

## Leisure Motivation and Sensation Seeking in Paintball

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### Abstract

*Within the scope of the research in which the sensation seeking behaviors and leisure motivation of individuals participating in paintball activities were determined, it was aimed to shed light on the relationship between the relevant measurement tools. In this context, Sensation Seeking Scale (SSS) and Leisure Motivation Scale (LMS) scales were utilized in addition to the personal information form. The data obtained from a total of 154 paintball activity participants were analyzed using descriptive statistics followed by independent sample t-test, one-way analysis of variance ANOVA and Pearson correlation tests. Post hoc tests were used for within-group comparisons. The findings show that the participants have high levels of sensation seeking and leisure motivation. On the other hand, it was determined that the sensation seeking and leisure motivation levels of the participants differed with the answers they gave to the questions about gender, age, education level, number of participation in paintball activity, frequency of playing paintball and how many years they have been interested in paintball. At the same time, a low level positive relationship was found between the total scores of the leisure motivation scale and the sensation seeking scale. As a result, it was concluded that participation in activities such as paintball, where the excitement element is at the forefront, has a direct relationship with leisure motivation, and from this point of view, by increasing motivation in leisure, various parameters such as sensation-seeking desire will increase in parallel with this.*

**Keywords:** Leisure Motivation, Sensation Seeking, Paintball

### INTRODUCTION

Many people seek excitement and adventure in their free time as a way to get away from the monotony of everyday life. This allows them to discover more about themselves, push their limits and develop a deeper understanding of what really drives them. Sensation seeking is a personality trait defined as the willingness to have new, complex and intense experiences and to take physical, social, legal and financial risks for the sake of these experiences (Zuckerman, 1994; Ceylan et al., 2021; Uzun et al., 2021). This personality trait is associated with risky driving (Lemarie, Bellavance, & Chebati, 2019), engaging in extreme sports (Ruedl et al. 2012; Kopp et al., 2016; Breivik, Sand, & Sookermany, 2017; Permadani & Jannah, 2022), substance abuse (Evans-Polce et al., 2018), and criminal behavior (Armstrong et al., 2020). There are also studies showing that the degree of Sensation seeking varies from individual to individual and that Sensation-seeking tendency is linked to both negative (Rosenbloom, 2003; Robbins & Bryan, 2004; Fillmore, Ostling, Martin, & Kelly, 2009; Ortin, Lake, Kleinman, & Gould, 2012) and positive (Ravert et al., 2013; Armstrong et al., 2021) risk-taking behaviors. Zuckerman (2007) characteristically considered Sensation-seeking behavior in four different dimensions and expressed these dimensions as Sensation and adventure seeking, experience seeking, reduced control over one's behavior, and susceptibility to boredom.

Sensation seeking is associated with the need for varied and stimulating experiences and often leads individuals to explore new things and take risks (Rodham et al., 2005). Although risk-taking behavior is often associated with Sensation seeking, it is not the only determinant (Freund et al., 2020). Nevertheless, when Sensation-seeking individuals want to experience something new, they tend to perceive it as less risky than it actually is (Zuckerman & Kuhlman, 2000). On the other hand, leisure activities have been seen as an area where individuals can reveal their Sensation-seeking tendencies. Individuals with high sensation-seeking tend to engage in leisure activities that contain novelty and stimulating elements. For example, engaging in extreme sports or adventure outdoor activities can meet the sensation-seeking needs of individuals who want to have

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intense experiences (Immonen et al., 2018). At the same time, sensation-seeking behavior significantly affects Leisure motivation by directing individuals to activities that provide novelty and stimulation (Litvin, 2009; Ceylan et al., 2022). The motivational factors that lead individuals to take part in leisure activities are very important in understanding why individuals participate in certain types of recreational sports or activities (Beggs, Stitt, & Elkins, 2004; Ünlü & Çeviker, 2022). This relationship between sensation seeking and leisure motivation clearly reveals how individuals' personality traits influence their choices and preferences in leisure activities.

Sensation seeking is a complex behavioral trait that focuses on adventure, challenge, and exploring new experiences in various activities, including leisure pursuits such as paintball. Understanding sensation-seeking behavior is important for understanding individuals' motivations for engaging in certain leisure activities and risky behaviors. In this context, this study aims to reveal the relationship between sensation seeking and leisure motivations of individuals participating in paintball activities.

## METHOD

### Research Model

In the study examining the relationship between sensation seeking and leisure motivation levels of individuals participating in paintball activities, the relational survey model was used. Relational studies define the degree and direction of the relationship between two or more quantitative variables (Fraenkel, Wallen & Hyun, 2011).

### Participants

The research group consisted of 154 participants, 78.8% male (n=109) and 29.2% female (n=45), who participated in recreational paintball activities in Ankara. Information on the demographic characteristics of the participants is shown in Table 1.

