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ABSTRACT BOOK

Prof. Dr. Jose Rodolfo Hernandez-CARRION

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7. INTERNATIONAL MEDITERRANEAN CONGRESS



ABSTRACT BOOK

7. INTERNATIONAL MEDITERRANEAN CONGRESS

January 9-11, 2025
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Editor

Prof. Dr. Jose Rodolfo HERNANDEZ-CARRION

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7. INTERNATIONAL MEDITERRANEAN CONGRESS

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7. INTERNATIONAL MEDITERRANEAN CONGRESS

PARTICIPATION

Keynote & Invited

DATE - PLACE

January 9-11, 2025

University of Valencia, Spain

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LANGUAGES

Turkish, English



7. INTERNATIONAL MEDITERRANEAN CONGRESS

January 9-11, 2025
University of Valencia, Spain

Venue

Room 2-P-04
Faculty of Economics
2/second floor, corridor/Pasillo, room # 4
2P04

FACE TO FACE PROGRAM

January 10, 2025 (Friday)



Time	Title	Author/Presenter	Affiliation
SESSION-1	Moderator	Prof. Dr. Ergül DEMİR	
14:00	MIGRATION, LAW, LITERATURE AND INTEGRATION: IMPLICATIONS FROM FAKİR BAYKURT'S NOVEL BLAST FURNACES	Ranegül CAMIZ Duygu YALÇIN	Erciyes University
14:10	REPRODUCTIVE TOURISM AND THE EFFECTS OF FOREIGN BIRTH CERTIFICATES IN TURKISH LAW	Ranegül CAMIZ	Erciyes University
14:20	ELEMENTARY SCHOOL TEACHERS' USE AND DESIGN OF CONCRETE MATERIALS IN MUSIC LESSONS	İrem AVGIN Gülnihal GÜL	Bursa Uludağ University
14:30	SCIENTIFIC STUDIES IN VIOLIN EDUCATION TRENDS: A LOOK FROM THE PAST TO THE PRESENT	Elif AYDIN Rasim Erol DEMİRBATIR	Bursa Uludağ University
14:40	EVALUATION OF THE ARCHITECTURAL STRUCTURE AND USABILITY OF THE STATISTICAL TECHNIQUE ADVISOR APPLICATION BASED ON EXPERT OPINIONS	Ergül DEMİR Muharrem ŞENGÜL Metehan GÜNGÖR Mustafa SARIAY	Ankara University Tokat Gaziosmanpaşa University

SESSION-2	Moderator	Prof. Dr. Nursen SEÇKİN GÖRGÜN	
15:00	USE OF ONE-RANGE ADDITION THEOREMS FOR SLATER TYPE ORBITALS USING SELF-FRICTIONAL EXPONENTIAL TYPE ORBITALS AND POLYNOMIALS IN THE CALCULATION OF OVERLAP INTEGRALS	Nursen SEÇKİN GÖRGÜN	Trakya University
15:10	MULTI-RESPONSIVE 8-HYDROXYQUINOLINE BASED "OFF-ON" FLUORESCENT SENSOR FOR ALUMINUM (III), ZINC (II) AND CADMIUM (II) IONS AND ITS BIOLOGICAL APPLICATION	Fatma Nur ARSLAN Merve OZBAY Ayse Seyma BUYUK Tugce BORAN Sukriye Nihan KARUK ELMAS	Karamanoglu Mehmetbey University Istanbul University- Cerrahpasa
15:20	THE EFFECT OF STRENGTHENING TRAINING PROGRAM FLUID CONTROL AND QUALITY OF LIFE IN INDIVIDUALS RECEIVING HEMODIALYSIS TREATMENT	Tuba KARABEY Şerife KARAGOZOGLU	Tokat Gaziosmanpaşa University Sivas Cumhuriyet University
15:30	END OF LIFE CARE IN THE EMERGENCY SERVICE	Tuba KARABEY Hüseyin YAMAN	Tokat Gaziosmanpasa University
15:40	EVALUATION OF THE RELATIONSHIP BETWEEN MUSCLE-SKELETAL PAINS AND PHYSICAL ACTIVITY LEVELS IN OFFICE WORKERS; THE CASE OF ŞANLIURFA PROVINCE	İsmail PALALI	Harran University
15:50	EVALUATION OF THE SATISFACTION LEVEL OF PARENTS OF OUTDOOR ACTIVITIES PERFORMED BY CHILDREN WITH AUTISM	Yekta ŞAHİN Merve PALALI Ceren SUVEREN Hıdır SULAK Ruxandra FOLOSTINA Loredena MARTINEZ Benedetta PESCE İsmail PALALI Halil EREN	Sanliurfa Youth and Sports Provincial Directorate Asociatia Romana de Psihopedagogie Aplicata, Romania European Platform for Rehabilitation, Brussels, Belgium Harran University



