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Original article

The Relationship between Nutrition and Life Satisfaction of Football Players in COVID-19 Period

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Summary. *Study Objectives:* Nutrition and life satisfaction are very important for every living thing, but it has a different importance for individuals who do sports. The aim of this study was to compare the relationship between nutrition and life satisfaction of football players in the COVID-19 period and to evaluate with various variables. *Methods*: The research was conducted with 306 male players who actively played football in various clubs in the city center of Izmir between 2020 and 2021. The data were collected by using a personal information form, a three-factor nutrition questionnaire, and a life satisfaction scale. *Results:* The total scores of the life satisfaction scale differ significantly according to the age groups, income levels, future expectations, and loneliness levels of the football players ($p<0.05$). The total scores of the life satisfaction scale differ significantly according to their body mass index (BMI) groups, licensed football seniority, and their future expectations ($p>0.05$). The "4-Factor Nutrition Questionnaire" and subscale total scores of the football players do not differ significantly in terms of loneliness level, age, licensed football seniority, level of income, and level of loneliness ($p > 0.05$). There is no relationship between the life satisfaction scale of individuals and the subscales of the Nutrition scale ($p>0.05$). There is a statistically significant positive correlation between the total scores of the "Life Satisfaction Scale" and the "4 Factor Nutrition Questionnaire" ($p<0.05$). *Conclusion:* The more people enjoy life and the happier they are in life, the higher their life satisfaction will be. The diet of individuals with high life satisfaction is regular and they eat regularly. Individuals who are healthy and do not have psychological problems have high life satisfaction and healthy nutrition.

Key words: Football Player, Nutrition, Life Satisfaction

Introduction

Nutrition is one of the most important elements of human life. Nutrition is the use of the food that we eat to grow, perform body functions, and continue living in a healthily and happily (1). The purpose of nutrition is the intake of each of the energy and nutrients needed in sufficient quantities according to the age, gender, work, and special condition of the individual (2). Nutrition that can meet the nutrients required for the growth and development of the human body, renewal of tissues, and maintain vital activities is called "adequate and balanced nutrition". When the nutrients are not at the level required by the body, the desired level of energy is not produced and the body tissues cannot be produced, so "malnutrition" occurs. Although a person gets the desired amount of nutrients, the intake of some nutrients rather than the needs of the body, and some nutrients less than the needs of the body, is known as "unbalanced nutrition" (3). If people do not eat well, they cannot maintain a healthy life, and cannot achieve happiness and success. Individuals can develop a regular eating habit in childhood and youth to lead a healthy life in adulthood (4). Nutritional education seems to play an important role for society for individuals to develop a regular eating habit.

The concept of life satisfaction, first introduced by Neugarten in 1961, is the situation or result obtained by comparing a person's expectations (what s/he wants) with what s/he has (5). Satisfaction is the state of equilibrium that a person achieves when his/her life expectations and needs are met (6). Life satisfaction, on the other hand, is the individual's evaluation of different dimensions of his/her life such as work, family, and friends as a whole with the criteria s/he sets for a life that s/he considers good (7). It reflects the cognitive dimension of subjective well-being consisting of thoughts and perceptions about personal experiences (8,9). Subjective well-being is the personal and cognitive evaluation of both positive and negative emotions and the life satisfaction of individuals (9). According to Neugarten, Havighurst and Tobin (1961), people with high life satisfaction are expected to enjoy daily life activities, to see their life as meaningful and to accept their past life without hesitation, to have the belief that they have achieved the goals they have set, to develop a positive self-image, to exhibit a positive attitude towards life and to maintain a happy mood (10). The similarity between the individual's desires and the situation that s/he experienced determines the degree of life satisfaction. The greater this similarity, the greater the satisfaction the person gains from life (11). Various factors affecting life satisfaction are age, gender, educational status, social life, work life, marriage, health status, personality structure, financial situation, socio-cultural activities (12).

As a result, the more individuals enjoy life and the happier they are in life, the higher their life satisfaction will be. The diet of individuals with high life satisfaction is regular and they eat regularly. Individuals who are healthy and do not have psychological problems have high life satisfaction and healthy nutrition. Therefore, this study, was aimed to examine the relationship between football players' nutrition and life satisfaction.

Method

Research Model

In this study, descriptive and relational survey methods, which are general survey models, were used. 306 male players actively playing football in various clubs in İzmir city center in the years of 2020-2021 in İzmir province participated in the study voluntarily.

Data Collection Tools

As data collection techniques, Personal Information Form, Three Factors Nutrition questionnaire, and Life Satisfaction scale were used.

In obtaining data, "Personal Information Form" including questions prepared by the researcher about age, weight, football license year, economic situation, prospects, and loneliness level regarding demographic characteristics, was used.