**Table 1. Information on the Demographic Characteristics of the Participants**

		f	%
<b>Gender</b>	Male	109	70,8
	Female	45	29,2
<b>Age</b>	25<	56	36,4
	25-35	76	49,4
	36>	22	14,3
<b>Education level</b>	Secondary school and below	26	16,9
	High School	56	36,4
	Undergraduate and above	72	46,8
<b>Marital status</b>	Married (with children)	61	39,6
	Married (without children)	25	16,2
	Single (with children)	19	12,3
	Single (without children)	49	31,8
<b>Number of participation in paintball</b>	1 time	10	6,5
	2-3 times	42	27,3
	4-5 times	52	33,8
	6-7 times	28	18,2
	8 and above	22	14,3
<b>Having a private car</b>	Yes	86	55,8
	No	68	44,2
<b>Frequency of participation in paintball</b>	Once in a week	35	22,7
	Once in a month	51	33,1
	Once in six months	28	18,2
	Once in a year	22	14,3
	Other	18	11,7
<b>Participation time of paintball</b>	1 year	49	31,8
	2 years	43	27,9
	3 years	25	16,2
	4 years	15	9,7
	5 years and above	22	14,3

## Data Collection Tools

### Personal Information Form

In this study, a "personal information form" prepared by the researchers was used to obtain information about the demographic characteristics of individuals participating in paintball activities. In the form, questions about gender, age, education level, number of participation in paintball activities, frequency of playing paintball and how many years they have been interested in paintball were included in order to collect information from the participants.

### Sensation Seeking Scale (SSS)

The Sensation Seeking Scale was developed by Zuckerman (1994) to measure the level of sensation seeking behavior of individuals. Turkish validity and reliability study was conducted by Öngen (2007). The scale has a multifactor structure consisting of 40 items and 4 sub-dimensions (thrill and adventure seeking, experience seeking, disinhibition, boredom susceptibility). The cronbach alpha reliability coefficients of the scale were found to be (0.82) for the thrill and adventure seeking, sub-dimension, (0.55) for the experience seeking sub-dimension, (0.75) for the disinhibition sub-dimension, and (0.56) for the boredom susceptibility sub-dimension.

### Leisure Motivation Scale (LMS)

The scale was developed by Pelletier et al. (1991) to measure the Leisure Motivation levels of the participants and its adaptation to Turkish was conducted by Güngörmüş (2012). The Leisure motivation scale consists of 7 sub-dimensions (to know, to accomplish, to experience stimulation, identified, introjected, external regulation, amotivation) and 28 items in total. Cronbach's alpha reliability coefficients of the scale were found as "0.76", "0.74", "0.72", "0.73", "0.71", "0.83" and "0.70" respectively.

## Data Analysis

Before analyzing the data obtained from the study, whether the data obtained from 154 participants met the normality assumption was examined by looking at the kurtosis and skewness coefficients, and parametric tests were applied since it was determined that it met the normality assumption. Within the scope of the study, descriptive statistics, t-test for independent samples, one-way analysis of variance ANOVA and correlation analysis were used. The arithmetic mean and standard deviation values for the measurement tools are given in Table 2.

Table 2. Arithmetic Mean and Standard Deviation Values of Sensation Seeking and Leisure Motivation Scales

	N=(154)			
	$\bar{x}$	sd	Min	Max.
<b>Sensation Seeking</b>	19,01	3,41	8,00	30,00
Thrill and Adventure Seeking	4,74	1,78	1,00	10,00
Experience Seeking	4,39	1,43	,00	8,00
Disinhibition	4,70	1,47	,00	9,00
Boredom susceptibility	5,16	1,59	,00	10,00
<b>Leisure Motivation</b>	85,40	12,86	55,00	112,00
To know	14,11	2,87	20,00	14,11
To accomplish	13,96	3,01	20,00	13,96
To experience stimulation	14,04	2,88	20,00	14,04
Identified	13,77	3,10	20,00	13,77
Introjected	2,01	0,93	4,00	2,01
External regulation	13,78	2,86	20,00	13,78
Amotivation	13,70	2,93	20,00	13,70

It was determined that the participants' sensation-seeking levels were high and the mean scores of the sub-dimensions were similarly high. On the other hand, it was determined that the leisure motivation of paintball participants was similarly high, and the sub-dimensions also showed a high level of leisure motivation.

