



FACULTY OF PHYSICAL  
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TETOVA / MACEDONIA



KIRKPINAR SCHOOL OF PHYSICAL  
EDUCATION AND SPORTS  
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**INTERNATIONAL BALKAN  
SYMPOSIUM  
IN SPORT SCIENCES  
(IBSSS2013)**

**BOOK OF ABSTRACTS**

**1<sup>st</sup> BALKAN SYMPOSIUM IN SPORT SCIENCES  
TETOVO - MACEDONIA  
30 MAY – 02 JUNE, 2013**

# **BOOK OF ABSTRACTS**

**INTERNATIONAL BALKAN SYMPOSIUM IN SPORT  
SCIENCES**

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# **BALKAN SYMPOSIUM IN SPORT SCIENCES**

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# **BALKAN SYMPOSIUM IN SPORT SCIENCES**

**Faculty of Physical  
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Edirne / Turkey**

**30 MAY – 02 JUNE 2013**

**BOOK  
OF  
ABSTRACTS**  
(Extended Edition)

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## INVATED SPEAKERS

## THE EMPLOYMENT OF WRESTLERS IN OTTOMAN PALACE

Prof. Dr. Osman İmamoğlu<sup>1</sup>

<sup>1</sup>Ondokuz Mayıs Üniversitesi, Yaşar Doğu BESYO Atakum/Samsun

### ABSTRACT

Since the establishment of the Ottoman Empire institutionalized wrestling, wrestling and wrestlers are known to the patronage. The most obvious examples of this lodge-foundation system. Schools with lodges, such as the Ottoman wrestling catches up with all of the infrastructure of their own institutions, and second, the wrestlers grown in the provinces (Kırkpınar and organizations such as the apple according to their degrees) gave a part of the palace staff. According to Ottoman documents, Ottoman palace wrestlers employed consisted of all the Balkan geography.

## BALKANSPORT TEMPUS PROJECTS AND ITS BENEFITS

Prof. Dr. Arben Kaccuri<sup>1</sup>

<sup>1</sup>Sport University of Tirana, Albania

### ABSTRACT

The main objectives of this three-year multi-country project are to update the sport science curricula in three Balkan HE Institutions: the University of Prishtina (Kosovo), the State University of Tetovo (FYROM) and the Sport University of Tirana (Albania); to harmonize the structure, contents and teaching methodology, leading to the mutual recognition of degrees between countries; to bring the Faculties closer to their EU counterparts, and to strengthen the background of graduates and postgraduates to give them better chances to meet job-market requirements as well as to contribute to scientific research and the education of younger generations. The project is expected to improve teaching abilities and outcomes, through teachers training and the introduction of modern contents and methodologies, and to bridge the gap between graduate and postgraduate skills and market needs, thereby promoting employability. It is also expected to foster scientific mentality and research, establishing research-oriented postgraduate programs and preparing for the future implementation of PhD programs; to promote mobility and scientific cooperation, and to more generally help increase understanding and cooperation with the EU scientific community, culture and society, thus preparing the PC countries participation in the Lifelong Learning Programme.

## SPORT FOR ALL AND SPORTS TOURISM IN TURKEY

Dr. Erdal Zorba<sup>1</sup>

<sup>1</sup>The President of Balkan & Turkey Federation & The Department of Physical Education and Sports, Gazi University/Turkey

### ABSTRACT

Sports for all was defined by Sport Progress Committee of Council of Europe as "an expression meaning; providing opportunities to people who desire to do sports in their leisure times to go and participate sports activities with no limitations due to social status, origins and disabilities". From this definition it is understood that all people should benefit from this right. For this reason, "sports for all" has a principle to become widespread even in neglected part of societies such as criminals and prisoners, and abandoned children etc. because sport right is one of the social rights that defined as education, health and security rights. In addition "sports for all" is based on democratization of sports providing the right of involving in sports activities for as many citizens as possible. *The Journal of Sports Tourism* defines sports tourism as "the use of sports for touristic endeavors". This comprises: Sports events, Sports resorts, Sports cruises, Sports attractions, Sports adventures, Sports tours (Kurtzman, 1993). On the other hand, sport tourism is also defined as travel to a destination for the primary reason of participating in sport (Standeven & De Knop, 1999).

