

**THE EFFECT OF
SECOND HOME OWNERS'
LEISURE TIME HABITS ON THEIR
SATISFACTION LEVELS**

(EDREMIT GULF EXAMPLE)

**Cevdet AVCIKURT
Ahmet KÖROĞLU
Mehmet SARIOĞLAN**



LIVRE DE LYON

2024

Tourism

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The Effect of Second Home Owners' Leisure Time Habits on Their Satisfaction Levels (Edremit Gulf Example)

Authors • Prof. Dr. Cevdet AVCIKURT
• ORCID: 0000-0002-9169-9767
Prof. Dr. Ahmet KÖROĞLU
• ORCID: 0000-0002-6694-4667
Prof. Dr. Mehmet SARIOĞLAN
• ORCID: 0000-0003-4343-1225

Cover Design • Motion Graphics
Book Layout • Motion Graphics

First Published • June 2024, Lyon

e-ISBN: 978-2-38236-681-3

DOI: 10.5281/zenodo.11636695

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Publisher • Livre de Lyon

Address • 37 rue marietton, 69009, Lyon France

website • <http://www.livredelyon.com>

e-mail • livredelyon@gmail.com

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INTRODUCTION

The leisure activities of secondary home owners are generally shaped for the purposes of relaxation, escape and vacation. These activities serve the purpose of both meeting the need to get away from the stress of city life and enjoying natural beauties and different cultures. Secondary home owners generally prefer these residences in areas surrounded by natural beauty. Activities that engage with nature include activities such as walking, cycling, and camping (Barnett, 2007). This offers homeowners the opportunity to get away from the noise of city life and get fresh air. Owners of secondary residences by the sea often turn to beach activities. Sea-related activities such as swimming, sunbathing and water sports shape the concept of holiday. These activities offer secondary home owners both recreation and entertainment. Secondary residences are generally located close to historical and cultural riches. For this reason, homeowners can turn to cultural discoveries by visiting museums, ancient cities and local festivals in the regions where they spend their holidays (Farmer, 2016). This allows the holiday to be associated not only with rest but also with learning.

Secondary residences are living spaces that people buy or rent for holiday and recreation purposes for a limited period of time. The time spent by a person in a relaxing and entertaining pursuit, other than compulsory activities such as work and personal care, is referred to as free time. This research was prepared to determine the effect of the leisure habits of secondary house owners living in Edremit Bay on their satisfaction levels. The research was carried out by selecting individuals with secondary residences in Edremit Bay

in May-June through convenience sampling. In the research, the leisure satisfaction scale and the leisure activities scale, whose validity and reliability were previously determined, were used. Participants' age, gender, marital status, etc. The first part includes demographic questions to find out their situation, the second part is prepared to determine the frequency of leisure activities, and the third part is created with the leisure satisfaction scale. The data obtained will be analyzed in the statistical package data analysis program. Relevant statistical analyzes will be made within the framework of the data.

Individuals who spend their free time in their secondary residences often turn to creative activities. Activities such as painting, writing, and handicrafts serve the purpose of relieving stress and expressing themselves. Such activities can turn the secondary residence into a center of creativity. Secondary home owners show a special interest in discovering the local cuisine of the regions where they spend their holidays. Visiting local restaurants, trying local products, and even shopping at local markets make secondary homeowners' vacations a delicious experience. Secondary residences are often located within communities. Homeowners participate in social events held in these communities. These activities, which strengthen neighborhood relations, allow secondary home owners to strengthen their social ties.

It is important for employees to use their spare time effectively; Getting rid of the stress and fatigue caused by working life will result in being happier and more successful in social and personal life. In order for a working person to be considered successful, he/she must be successful in social life as well as in business life, have various hobbies, and be able to spare enough time for his/her private life. Therefore, this research will be conducted to determine the leisure habits of

second home owners, to reveal whether there are differences between their demographic characteristics, and to determine the relationship between their leisure activities and leisure satisfaction. The fact that there is no study in the literature to determine the connection between secondary home owners and their leisure habits has led to the necessity of conducting studies in this area.

This research was conducted to determine the leisure habits of second home owners, to reveal whether there are differences in their demographic characteristics, and to determine the relationship between leisure activities and leisure satisfaction. Literature titles are included in the first and second parts of the study. Among the literature titles; Secondary houses and the concept of secondary houses, classification of secondary houses, development of secondary houses, development of secondary houses in the world and in Turkey are given in the first chapter. In the second part, the concept and scope of leisure time, leisure activities, the effects of leisure activities on individuals, leisure time and quality of life, leisure time and working life, and the feelings of satisfaction that leisure time activities create in individuals are given in detail.

In the third part of the study, details about the purpose, importance, scope and limitations of the research, data collection and data analysis are included. Finally, in the fourth chapter, the findings regarding the analysis of the data obtained were examined.

FIRST SECTION

1.1. Secondary Residence

Secondary housing is a concept that refers to residences acquired for personal needs or recreation purposes, which are generally used as an alternative to the primary residence. This concept is shaped by the interaction of social, economic and cultural factors and varies depending on individuals' lifestyles, preferences and economic situations (Cengizoglu & Özyılmaz, 2016). When choosing secondary residences, people's recreational activities or leisure time can be examined from many different perspectives. When secondary residences are examined from a sociological perspective, they emerge as an element that affects the status and social relations of individuals in society. Owning a secondary home often symbolizes social prestige, and this can strengthen individuals' positions in society. Additionally, secondary residences play a role in strengthening social ties, as they are often shared with families, groups of friends or social circles.

From an economic perspective, it often emerges as an indicator of economic well-being. Owning a secondary home may reflect individuals' economic strengths and income levels. These types of residences often have luxury features and can also be seen as an investment tool. Owning secondary homes by economically powerful individuals can turn these homes into a status symbol. When examined for tourism and recreation purposes, secondary residences are often found in touristic areas or areas close to natural beauties. These residences offer holiday escapes, recreation and relaxation opportunities to their owners. This situation arises when we evaluate the concept of

secondary housing in terms of tourism and recreation. These residences can serve the purpose of getting away from the stress of city life, being in touch with nature and discovering different cultures (Kılıçaslan & Çiğdem 2006).

The concept of secondary housing has a changing structure depending on the unique needs and preferences of individuals. Understanding and analyzing this concept is quite complex as it interacts with social, economic and cultural dynamics. Secondary residences cover a wide area in the scientific literature as an important concept that shapes individuals' lifestyles and contributes to social dynamics. Detailed literature information about the concept of secondary housing, its scope, classification, and its development in the world and in Turkey has been examined under other headings (Önder et al, 2010).

1.1.1. Secondary Housing Concept

Shelter, one of the most basic needs of human beings, has introduced the concept of housing into the literature. People live safely in areas that have a certain order and structure and are defined as residences or houses. In prehistoric times, people met their shelter needs in caves, moved to tents with the transition to a nomadic lifestyle, and started to meet their own shelters with the transition to a settled lifestyle (Tuulentie, 2006). It has changed according to the requirements of the age in relation to the cultural and social structure that has developed over time. Today, spaces that meet the need for shelter are referred to as residences (Struyck & Angelici, 1996).

Homes; While it is expressed in several ways such as houses and immovable property, these structures are seen as the most important among people's needs (Urry, 1995). Housing can also be briefly defined as places where people continue their lives individually or with their family members. However,

over time, residences have changed into primary and secondary residences. Primary residences; These are buildings located within the areas where individuals permanently reside, work, school and continue their lives. Although secondary residences are thought to have started to emerge with the industrial revolution, they are known to be structures that date back to ancient times (Ulusoy, 2006).

Secondary residences, in their simplest form, are used by their users at certain times of the year and for short or sometimes longer periods of time, such as vacationing, resting, getting away from city life, etc. It refers to the structures used for various reasons. These are houses that are generally used for recreational purposes and are built in areas with more physical attractiveness than primary houses (Özgüç & Nazmiye, 1977). However, secondary residences do not refer to the number of residences owned by users, but to the intensity of use and the purpose of use. In short, they are buildings that a person uses to relax away from his permanent home and for short-term trips for vacation. In some regions, these structures are seen as plateaus and chalets, while in some areas they are located along coastlines (Stucklin, 2006).

1.1.2. Classification of Secondary Residences

Although secondary residences have different definitions, their main purpose and purpose are the buildings that people own for the purpose of traveling, resting, having fun and spending their free time in their permanent residences. This general definition actually shows that many buildings around us have the feature of being secondary residences. The concept of secondary housing covers a wide spectrum and serves different personal and social needs. These residences are generally located away from city centers, close to natural beauties or

in holiday areas. Different types of secondary residences can be found, such as seaside cottages, chalets, lake houses or cottages. These residences vary depending on individuals' lifestyles, cultural preferences and economic situations. In some studies, secondary residences were classified in terms of their characteristic features (Uçar, 2009).

In this context, secondary residences; They are classified in 3 groups as fixed, semi-fixed and portable.

Table 1. Classification of Secondary Residences

Type	Structure	Building/Vehicle
Still	Houses and Apartments	Village houses, summer houses,
Semi Fixed	Camps	Mobile homes, tents, caravans, wagons
Portable	Boats, yachts	Sailing boats, private yachts

With this classification, people have many portable or immovable secondary housing uses that can be easily used and installed in every area. In this classification, which is made according to the portable, fixed and semi-fixed qualities of secondary residences, there are vehicles such as caravans and mobile homes, which have been the most preferred in recent years, and yachts and boats or country houses suitable for setting up on water.

K1sa (1998: 43) classified secondary houses according to the settlement pattern on the land where they will be built. In this context, secondary residences are evaluated in two groups as singular and plural settlements. Secondary residences designed to be used by family members on land owned by a family, in a partial or holistic manner, taking into account the wishes of the family, are called single settlement structures.

However, individual settlements are not found in countries with lower income levels compared to other countries, as both land and infrastructure costs are quite high. It is possible to come across single settlements in European countries with relatively higher income levels. Mass settlement, on the other hand, refers to building communities built in various business forms, where the ownership rights belong to a family or where property rights have been acquired by a family within a certain period of time, and where the building is located more than once within a piece of land (Yağan & Binan, 2016).

Secondary residences can also be classified according to various features. This classification is generally made according to the purpose of use of the house, its geographical location, structural features and the services it provides.

a) According to Purposes of Use:

- Holiday Residences: These are residences that are generally used by their owners for holiday and recreation purposes. Seaside cottages, chalets and rural holiday residences are examples of this category.

- Residences for Investment Purposes: Includes residences acquired for real estate investment purposes. These residences are often located in areas with appreciation potential, and their owners are often making a long-term investment.

- Residences for Retreat Purposes: These are residences used to get away from the stress of city life and enjoy natural beauties. These residences are generally located in calm and natural environments.

b) *Classification According to Geographical Locations:*

- Seaside Residences: These are residences located in coastal areas. Residences such as beach houses and summer houses are examples of this category.

- Chalets: These are residences located in mountainous regions, close to ski resorts or bordering natural parks. It serves the purpose of winter sports or being in touch with nature.

- Lakeside Residences: These are residences located around ponds or lakes. It serves the purpose of being in a quiet and natural environment.

c) *Classification According to Structural Features:*

- Horizontal Residences: These are residences with horizontal structures such as apartments or small houses.