**FINDINGS**

**Table 3. T Test Results Between Sensation Seeking and Leisure Motivation Scales and Gender Variables**

	Gender	n	$\bar{X}$	sd	t	p
<b>Sensation Seeking</b>	Male	109	19,76	3,46	4,497	0,00*
	Female	45	17,20	2,50		
Thrill and Adventure Seeking	Male	109	5,00	1,84	2,909	0,00*
	Female	45	4,11	1,44		
Experience Seeking	Male	109	4,56	1,37	2,360	0,02*
	Female	45	3,97	1,49		
Disinhibition	Male	109	4,96	1,58	3,458	0,00*
	Female	45	4,08	0,92		
Boredom susceptibility	Male	109	5,22	1,74	0,700	0,48
	Female	45	5,02	1,15		
<b>Leisure Motivation</b>	Male	109	84,16	13,31	-1,883	0,06
	Female	45	88,42	11,25		
To know	Male	109	14,15	2,80	0,262	0,79
	Female	45	14,02	3,07		
To accomplish	Male	109	13,55	3,13	-2,667	0,00*
	Female	45	14,95	2,46		
To experience stimulation	Male	109	13,92	2,87	-7,795	0,42
	Female	45	14,33	2,90		
Identified	Male	109	13,49	3,35	-1,734	0,08
	Female	45	14,44	2,32		
Introjected	Male	109	2,16	0,95	3,102	0,00*
	Female	45	1,66	0,76		
External regulation	Male	109	13,45	2,93	-2,231	0,02*
	Female	45	14,57	2,55		
Amotivation	Male	109	13,40	2,97	-1,974	0,05
	Female	45	14,42	2,75		

p<0.05

As seen in Table 3, the results of the independent sample t-test were examined to determine whether the sensation seeking and leisure motivation levels of individuals participating in paintball activities differed according to gender variable. Accordingly, a significant difference was found in favor of male participants in the total scores of the sensation-seeking scale, thrill and adventure seeking, experience seeking, and disinhibition sub-dimensions. When leisure motivation scores were examined, significant differences were found in favor of women in the sub-dimensions of to accomplish and external regulation, and in favor of men in the sub-dimension of determining.

**Table 4. ANOVA Test Results Between Sensation Seeking and Leisure Motivation Scales and Age Variable**

	Age	n	$\bar{X}$	sd	F	p
<b>Sensation Seeking</b>	25<	56	18,14	2,98	4,164	,01*
	25-35	76	19,78	3,53		
	36>	22	18,54	3,51		
	Total	154	19,01	3,41		
Thrill and Adventure Seeking	25<	56	4,30	1,51	2,787	,065
	25-35	76	5,01	1,79		
	36>	22	4,95	2,21		
	Total	154	4,74	1,78		
Experience Seeking	25<	56	4,26	1,47		
	25-35	76	4,55	1,44		
	36>	22	4,18	1,2		
Disinhibition	Total	154	4,39	1,4	,921	,400
	25<	56	4,48	1,20		
	25-35	76	4,94	1,64		
	36>	22	4,45	1,40		
	Total	154	4,70	1,47		

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Boredom susceptibility	25<	56	5,08	1,43	,437	,647
	25-35	76	5,27	1,70		
	36>	22	4,95	1,64		
	Total	154	5,16	1,59		
<b>Leisure motivation</b>	25<	56	86,51	12,83	,985	,376
	25-35	76	83,97	12,29		
	36>	22	87,54	14,76		
	Total	154	85,40	12,86		
To know	25<	56	13,80	3,01	,590	,555
	25-35	76	14,23	2,70		
	36>	22	14,50	3,14		
	Total	154	14,11	2,87		
To accomplish	25<	56	14,10	2,85	,768	,466
	25-35	76	13,69	2,95		
	36>	22	14,54	3,59		
	Total	154	13,96	3,01		
To experience stimulation	25<	56	14,42	2,95	2,501	,085
	25-35	76	13,53	2,63		
	36>	22	14,81	3,31		
	Total	154	14,04	2,88		
Identified	25<	56	14,39	2,70	1,853	,160
	25-35	76	13,48	3,21		
	36>	22	13,18	3,55		
	Total	154	13,77	3,10		
Introjected	25<	56	1,80	0,77	2,405	,094
	25-35	76	2,14	0,96		
	36>	22	2,13	1,12		
	Total	154	2,01	0,93		
External regulation	25<	56	13,58	2,74	,268	,765
	25-35	76	13,84	2,91		
	36>	22	14,09	3,08		
	Total	154	13,78	2,86		
Amotivation	25<	56	14,39	2,85	4,131	,01*
	25-35	76	13,02	2,81		
	36>	22	14,27	3,16		
	Total	154	13,70	2,93		

p<0.05

As seen in Table 4, the one way ANOVA result was examined to determine whether the sensation seeking and leisure motivation levels of individuals participating in paintball activities differed according to age variable. Accordingly, a significant difference was found in the total score of the sensation seeking scale. Total leisure motivation scores of individuals in the 25-35 age group were found to be higher than the group under the age of 25. In the amotivation sub-dimension of the leisure motivation scale, a significant difference was determined between the group under the age of 25 and the group between the ages of 25 and 35. The group under 25 years of age had higher amotivation scores than the participants between 25 and 35 years of age.

