇ VE ÖNERİLER

Sedanter kadınların spor yapma durumu arttıkça, kendi sağlıklarını iyi olarak algıladıkça ve görüntülerini iyi olarak kabul etmeleri ile optimal performans duygu durumları da olumlu yönde geliştiği söylenebilir. Kadınların optimal performans duygu durumlarını iyileştirmek için devamlı olarak spor yapmaya yönlendirilmeleri, sağlıklarını iyi olarak algılamaları için psikolojik destek almaları ve güzel görünme isteklerinin önünün açılması önerilebilir. Yine kadınların optimal performans duygu durumlarının yükselmesi için düzenli adet görmeleri konusunda destek almaları önerilebilir.

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KATKI ORANI ***CONTRIBUTION RATE***	**AÇIKLAMA** ***EXPLANATION***	**KATKIDA BULUNANLAR** ***CONTRIBUTORS***
Fikir ve Kavramsal Örgü *Idea or Notion*	Araştırma hipotezini veya fikrini oluşturmak *Form the research hypothesis or idea*	Orhan Ahmet ŞENER
Tasarım *Design*	Yöntem ve araştırma desenini tasarlamak *To design the method and research design.*	Osman İMAMOĞLU
Literatür Tarama *Literature Review*	Çalışma için gerekli literatürü taramak *Review the literature required for the study*	Orhan Ahmet ŞENER
Veri Toplama ve İşleme *Data Collecting and Processing*	Verileri toplamak, düzenlemek ve raporlaştırmak *Collecting, organizing and reporting data*	Osman İMAMOĞLU
Tartışma ve Yorum *Discussion and Commentary*	Elde edilen bulguların değerlendirilmesi *Evaluation of the obtained finding*	Orhan Ahmet ŞENER

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Çatışma Beyanı/ *Statement of Conflict*

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Etik Kurul Beyanı/ *Statement of Ethics Committee*

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This research is carried out with the decision of the Ondokuz Mayıs University Ethics Committee dated 29.03.2023 and numbered E-2023-124.