- Vertical Housing: These are residences with vertical structures such as apartments or high-rise buildings.

d) *Classification by Services:*

- Residences with Facilities: These are residences such as sites, holiday villages or residences. These types of residences usually have common areas and services.

- Independent Residences: These are generally completely independent houses or flats that the individual can use on her own.

These classifications are used to understand and analyze various features of secondary residences. Since secondary residences differ according to individuals' needs, preferences and purposes of use, such classifications are important in understanding the housing market and social dynamics (Kısa, 1998).

1.1.3. *Development of Secondary Housing*

The term secondary residence generally refers to residences that are used as an alternative to a primary residence and are often acquired for recreation, vacation or weekend getaways.

This concept has evolved along with social, economic and cultural changes and has emerged in different forms in different geographies (Kozak & Duman, 2011). The origins of secondary housing are linked to the acceleration of industrialization and urbanization, especially towards the end of the 19th century. At that time, people living in cities began to buy escape houses in rural areas, seaside or mountainous areas in order to escape from the busy work schedule and enjoy natural beauties (Uzunoğlu, 2017). These getaway homes evolved into more permanent secondary residences over time. Secondary residences are generally concentrated in tourist areas or areas close to natural beauties. These residences offer their owners holiday opportunities, interaction with the natural environment and the opportunity to get away from the stress of city life. Especially coastal areas, mountainous areas, lakesides and rural areas are among the places where secondary houses are commonly found (Küçük & Kılıç, 2018).

Secondary residences are structures built in areas with high physical attractiveness, used by users for recreational purposes at certain times of the year and for certain periods of time, for reasons such as resting, going on holiday, and getting away from urban life. It is possible to think that how secondary home owners spend their free time here increases satisfaction and loyalty to the region (Strapp, 1988). Secondary residences can also often be seen as an indicator of economic prosperity. Owners of these homes often belong to higher income groups, which can make secondary homes a symbol of luxury or status. At the same time, it can also contribute to the development of tourism and service sectors in the regions where these residences are located (Williams, et al., 2004).

As a result, the concept of secondary housing has a dynamic structure that evolves over time and develops in parallel

with social, economic and cultural changes. These residences constitute an important concept that reflects individuals' desires to escape, rest and live in a different environment, enriching their lifestyles and contributing to the social fabric (Manisa & Görgülü, 2008).

1.1.4. Development of Secondary Housing in the World and Turkey

There is no clear information about exactly when the concept of secondary housing emerged in the world or at what point these houses began to exist. However, it is possible to say that it has a very old history and has survived to the present day. Before Christ (BC), the ancient Babylonian ruler Shulgi built rest houses to honor the nobles who paid their taxes. In the 1600s, Swedish nobles built residences around Stockholm that they could use during the summer months (Manisalı, 2007). In these two examples, it is possible to say that the phenomenon of secondary housing dates back to ancient times.

By the 1700s, secondary residences began to appear first in small settlements and later in coastal towns. It is known that the main purpose of secondary residences for people is to be places that can be used seasonally, away from urban and crowded lives, and that help reduce people's stress. So much so that the effect of new transportation opportunities being located near secondary residences throughout history can be seen. For example, it has been determined that secondary houses were built along the steamship route in Stockholm (Bakırçı, 2007).

The tendency towards secondary homes also varies depending on the increasing welfare levels of the countries. For example, when Sundays became public holidays in the United States in 1905, rest and relaxation places came to the fore and people began to take an interest in city environments

for recreation purposes. As a result of this situation, the first foundations of secondary housing settlements began to be laid in the USA (Manisa, 2007).

The development of secondary residences gained momentum as industrialization accelerated towards the end of the 19th century. The industrial revolution, urbanization and increasing income levels have allowed individuals to acquire escape homes in rural areas, by the sea or in mountainous areas. These houses were the first examples of secondary residences, which were generally used only during the summer months. The increase in secondary home ownership developed in the 1950s with the increase in incomes and the desire of people who wanted to get away from the stress of business life to live outside the city in the free time they created (Uzunoğlu, 2017). The increase in people's movable properties, the development of transportation to the coast and rural areas through the arrangement of roads, and ultimately the emergence of views against adaptation to the city lifestyle have contributed to the development of secondary houses. In line with these developments, it is possible to say that the construction of secondary houses took place around urban areas, especially between 1950 and 1980 (Bakırcı, 2007). Secondary residences are mostly built in urban environments where transportation is relatively easier. With the industrial revolution, transportation continued to develop and in parallel with this, it started to be carried out to places a little further away from the city centres. While these positive developments caused the expansion of cities, many secondary residences located around the city evolved into primary residences by remaining in the inner city (Yıldız, 2012).

Secondary residences have undergone significant development in parallel with the social, economic and cultural changes taking place around the world. These houses, beyond

just meeting housing needs, have become important elements that reflect lifestyle preferences, holiday habits and economic power (Okuyucu & Somuncu, 2017).

Secondary homes have emerged and become widespread as an indicator of economic prosperity. Individuals in advanced economies have found the opportunity to own secondary homes with increasing income levels. This has led to secondary residences gaining value as a symbol of luxury. USA. Economically and socially developed countries, especially England, create “leisure time” systematically and programmatically or prepare the infrastructure for “leisure time” for reasons such as self-improvement, greater satisfaction with life and increasing economic efficiency. In the mentioned countries, various leaders, mass media and many sources, especially the family, are trying to popularize hobbies, which are used in free time, by emphasizing the importance and value in human and social life. Painting and art workshops and exhibition halls that will improve the skills of the participants; Intellectual and entertainment clubs and sports centers contribute to the individual’s use of free time to be beneficial for himself, his environment and the economic system (Avcıkurt et al, 2021).

The development of the global tourism industry has increased the popularity of secondary housing. Vacation residences are especially concentrated in tourist destinations and contribute to economic growth in these regions. Seaside villas, chalets and resorts have attracted the attention of tourists around the world, thus increasing the demand for secondary housing. Technological advances have changed the way secondary home owners manage and share these homes. Platforms such as Airbnb have made it easier for individuals to rent their secondary residences for short periods of time and increased the economic value of these residences (McHugh, Hogan, & Happel, 1995).

In recent years, it has been observed that secondary residences have developed with a focus on sustainability. Green housing trends have encouraged designs to reduce the environmental impact of secondary residences and increased the demand for residences compatible with nature. The Covid-19 pandemic has also caused a significant change in the demand for secondary housing. The trend towards remote work has directed individuals to quieter areas outside the city and increased the demand for secondary housing.

The concept of secondary housing in Turkey has been established along the coastline and has continued for Turkish people since ancient times. When the lifestyle of the Turkish society is examined, it is seen that the existence of summer and winter residences, which are described as secondary residences, is based on cultural structure. The phenomenon of secondary housing has existed since the Ottoman Empire. Summer palaces during the Ottoman period, island houses in Istanbul, and plateau and vineyard houses in different parts of Anatolia are examples of the secondary housing culture in our country (Yıldız & Mehtap, 2011).

Turkey was also affected by the consequences of the industrial revolution seen throughout the world, and rapid economic development and social structure changed after the 1950s. This situation has caused urbanization to increase and, in parallel, urban people to turn to secondary residences to get away from the damaging pressure of the city (Kısa, 1998). The development of secondary residences in Turkey has followed a process that evolved in parallel with historical, economic and social changes. This evolution gained momentum especially in the second half of the 20th century and was shaped by Turkey's demographic, economic and touristic dynamics.

Secondary housing development in Turkey has gained momentum with the discovery of increasing touristic potential

since the 1950s. Its natural beauties, historical riches and sunny climate have made the country a destination that attracts the attention of foreign tourists. During this period, the demand for secondary housing in coastal areas increased, especially by foreign tourists and domestic holidaymakers. Many houses built in the Silivri Kumburgaz coastline and its surroundings in Istanbul and in towns such as Pendik, Kadıköy, Florya and Yeşilköy in Istanbul city center can be given as the first examples of secondary houses (Emekli, 2014). The first regular secondary housing settlement in our country began to appear on the Izmir-Çeşme coastline in 1950, and the fact that tourism became a state policy increased the development of secondary housing and the real progress was seen in the 1960s (Kılıçaslan, 2006).

The phenomenon of secondary housing has generally led to concentration on the coastline, considering the infrastructure facilities and natural conditions of our country. With the inclusion of women in business life, the increase in new job opportunities, the deterioration of city living conditions and the increase in the population, people's desire to be in quiet places, away from the city noise, has created suitable conditions for the desire to own a secondary home. For this reason, secondary housing construction started on the coastlines in our country in the 1960s (Kutlu, 1999). In the following period, within the framework of the planning studies and economic policies implemented especially in the 1980s and 1990s, our country's coastlines were expanded with secondary housing structures to a size that would pose an environmental and economic threat (Kılıçaslan, 2006). However, among the biggest reasons for this dense settlement; Tourism Incentive Law No. 2634 dated 16.03.1982, credit opportunities provided by the state and developments in transportation are included (Kısa, 1998).

In the 1980s, economic growth was experienced in Turkey with the influence of economic liberalization and privatization.

During this period, the increase in the income level of individuals increased their capacity to own a secondary home. In order to escape from urbanization and industrialization and the intense workload, secondary residences have been preferred, especially in areas away from city centers and in touch with nature. The qualitative and quantitative increase in the number of secondary houses in Turkey dates back to the 1980s. Since 1985, there have been years when quantitative increase began to be seen considerably. However, although these developments were initially aimed at meeting human needs, today they have reached levels to meet the shelter needs of the increasing population (Bakırcı, 2007). Following the increase seen in 1985, the 1990s were the years when more quantitative increases were experienced, and these data indicate that the secondary housing density in Turkey is gaining momentum. In the following years, the existence of these houses gradually increased (Kutlu, 1992).

In the 1990s, Turkey opened its doors more to foreign investors, and during this period, the demand for secondary housing by foreigners increased, especially in coastal areas. The fact that foreigners prefer Turkey for touristic and residential investments has increased the commercial potential of these residences (Ovalı, 2006).

According to the Ministry of Culture and Tourism, the lack of regular statistical data on the number of second homes in Turkey, as is the case around the world, makes it difficult to comment on the number of existing secondary homes. The study titled “Research on the Determination of the Business Model of Second Homes for Tourism Purposes” by the Ministry of Tourism in 1992 is the largest study conducted on second homes. According to this study, the regions with the highest density of secondary houses in Turkey are; Mediterranean Region (Adana, Antalya, Hatay, Mersin), Aegean Region (Aydın, İzmir, Manisa and Muğla), Black Sea Region (Bolu, Kastamonu, Zonguldak)

and Marmara Region (Balıkesir, Bursa, Istanbul, Kocaeli, Sakarya and Tekirdağ).

In Turkey, the tendency to own a secondary home increased among local individuals in the 2000s. Intense workload and stress, especially in big cities, have led people to rest outside the city on weekends or during holidays. During this period, residences in touch with nature and secondary residences for thermal tourism gained popularity (Çoban, 2012).

In recent years, secondary housing development in Turkey has been evolving with a focus on sustainability and environmentally friendly designs. Elements such as houses compatible with nature, energy efficiency and the use of environmentally friendly materials have caused an increase in demand. With the Covid-19 pandemic, the tendency to work remotely has increased in Turkey, and this has led to changes in the demand for secondary housing. People have turned to secondary residences in quieter areas, away from the noise of cities, in touch with nature.