**Table 5. ANOVA Test Results Between Sensation Seeking and Leisure Motivation Scales and Educational Status**

	Educational status	n	$\bar{X}$	sd	F	p
<b>Sensation Seeking</b>	Secondary school and below	26	19,00	3,34	,299	,742
	High School	56	18,75	3,24		
	Undergraduate and above	72	19,22	3,58		
	Total	154	19,01	3,41		
Thrill and Adventure Seeking	Secondary school and below	26	4,461	1,72	4,222	,01*
	High School	56	4,321	1,46		
	Undergraduate and above	72	5,18	1,94		
	Total	154	4,74	1,78		
Experience Seeking	Secondary school and below	26	4,42	1,62		

Disinhibition	High School	56	4,37	1,27	,011	,989		
	Undergraduate and above	72	4,40	1,49				
	Total	154	4,39	1,43				
	Secondary school and below	26	4,73	1,34				
Boredom susceptibility	High School	56	4,71	1,13	,007	,993		
	Undergraduate and above	72	4,69	1,74				
	Total	154	4,70	1,47				
	Secondary school and below	26	5,38	1,23			1,274	,283
<b>Leisure Motivation</b>	High School	56	5,33	1,36				
	Undergraduate and above	72	4,94	1,84				
	Total	154	5,16	1,59				
	Secondary school and below	26	87,07	13,02			,264	,768
To know	High School	56	84,96	13,37				
	Undergraduate and above	72	85,15	12,52				
	Total	154	85,40	12,86				
	Secondary school and below	26	15,00	2,46			1,488	,229
To accomplish	High School	56	13,91	2,89				
	Undergraduate and above	72	13,95	2,97				
	Total	154	14,11	2,87				
	Secondary school and below	26	14,03	2,89			,285	,753
To experience stimulation	High School	56	14,17	2,86				
	Undergraduate and above	72	13,77	3,18				
	Total	154	13,96	3,01				
	Secondary school and below	26	13,88	3,17			,048	,953
Identified	High School	56	14,07	2,76				
	Undergraduate and above	72	14,08	2,90				
	Total	154	14,04	2,88				
	Secondary school and below	26	14,19	2,93			1,446	,239
Introjected	High School	56	13,21	3,25				
	Undergraduate and above	72	14,05	3,02				
	Total	154	13,77	3,10				
	Secondary school and below	26	1,76	,90			1,437	,241
External regulation	High School	56	2,14	,92				
	Undergraduate and above	72	2,01	,94				
	Total	154	2,01	,93				
	Secondary school and below	26	14,42	2,80			1,353	,261
Amotivation	High School	56	13,96	2,85				
	Undergraduate and above	72	13,41	2,88				
	Total	154	13,78	2,86			,249	,780
	Secondary school and below	26	13,76	3,36				
	High School	56	13,48	2,88				
	Undergraduate and above	72	13,84	2,85				
	Total	154	13,70	2,93				
	Secondary school and below	26	13,76	3,36				

p<0.05

As seen in Table 5, the one way ANOVA result was examined to determine whether the sensation seeking and leisure motivation levels of individuals participating in paintball activities differed according to the educational status variable. Accordingly, a significant difference was found between the thrill and adventure seeking sub-dimension and the participants with high school and bachelor's degree and above. The thrill and adventure seeking scores of the participants who graduated from high school were found to be higher than the participants with bachelor's degree and above.

**Table 6. ANOVA Test Results Between Sensation Seeking and Leisure Motivation Scales and The Number Of Participation In Paintball Activity**

	Number of participation	n	$\bar{X}$	sd	F	p
<b>Sensation Seeking</b>	1 time	10	18,40	4,32	3,206	,01*
	2-3 times	42	18,64	2,38		
	4-5 times	52	18,13	3,50		
	6-7 times	28	20,46	3,72		
	8 and more	22	20,22	3,33		
	Total	154	19,01	3,41		
Thrill and Adventure Seeking	1 time	10	5,60	2,11	4,445	,00*
	2-3 times	42	4,64	1,51		
	4-5 times	52	4,09	1,57		
	6-7 times	28	5,07	1,69		
	8 and more	22	5,68	2,14		
	Total	154	4,74	1,78		
Experience Seeking	1 time	10	4,40	1,64	1,569	,186
	2-3 times	42	4,26	1,43		
	4-5 times	52	4,23	1,40		
	6-7 times	28	5,00	1,56		
	8 and more	22	4,27	1,12		
	Total	154	4,39	1,43		
Disinhibition	1 time	10	3,80	1,22	3,544	,00*
	2-3 times	42	4,61	1,26		
	4-5 times	52	4,46	1,32		
	6-7 times	28	4,96	1,20		
	8 and more	22	5,54	2,15		
	Total	154	4,70	1,47		
Boredom susceptibility	1 time	10	4,60	2,06	1,099	,359
	2-3 times	42	5,11	1,50		
	4-5 times	52	5,34	1,28		
	6-7 times	28	5,42	1,83		
	8 and more	22	4,72	1,85		
	Total	154	5,16	1,59		
<b>Leisure Motivation</b>	1 time	10	89,60	12,92	,865	,486
	2-3 times	42	85,97	11,25		
	4-5 times	52	86,48	13,35		
	6-7 times	28	82,28	14,17		
	8 and more	22	83,86	12,95		
	Total	154	85,40	12,86		
To know	1 time	10	15,90	1,85	1,305	,271
	2-3 times	42	14,16	2,43		
	4-5 times	52	14,15	3,25		
	6-7 times	28	13,53	3,15		
	8 and more	22	13,86	2,58		
	Total	154	14,11	2,87		
To accomplish	1 time	10	14,30	3,02	1,109	,355
	2-3 times	42	14,47	2,59		
To experience stimulation	4-5 times	52	14,13	2,93	,631	,641
	6-7 times	28	13,03	3,45		
	8 and more	22	13,63	3,28		
	Total	154	13,96	3,01		
	1 time	10	15,20	3,11		
	2-3 times	42	14,04	2,97		
Identified	4-5 times	52	14,13	2,42	,998	,410
	6-7 times	28	13,53	3,41		
	8 and more	22	13,95	2,98		
	Total	154	14,04	2,88		
	1 time	10	13,20	3,48		
	2-3 times	42	14,09	3,22		