The literature and statistical range figures are used with collected data from Turkey. Due to its location, Turkey was a region through which ancient Asian and Turkish culture moved into Europe, and also a window of Western culture opening to meet the East. Turkey is surrounded by the Mediterranean Sea, Black Sea and Aegean Sea, which connects the country to the whole world. Because of these long coastal borders and the bridge between Asia and Europe, Turkey has been the centre of major commercial and migration routes.

The purpose of this study is to discuss how sports for all and the sport tourism concepts are perceived and which activities and organizations support those concepts in Turkey. In addition, in the study it is aimed to examine the advantages and disadvantages of these activities and organizations on sports for all and sport tourism in Turkey.

## TREND AND ORIENTATION OF RESEARCHS IN THE FIELD OF PHYSICAL CULTURE IN KOSOVO, THE LAST TEN YEARS.

Prof. Dr. Shmesedin Vehapi<sup>1</sup>

<sup>1</sup>Faculty of Sport Sciences, University of Prishtina

In order to identify the orientation of scientific activity during the period 2003-2013, institutions were analyzed, as well as institutional research projects and individual research projects completed during this period. Information's are collected from the archives of the Faculty of Sport Sciences of Pristina University and are analyzed by categorizing them in specific areas of Sports Sciences. During this time period there was a complete lack of institutional approach of development projects, and yet the idea of establishing the research institute is not in advanced stage of operationalization. The idea is still at the discussion level and formulation of strategy. From the analysis of individual projects is understood that during this period are defended 62 MSc Projects (Magistratura), 128 Master-level projects and 9 PhD theses. Starting from the included samples in these researches may be concluded that in most cases these topics have been oriented in research with samples of elementary and secondary school students and majority (over 70%) research was conducted with categories of elite athletes and sports school students of different categories. According to the contents of these researches over 80% of these cases are oriented in the research of motor abilities, morphological characteristics or even interrelationships amongst these areas. A small percentage is oriented to the elaboration of issues related to comparing and analyzing technical and tactical aspects in certain sports disciplines. A small number of topics belong to the treatment of effects of certain training programs in developing certain components of the athletes, as well as a big lack of health research aspects is noted, aspects of sports management, sports psychology and marketing field. Based on all these information's the International Coordination Group which was established in cooperation with international institutions within the Faculty of Sport Sciences in Prishtina, must draft a strategy having inclusiveness and treatment of other sport science fields.

**Keywords:** Research, project, institution, research strategy.

## KIRKPINAR AND TRADITIONAL SPORTS

### ORAL PRESENTATION



**LOST TRADITION IN KIRKPINAR OIL WRESTLING:  
IMPORTANCE OF KISPET AND CEREMONY OF KISPET WEARING**

**Mehmet Gül<sup>1</sup>, Mehmet Türkmen<sup>2</sup>, Abdullah Doğan<sup>2</sup>**

<sup>1</sup>Kocaeli Üniversitesi, BESYO, Koaceli, Turkey

<sup>2</sup>Ondokuz Mayıs University, Yaşar Doğu Gymnastics and Sports Academy

**ABSTRACT**

Globalization pressures have been cause to disappear of traditional sports as various national culture elements. Kırkpınar Oil Wrestling has lost many traditional rituals its own, even if has listed in "ignitable cultural heritage" by UNESCO in 2010. Ceremony of Kispet/Kisbet wearing is one of them. This ceremony contained old Turkish belief and Islamic subjects. Kispet that is important for Pehlivan loses mental features its own, even if kispet maintains shape being in difficult condition. This research is important for keeping alive of oil wrestling with national quality. It is aimed that examine to ceremony of kispet wearing that is disappearance and indispensable element of Kırkpınar oil wrestling. Live interview and literature tracking methods have used in this research. As a result, ceremony of kispet wearing is characterized as ritual in traditional Kırkpınar oil wrestling. These ceremonies have reflected socio-cultural and spiritual subjects of its own society.