The development of secondary housing in Turkey has been shaped by factors such as the discovery of touristic potential, economic growth, foreign investments, domestic demand and sustainability-oriented designs. These houses are more than just residential areas, they are an important social and economic element that reflects lifestyle, holiday habits and environmental awareness (Ongan, 1988).

When we look at the world and Turkey in general, secondary houses are generally used for societies to get away from the stress of business life, to relax, to have a pleasant time, etc. It is possible to say that it was designed to meet people's needs as well as housing problems. As a result, secondary residences have increased their popularity day by day and are described as a tourism concept that has managed to preserve and continues until today (Birkan, 2014).

Secondary housing development is based on a complex interaction of historical, economic, cultural and technological factors. These houses have created an important social phenomenon that reflects the lifestyles of individuals and have a structure that can continue to change shape with future developments (Öztoprak, 1995).

SECOND SECTION

2.1. The Concept and Scope of Leisure Time

The concept of free time generally refers to the time a person spends outside of working, learning or other compulsory activities (Agahi and Parker, 2008). During this period, the individual can engage in the activities he/she wishes and participate in various activities for rest or entertainment (Glass et al., 2006). The scope of leisure time is quite broad and can vary from person to person. While some people prefer to do sports, others may turn to different activities such as art, reading or traveling (Freund & Baltes, 1998).

The use of free time varies depending on an individual's personal preferences, interests and lifestyle. While some people prefer to engage in hobbies, others gravitate towards social interaction or recreational activities. While utilizing leisure time effectively and healthily can improve the overall quality of life; It can also contribute to personal development (Hogan, 2005). Leisure also provides the opportunity to explore cultural events, the world of arts and entertainment. Cultural events such as museum visits, concerts, and theater performances can be among the activities enjoyed during this time period (Aytaç, 2002). Leisure time provides an important opportunity to meet an individual's spiritual and mental needs, and this process is also critical in maintaining balance between work and other responsibilities.

As a result, the concept of leisure refers to a period of time that includes a wide range of activities depending on personal preferences, interests and cultural contexts. During this period, individuals; They can improve themselves, rest, have fun and enrich their lives with various activities (Holahan, 1988).

2.2. Positive Effects of Leisure Time Activities on the Individual

The positive effects of leisure activities on individuals have a broad perspective. First, these activities can reduce people's stress and improve their overall mental health. Hobbies and artistic activities can increase mental flexibility by encouraging creativity. Additionally, leisure activities can strengthen social bonds; Community-based activities or group sports can improve social relationships by bringing people together. This may also increase overall happiness by creating an emotional support system.

Leisure activities can contribute to individuals' self-knowledge and personal development. Learning new skills or specializing in a subject can increase individuals' self-confidence and lead to greater satisfaction with life. Finally, engaging in physical activities as leisure activities may support overall health. Exercise can help individuals maintain physical fitness, which can increase energy levels and improve daily quality of life. For these reasons, leisure activities are not only fun but also have an important role in increasing the general well-being of individuals.

The physical, social and psychological effects of leisure activities are mentioned in detail below.

2.2.1. Physical Effects

In order to live their lives positively, individuals should do various physical activities such as running and walking in addition to their basic needs such as eating and sleeping. These actions are critical to advancing one's life. Thanks to cultural and physical movements, possible diseases such as weight problems, nervous system problems, body posture, muscle and bone problems can be prevented.. Physical activity plays

an important role in an individual's survival and health. Doing sports is of vital importance for general health and development, and we can say that the concepts of health and sports are intrinsically linked to each other (Avcıkurt et al., 2021).

Today, increasing technology and mechanization have restricted and reduced individuals' mobility options. This situation has brought about many diseases. Individuals have turned to physical exercises to cope with these health problems. Sports, dance, and indoor and outdoor entertainment, which are among the leisure activities, are extremely important elements for physical health and should not be neglected. Many studies have shown that physical activities performed in leisure time increase emotional states such as happiness, health and fun in individuals, and also reduce health problems.

2.2.2. Social Impacts

The free time obtained thanks to the continuous development of technology is evaluated in various ways and provides individual and social benefits. It is possible to say that participation in recreational activities has social benefits. States that positive leisure time provides an opportunity for individuals to improve themselves socially. It is thought that this development may be valid not only individually but also socially. As an example of social benefit, Stebbins stated that the Gulf countries at war adopted a more moderate attitude towards each other after the 1st Gulf football Tournament.

Problems such as physical wear and tear are encountered more frequently in those working in sectors that require heavy workload and long working hours. This situation causes individuals to wear out sociologically and psychologically (Torkildsen, 2010). Employees want to be in various places to raise morale against these problems. In these places, individuals

renew themselves in order to get away from stress, do their favorite hobbies and be happy. Individuals are creatures that, by nature, develop not only physically but also socially. It is possible that participating in leisure activities can reduce the feeling of loneliness while increasing personal development and strengthening feelings of self-expression. For this reason, people's participation in leisure activities has the power to deeply affect their lives. It is very important for people to come together, socialize and communicate with each other.

People meet their social needs and adapt through leisure activities that are intertwined with their families and environments. Leisure activities allow individuals to take on different characters and achieve a positive social status.

2.2.3. Psychological Effects

Psychological well-being represents the general health of the individual. Mental health defines the individual's state of being in constant balance and harmony with himself and his environment. In recent years, heavy workload and long working hours cause various problems such as stress and physical fatigue in working people. In order to get rid of these problems or find treatment, the person can turn to various leisure activities. These activities help the person to maximize self-renewal and morale. Thus, it will be easier for them to obtain different perspectives to solve their stress and problems (Tel, 2007).

As a result of positive leisure time evaluation, a positive increase in the psychological mood of the individual can be observed. Therefore, individuals' interaction with different groups contributes to increasing their self-confidence and reducing the feeling of loneliness. Participating in leisure activities not only improves physical health, but also social and spiritual health. This helps the individual reach a state of complete well-being.

2.3. Leisure and Quality of Life

The relationship between leisure time and quality of life has been discussed by many scientists and philosophers. Aristotle's concept of "eudaimonia" offers an important perspective from which leisure time can affect the quality of life (ARICI, 2020). According to him, true happiness is achieved by maximizing potential and living in accordance with ethical values. Leisure activities can contribute to eudaimonia by providing individuals with the opportunity to discover and develop their potential. Viktor Frankl emphasizes that leisure can play a key role in people finding the meaning of life. According to the logotherapy approach, the search for meaning is a basic human need and leisure activities can be a tool in finding this meaning (Vural, 2023).

Scientists are also researching the health effects of leisure time. It has been scientifically proven that physical activity has positive effects on reducing stress and improving overall quality of life. Therefore, active use of free time can improve the quality of life by strengthening physical health (Hazar, 2003).

It has been stated in studies that leisure time has profound effects on individuals' quality of life. It is important for reducing stress and improving mental health. Leisure activities can improve a person's mental and emotional well-being. It can also strengthen social ties (Hazar, 2009). Spending quality time can improve the quality of life by strengthening emotional bonds. Leisure can strengthen social bonds through activities that encourage social interaction, such as community events or group sports. Leisure activities that allow individuals to learn new skills and express themselves can increase self-esteem and help them achieve greater life satisfaction. Physical activities support a healthy lifestyle. Regular exercise increases energy levels, improves sleep quality and can impact overall life satisfaction. Therefore, effective use of free time can positively

affect individuals' life management and contribute to a quality life (Güçlü, 2001).

2.4. The Relationship Between Work and Leisure

Thoughts on the relationship between work life and leisure have evolved over time and have been addressed by scientists with different perspectives in different periods. Ancient Greek philosopher Aristotle emphasized the importance of a balanced combination of work and leisure in his work "Nicomachean Ethics" (Büküşoğlu & Bayturan, 2005). According to him, people's true happiness is possible through the appropriate integration of work and leisure. In the Middle Ages, European thinkers placed importance on establishing a balance between work and prayer. The rule of St. Benedict advocated the balance of work and prayer in monasteries, suggesting that these two areas should complement each other. During this period, work had a spiritual value and free time was reserved for personal development and spiritual care (Gürbüz & Aydın, 2012).

With the Industrial Revolution, the balance between work and leisure began to change. Industrial society limited leisure time by lengthening working hours and emphasizing work. It continued until the end of the 19th century. In the 20th century, reflection on the relationship between work and leisure focused particularly on issues of work productivity and job satisfaction. While Frederick Taylor's scientific management principles aimed to optimize work, this negatively affected the free time of business life and caused dissatisfaction among employees (Türkmen et al. 2013).

Nowadays, the balance between work and leisure has become more important. Modern scientists emphasize the importance of maintaining a proper balance between work and leisure to increase the productivity of employees. A good work-

life balance can both improve performance at work and improve an individual's overall quality of life. This evolutionary process reveals the complexity and importance of the relationship between work and leisure. Scientists emphasize that maintaining this balance is a critical factor for the health and well-being of both individuals and societies (Özşaker, 2012).

2.5. Leisure Satisfaction

Today's understanding of leisure time is different from the approach in the past. Utilization of free time is the activities carried out in free time, individually or in groups, with the aim of providing pleasure and satisfaction through an activity desired by the individual. Although this concept can often be confused with free time, it is the time period used by a person for non-working activities and is a part of free time. Leisure time is two-way; While it may enable us to enjoy art, music and science, to improve our health, strength and abilities, and to reveal our creativity, on the contrary, it may lead to idleness, boredom, depression and disorder. In the modern age, individuals' ability to live their lives by cutting off their ties with the outside world has gradually decreased; It has become a necessity to follow the developments and the agenda. This situation also manifests itself on the basis of individual and institutional structures and is gradually intensifying. The main actors of these needs are reading-based visual publications such as newspapers, magazines and books (Tel, 2007).

Considering the historical development, it is seen that the perception of free time changes and undergoes deformation from time to time. For example, the transition from Ancient Greek civilization to the Late Middle period symbolizes a change in the definition of leisure. In ancient Greece, free time was seen as a time to deal with the superior values of the world, to think

and to deepen (Aytaç, 2002). In the middle period, leisure was considered a field of social representation among the upper social classes, beyond the time of rest and activity. Under the influence of capitalism and the industrial revolution, the value of free time decreased and was even seen as worthless as the concept of work came to the fore. However, studies conducted over time have shown that free time increases work efficiency.

The relationship between leisure and work has two different perspectives in the pre-industrial and post-industrial periods. Although there is ambiguity in the interaction between work and leisure, a distinction has consistently been made between these concepts. For example, the fact that work is related to human activities does not create a satisfactory feeling in some individuals and they see work as an activity they do only to continue their lives. With the Industrial Revolution, the relationship between the concepts of work and leisure in England completely changed. Studies conducted during this period have shown that work efficiency increased during employees' free time breaks during and outside of work.

The modern concept of leisure has been shaped by the influence of tourism, industrialization and urbanization. Leisure time has been seen as periods of time necessary to perform the functions of rest, entertainment and liberation. This is reflected in policies such as "Corporate Wellness" activities, where businesses aim to increase business efficiency by providing free time for their employees. In the period when capitalism dominates, free time is considered as the time of rest, purification and consumption. Leisure time has become a period of time required to minimize fatigue as a result of work and to consume increased production.