Introjected	4-5 times	52	14,09	2,95	1,270	,285
	6-7 times	28	12,82	3,17		
	8 and more	22	13,86	2,96		
	Total	154	13,77	3,10		
	1 time	10	2,00	,94		
External regulation	2-3 times	42	2,04	,82	,435	,784
	4-5 times	52	1,80	1,02		
	6-7 times	28	2,21	,87		
	8 and more	22	2,22	,92		
	Total	154	2,01	,93		
Amotivation	1 time	10	14,50	1,90	,916	,457
	2-3 times	42	13,64	2,92		
	4-5 times	52	14,05	3,07		
	6-7 times	28	13,50	3,07		
	8 and more	22	13,45	2,40		
	Total	154	13,78	2,86		
	1 time	10	14,50	3,34		
	2-3 times	42	13,50	2,57		
	4-5 times	52	14,09	3,01		
	6-7 times	28	13,64	3,05		
	8 and more	22	12,86	3,10		
	Total	154	13,70	2,93		

p<0.05

As seen in Table 6, the one way ANOVA result was examined to determine whether the sensation seeking and leisure motivation levels of individuals participating in paintball activities differed according to the number of participation in paintball activities. Accordingly, looking at the total scores of the sensation-seeking scale, it was observed that as the participation in paintball increased, the sensation scores also increased.

In the sensation-seeking sub-dimension of the sensation-seeking scale, a significant difference was found between those who participated 4-5 times and those who participated 8 or more times. The scores of those who stated that they participated 4-5 times were higher than those who participated 8 or more times. In the disinhibition sub-dimension, it was determined that those who participated 8 times or more had significantly higher scores than those who participated 1 time and showed a higher disinhibition score compared to those who participated 4-5 times.

**Table 7. ANOVA Test Results Between Sensation Seeking and Leisure Motivation Scales and Paintball Participation Year Variable**

	Paintball participation year	n	$\bar{X}$	sd	F	p
<i>Sensation Seeking</i>	1 year	49	19,53	3,30	2,401	,053
	2 years	43	17,76	2,94		
	3 years	25	19,72	4,00		
	4 years	15	20,00	3,98		
	5 years and above	22	18,81	2,90		
	Total	154	19,01	3,41		
Thrill and Adventure Seeking	1 year	49	4,79	1,59	2,527	,04*
	2 years	43	4,16	1,52		
	3 years	25	4,88	1,78		
	4 years	15	4,80	1,65		
	5 years and above	22	5,59	2,40		
	Total	154	4,74	1,78		
Experience Seeking	1 year	49	4,59	1,36	,963	,430
	2 years	43	4,04	1,27		
	3 years	25	4,48	1,73		
	4 years	15	4,60	1,50		
	5 years and above	22	4,40	1,46		
	Total	154	4,39	1,43		
Disinhibition	1 year	49	4,69	1,55	,861	,489
	2 years	43	4,41	1,09		



