

Table 4. Comparison of physical activity level with respect to monthly income in both genders.

	N	M.	SD	Min.	Max.	F	Sig.	LSD	
Males	G 1. Very Low	443	2,72	1,56	1,00	5,00			
	G 2. Low	532	2,76	1,48	1,00	5,00			
	G 3. Middle	273	2,77	1,57	1,00	5,00	,416	,742	n.a.
	G 4. High	102	2,90	1,55	1,00	5,00			
	Total	1350	2,76	1,53	1,00	5,00			
Females	G 1. Very Low	416	2,88	1,50	1,00	5,00			
	G 2. Low	601	2,89	1,59	1,00	5,00			
	G 3. Middle	242	2,91	1,63	1,00	5,00	,678	,566	n.a.
	G 4. High	91	3,13	1,67	1,00	5,00			
	Total	1350	2,91	1,58	1,00	5,00			

n.a.=not available. G=Group.

Table 5. Correlation coefficients among physical activity level, monthly income and education level.

	M A L E S			F E M A L E S		
	Stages of Exercise Behavior Change	Monthly Income	Education Level	Stages of Exercise Behavior Change	Monthly Income	Education Level
Stages of Exercise Behavior Change						
Monthly Income	,027			,028		
Education Level	-,108**	-,311**		-,129**	-,247**	

** . Correlation is significant at the 0.01 level.

DISCUSSION AND RESULTS

There was a need to develop new policies to change the people' high level of inactive life style based on scientific data collection. Increasing participating of individuals in moderate level of regular physical activity throughout the year, understanding the influence of socio-

economic status and educational level of people can contribute to plan the physical fitness and healthy life style policies. Thus, the aim of this study is to investigate the effects of education and socio-economic status on regular physical activity levels in males and female participants at the age range of 14-95 years in the City Center of Samsun at the Middle Black Sea Region of Turkey.

Results of this study showed that the mean body height and weight were significantly differentiated depending on male participants' educational status and monthly income level. Significant difference was only observed in the mean of regular physical activity level depending on education level. The physical activity level of uneducated participants had the highest in males and females. Monthly income level had no effect on physical activity level in males and females. Significant negative correlations were observed between physical activity and educational status in males ($r=-,108$, $p<.01$) and females ($r=-,129$, $p<.01$). No significant correlation was observed between physical activity and monthly income level in males and females.

The lowest participation percentage of Turkey for regular physical activity compared to European Countries reflects the importance of development new health strategies. Hence, Turkey as a developing country needs new policies considering of socioeconomic and educational differences in the society. Low family income and educational level may lower the increasing the awareness level related to health and physical fitness. This study showed that educational status and monthly income level had an effect on the mean body height and weight in males. Significant difference was only observed in the mean of regular physical activity level depending on education level. Uneducated participants had a higher physical activity level than other groups in males and females. The physical activity level of uneducated participants had the highest in males and females. Monthly income level had no effect on physical activity level in males and females. Studies focusing the relationships between education and physical activity during the aging process support the results of this study that there were education based differences in the physical activity level of different populations during middle and late life (Chad et al., 2005; Grzywacz & Marks, 2001; Kaplan, Newsom, McFarland, & Lu, 2001; King et al., 2000). Schnohr (2004) also demonstrated that participants

with the lowest level of education were frequently both physically inactive. Wagenknecht et al. (1990) and Choiniere, Lafontaine & Edwards (2000) reported that the physical activity level was raised with increasing education level and there was a strong positive association between education level and physical activity. The results of three studies are not consistent with inverse results of this study. On the other hand, significant negative correlations were observed between physical activity and educational status in males ($r=-,108$, $p<.01$) and females ($r=-,129$, $p<.01$). There was no significant correlation between physical activity and monthly income level in males and females. In many studies physical activity seems to be related education level and monthly income in different levels (Wagenknecht et al. 1990; Choiniere et al. 2000). In a study, it was stated that socio-economic status is one of the critical factors that influence participation in sports and physical activity. Family income, parents' education level and occupation were found also to affect the perception to sports participation barriers (Elmagd, Tiwari, Mossa & Tiwari, 2018). There are limited numbers of studies about the degree to which education level and monthly income are associated with participation in physical activity in Turkish population.

Health and physical activity policies should be based on comprehensive data that represents all age groups in both genders. This study examines the possible relations of education level and monthly income to regular physical activity level from adolescents and adults for developing effective promotion strategies. Thus, the purpose of this study is to investigate the effects of education and socio-economic status on regular physical activity levels in males and females at the age range of 14- 95 years.

Clearly, the well-educated male participants had a disadvantage for participating regular physical activity compared to uneducated participants. It may be considered that participants with increasing education level and monthly income had a higher tendency toward to physical activity and may contribute to better physical education in the regulation of behavior change strategies if they had enough free time daily life.

It can be concluded that educational status had an effect on male and female physical activity level. Monthly income level had no effect on physical activity participation in both

genders and the increasing awareness related to positive effects of physical activity and negative effects of inactivity makes possible the new interventions in the regulation of behavior modifications strategies in different groups.

Further research is required to assess whether regular physical activity stages of behavior change were differentiated by monthly income status and education levels in males and females from different age groups for promotion physical activity.

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