Among the theories examining the relationships between leisure and work, spillover and compensation theories stand

out. Compensation theory holds that work is central to life and leisure is a complement to work. It states that the individual tends to compensate for the entertainment and boredom needs that he cannot satisfy at work by using his free time. According to the spillover theory, the higher the pleasure and satisfaction received from work, the more free time spreads to “work” and the preference for free time is generally related to work. According to Stebbins, there are reciprocal relationships between work and leisure, which includes the continuation of work in spare time and the emergence of work-related leisure activities (Stebbins, 2016).

Effective use of free time is a factor that significantly affects individuals’ life satisfaction. Research in psychology and social sciences has examined the positive effects of leisure activities on personal satisfaction. Many studies show that leisure activities such as hobbies, artistic pursuits, and social interaction increase overall life satisfaction. These activities increase the subjective well-being level of individuals and allow them to have positive emotional experiences (Şahin, et al. 2009).

Mihaly Csikszentmihalyi’s concept of “flow” also explains the effect of leisure time on satisfaction. Flow refers to the state in which a person is completely engaged in an activity, loses track of time and experiences great satisfaction in the process. This helps us understand the positive effects of leisure activities on personal satisfaction (Şahin, et al. 2009). Social connections also highlight the contribution of leisure to satisfaction. Time spent with friends, family activities or community activities strengthens social relationships, which increases life satisfaction. Social connections have a positive impact on mental well-being by making people feel connected. Additionally, it has been scientifically shown that spending free time with nature has a positive effect on satisfaction. Time spent

in nature can reduce stress, provide mental refreshment, and increase overall life satisfaction.

As a result, effective use of free time is based on various factors that strengthen individuals' life satisfaction. Scientific research supports the positive effects of a range of leisure activities on personal satisfaction, from hobbies to social interaction, from spending time in nature to experiencing flow. Therefore, individuals' use of their free time consciously and meaningfully can improve their overall quality of life.

The analysis of leisure activities regarding people's psychological, social, physiological and aesthetic satisfaction is given below.

2.5.1. Psychological Satisfaction

The effect of leisure time on psychological satisfaction has been the subject of many researches in the field of psychology. Psychologists have examined the effects of leisure time on individuals' emotional states, general happiness levels and life satisfaction (Eravşar, 2020).

- ***Emotional Experiences and Flow:*** Leisure activities can affect individuals' emotional experiences. The concept of "flow" developed by Mihaly Csikszentmihalyi describes the situation in which the individual is completely engaged in an activity, time is forgotten and great satisfaction is experienced. Leisure activities can help individuals become emotionally motivated and satisfied by promoting the experience of flow.

- ***Subjective Well-Being and Life Satisfaction:*** The evaluation of free time affects the subjective well-being level of individuals. Research shows that individuals who participate in regular and meaningful leisure activities have higher overall life satisfaction. These activities can be associated with factors such as achieving personal goals, self-expression, and making meaningful connections.

- ***Social Connections and Relationships:*** Leisure activities can strengthen social connections, which can have a positive impact on psychological satisfaction. Spending time with family, attending social events with friends, or engaging in community activities can increase life satisfaction by meeting individuals' social needs.

- ***Coping with Stress and Mental Health:*** Leisure activities can strengthen stress coping skills. When stress is reduced, individuals' overall mental health may improve, contributing to increased psychological satisfaction.

- ***Personal Development and Self-Esteem:*** Effective use of free time can help an individual improve themselves, such as by learning new skills or focusing on personal goals. This may affect psychological satisfaction by increasing self-esteem.

In general, scientific research shows that conscious and meaningful leisure activities can increase individuals' psychological satisfaction and positively affect their quality of life.

2.5.2. Social Satisfaction

The effects of leisure time on social satisfaction are frequently encountered in social psychology and relationship research. Scientific knowledge on this subject has been found to focus on the fact that leisure time strengthens social connections, increases interaction with the community, and increases overall social satisfaction. Items regarding the effects of leisure time on social satisfaction are listed below (Gül, 2019):

- ***Strengthening Social Connections:*** Leisure activities allow individuals to come together with their family, friends, or community. These connections strengthen the social support network between individuals, which contributes to increased social satisfaction.

- ***Community Participation and Solidarity:*** Leisure activities encourage individuals to actively participate in their communities. Interactions within the community can increase solidarity and social bonds between individuals who come together around common interests.

- ***Strengthening Friendships:*** Social activities can contribute to strengthening friendships. Sharing common hobbies or participating in group activities can deepen friendship relationships, resulting in increased social satisfaction.

- ***Social Support and Empathy:*** Leisure activities enable individuals to provide social support to each other. Empathetic interactions and shared experiences can increase individuals' level of satisfaction by strengthening social bonds.

- ***Diversification of Social Relationships:*** Leisure provides the opportunity to meet and interact with different people. This expands individuals' social circles, diversifies their social relationships, and this diversity can contribute to increased social satisfaction.

- ***Social Ties and Meaning:*** Leisure activities enable individuals to feel a sense of belonging to their communities. Community activities aimed at a common purpose add meaning to individuals' lives, which can be part of social fulfillment.

As a result, leisure activities can positively affect individuals' level of social satisfaction. These effects are based on factors such as strengthening social connections, community involvement, deepening friendships, and increasing meaning through social ties. In this context, increasing social satisfaction can positively affect individuals' overall quality of life.

2.5.3. Physical Satisfaction

The effects of leisure activities on physical satisfaction have been examined in the light of research in the field of

health and sports psychology. Leisure time benefits people's health, mental development, increase in physical skills, rest and quality sleep, being in touch with nature, etc. positive effects are observed. Details on these issues are given below (Ayhan, 2017).

- ***Exercise and Physical Health:*** Regular exercise, which is among the leisure activities, can have positive effects on physical health. Exercise improves cardiovascular health, can increase muscle mass and increase overall energy levels. This can increase individuals' physical satisfaction.

- ***Stress Reduction:*** Leisure activities, especially time spent in nature or practicing relaxation techniques, can reduce stress levels. Lower stress levels can increase feelings of physical relaxation, which can be part of physical satisfaction.

- ***Development of Physical Skills:*** Leisure time allows individuals to learn new physical skills. Activities such as dancing, yoga or participating in sports support the development of physical skills and enable the person to be in harmony with his or her body.

- ***Rest and Sleep Quality:*** Proper use of free time can support regular sleep patterns. Quality sleep enables the restoration of the body, which can enhance the feeling of satisfaction by increasing physical energy.

- ***Effect of Contact with Nature:*** Leisure time spent in nature can have a positive effect on physical satisfaction. Hiking, camping or outdoor sports can contribute to increased physical satisfaction by promoting an interaction between the body and the natural environment.

- ***Sports and Community Ties:*** Recreational activities such as team sports or physical activities in community centers can strengthen social bonds. These connections can contribute to making physical activities more enjoyable and satisfying.

In conclusion, scientific research shows that leisure activities have significant effects on physical satisfaction. These effects range from the positive effects of regular exercise on health to stress reduction mechanisms. Therefore, increasing physical satisfaction can positively impact individuals' overall quality of life.

2.5.4. Aesthetic Satisfaction

The effects of leisure activities on aesthetic satisfaction are examined within the scope of research in the field of aesthetic psychology and the psychology of art. It has been observed that individuals get used to the concept of free time over time, and with their perception of beauty increasing according to their income level, they also attach importance to aesthetic, that is, eye-pleasing and healing details. Leisure activities now serve as a means for individuals to provide not only social, psychological and physical satisfaction, but also aesthetic satisfaction. Below, the effects of aesthetic satisfaction on individuals are mentioned (Demir, 2022):

- **Artistic Experiences and Pleasure:** Artistic experiences such as art, music and literature, which are among the leisure activities, can form the basis of aesthetic satisfaction. The perception of artistic works can arouse the individual's aesthetic pleasure, which can increase the overall level of satisfaction.

- **Aesthetic Effect of Nature:** Spending free time in nature can have a positive impact on aesthetic satisfaction. The beauty of natural landscapes can increase an individual's spiritual peace and aesthetic satisfaction by providing an aesthetic experience.

- **Impact of Creative Activities:** Leisure activities allow individuals to engage in creative activities. Creative pursuits such as painting, writing, or crafts can contribute to increased aesthetic satisfaction.

- **Architectural and Environmental Aesthetics:**

Spending leisure time in the city involves interacting with architectural structures and environmental aesthetics. Beautiful and aesthetically designed spaces can increase individuals' satisfaction with their environment.

- **Aesthetic Education and Conscious Perception:**

Leisure activities allow individuals to develop their aesthetic perception. Aesthetic education or participation in artistic activities can increase aesthetic satisfaction by enriching a person's aesthetic understanding.

- **Participation in Artistic Communities:** Participation in artistic communities, which is among the leisure activities, allows individuals to share their aesthetic experiences. This can strengthen social bonds, with findings that aesthetic satisfaction increases the more it is shared.

In conclusion, scientific research also shows that leisure activities have positive effects on aesthetic satisfaction.

THIRD SECTION

3.1. Purpose of the Research

The time that people spend outside of the habits they have to do to continue their lives is referred to as free time. In other words, it is the time remaining from when people meet their physiological and biological needs, and the time they choose to use this time with their free will and without being bound by any rules. Some people spend their free time with passive activities at home (watching TV, reading a book, watching a match, etc.), while others spend their free time with active activities outside the home (walking, visiting touristic places, camping, etc.).

People's desire to relieve stress by getting away from busy city life and relaxing in a pleasant climate has increased the number of houses rented or purchased for a certain period of time. These buildings are referred to as secondary residences, and it is seen that people's demands for these residences are increasing day by day. It is also observed that it is preferred at certain times of the year to get away from city life and spend free time, go on holiday, relax and be close to nature or the seaside. This research aims to reveal how and with what activities secondary house owners in Edremit Bay spend their free time and the satisfaction gained from these activities.

The sub-objectives of the study are:

- To reveal the most preferred activities in leisure time,
- To determine the diversity of leisure activities according to demographic characteristics,

- To determine the reason why secondary home owners prefer these areas,

- To determine the relationship between leisure activities and leisure satisfaction.

While examining the data obtained within the framework of the aims of the study, it is thought that the following hypotheses will contribute to the research results.

H₁: There is a significant relationship between leisure activities and leisure satisfaction.

H₁-a: Physical satisfaction affects leisure activities.

H₁-b: Psychological satisfaction affects leisure activities.

H₁-c: Social satisfaction affects leisure activities.

H₁-d: Aesthetic satisfaction affects leisure activities.

In this study, in addition to the above hypotheses, it was deemed appropriate to seek answers to the following research questions:

- Is there a significant difference between the demographic (gender, marital status, age, education level, monthly income, occupation) and other characteristics (life expectancy in Edremit Bay) and leisure time satisfaction of individuals who have a secondary residence in Edremit Bay?