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	3 years	25	5,08	1,65		
	4 years	15	4,86	2,03		
	5 years and above	22	4,77	1,30		
	Total	154	4,70	1,47		
Boredom susceptibility	1 year	49	5,44	1,30	3,884	,00*
	2 years	43	5,13	1,40		
	3 years	25	5,28	1,62		
	4 years	15	5,73	1,38		
	5 years and above	22	4,04	2,14		
	Total	154	5,16	1,59		
<b>Leisure Motivation</b>	1 year	49	83,22	13,39	1,023	,397
	2 years	43	86,25	12,06		
	3 years	25	85,36	12,23		
	4 years	15	84,06	14,12		
	5 years and above	22	89,59	12,93		
	Total	154	85,40	12,86		
To know	1 year	49	14,04	2,61	1,995	,098
	2 years	43	13,95	3,03		
	3 years	25	13,80	2,69		
	4 years	15	13,20	3,36		
	5 years and above	22	15,59	2,70		
	Total	154	14,11	2,87		
To accomplish	1 year	49	13,48	2,70	1,190	,318
	2 years	43	14,4	2,54		
	3 years	25	13,60	3,02		
	4 years	15	13,53	3,99		
	5 years and above	22	14,81	3,64		
	Total	154	13,96	3,01		
To experience stimulation	1 year	49	13,26	2,96	1,655	,163
	2 years	43	14,51	2,36		
	3 years	25	14,24	3,26		
	4 years	15	13,80	2,48		
	5 years and above	22	14,81	3,23		
	Total	154	14,04	2,88		
Identified	1 year	49	13,24	3,38	1,474	,213
	2 years	43	13,62	2,73		
	3 years	25	13,72	3,15		
	4 years	15	14,00	2,61		
	5 years and above	22	15,13	3,27		
	Total	154	13,77	3,10		
Introjected	1 year	49	2,16	,79	1,521	,199
	2 years	43	1,79	,88		
	3 years	25	2,24	,92		
	4 years	15	1,80	1,20		
	5 years and above	22	2,04	1,04		
	Total	154	2,01	,932		
External regulation	1 year	49	13,71	2,79	,201	,937
	2 years	43	13,97	3,08		
	3 years	25	14,04	2,18		
	4 years	15	13,46	3,15		
	5 years and above	22	13,50	3,26		
	Total	154	13,78	2,86		
Amotivation	1 year	49	13,30	2,94	,433	,785
	2 years	43	13,95	2,90		
	3 years	25	13,72	2,79		
	4 years	15	14,26	2,46		

5 years and above	22	13,68	3,55
Total	49	19,53	3,30

p<0.05

As seen in Table 7, the one way ANOVA result was examined to determine whether the sensation seeking and Leisure motivation levels of individuals participating in paintball activities differed according to the year of paintball participation variable. Accordingly, a significant difference was found in the thrill and adventure seeking sub-dimension. Those who participated in paintball for 5 years or more had higher thrill and adventure seeking sub-dimension scores than those who participated for 2 years. In the sub-dimension of susceptibility to boredom, there is a significant difference between those who have been paintballing for 1 year and those who have been paintballing for 4 years and 5 years or more. Accordingly, 5-year paintball players have lower boredom susceptibility scores than 1-year and 4-year paintball players.

**Table 8. ANOVA Test Results Between Sensation Seeking and Leisure Motivation Scales and The Frequency Of Paintball Participation**

	Frequency of playing paintball	n	$\bar{x}$	sd	F	p
<b>Sensation Seeking</b>	Once a week	35	19,85	3,05	5,385	,000*
	Once a month	51	20,21	3,59		
	Once in six months	28	17,53	3,39		
	Once in a year	22	17,50	2,95		
	Other	18	18,11	2,42		
	Total	154	19,01	3,41		
Thrill and Adventure Seeking	Once a week	35	4,91	1,75	1,771	,138
	Once a month	51	5,15	1,82		
	Once in six months	28	4,28	1,46		
	Once in a year	22	4,59	2,03		
	Other	18	4,16	1,68		
	Total	154	4,74	1,78		
Experience Seeking	Once a week	35	4,68	1,23	2,370	,055
	Once a month	51	4,58	1,44		
	Once in six months	28	3,82	1,54		
	Once in a year	22	4,00	1,48		
	Other	18	4,66	1,32		
	Total	154	4,39	1,34		
Disinhibition	Once a week	35	4,97	1,24	4,527	,00*
	Once a month	51	5,19	1,73		
	Once in six months	28	4,46	1,20		
	Once in a year	22	3,86	1,58		
	Other	18	4,22	,42		
	Total	154	4,70	1,47		
Boredom susceptibility	Once a week	35	5,28	1,85	,268	,898
	Once a month	51	5,27	1,40		
	Once in six months	28	4,96	1,52		
	Once in a year	22	5,04	1,73		
	Other	18	5,05	1,21		
	Total	154	5,16	1,59		
<b>Leisure Motivation</b>	Once a week	35	84,14	11,67	2,148	,078
	Once a month	51	84,68	14,94		
	Once in six months	28	88,89	13,17		
	Once in a year	22	80,59	11,18		
	Other	18	90,38	6,96		
	Total	154	85,40	12,86		
To know	Once a week	35	14,20	2,58	2,750	,03*
	Once a month	51	13,47	3,22		
	Once in six months	28	14,75	2,66		
	Once in a year	22	13,40	2,75		
	Other	18	15,66	2,19		
	Total	154	14,11	2,87		
To accomplish	Once a week	35	13,85	3,54	,435	,783