7. INTERNATIONAL MEDITERRANEAN CONGRESS

January 9-11, 2025
University of Valencia, Spain

ONLINE PROGRAM

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Passcode: 090909

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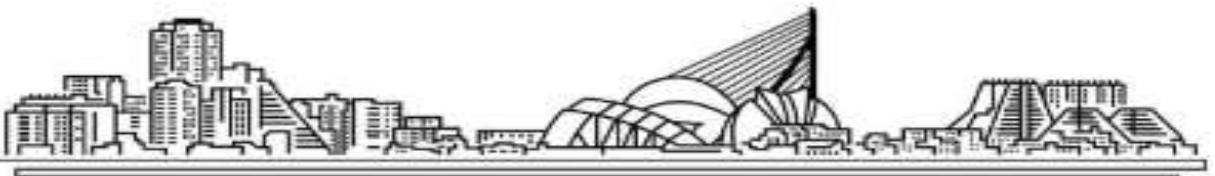
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11.01.2025

Moderator: Assist. Prof. Dr. Halime Esra MERAM

Meeting ID: 813 0348 3436 / Passcode: 090909

Valencia Local Time: 10:30 – 12:30

Ankara Local Time: 12:30 – 14:30

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DOES MORNING CHRONOTYPE AFFECT MENTAL HEALTH BY REDUCING MENSTRUAL SYMPTOM SEVERITY? THE ROLE OF SOCIAL JET LAG AS A VARIABLE	Halime Esra MERAM Ebru BEKMEZCİ Deniz Kocoglu Tanyer	Selçuk University, Türkiye
EVALUATION OF EATING DISORDER LEVELS AMONG STUDENTS IN THE FACULTY OF SPORTS SCIENCES	Erdil DURUKAN Nida TURGUT Pınar ÖZKAN	Balıkesir University, Türkiye
DEVELOPMENT OF DOUBLE-LAYER ANTI-REFLECTIVE COATINGS WITH HIGH MECHANICAL STRENGTH	Gül Merve GENÇER	Antalya Science University, Türkiye
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INTERMITTENT FASTING, GUT-BRAIN AXIS, AND MENTAL HEALTH: ROLE OF MICROBIOTA	Yaren ARAY Hatun Şevval SAĞIN	İstanbul Esenyurt University, Türkiye
DIFFERENT COLIFORM BACTERIA SPECIES ISOLATION AND EFFICACY EVALUATION OF LYTIC BACTERIOPHAGES AGAINST	Semih DALKILIÇ Lütfiye KADIOĞLU DALKILIÇ Ömer KAYA Lütfü UYGUR	Fırat University, Türkiye
LITERATURE REVIEW ON THE EFFECTIVENESS OF PHYSIOTHERAPY AND REHABILITATION PRACTICES AFTER ROTATOR CUFF INJURIES	Ayşenur GÖKŞEN Nurel ERTÜRK Fatma Kübra ÇEKOK	Tarsus University, Türkiye
THE EFFECT OF FACTORY WORKERS' CORPORATE SOCIAL RESPONSIBILITY PERCEPTION ON BURNOUT SYNDROME	Gülsev ARSLAN Funda ŞEHİRLİ	Zonguldak Bülent Ecevit University, Türkiye
INVESTIGATING THE RELATIONSHIP BETWEEN MEDIA USE AND HIKIKOMORI IN ADOLESCENTS	Melike EROĞLU Özlem GÖZÜN KAHRAMAN	Karabük University, Türkiye
EVALUATION OF AWARENESS OF RATIONAL DRUG USE ACCORDING TO LEVEL OF TECHNOLOGY USE	Seda GERMİYANOĞLU Bahar ÇELİK	Kutahya Health Sciences University, Türkiye
AN EMPIRICAL STUDY ON THE EVALUATION OF BRAND RECOGNITION IN THE HEALTHCARE SECTOR	Belgin AKSOY Bahar ÇELİK	Kutahya Health Sciences University, Türkiye