3.2. Importance of Research

Secondary residences are buildings that are generally built in areas with high physical attractiveness and are used for recreational purposes by users at certain times of the year and for certain periods of time, for reasons such as resting, going on holiday, and getting away from urban life. It is possible to think that how secondary home owners spend their free time here increases their satisfaction and loyalty to the region. Leisure time refers to the time remaining after meeting people's physiological and biological needs. In other words, the

person's working hours; It is a period of time in which only one determines its shape and content, apart from basic needs such as sleeping, eating and drinking. From participating in any charitable activities to playing sports; In the "free time" period, which has a wide scope from visiting a museum to watching magazine programs, it is essential for the person to use this time as he/she wishes.

It is important for employees to use their spare time effectively; Getting rid of the stress and fatigue caused by working life will result in being happier and more successful in social and personal life. In order for a working person to be considered successful, he must be successful in social life as well as in business life, have various hobbies and be able to spare enough time for his private life. Therefore, this research will be conducted to determine the leisure habits of second home owners, to reveal whether there are differences between their demographic characteristics, and to determine the relationship between their leisure activities and leisure satisfaction. The fact that there is no study in the literature to determine the connection between secondary home owners and their leisure habits has led to the necessity of conducting studies in this area.

3.3. Scope and Limitations of the Research

This research will be conducted to determine the leisure habits of second home owners, to reveal whether there are differences between their demographic characteristics, and to determine the relationship between their leisure activities and leisure satisfaction. The fact that there is no study in the literature to determine the connection between secondary home owners and their leisure habits has led to the necessity of conducting studies in this area. Within the scope of the study, the purpose of the emergence of secondary houses will be examined first. After

reviewing the literature on the subject, its connection with the concept of free time will be explained. Concepts such as leisure time, leisure habits, and leisure satisfaction will be included.

The research will be carried out in the Edremit district of Balıkesir province and the leisure habits of individuals with secondary residences will be determined. Here, the opinions of individuals who want to relax for a certain part of the year and relieve the stress of business life are very important for the course of the work. The limitations and difficulties for this study conducted for secondary home owners in Edremit Bay were identified as follows:

- The research is limited to the survey scale to determine the relationship between secondary home owners' leisure satisfaction and activities.

- The research is limited to data received from secondary home owners within the framework of convenience sampling in Balıkesir Edremit Bay.

- The research is limited to the opinions of secondary home owners reached between 01 May - 30 June 2023.

- The research is limited to the opinions of the participants who were in their secondary residences during the specified period.

- The main difficulty in collecting data in the study; It was assumed that secondary home owners were not interested in the survey.

3.4. Collection of Research Data

The main purpose of this research is to determine the relationship between leisure activities and satisfaction levels of secondary house owners living in Edremit Bay. Other objectives include determining the leisure activities of

secondary home owners and whether they vary according to their demographic characteristics. The main goal in research is to obtain data suitable for the purpose and to reach correct findings and conclusions obtained from these data. It is very important to use the correct universe size for research conducted in this direction. In this regard, it is important to determine the community that will give the most appropriate result within the size of the universe. The sample of this research consists of secondary home owners living in Edremit Bay. However, since there were certain limitations in reaching the entire sample, the people who participated in the research were selected through convenience sampling.

Primary and secondary sources will be used to collect research data. A survey was preferred as the data collection tool for primary data. A survey form was prepared to determine the leisure activities of secondary home owners and their relationship with satisfaction. The survey form consists of three parts. One section of the survey form includes information about the participants' age, gender, marital status, income status, etc. Includes demographic questions. In the second part of the survey, there is a section prepared using a 5-point Likert scale to determine the leisure activities, and finally, a scale prepared using a 5-point Likert scale to determine the satisfaction level of leisure activities.

The data obtained will be analyzed in the statistical package data analysis program and the findings will be interpreted.

3.5. Analysis of Research Data

The primary data collected within the scope of this research was collected within the framework of the survey technique. The collected data was first transferred to the computer environment and a database was created. Subsequently, reliability and factor

analysis were performed for these data. Within the scope of this analysis results, the statement “Leisure activities challenge me physically” in the leisure time satisfaction scale was removed because the factor value was below 50.

Within the scope of data analysis, skewness and kurtosis coefficients for the normality distribution of the data set are given in Table 2.

Table 2. Skewness and Kurtosis Test Results

Scale Name	n	Min	Max	Average	Standar Deviation	Skewness		Kurtosis	
						Statistic	Standard error	Statistic	Standard error
LT Satisfaction	402	1,70	4,20	3,1592	0,02465	-0,417	0,122	-0,198	0,243
LT Activities	402	3,32	5,00	4,2967	0,01732	-0,453	0,122	-0,403	0,243

In this research, skewness and kurtosis coefficients for the leisure satisfaction scale; -0.417 and -0.198, and leisure time activities were determined as -0.453 and -0.403. As a result of the analysis, it was decided that parametric tests could be used in the analysis of the research data since the values were in the range of (-+) 1.

In quantitative research, testing the construct validity and reliability of data sets is of great importance (Christensen,

Johnson and Turner, 2015: 154). Therefore, in this research, exploratory factor analysis was used to test the validity and reliability of the data set. There are two important basic values in exploratory factor analysis. Bartlett value indicates the suitability of the data obtained for factor analysis, and the Bartlett value must be $p < 0.05$ or $p < 0.01$. It is the Kaiser-Meyer-Olkin (KMO) value used as an indicator of how common the set of variables is.

To determine the number of factors of the data set, factors with eigenvalues greater than 1 were taken into consideration based on KMO (Erdoğan, 2003: 358). Varimax Rotation Method was preferred for factor analysis, and this method has the feature of explaining factor variances highly with fewer variables. It is recommended that cumulative variance ratios for the dimensions of factor analysis results obtained in social sciences be between 0.40 and 0.60 (Tavşancıl, 2002: 48-50). Additionally, it has been stated that the KMO ratio should be 0.5 or higher, and values below 0.5 are not suitable for evaluation (Hair et al., 2010: 99).

Reliability coefficients of the expressions prepared to examine the leisure satisfaction scale and leisure activities in the second and third sections of the survey form were calculated. Cronbach Alpha coefficient was evaluated for reliability analysis (Özdamar, 2004; Erkuş, 2009). This coefficient is a measure that determines the homogeneity of the expressions in the scale. The alpha coefficient indicates the degree of reliability of the scale as follows: “ $0.00 \leq \alpha < 0.40$ ” is unreliable, “ $0.40 \leq \alpha < 0.60$ ” is low reliability, “ $0.60 \leq \alpha < 0.80$ ” is quite reliable and high reliability of “ $0.80 \leq \alpha < 1.00$ ” (Churchill and Gilbert, 1979). As a result of the analysis, it was determined that the scales containing statements aimed at measuring leisure satisfaction and leisure activities were reliable. In this context, the general

reliability coefficient of the scale for the leisure time satisfaction of secondary home owners is $\alpha = 0.76$, indicating that the scale is “quite reliable”. The general reliability coefficient of the scale to determine the frequency of participation of secondary home owners in leisure activities is $\alpha = 0.87$, and this value shows that the scale has a “high reliability” level.

Descriptive analyzes were carried out in the second stage of the analysis in order to determine the answers given to the demographic and other characteristics of the individuals participating in the research. These analyzes consist of two categories: frequency and arithmetic mean. While frequencies show frequency counts and percentages for a set of quantitative variables, averages simply express the arithmetic mean of numerical variables. In evaluating the expressions in the dimensions, the value ranges “strongly disagree for 1.00-1.80, disagree for 1.81-2.60, partially agree for 2.61-3.40, agree for 3.41-4.20 and ‘strongly agree’ for 4.21-5.00” were taken into consideration.

In the third stage, difference tests were handled in order to determine the differentiation of the factors related to the leisure satisfaction of secondary home owners according to their demographic and other characteristics. “Independent Sample t-Test” for bivariate groups (gender, marital status) in comparing the leisure time satisfaction scale with demographic and other characteristics; For groups with more than two variables (age, education level, monthly income, occupation, life expectancy), the results of the “Independent Sample One-Way Analysis of Variance (One Way ANOVA)” test were used. In the context of testing research hypotheses, “regression” and “correlation” analysis were used.

FOURTH SECTION

4.1. Research Region

Edremit Bay is a gulf located in the Aegean Region, in northwestern Turkey. Edremit, which is administratively affiliated with Balıkesir province, is located on the northern shore of the gulf. Edremit Bay is located in the northeast of the Aegean Sea and is surrounded by the Kaz Mountains in the north and the Madra Mountains in the south. It borders the Aegean Sea, Ayvacık and Ezine in the west, Bayramiç and Yenice in the north, Havran in the east, and Burhaniye in the south.

Edremit, whose history dates back to 1443 BC, has a strategic importance because it is located on the Troy-Bergama road. Edremit Bay and its surroundings are one of the regions that formed late in the history of the earth's crust. Looking at its history from ancient times to the present day, Ayvalık, one of the first places settled by the Mysians, has become a region where islets and lakes were formed as a result of volcanic events while it was a land structure. The physical conditions in the Ayvalık region have diversified over time, creating a rich topography with lava flows, streams and depressions.

The region is generally under the influence of the Mediterranean climate. Summers are hot and dry and winters are mild. The Gulf has touristic importance. Its natural beauties, beaches and historical riches attract tourists. The city of Edremit, located around Edremit Bay, is known for its historical texture and natural beauties. There are also ruins from the ancient period here. The region is also known for the famous Edremit olives. Olive groves are common around the bay. Edremit is accessible by road. Edremit, a district of Balıkesir, can be easily

reached from surrounding provinces and cities. The population of Edremit is 167,901 by 2022. This population consists of 82,125 men and 85,776 women.

Edremit is a region known for its olive cultivation and Kaz Mountains. The olive oils around Edremit Bay, which is covered with olive groves, have won international awards. Kaz Mountains have hosted various civilizations since prehistoric times; It attracted attention with its natural beauties, diversity of flora and fauna.

4.2. Research Findings

In this part of the research, the findings and comments of the analyzes regarding leisure satisfaction and leisure activities are included in the light of the data obtained within the scope of the survey technique from individuals who own secondary houses in Edremit Bay, Balıkesir province.

4.2.1. Descriptive Information About Secondary Home Owners

In the research, people who own secondary residences in Edremit Bay were accepted as research participants. Descriptive of frequency and percentage distributions for demographic (gender, marital status, age, educational status, occupation) and other (living time in a secondary residence, daily participation in leisure activities, weekly participation in leisure activities, people participating together) characteristics of the participants. The information was determined as shown in Table 3, Table 4, Table 5 and Table 6.

Tablo 3. Descriptive Statistics Results

Variable	f	%	Variable	f	%
Gender			Age		
Male	208	51,7	19 years and under	14	3,5
Female	194	48,3	20 – 35 years old	39	9,7
Marital Status			36 – 50 years old	88	21,9
Married	173	43,0	51 – 65 years old	124	30,8
Single	229	57,0	66 years and above	137	34,1
Educational Status			Occupation		
Primary Education	22	5,5	Self-employment	65	16,2
Secondary Education	122	30,3	Officer	74	18,4
Licence	181	45,0	Employee	148	36,8
Postgraduate	77	19,2	Retired	112	27,9
Monthly Income Status			Student	2	Student
11.500 ₺ and under	19	4,7	Academician	1	0,2
11.501- 20.500 ₺	42	10,4	Life Expectancy in Secondary Residences		
20.501 – 30.500 ₺	103	25,6	1 year and under	22	5,5
30.501 – 40.500 ₺	124	30,8	2-5 years	74	18,4
40.501 ₺ and above	114	28,4	6-10 years	160	39,8
TOTAL= 402			10 years and above	146	36,3

As seen in Table 3, 51.7% of the participants in the research were male and 48.3% were female. 43% of the people participating in the research are married and 57% are single participants. Regarding the education level variable, it is seen that 5.5% have primary education, 30.3% have secondary education, 45% have undergraduate education and 19.2% have postgraduate education. Age distribution of the people participating in the research: 3.5% are 19 years old and under, 9.7% are 20-35 years old, 21.9% are 36-50 years old, 30.8% are 51-65 years old and % 34.1 of them come from age groups 66 and over.