*Leisure Motivation and Sensation Seeking in Paintball*

To experience stimulation	Once a month	51	13,92	3,17	1,424	,229
	Once in six months	28	14,50	2,92		
	Once in a year	22	13,40	2,61		
	Other	18	14,16	2,00		
	Total	154	13,96	3,01		
	Once a week	35	13,85	2,56		
Identified	Once a month	51	14,01	3,38	2,171	,075
	Once in six months	28	14,82	2,55		
	Once in a year	22	13,00	2,72		
	Other	18	14,55	2,38		
	Total	154	14,04	2,88		
	Once a week	35	13,48	3,00		
Introjected	Once a month	51	13,37	3,34	2,033	,093
	Once in six months	28	14,57	2,92		
	Once in a year	22	12,95	3,13		
	Other	18	15,22	2,36		
	Total	154	13,77	3,10		
	Once a week	35	2,08	,88		
External regulation	Once a month	51	2,23	1,03	1,929	,108
	Once in six months	28	1,82	,98		
	Once in a year	22	1,63	,84		
	Other	18	2,05	,53		
	Total	154	2,01	,93		
	Once a week	35	13,17	2,77		
Amotivation	Once a month	51	13,88	2,82	,270	,897
	Once in six months	28	14,60	3,29		
	Once in a year	22	12,86	2,56		
	Other	18	14,55	2,47		
	Total	154	13,78	2,86		
	Once a week	35	13,48	2,66		
	51	13,78	3,52			
	28	13,82	2,98			
	22	13,31	2,35			
	18	14,16	2,33			
	154	13,70	2,93			

p<0.05

As seen in Table 8, the one way ANOVA result was examined to determine whether the sensation seeking and leisure motivation levels of individuals participating in paintball activities differed according to the paintball playing frequency variable. Accordingly, a significant difference was found in the total scores of the sensation seeking scale.

A significant relationship was found between those who participated in paintball activities once a week, once every 6 months and once a year. Total scores of individuals who participated in paintball activities once a month were higher than the other two groups. In the sub-dimension of disinhibition, a significant relationship was found between individuals who participated in paintball activities once a month and individuals who participated in paintball activities once a year, and the disinhibition scores of individuals who participated in paintball activities once a month were higher.

A significant difference was found between the sub-dimension of to know, one of the sub-dimensions of the leisure motivation scale, and the participants who stated that they paintball once a month and the participants who chose the other option. The knowing sub-dimension scores of the participants who selected the other option were higher than the other group.

**Table 9. Correlation Table Between Sensation Seeking and Its Sub-Dimensions and Leisure Motivation Scale Sub-Dimensions**

		Sensation Seeking Scale					
		Thrill and Adventure Seeking	Experience Seeking	Disinhibition	Boredom susceptibility	SSS Total	
Leisure Motivation Scale	To know	r	,061	-,135	-,126	-,148	-,149
		p	,456	,095	,120	,067	,066
		n	154	154	154	154	154
	To accomplish	r	-,077	-,080	-,064	-,142	<b>-,171*</b>
		p	,343	,279	,432	,079	,034
		n	154	154	154	154	154
	To experience stimulation	r	,015	-,028	-,034	<b>-,162*</b>	-,094
		p	,854	,730	,678	,044	,244
		n	154	154	154	154	154
	Identified	r	-,062	-,053	-,042	<b>-,230**</b>	<b>-,180*</b>
	p	,443	,514	,609	,004	,025	
	n	154	154	154	154	154	
Introjected	r	<b>,471**</b>	<b>,317**</b>	<b>,298**</b>	,152	,580**	
	p	,000	,000	,000	,060	,000	
	n	154	154	154	154	154	
External regulation	r	-,101	-,087	-,104	-,009	-,139	
	p	,211	,282	,198	,907	,085	
	n	154	154	154	154	154	
Amotivation	r	<b>,346**</b>	-,083	-,141	,102	-,229**	
	p	,000	,304	,082	,206	,004	
	n	154	154	154	154	154	
LMS Total	r	-,084	-,085	-,094	-,126	<b>-,180*</b>	
	p	,302	,293	,244	,120	,026	
	n	154	154	154	154	154	

In Table 9, the relationship between the sensation-seeking scale and the leisure motivation scale sub-dimension and total scores of individuals participating in paintball activities was analyzed. According to the analysis results;

- There is a low level of negative correlation between the "to accomplish" sub-dimension of the leisure motivation scale and the total scores of the sensation-seeking scale,
- There is a low level of negative correlation between the "to experience stimulation" sub-dimension of the leisure motivation scale and the "boredom susceptibility" sub-dimension of the sensation seeking scale,
- There is a low level negative correlation between the "identified" sub-dimension of the leisure motivation scale and the total scores of the sensation-seeking scale and the "boredom susceptibility" sub-dimension,
- The "introjected" sub-dimension of the leisure motivation scale and the "thrill and adventure seeking" sub-dimension of the sensation seeking scale are moderately positively correlated, while the "experience seeking" and "disinhibition" sub-dimensions are low positively correlated,
- The "amotivation" sub-dimension of the leisure motivation scale and the "thrill and adventure seeking" sub-dimension of the sensation seeking scale are positively correlated at a low level,
- A low level positive relationship was found between the total scores of the leisure motivation scale and the sensation seeking scale.