**Key Words:** Kırkpınar, Wrestling, Kispet, Ritual, Ceremony

**TOPKAPI PALACE MUSEUM ARCHIVES REGISTRY (TS.MD.d)  
FINANCIAL GRANTS TO WRESTLERS IN OTTOMANS**

**Mehmet Türkmen<sup>1</sup>**

<sup>1</sup>Ondokuz Mayıs University, Yaşar Doğu Gymnastics and Sports Academy

**ABSTRACT**

Ottoman Empire, which was known as elites of Turkish History, was definitely founded in accordance with the traditions of Turkish Step Community at the beginning. However, Ottomans achieved a revolution in all their social and economical institutional traditions and this revolution also included wrestling and wrestlers. Ottomans paid a lot of importance to written documents which were not seen so much in the ancient Turkish Communities and deemed as a great lack. Also there were not found any monographic studies concerning this subject so far. This paper aims to be able to see place of wrestling in Turkish Culture together with financial awards given to wrestlers in Ottomans. In this study, the awards given were viewed in a general perspective and limited with searching Topkapı Palace Museum Archive Registry (TS.MD.d). Beginning with concepts of "Grants to the oil-wrestlers practised/performed/kept oil-wrestling", "Grants to the oil-wrestlers oil-wrestling", "Grants to the oil-wrestler/oil-wrestlers" and "Grants to the wrestler/wrestlers", we reached to the total records of 443 TS.MD.d. We came to the result that in Ottomans amounts of grants given to wrestlers were more than the other sports and grants value decreased-increased according to strong-weak periods of the Empire and honorary terms were used for wrestlers in the documents.

**Key Words:** Grants in Ottomans, Oil-Wrestler, Wrestling

**BALKANS AND COMPARATIVE TRADITIONAL SPORTS EDUCATION AND KIRKPINAR INNOVATIVE DEVELOPMENTS AND ORGANIZATION: (Unesco Asia and The Pacifics, The European Union and The Mediterranean Countries Perspectives)**

**Mürsel Akdenk<sup>1</sup>, Yaşar Barut<sup>2</sup>, Murat Gökalp<sup>1</sup>**

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<sup>3</sup>Ondokuz Mayıs University, Faculty of Education, Department of Educational Sciences: Samsun-Turkey.

**ABSTRACT**

Objective: Comparative Kırkpınar Balkans and Innovative Developments in the education of traditional sports and Organization, UNESCO Asia and Pacific, Europe and the Mediterranean Countries Union Perspective express's work programs. Materials and Methods: Material: Related documents; libraries, internet resources, and the related countries were obtained from field studies. 2.1 Method: Different ways have been obtained from various sources were evaluated with a contemporary perspectives . The UNESCO Asia and Pacific, The European Union, and the Mediterranean Countries Perspectives of the the Balkans, and Traditional Sport Branches of Comparati-ve Education Kırkpınar Innovative Developments and Organiza-tion fields, and schools or Faculties of physical education and Sports about the related universities aims to establish a new Departments or one of the International Balkan Sports University. Findings : General Findings: In the World ;the European Union,; Mediterranean Countries, the Balkans and Traditional Sports in Comparative Kırkpınar Educatiing Innovative Develop-ments and Organization; UNESCO Asia and Pacific; perspective on the systematic tives shall be conducted under the leadership of Civil Society and University Relations. Special Findings : The Balkans, Turkey and Montenegro Kırkpınar and Traditional Sports in Comparative Education Innovative Developments and Organization; UNESCO Asia and Pacifics countries , European Union; the Mediterranean countries and higher education institutions in the Perspectives, as well as working relationships are cared for Transnational Civil Society Leadership. Even, Unesco guaranteed in terms of higher education, and non-governmental societies are systematically planned to open their courses certificated from 1-to 8 or from Associate Diplomas to the Posta Doctorate Programs. Conclusion: General conclusion:In The world; Kırkpınar and Traditional Sports in Comparative Education Innovative De-velopments in the Balkans, and the Organization of UNESCO Asia and Pacific, Europe and the Mediterranean Countries Union Perspective looks at ways of planning from working programs. 4.2- Special conclusion: As a result, different continents, regions and countries, discusses the elements of Healthy, Disabled and Elderly people make the work done both sports. With the leader-ship of roads as well as those who want to make special sports educational master and Doctorte levels a particular sport sports therapies, such as a private fitness training courses and lectures inspired Programs, Higher Education and Civil Society programs are designed to develop the activities of different courses and they has to establish new sports departments or INTERNATIONAL BALKAN SPORTS UNIVERSITY.