According to the results obtained regarding the monthly income variable of the participants, 4.7% of them are 11,500 ₺ and below, 10.4% are 11,501 - 20,500 ₺, 25.6% are 20,501 - 30,500 ₺, 30.8% are 30,501 - 40,500 ₺. and 28.4% have a monthly income of 40,501 ₺ or more. When we look at the occupational distribution of the participants, 16.2% are self-employed, 18.4% are civil servants, 36.8% are workers, 27.9% are retired, 0.5% are students and 0% are workers. It was obtained from the research data that 2 of them were academicians.

The table regarding the daily participation times of the participants in leisure activities is given below.

Table 4. Daily Participation Times in Leisure Activities

Daily Joining Time	f	%
less than 1 hour	51	12,7
1-2 hours	14	3,5
3 – 4 hours	72	17,9
4 – 5 hours	90	22,4
5 hours or more	175	43,5
Toplam	402	100

According to Table 4, 12.7% of the participants say less than 1 hour, 3.5% say 1 – 2 hours, 17.9% say 3 – 4 hours, 22.4% say 4 – 5 hours and 43.5% say 5 hours or more. It is seen that he allocates 43.5 hours of his time to daily leisure activities of 5 hours or more.

The table regarding the participants' weekly participation times in leisure activities is given below.

Table 5. Weekly participation times in leisure activities

Weekly joining time	f	%
None	4	1,0
1 – 2 days	10	2,5
3 – 4 days	129	32,1
5 – 6 days	109	27,1
Every day	150	37,3
Total	402	100

According to Table..., only 1% of the participants stated that they did not participate in any leisure activities. Among the other participants, 2.5% stated that they participated in leisure activities 1 - 2 days, 32.1% 3 - 4 days, 27.1% 5 - 6 days and 37.3% stated that they participated in leisure activities every day.

The table below shows who the participants participated in leisure activities with.

Table 6. People Participating in Leisure Activities Together

People Participating Together	f	%
Alone	70	17,4
With mother, father or siblings	50	12,4
With my friends	166	41,3
with my wife	50	12,4
With my wife and children	57	14,2
With my children	9	2,2
Total	402	100

According to Table 6, secondary home owners stated that they mostly participate in leisure activities with their friends (41.3%). Of the other participants, 17.4% were alone, 12.4%

were with their mother, father or siblings, 12.4% were with their spouse, 14.2% were with their spouse and children, and finally, It was determined that 2.2% of them participated with their children.

4.2.2. Findings Regarding Secondary Home Owners' Leisure Satisfaction

It was deemed appropriate to apply explanatory factor analysis to reveal the dimensions of the leisure satisfaction of people who own secondary houses in Edremit Bay.

In this context, firstly, KMO Sample Measurement Adequacy and Bartlett's Significance Test were conducted for 21 statements in the context of determining the suitability of the data for factor analysis. States that in order for research data to be suitable for factor analysis, the KMO coefficient should be greater than 0.60, the Bartlett Sphericity test should be significant, the variance explained in single-factor scales should be greater than 30%, and the reliability coefficient for psychological tests should be 0.70 and above.

KMO Sample Measurement Adequacy for this research; 0.83 and Bartlett's Significance Test result; $P=0.000$ was determined. In the perspective of these results, it was decided that the data regarding the scale for leisure satisfaction was suitable for factor analysis.

As a result of the factor analysis, a total of four sub-dimensions were reached within the framework of the leisure time satisfaction of secondary home owners: physical satisfaction, psychological satisfaction, social satisfaction and aesthetic satisfaction (Table 7). In addition, it was observed that the scale explained 65.712% of the total variance and the general reliability coefficient of the scale was $\alpha = 0.76$. Describes the reliability of the scales used in the study as

follows: “ $0.00 \leq \alpha < 0.40$ = not reliable, $0.40 \leq \alpha < 0.60$ = low reliability, $0.60 \leq \alpha < 0.80$ = highly reliable.” and $0.80 \leq \alpha < 1.00$ = high reliability” value. Based on the alpha coefficients, it is possible to say that the scales are quite reliable (Akgül and Çevik, 2003: 436).

Table 7. Findings for Factor Analysis

Factor	\bar{x}	σ	Factor Loading	α	Variance Description (%)
Physical Satisfaction	3,01	1,03		0,91	18,610
I participate in leisure activities that rejuvenate me physically.	3,04	1,22	0,885		
Leisure activities help me control my weight.	2,96	1,24	0,884		
Leisure activities help me stay healthy.	3,05	1,19	0,869		
I participate in leisure activities that protect and improve my physical health.	2,88	1,21	0,836		
Taking advantage of my free time helps me maintain my energy level.	3,13	1,15	0,815		
Psychological Satisfaction	2,54	0,84		0,85	
Leisure activities give me a sense of accomplishment.	2,42	1,15	0,852		
Leisure activities allow me to use many different talents and abilities.	2,64	1,15	0,817		
Leisure activities build my self-confidence.	2,26	1,01	0,793		
I freely choose the activities I do in my spare time.	2,86	1,23	0,751		
Leisure activities are very interesting to me.	2,69	1,18	0,691		
I enjoy practicing my leisure activities.	2,42	0,94	0,615		

Social Satisfaction	3,77	0,97		0,86	
I find the people I meet through leisure activities to be friendly.	3,75	1,22	0,869		16,271
I usually spend my free time with people who do leisure activities.	3,84	1,21	0,841		
I feel a strong sense of attachment to the people with whom I spend my free time.	3,52	1,24	0,812		
In my spare time, I usually meet up with fun people.	3,80	1,18	0,774		
I prefer leisure activities where I am in groups with other people.	3,96	1,15	0,718		
Aesthetic Satisfaction	3,30	0,85		0,82	
The areas/places where I do my free time activities are beautiful places.	3,25	1,10	0,845		13,330
The areas/places where I do my leisure activities are well designed.	3,24	1,07	0,812		
The areas/places where I do my leisure activities are interesting.	3,29	1,03	0,794		
The areas/places where I do my free time activities are places that I like (please me).	3,44	1,01	0,766		
Total Cronbach Alpha/ Variance Explanation (%)				0,76	

KMO Sample Measurement Adequacy: **0,83**

Bartlett's Significance Test (Chi-Square / df / Sig): **3929,902/
190 / 0,000**

As seen in Table 7, the priority of secondary home owners' leisure time is social satisfaction ($\bar{x}=3.77$), aesthetic satisfaction ($\bar{x}=3.30$) and physical satisfaction ($\bar{x}=3.01$). Psychological satisfaction appears to be less effective in leisure time evaluation than the other three dimensions.

Among social satisfaction, "I prefer leisure activities where I am in groups with other people." While it is seen to be effective, in the aesthetic satisfaction dimension "The areas/ places where I do my leisure activities are places that I like (please me)." It is seen as. In terms of physical satisfaction, "Making use of my free time helps me maintain my energy level." The expression plays an important role in people's leisure activities. Psychological factors are "I freely choose the activities I do in my spare time." in the direction.

4.2.3. Findings on the Leisure Activities of Secondary Home Owners

It was deemed appropriate to calculate the arithmetic averages of the scale in which areas the people who own secondary houses in Edremit Bay mostly carry out their leisure activities. Table 8 shows which leisure activities they participate in most.

Explanations for the relevant table are given below.

Table 8. Findings Regarding Leisure Time Activities

Leisure Activities	\bar{x}	σ
<i>I spend my free time doing sports.</i>	4,30	0,718
<i>I spend my free time by going to a bar or a nightclub.</i>	4,49	0,758
<i>I spend my free time fishing.</i>	4,11	0,774
<i>I spend my free time visiting friends, neighbors and relatives.</i>	4,45	0,691
<i>I spend my free time by going to coffee.</i>	4,06	0,786
<i>I spend my free time by going to a cafe or patisserie.</i>	4,44	0,672
<i>I spend my free time by going to the cinema, theatre, and concerts.</i>	4,25	0,665
<i>I spend my free time by going on a picnic.</i>	4,46	0,643
<i>I spend my free time visiting touristic places.</i>	4,17	0,758
<i>I spend my free time shopping/walking around the market.</i>	4,43	0,652
<i>I spend my free time by attending various courses (computer, foreign language, etc.).</i>	4,09	0,784
<i>I spend my free time doing gardening.</i>	4,47	0,616
<i>I spend my free time by going to the beach.</i>	4,19	0,663
<i>I spend my free time by participating in religious conversations.</i>	4,52	0,612
<i>I spend my free time by traveling outside the city.</i>	4,16	0,683
<i>I spend my free time by walking in nature.</i>	4,47	0,628
<i>I spend my free time playing okey/backgammon/ billiards.</i>	4,08	0,716
<i>I spend my free time working at another job.</i>	4,44	0,630
<i>I spend my free time by going to the theme park.</i>	4,14	0,725
<i>I spend my free time by reading books, newspapers and magazines.</i>	4,42	0,680
<i>I spend my free time listening to relaxing music.</i>	4,18	0,708
<i>I spend my free time watching matches at home.</i>	4,44	0,642
<i>I spend my free time relaxing at home.</i>	4,14	0,777
<i>I spend my free time by spending time on the internet.</i>	4,44	0,665
<i>I spend my free time watching TV.</i>	4,07	0,842

As seen in Table 8, the areas most preferred by secondary home owners to spend their free time are “I spend my free time by participating in religious conversations ($\bar{x}=4.52$)”, “I spend my free time *by going to a bar or a nightclub* ($\bar{x}=4.49$)”, “I spend my free time *by doing gardening* ($\bar{x}=4.47$)”, “I spend my free time *by walking in nature* ($\bar{x}=4.47$)”, “I spend my free time *by going on picnics* ($\bar{x}=4.46$)”, “I spend my free time *by visiting friends, neighbors and relatives* ($\bar{x}=4.45$)”, “I spend my free time *by going to a café or patisserie* ($\bar{x}=4.44$)”, “I spend my free time *by watching matches at home* ($\bar{x}=4.44$)”, “I spend my free time *by spending time on the internet* ($\bar{x}=4.44$)”, “I spend my free time *by working at another job* ($\bar{x}=4.44$)”, “I spend my free time *shopping/walking around the market* ($\bar{x}=4.43$)” and “I spend my free time *reading books, newspapers and magazines* ($\bar{x}=4.42$)”.

Following participation in the above-mentioned activities, participants are seen as the activities preferred by the participants to spend their free time by “doing sports, going to the cinema-theatre-concert, going to the beach, going out of town, going to the theme park and resting at home”.