## DISCUSSION AND CONCLUSION

Paintball has become very popular in recent years as an adrenaline-filled sport. This study aims to examine the relationship between sensation seeking and leisure motivation of individuals participating in paintball activities. In this direction, the findings of the study conducted to determine the leisure motivation and sensation seeking behaviors of individuals participating in paintball activities show that the sensation seeking levels and leisure motivation of the participants are high.

Leisure refers to the time individuals have left from work or other obligations. Individuals can utilize their free time with different motivations. For example, some people use their leisure to relax and relieve stress, while

others use their leisure to gain new experiences and have fun. One of these can be sensation seeking. The tendency to seek new and intense experiences may be preferred. Sensation-seekers enjoy taking risks and getting into dangerous situations. Activities such as paintball have an important place for individuals who want to spend their free time with exciting activities. From this point of view, it is an understandable finding that the participants exhibited high levels of motivation and sensation seeking.

In another study, surfers and golfers exhibit high levels of sensation seeking, openness to experience, and intrinsic motivation, as do paintballers, suggesting that personality factors may help differentiate between low- and high-risk sports (Diehm & Armatas, 2004). In contrast to the findings of the current research, low Sensation seekers exhibit more fear-enhanced startle to predictable aversive stimuli and more anxious anticipation to unpredictable aversive stimuli, which deters them from potentially intense and threatening stimulus events (Lissek et al., 2005). It is also stated that sensation seeking is influenced by positivity balancing and negativity bias, which are linked to various motivational systems (Lang, Shin & Lee, 2005). Another finding is that recreational practices such as paintball activities are associated with positive parameters of individuals (Turkay & Çeviker, 2016; Venter & Kruger, 2018). Therefore, the assumption that high Leisure motivation and sensation-seeking are exhibited in high-paced sports such as paintball is supported by the current study and the literature.

It was determined that variables such as gender, age, education level, number of paintball activities, frequency of paintballing, and the number of years they have been interested in paintballing differentiated the levels of sensation seeking and leisure motivation. In another study, it was found that Leisure activity preferences were largely influenced by personality, affect and motivation factors and that gender made a significant difference on measurement tools similar to the current study (Barnett, 2006). Another finding is that those who participate in paintball activities experience flow regardless of age (Goldbecker, 2013). Therefore, in the current study, the factor of changing the relevant measurement tools of the age factor is insignificant in different measurement tools and similar activities. On the other hand, it shows that the frequency of participation in various activities, such as the frequency of participation in paintball activities, is related to the increase in the frequency of participation in various activities (Joireman, Fick & Anderson, 2002).

Similar to the current study, the findings of the research in which the sensation-seeking levels of pilots using light aircraft, sailing and windsurfing participants, which are adventure-based air sports, and the relationship between them and leisure motivation and satisfaction differ significantly with gender, age, education level and income level (Beşikçi & Dinç, 2022; Tarcan, 2019). Similarly, it was found that sensation seeking levels differed according to gender (Bilgen & Yüksek, 2021). The reviewed studies show that the evidence that various variables significantly change sensation seeking and leisure motivations is supported by the literature.

A low level positive relationship was found between the total scores of the leisure motivation scale and the sensation seeking scale. This finding confirms the hypothesis at the starting point of the current study. It was found that there was a statistically significant relationship between leisure motivation and sensation seeking of sailing and windsurfing participants (Tarcan, 2019). However, in another study, contrary to the current study, it was determined that leisure motivations did not have a statistically significant relationship with sensation seeking (Beşikçi, 2016). The difference between the two studies can be interpreted as differing according to the nature of the activity participated in. Therefore, it can be said that more research is needed to examine the relationship and effect between the relevant characteristics.

As a result, it can be said that participation in activities such as paintball, where the sensation seeking element is at the forefront, is directly related to leisure motivation, and from this point of view, various parameters such as sensation-seeking desire may increase in parallel with this by increasing motivation in leisure. In this direction, sensation seeking and leisure motivation studies can be conducted for different recreational activities, and various parameters of sample groups can be examined academically. Various programs can be designed in this direction and more people can be given the opportunity to participate in recreational activities. At the same time, comprehensive research can be conducted to determine psychosocial parameters on individuals participating in extreme recreational activities.

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