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7. INTERNATIONAL MEDITERRANEAN CONGRESS

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SPOR BİLİMLERİ FAKÜLTESİ ÖĞRENCİLERİNİN YEME BOZUKLUĞU DÜZEYLERİNİN DEĞERLENDİRİLMESİ

EVALUATION OF EATING DISORDER LEVELS AMONG STUDENTS IN THE FACULTY OF SPORTS SCIENCES

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ÖZET

Bu çalışma, spor bilimleri fakültesi öğrencilerinin yeme bozukluğu düzeylerini ve bu durumun demografik faktörlerle ilişkisini değerlendirmeyi amaçlamaktadır. Yeme bozuklukları, bireylerin beslenme alışkanlıklarını, fiziksel sağlığını ve psikososyal yaşamını olumsuz etkileyen ciddi sağlık sorunlarıdır. Özellikle spor eğitimi alan bireylerde, estetik ve ağırlık temelli spor dallarına olan ilgi, toplumsal beden imajı standartları ve bireysel psikolojik faktörler bu durumun gelişiminde önemli rol oynamaktadır. Balıkesir ilinde spor bilimleri fakültesinde öğrenim gören 92 kadın 160 erkek toplam 252 gönüllü öğrenci çalışmaya katılmıştır. Betimsel nitelikli tarama modeli kullanılarak yürütülen çalışmada katılımcılar örneklem yöntemi olarak kolayda örnekleme yöntemi kullanılarak seçilmiştir. İnternet ortamında oluşturulan Google-Form üzerinden yapılan anket aracılığı ile veriler toplanmıştır. Katılımcılara demografik bilgi formu ve Fairburn ve Beglin (1994) tarafından geliştirilen, Türkçeye uyarlaması ise Esin ve Ayyıldız (2022) tarafından yapılan 13 maddeden oluşan Yeme Bozukluğu Değerlendirme Ölçeği Kısa Formu (EDE-Q-13) kullanılmıştır. Bu çalışmanın Cronbach- α iç tutarlık katsayısı 0.79 olarak bulunmuştur. Yapılan analizlerde verilerin normal dağılıma sahip olduğu belirlenmiş olup Bağımsız Gruplarda T-Testi ve ANOVA ve Post-hoc testlerden Bonferroni methodu kullanılmıştır. Verilerin analizinde SPSS 26.0 paket programı kullanılmıştır. Sonuç olarak cinsiyet ve haftalık spor yapma süresi değişkeni ile yeme bozukluğu toplam puanları arasında istatistiksel olarak anlamlı bir farklılık olmadığı görülmüştür. Yaş, sınıf düzeyi ile yeme bozukluğu düzeyleri arasında ise istatistiksel olarak anlamlı farklılık olduğu görülmüştür. Özellikle 21-25 yaş grubundaki öğrencilerin yeme bozukluğu toplam puanları 17-20 yaş arası öğrencilere daha yüksek bulunmuştur. 1. sınıfların yeme bozukluğu toplam puanları diğer sınıfların toplam puanlarına göre anlamlı olarak daha düşük bulunduğu sonucuna ulaşılmıştır. Yüksek ölçek puanları yeme ile ilgili psikopatolojinin daha yüksek olduğunu gösterdiği bilinmektedir. Sonuç olarak, spor eğitimi alan öğrencilerde yaş değişkeni arttıkça yeme bozukluğunun daha fazla görüldüğü bununla birlikte 1. sınıfa giden öğrencilerin yeme bozukluğu düzeylerinin daha düşük olduğu sonucuna ulaşılmaktadır. Bu bağlamda, farkındalık programlarının artırılması, beslenme eğitiminin yaygınlaştırılması ve bireylere yönelik destekleyici stratejiler geliştirilmesi büyük önem taşımaktadır.