The least preferred activities of secondary home owners to spend their free time are “attending various courses (computer, foreign language, etc.) ($\bar{x}=4.09$)”, “watching TV ($\bar{x}=4.07$)”, “rummy/backgammon/ As a result of the analysis, it was obtained that the results were in the direction of playing billiards ($\bar{x}=4.08$) and “fishing ($\bar{x}=4.11$)”.

4.2.4. Comparison of Leisure Time Satisfaction Scale with Demographic and Other Characteristics

In order to analyze the differentiation of secondary home owners according to the four sub-dimensions (physical, psychological, social and aesthetic) of the leisure satisfaction

scale and demographic (gender, marital status, age, educational status, occupation) and other (living time in the secondary home) characteristics, Difference tests were performed. Carried out in this context; “Independent Sample t-Test” was applied between several groups to help determine whether there was a significant difference between two independent groups, and “One-Way Analysis of Variance (ANOVA)” was applied to detect significant differences in mean scores.

Table 9 gives the results of the independent samples t test conducted to analyze the relationship between the gender variable and the sub-dimensions of the leisure satisfaction scale.

No statistically significant relationship was detected between the sub-dimensions of the leisure satisfaction scale and the gender variable ($p>0.05$).

Table 9. Leisure Time Satisfaction Scale and Gender Variable T-test

Dimension	Gender	\bar{x}	σ	t	P
Physical Satisfaction	Female	3,048	1,073	1,738	0,188
	Male	2,977	1,006		
Psychological Satisfaction	Female	2,391	0,825	0,767	0,382
	Male	2,691	0,844		
Social Satisfaction	Female	3,799	0,974	0,046	0,831
	Male	3,749	0,970		
Aesthetic Satisfaction	Female	3,304	0,885	1,314	0,252
	Male	3,305	0,827		

**p<0,05*

Although it was determined that there was no significant difference as a result of the analysis, it is seen in the literature that there are differences between students and employees and

genders in participating in leisure activities. Nowadays, the fact that working life and other activities are intense, tiring, ordinary, boring and stressful has made leisure time activities an indispensable part of our lives and a means of renewal, rest and recovery. This situation has led to the formation of many new sectors that offer multi-optional services for people to spend their free time.

Table 10 shows the t test analysis results for the four sub-dimensions of marital status and leisure satisfaction.

Table 10. Leisure Time Satisfaction Scale and Marital Status Variable T-test

Dimension	Marital Status	\bar{x}	σ	t	P
Physical Satisfaction	Married	3,081	1,035	0,138	0,710
	Single	3,007	1,043		
Psychological Satisfaction	Married	2,624	0,837	0,514	0,474
	Single	2,488	0,852		
Social Satisfaction	Married	3,847	0,974	0,020	0,889
	Single	3,717	0,967		
Aesthetic Satisfaction	Married	3,396	0,819	1,069	0,302
	Single	3,235	0,877		

In the relevant table, it was determined that there was no significant difference between marital status and leisure satisfaction dimensions ($p > 0.05$).

In Table 11, one-way analysis of variance was applied to determine whether there was a significant difference between the age variable and the four sub-dimensions of the leisure satisfaction scale (physical, psychological, social and aesthetic).

Table 11. Leisure Time Satisfaction Scale and Age Variable ANOVA Test

Dimension	Age	n	\bar{x}	σ	F	p
Physical Satisfaction	19 years and under	14	2,295	1,065	1,322	0,261
	20 – 35 years old	39	3,246	0,945		
	36 – 50 years old	88	2,875	1,036		
	51 – 65 years old	124	3,112	0,969		
	66 years and above	137	2,944	1,115		
Psychological Satisfaction	19 years and under	14	2,857	0,712	2,351	0,054
	20 – 35 years old	39	2,854	0,808		
	36 – 50 years old	88	2,418	0,944		
	51 – 65 years old	124	2,509	0,802		
	66 years and above	137	2,543	0,827		
Social Satisfaction	19 years and under	14	3,785	1,151	0,666	0,616
	20 – 35 years old	39	3,759	1,080		
	36 – 50 years old	88	3,918	0,978		
	51 – 65 years old	124	3,708	0,967		
	66 years and above	137	3,741	0,922		
Aesthetic Satisfaction	19 years and under	14	3,446	0,529	0,273	0,895
	20 – 35 years old	39	3,250	0,786		
	36 – 50 years old	88	3,286	0,858		
	51 – 65 years old	124	3,350	0,834		
	66 years and above	137	3,275	0,921		

**p<0,05*

When Table 11 is examined, it is seen that there is a difference only in the psychological satisfaction dimension, one of the sub-dimensions of the leisure satisfaction scale ($p < 0.05$). Physical, social and aesthetic satisfaction are not seen as any means of satisfaction for people to spend their free time.

In Table 12, one-way analysis of variance was applied to determine whether there was a significant difference between the educational status variable and the four sub-dimensions of the leisure satisfaction scale (physical, psychological, social and aesthetic).

Looking at the one-way analysis of variance results in the relevant table (Table 12), it was determined that there was a significant difference only in the psychological satisfaction dimension, as in the educational status and age variable ($p < 0.05$). It is examined that other sub-dimensions (social, physical and aesthetic satisfaction) do not cause a significant difference in the satisfaction of the participants.

Table 12. Table 12. Leisure Time Satisfaction Scale and Educational Status Variable ANOVA Test

Dimension	Educational Status	n	\bar{x}	σ	F	p
Physical Satisfaction	Primary education	22	3,236	0,895	1,440	0,231
	Secondary education	122	3,136	1,067		
	Licence	181	2,921	1,026		
	Postgraduate	77	2,963	1,047		
Psychological Satisfaction	Primary education	22	2,992	0,692	3,346	0,019
	Secondary education	122	2,628	0,823		
	Licence	181	2,444	0,850		
	Postgraduate	77	2,530	0,878		
Social Satisfaction	Primary education	22	3,409	0,860	0,402	0,752
	Secondary education	122	3,217	1,021		
	Licence	181	3,353	0,995		
	Postgraduate	77	3,298	0,865		
Aesthetic Satisfaction	Primary education	22	4,201	0,847	0,732	0,534
	Secondary education	122	4,295	0,879		
	Licence	181	4,297	0,871		
	Postgraduate	77	4,323	0,782		

*** $p < 0,05$**

Table 13 shows the results of the one-way analysis of variance for the participants' monthly income and four sub-dimensions of leisure satisfaction. The relevant table is given below.

Table 13. Leisure Time Satisfaction Scale and Monthly Income Variable ANOVA Test

Dimension	Monthly Income	n	\bar{x}	σ	F	p
Physical Satisfaction	11.500 ₪ and under	19	3,042	1,224	0,213	0,931
	11.501- 20.500 ₪	42	2,881	1,012		
	20.501 – 30.500 ₪	103	3,019	1,033		
	30.501 – 40.500 ₪	124	3,050	0,994		
	40.501 ₪ and above	114	3,007	1,080		
Psychological Satisfaction	11.500 ₪ and under	19	2,824	0,826	1,612	0,170
	11.501- 20.500 ₪	42	2,662	0,906		
	20.501 – 30.500 ₪	103	2,449	0,802		
	30.501 – 40.500 ₪	124	2,625	0,843		
	40.501 ₪ and above	114	2,460	1,080		
Social Satisfaction	11.500 ₪ and under	19	3,515	1,114	1,478	0,208
	11.501- 20.500 ₪	42	3,971	0,914		
	20.501 – 30.500 ₪	103	3,862	1,017		
	30.501 – 40.500 ₪	124	3,787	0,935		
	40.501 ₪ and above	114	3,647	0,953		
Aesthetic Satisfaction	11.500 ₪ and under	19	3,434	0,749	1,224	0,300
	11.501- 20.500 ₪	42	3,101	0,910		
	20.501 – 30.500 ₪	103	3,250	0,825		
	30.501 – 40.500 ₪	124	3,403	0,846		
	40.501 ₪ and above	114	3,300	0,882		

* $p < 0,05$

Table 13 shows that there is no significant difference between the participants' monthly income and their leisure satisfaction ($p > 0.05$). According to the table, secondary home

owners do not need any size to satisfy themselves while spending their free time, regardless of their income level.

Table 14 shows the results of one-way analysis of variance to determine whether there is a significant difference between the leisure satisfaction of secondary home owners and occupational groups.

No significant difference was detected between the leisure time satisfaction sub-dimensions (physical, psychological, social and aesthetic satisfaction) of secondary home owners and occupational groups ($p > 0.05$) (Table 14).

Table 14. Leisure Time Satisfaction Scale and Occupation Variable ANOVA Test

Dimension	Occupation	n	\bar{x}	σ	F	p
Physical Satisfaction	Self-employment	65	2,981	0,973	0,805	0,547
	Officer	74	3,224	1,015		
	Employee	148	2,956	1,047		
	Retired	112	2,957	1,079		
	Student	2	3,100	1,272		
	Academician	1	3,400	-		
Psychological Satisfaction	Self-employment	65	2,582	0,921	0,227	0,951
	Officer	74	2,545	0,785		
	Employee	148	2,518	0,827		
	Retired	112	2,553	0,886		
	Student	2	3,000	0,000		
	Academician	1	3,000	-		
Social Satisfaction	Self-employment	65	3,738	1,075	0,236	0,946
	Officer	74	3,870	1,017		
	Employee	148	3,759	0,974		
	Retired	112	3,746	0,883		
	Student	2	3,600	0,800		
	Academician	1	4,200	-		
Aesthetic Satisfaction	Self-employment	65	3,353	0,818	0,327	0,896
	Officer	74	3,195	1,009		
	Employee	148	3,337	0,841		
	Retired	112	3,303	0,796		
	Student	2	3,375	0,530		
	Academician	1	3,250	-		

**p<0,05*

Table 15 shows the results of the one-way analysis of variance conducted to determine whether there is a significant difference in the sub-dimensions of leisure time satisfaction with the participants' duration of living in secondary residences.

Table 15. Leisure Time Satisfaction Scale and Monthly Income Variable ANOVA Test

Dimension	Life time	n	\bar{x}	σ	F	p
Physical Satisfaction	1 year and below	22	3,236	0,895	1,758	0,155
	2-5 years	74	3,210	0,977		
	6-10 years	160	2,915	1,021		
	10 years and above	146	2,983	1,096		
	1 year and below	22	2,992	0,692	2,978	0,031*
Psychological Satisfaction	2-5 years	74	2,653	0,779		
	6-10 years	160	2,471	0,853		
	10 years and above	146	2,508	0,877		
Social Satisfaction	1 year and below	22	3,936	0,860	0,324	0,808
	2-5 years	74	3,802	1,031		
	6-10 years	160	3,776	0,976		
	10 years and above	146	3,730	0,956		
Aesthetic Satisfaction	1 year and below	22	3,409	0,847	0,398	0,755
	2-5 years	74	3,233	0,943		
	6-10 years	160	3,340	0,872		
	10 years and above	146	3,286	0,793		

**p<0,05*

As seen in Table 15, it was determined that there was a significant difference only between psychological satisfaction and life expectancy, one of the sub-dimensions of secondary

home owners' leisure satisfaction ($p < 0.05$). There is no difference between life expectancy and social, aesthetic and physical satisfaction in secondary residences.