**Key Words:** Kırkpınar, Traditional, UNESCO, Sports Training

**THE EFFECT OF HIGH INTENSITY ACUTE WRESTLING EXERCISE AND SAUNA ON TOTAL BODY FLUID AND ALDOSTERONE LEVEL**

**İzzet Uçan<sup>1</sup>, Fatih Kıyıcı<sup>2</sup>, Eser Ağgön<sup>3</sup>, Öztürk Ağırbaş<sup>3</sup>, Mergül Çolak<sup>3</sup>**

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<sup>3</sup> Erzurum Üniversitesi Eğitim Fakültesi Beden Eğitimi ve Spor Öğretmenliği

**ABSTRACT**

This study aims to determine the effect of high intensity acute wrestling exercise and sauna on total body fluid (TBF) and aldosterone hormone. After health ethics committee had granted approval, this study was practiced on 14 voluntary male wrestlers who have no health problems and are average 23.43 ± 4.146 years old and are average 172.86± 4.818 meters tall. Blood measurement was taken from the wrestlers when they were rested, after wrestling exercise and after sauna which was later than two days rest. TBF measurement was made via TBF 300 device and hormone analysis was done via IMMULITE 2000 autoanalyzer. Because of the fact that data acquired in the study did not have a normal distribution, nonparametric Two Related Samples – Wilcoxon test in SPSS 15 for Windows statistical packaged program was applied. It was determined that, after acute wrestling exercise, there was not any significant differences in TBF levels while there was a significant increase (P<.01) in aldosterone levels. After sauna practice, a significant growth (P<.01) was determined both in TBF and in aldosterone. When TBF values were compared after wrestling exercise and sauna, it was observed that TBF values after sauna were significantly high (P<.01) and aldosterone values did not have a significant difference. It is concluded that practiced wrestling exercise and sauna program increased aldosterone secretion in order to regulate the total fluid levels by taking parallel effects, however, only sauna program has significant growth in TBF levels and also it is concluded that there are differences among the groups.

**Key Words:** Wrestling, Sauna, TBF, Aldosterone

EVALUATION ON CONVENANCES OF GAZİANTEP AŞİRTMALI ABA  
WRESTLING

Tarkan Tuzcuoğulları<sup>1</sup>, Uğur Abakay<sup>1</sup>, Mehmet Özdemir<sup>1</sup>, Zinnur Gerek<sup>2</sup>, Ahmet Koyunlu<sup>1</sup>

<sup>1</sup>Gaziantep Üniversitesi  
<sup>2</sup>Atatürk Üniversitesi

ABSTRACT

Even if physical acts that been cause birth and developing of sport culture occurred in ancient time as maintain to life, these acts formed up social life Dynamics in ancient Turks. Natural difficulty of Central Asia steppe and relation with other nation was cause physical culture developing and got involved in military instruction. Turk's sport culture created ethically values with custom, tradition and religious motifs from Central Asia life to nowadays. In this connection, Aşırtmalı Aba Wrestling that is considered it has a history with 5000 years is come true to behaviors as social values, ethic, religious, cooperation, respect, affection, convenience in preparation to wrestling, in fight and in final. All of these behaviors actually show on philosophy of Aba Wrestling.

Behaviors started with invite to wrestlers in nearby villages are carry special rules and features as do honors, preparation to wrestling, wearing, go down to pitch, accept to competitor, fight, respect to umpires, reverence, award. Ethic behaviors in Gaziantep Aşırtmalı Aba Wrestling build to base of social cultural structure.

**Key Words:** Aba Wrestling, Gaziantep, Wrestling

EVALUATION ON MUSIC COMPONENT AND RITUAL STRUCTURE OF  
ANCIENT TURK SPORTS

Tarkan Tuzcuoğulları<sup>1</sup>, Zinnur Gerek<sup>2</sup>, Fahri Çepik<sup>1</sup>, Adil Çete<sup>1</sup>, Hüseyin Öztürk<sup>1</sup>

<sup>1</sup> Gaziantep Üniversitesi  
<sup>2</sup> Atatürk Üniversitesi

ABSTRACT

Music component was used as instrument of bewitch in ritual origin. In point of ensure national synergy, cooperation and development of national identity, ritual music was form integrity between sacred and belonging, shape and spirituality. It provided be alive to social sensations without limit time and space. Ancient human that imitated animal sounds and showed his power to nature with his sounds sought apologize to sacred powers with rhythmic beats and movement cycles. These rituals given impression like musical theater that had make up, decor and costumes that symbolizing taboo assets. It have understood that music component was born need to fear or respect of outstanding assets and to spiritual protection. Music component of ancient Turk sports was maintained with protecting its own music and dance components until today, however ritual motions of shaman was still change its own shape some traditional game.