Anahtar Kelimeler: Yeme bozukluğu, spor, öğrenci.

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ABSTRACT

This study aims to evaluate the levels of eating disorders among students of the faculty of sports sciences and examine the relationship between these levels and demographic factors. Eating disorders are serious health issues that adversely affect individuals' eating habits, physical health, and psychosocial lives. Among individuals receiving sports education, particularly those interested in aesthetic or weight-based sports disciplines, societal body image standards and individual psychological factors play a significant role in the development of such disorders. A total of 252 voluntary students, including 92 females and 160 males, from the faculty of sports sciences in Balıkesir Province participated in the study. The research employed a descriptive survey model, and participants were selected through a convenience sampling method. Data were collected via a survey conducted online using Google Forms. Participants completed a demographic information form and the 13-item Eating Disorder Examination Questionnaire Short Form (EDE-Q-13), developed by Fairburn and Beglin (1994) and adapted into Turkish by Esin and Ayyıldız (2022). The Cronbach's α internal consistency coefficient for this study was found to be 0.79. The analysis revealed that the data followed a normal distribution. Independent Samples T-Test, ANOVA, and Bonferroni post-hoc tests were employed for statistical analyses, using the SPSS 26.0 software package. The results indicated no statistically significant difference in total eating disorder scores based on gender or weekly exercise duration. However, statistically significant differences were observed between age, class level, and eating disorder levels. Specifically, students aged 21-25 had higher total eating disorder scores compared to those aged 17-20. First-year students' total eating disorder scores were found to be significantly lower than those of students in other years. Higher scale scores are known to indicate greater psychopathology related to eating. In conclusion, the findings suggest that the prevalence of eating disorders increases with age among sports science students, whereas first-year students exhibit lower levels of eating disorders. These results underscore the importance of increasing awareness programs, expanding nutrition education, and developing supportive strategies for individuals.

Keywords: Eating disorder, sports, student.

İlgili makama;

7. Uluslararası Akdeniz Bilimsel Arařtırmalar Kongresi 9-11 Ocak 2025 tarihleri arasında Valencia Üniversitesi'nde 28 farklı ülkenin akademisyen/arařtırmacılarının katılımıyla gerekleşmiştir. Kongre kapsamında sunumu yapılan 266 bildirinin 125 adeti Türkiye'den katılımcılar tarafından; 141 bildiri ise 28 ülkeden katılımcılar tarafından sunulmuştur. Kongre 16 Ocak 2020 Akademik Teşvik Ödeneđi Yönetmeliđine getirilen “*Tebliđlerin sunulduđu yurt içinde veya yurt dışındaki etkinliđin uluslararası olarak nitelendirilebilmesi için Türkiye dışında en az beş farklı ülkeden sözlü tebliđ sunan konuşmacının katılım sağlaması ve tebliđlerin yarıdan fazlasının Türkiye dışından katılımcılar tarafından sunulması esastır.*” deđişikliđine uygun düzenlenmiştir.

Bilgilerinize arz edilir,
Saygılarımla,



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