In the tables given above, results of difference analyzes are given in order to determine the differences between the leisure satisfaction sub-dimensions and demographic and other characteristics of secondary home owners.

There is a significant difference between the demographic (gender, marital status, age, educational status, monthly income, occupation) and other characteristics (life expectancy in Edremit Bay) and leisure time satisfaction of individuals who have a secondary residence in Edremit Bay, which is one of the subjects of the study. Is there any difference? The questions were answered as a result of the analysis.

While no significant difference was detected between the leisure time satisfaction sub-dimensions of secondary home owners and gender, marital status, monthly income and occupation variables, a significant difference was detected only in the psychological satisfaction dimension in the variables of life expectancy, age and educational status ($p < 0.05$).

4.2.5. The Relationship Between Secondary Home Owners' Leisure Satisfaction and Leisure Activities

In this part of the research, the results of the correlation analysis performed to determine whether there is a significant relationship between the leisure activities of secondary home owners and leisure satisfaction are included.

Correlation analysis examines the relationship between two variables and indicates its existence. A normality test should be performed before this analysis. If the data meets the criterion of normal distribution, the Pearson correlation test is used, otherwise the Spearman correlation test is used. There

are three types of correlations in the SPSS statistics program. Bivariate correlation is used to examine the relationship between two variables, partial correlation is used to examine two variables under the control variable, and distance correlation is used to determine the relationship distances. Correlation analysis shows relationship but does not examine causality. The coefficients are significant, but they are not independent of the significance coefficient. Correlation values range from -1 to +1; + values indicate a positive relationship, - values indicate a negative relationship. The values obtained in the correlation analysis are “very low level relationship if it is between 0-0.20”, “low level relationship if it is between 0.20-0.40”, “medium level relationship if it is between 0.40-0.60”, “0, If it is between 60-0.80, it is expressed as “high level of relationship” and “between 0.80-1, it is expressed as very high level of relationship”.

It was obtained by analyzing the skewness and kurtosis coefficients of the secondary home owners’ leisure satisfaction scale and activity scale data showing normal distribution. Therefore, the main hypothesis of the research is “H1: There is a significant relationship between leisure activities and leisure satisfaction.” Correlation analysis was deemed appropriate for this. Table 16 shows the results of the correlation analysis.

Table 16. Correlation Analysis of Leisure Satisfaction Scale and LT Activity Scale

Variable	n	\bar{x}	σ	1	2
LT Satisfaction	402	3,159	0,494	-	-0,099*
LT Activity	402	4,296	0,347	-0,099*	-

**p<0,05*

When Table 16 was examined, it was determined that there was a negative significant relationship at the 0.05 level between leisure activities and the leisure satisfaction scale. Accordingly, the main hypothesis of the research is “*H1: There is a significant relationship between leisure activities and leisure satisfaction.*” It is accepted.

Regression analysis was used to analyze other sub-hypotheses of the research. Regression analysis is an analysis technique based on explaining the relationship between a determined dependent variable and one or more independent variables with a mathematical model. Regression analysis, a powerful statistical method to examine the effect of the relationship between two or more variables, examines the effect of one or more independent variables on the dependent variable. The dependent variable is the main factor that is tried to understand or predict in the research, and the independent variables are the factors that are considered effective in this context. If the analysis is done using a single variable, it is called “univariate regression,” and if it is done using more than one variable, it is called “multivariate regression analysis”.

“Multivariate regression analysis” was used to test the sub-hypotheses of this study. The relevant table for regression analysis is given below.

Table 17. Multiple Regression Analysis Results

Independent variables	Dependent Variables	(β)	t	p	F	R ²
Still	Leisure Activities	4,490	40,129	0,000	3,433	0,033
Physical Satisfaction		-0,023	-1,358	0,175		
Psychological Satisfaction		-0,068	-3,313	0,001		
Social Satisfaction		-0,009	-0,500	0,617		
Aesthetic Satisfaction		-0,024	1,206	0,229		

R=0,183; R²=0,033; Corrected R²=0,024; F=3,433; p=0,009

As seen in Table 17, the multiple regression analysis conducted to determine the effect of the sub-dimensions that constitute the leisure satisfaction of secondary home owners on their leisure activities was found to be statistically significant (F = 3.343; p = 0.033).

When the standardized regression coefficients and t-test results regarding the significance of the regression coefficients were examined, it was determined that only psychological satisfaction (β =-0.068, p=0.001) and its size had a negative significant effect on leisure activities, and the **H1-b** hypothesis was determined in this research. **the eyes have it.**

A significant relationship was detected between physical satisfaction (β =-0.023, p=0.175), social satisfaction (β =-0.009, p=0.617) and aesthetic satisfaction (β =-0.024, p=0.229) sub-dimensions and leisure activities. Since it could not be determined, the hypotheses **H1-a** (Physical satisfaction affects leisure activities), **H1-c** (Social satisfaction affects leisure activities) and **H1-d** (Aesthetic satisfaction affects leisure activities) **were not accepted** for this research.

CONCLUSION

Secondary residences are gaining increasing popularity in today's life and are usually located outside the city or in holiday resorts. These residences offer individuals the opportunity to escape from the chaos of city life, be in touch with nature and spend their free time. Secondary home owners generally prefer these places for holidays, rest on weekends or long-term stays. In addition, these residences are preferred for gathering with family and friends, organizing special events or simply spending time in a peaceful environment.

Leisure satisfaction of secondary home owners is generally examined in four subgroups in the literature: physical satisfaction, psychological satisfaction, social satisfaction and aesthetic satisfaction. The leisure activities of secondary home owners span a wide range. Activities such as nature walks, bicycle tours, fishing, camping, sports activities and reading books in a quiet environment away from city life are among the activities frequently carried out in these residences. Secondary residences are more than just a physical escape, they also provide mental and emotional relief. The experience of being in touch with nature offers people the opportunity to get away from the stress of city life and improves their quality of life. Secondary residences and the leisure activities carried out in these spaces provide individuals with the opportunity to take a break from the intensity of modern life by offering flexibility and a peaceful atmosphere suitable for their lifestyle. These residences stand out as an ideal balance point between holiday and daily life.

Determining the importance of the leisure activities of individuals with secondary residences in Edremit Bay in their social lives and identifying their common characteristics with individuals living in similar regions or different settlements

can contribute to expanding the activity areas of these areas. Determining the effect of leisure activities on people's satisfaction levels and their relationship with the sub-dimensions allows a psychological conclusion to be reached. It is thought that determining the leisure activities of secondary home owners in the study and aiming to determine the relationship between these activities and leisure satisfaction will reach a different result than its counterparts and contribute to the literature. In this context, the research aimed to examine the relationship between the leisure satisfaction and leisure activities of secondary home owners and to determine the effect of the sub-dimensions of satisfaction on their leisure activities.

51.7% of the people participating in the research are male, 57% are single, 45% are undergraduates, and 34.1% are aged 66 and over. It was obtained from the research data that 30.8% of the participants had an income of 30,501 - 40,500 ₺ and 36.8% were workers in terms of monthly income variable.

12.7% of the participants said it was less than 1 hour, 3.5% said it was 1 – 2 hours, 17.9% said it was 3 – 4 hours, 22.4% said it was 4 – 5 hours, and 43.5% said it was 4 – 5 hours. It is seen that he allocates 5 hours or more to daily leisure activities. Only 1% of the participants stated that they did not participate in any leisure activities. Among other participants, 2.5% stated that they participated in leisure activities for 1 - 2 days, 32.1% for 3 - 4 days, 27.1% for 5 - 6 days and 37.3% for leisure time activities every day. . Secondary home owners stated that they mostly participate in leisure activities with their friends (41.3%).

Leisure time of secondary home owners is prioritized over social satisfaction ($\bar{x}=3.77$), aesthetic satisfaction ($\bar{x}=3.30$) and physical satisfaction ($\bar{x}=3.01$). Psychological satisfaction appears to be less effective in leisure time evaluation than the other three dimensions. Among social satisfaction, “*I prefer*

leisure activities where I am in groups with other people.” While it is seen to be effective, in the aesthetic satisfaction dimension “The areas/places where I do my leisure activities are places that I like (please me).” It is seen as. In terms of physical satisfaction, “*Making use of my free time helps me maintain my energy level.*” The expression plays an important role in people’s leisure activities. Psychological factors are “*I freely choose the activities I do in my spare time.*” It was found to be in the direction of

The areas most preferred by secondary home owners to spend their free time are “*I spend my free time by participating in religious conversations ($\bar{x}=4.52$)*”, “*I spend my free time by going to a bar or nightclub ($\bar{x}=4.49$)*”, “*I spend my free time in the garden*” “*I spend my free time by doing business ($\bar{x}=4.47$)*”, “*I spend my free time walking in nature ($\bar{x}=4.47$)*”, “*I spend my free time going on picnics ($\bar{x}=4.46$)*”, “*I spend my free time with friends, neighbors*” “*I spend my free time by going to a cafe or a patisserie ($\bar{x}=4.44$)*”, “*I spend my free time by watching matches at home ($\bar{x}=4.44$)*”, “*I spend my free time by going to a cafe or a patisserie ($\bar{x}=4.44$)*” It has been determined that the following are: “*I spend my free time by shopping/walking around the market ($\bar{x}=4.43$)*” and “*I spend my free time by reading books, newspapers and magazines ($\bar{x}=4.42$)*”.

While no significant difference was detected between the leisure time satisfaction sub-dimensions of secondary home owners and gender, marital status, monthly income and occupation variables, a significant difference was detected only in the psychological satisfaction dimension in the variables of life expectancy, age and educational status ($p<0.05$).

It was determined that there was a negative significant relationship between leisure activities and the leisure satisfaction scale at the 0.05 level. Accordingly, the main hypothesis of the

research is “*H1: There is a significant relationship between leisure activities and leisure satisfaction.*” **It is accepted.**

The multiple regression analysis performed to determine the effect of the sub-dimensions that constitute the leisure satisfaction of secondary home owners on their leisure activities was found to be statistically significant ($F=3.343$; $p=0.033$). When the standardized regression coefficients and t-test results regarding the significance of the regression coefficients were examined, it was determined that only psychological satisfaction ($\beta=-0.068$, $p=0.001$) and its size had a negative significant effect on leisure activities, and the **H1-b** hypothesis was determined in this research. **the eyes have it.**

A significant relationship was detected between physical satisfaction ($\beta=-0.023$, $p=0.175$), social satisfaction ($\beta=-0.009$, $p=0.617$) and aesthetic satisfaction ($\beta=-0.024$, $p=0.229$) sub-dimensions and leisure activities. Since it could not be determined, the hypotheses **H1-a** (Physical satisfaction affects leisure activities), **H1-c** (Social satisfaction affects leisure activities) and **H1-d** (Aesthetic satisfaction affects leisure activities) were not accepted for this research.

In this research, it was tried to create a perspective on the leisure satisfaction and leisure activities of people who have secondary residences in Edremit Bay. Different predictions can be developed by conducting a similar research on secondary home owners in different destinations in Turkey. One of the contributions of the study to the literature is that it can help fill the gap in the literature as a reference for conducting research on whether psychological satisfaction or social satisfaction directs individuals to these activities. The results obtained can be made available to all readers by publishing them.

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ISBN 978-2-38236-681-3



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