**Key Words:** Turk sports, ritual, music, game.

## THE EFFECT OF WRESTLING TRAINING AND SAUNA PROCATISE ON CORTISOL AND INSULINE HORMONES

Eser Ağgön<sup>1</sup>, Fatih Kıyıcı<sup>2</sup>, İzzet Uçan<sup>2</sup>, Mergül Çolak<sup>1</sup>, Öztürk Ağırbaş<sup>3</sup>

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<sup>2</sup>Atatürk Üniversitesi Beden Eğitimi ve Spor Yüksek Okulu

<sup>3</sup>Bayburt Üniversitesi Rektörlüğü

### ABSTRACT

This study aims to determine the effect of high intensity acute wrestling exercise and sauna on cortisol and insulin hormones. After health ethics committee had granted approval, the study was practiced on 14 voluntary male wrestlers who have no health problems and are average  $23.43 \pm 4.146$  years old and are average  $172.86 \pm 4.818$  meters tall.

Blood measurement was taken from the wrestlers when they were rested, after wrestling exercise and after sauna which was later than two days rest. Hormone analyses were made via IMMULITE 2000 autoanalyzer. Because of the fact that data acquired in the study did not have a normal distribution, nonparametric Two Related Samples – Wilcoxon test in SPSS 15 for Windows statistical packaged program was applied.

It was determined that, after acute wrestling exercise, there was not any significant differences in the levels of cortisol and insulin. It was also concluded that after sauna practice, while there was a significant decrease ( $P < .01$ ) in cortisol levels, there was no significant difference in insulin levels. When cortisol values were compared after wrestling exercise and sauna, it was determined that values of exercise group were significantly high ( $P < .01$ ) and insulin values did not have a significant difference.

It was deduced that the practiced wrestling exercise did not make change in cortisol and insulin levels, sauna program did not have an effect on insulin in a short time as in wrestling exercise but caused a significant decrease in cortisol levels and there were differences between groups.

**Key Words:** Wrestling, Sauna, Cortisol, Insulin

## THE RELATIONS BETWEEN THE INDIVIDUAL SLEEP QUALITY AND THE ACCOMPLISHMENT LEVEL OF THE TURKISH NATIONAL TEAM ATTENDING TO THE WRESTLING WORTLD CUP

Kemal Filiz<sup>1</sup>, Ahmet Şahin<sup>2</sup>, Gökhan Acar<sup>3</sup>, Nazmi Bayköse<sup>4</sup>

<sup>1</sup> Gazi University Sport Education High School

<sup>2</sup> Karamanoglu Mehmetbey Universty, Sport Education High School

<sup>3</sup> Kastamonu Universty Sport Education High School

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### ABSTRACT

It is thought that the attention which linearly decreases because of the sleeplessness affair during night and the performance of the athlete. Our aim in this reseach is to investigate the relation between the accomplishment level and the sleep quality in the competition atmosphere all the most selected athletes of the wrestling sport. The research team involves the All-in-Wrestling Turkish National Man Team which attended to the aall-in wrestling world cup in Tehran,Iran. Pittsburg Sleep Quality Index has been to gain the target of >the research. In analysing and reading the data-By using The Kolmogorov-Smirnov test, kruskal wallis test and pearson correlation analysis-signifance is taken  $P < 0,005$ . To appraise and find the calculated data, the SPSS (Statical Pcakage for Social Scişence) program has been used. At the and of reasearh, a very strong possitive relation is stated ( $r = .768$ ) between the rank that ,s gained by the athletes and the Pittsburg Sleep Quality Index. The signifance level of teh relation coefficient ( $P = .044 < 0,05$ ) is found expressive. The result of diagnoseses having gained, we think that when the sleep quality increases, linearly the accomplishment level of the athletes increases.

**Key Words:** Sleep Quality, wrestling, Accomplishment Level

SUPPORT



**SIMPOZIUMI NDËRKOMBËTAR BALLKANIK  
I SHKENCAVE SPORTIVE**

**ULUSLARARASI BALKAN SPOR BİLİMLERİ  
SEMPOZYUMU**

**МЕЃУНАРОДЕН БАЛКАНСКИ  
СИМПОЗИУМ ПО СПОРТСКИ НАУКИ**