Life Satisfaction Scale developed to measure life satisfaction is a self-rating scale consisting of 7 grades. This scale is a 5-item scale with answers ranging from 'totally disagree' to 'totally agree' (13). The scores from each item can range from 1 to 7, and the total score ranges from 1 to 35. When the score obtained from the scale increases, it shows higher life satisfaction. The Turkish validity and reliability study of the scale was conducted by Köker (14) and Yetim (1993), (15). In the study of Yetim, the Cronbach alpha value of the scale was reported as 0.86 (15).

Three Factor Nutrition Scale, known as TFEQ in the literature, is used to measure the levels of individuals' consciously restricting actions towards eating, their level of uncontrolled eating, and the degree of change in eating states according to their mood (16). It was developed by Karlsson et al. (17) to determine the nutritional habits of individuals. The questionnaire was translated into Turkish by Kıraç et al. With the name of "Three Factor Nutrition Questionnaire" and a validity-reliability study was conducted. As a result of the analysis, it was concluded that the questionnaire provided structural validity and the internal consistency of the questions was evaluated during the reliability analysis, and the questionnaire was quite reliable in terms of measuring dietary habits. As Cronbach's alpha value was 0.72 and a re-test reliability of the tests was 0.70, it was concluded that the reliability of the questionnaire had sufficient values of reliability and validity on the university students in Turkey. Kıraç et al. (2015) stated in their validity-reliability study that the questionnaire could measure four factors, not three. This

questionnaire was initially formed as 51 questions, and after the necessary corrections were made, the questionnaire consists of 18 questions after the validity and reliability test of the scale (18).

Statistical Analyses

IBM SPSS 22.0 package program was used to analyze the obtained data. Independent t-test and ANOVA, which are parametric tests, were used in the analysis of the Life Satisfaction Scale total scores according to demographic findings. The Cronbach's Alpha value, which measures the reliability of the "Life Satisfaction Scale" in which 306 individuals participated, was found to be α = 0.830 and it is quite consistent and reliable. One-way ANOVA, two sample independent t-tests and parametric ANOVA tests were used to investigate the change of total scores of the nutrition questionnaire according to demographic findings. The Cronbach's Alpha value measuring the reliability of the "4-Factor Nutrition Questionnaire" in which 306 individuals participated was α=0.815, the Cronbach's Alpha value measuring the reliability of the "restricting eating" subscale was α=0.771, the Cronbach's Alpha value measuring the reliability of the "uncontrolled eating level" subscale was 0.843, the Cronbach's Alpha value measuring the reliability of the "eating level in emotional times" subscale was α=0.733, and the Cronbach's Alpha value measuring the reliability of the "sensitivity level to hunger" subscale was found to be α=0.822. The scale and its subscales are very consistent and reliable.

Results

According to Table 1;

- 120 (39.2%) individuals are at most 20 years old, 114 (37.3%) individuals are between 21 and 25 years old, 42 (13.7%) individuals are between 26 and 30 years old, and 30 (9,8%) individuals are at least 31 years old.
- 3 (1.0%) individuals are underweight (BMI <18), 252 (82.4%) individuals are normal weight (18 BMI25), 50 (16.3%) individuals are overweight (25<BMI<30) and only 1 (0.3%) individual is in the obese (BMI>30) group. Also, since there is only 1 individual in the obese class with a BMI (Body mass index of individuals) value greater than 30, the standard deviation value for this class cannot be calculated and analyzed in the differences of mean between groups. Therefore, this individual was included in the overweight (25<BMI<30) group instead of being excluded from the analysis in order to avoid data loss.
- The income status of 95 (31.0%) individuals is between 0 - 1000 TL, 41 (13.4%) individuals have an income between 1001 - 2000 TL, and 83 (27.2%) individuals have an income between 2001 - 3000 TL. and 87 (28.4%) individuals have an income between 3001 and 4000 TL.
- 106 (34.6%) individuals have been involved in football for 1-8 years, 149 (48.7%) individuals for 8-16 years, and 51 (16.7%) individuals for more than 16 years.
- 119 (38.9%) individuals believe that all their expectations will come true in their lives, 168 (54.9%) individuals believe that some of their expectations will come true in their lives, and 19 (6.2%) individuals believe that none of their expectations will come true in their lives.
- 254 (83.0%) individuals stated that they experienced a low level of loneliness and 52 (17.0%) individuals stated that they experienced a high level of loneliness.

According to Table 2;

- Total scores of the life satisfaction scale differ significantly according to age groups (p=0.026). Total scores of the life satisfaction scale of the age 31 and above, that is the oldest group, were higher than the younger age groups.
- Individuals' life satisfaction scale total scores do not differ significantly according to their BMI (body mass index of individuals) groups (p=0.120).
- There is a significant difference in the life satisfaction scale total scores according to the income levels of individuals (p=0.000).

Table 1. Demographic Distribution of the Individuals Participating in the Study

Variable	Frequency	Percentage (%)
Age Group		
20 and below	120	39.2
21-25	114	37.3
26 – 30	42	13.7
31 and above	30	9.8
Total	**306**	**100.0**
BMI (Body mass index of individuals) Group		
Poor (BMI<18)	3	1.0
Normal Weight (18<BMI<25)	252	82.4
Overweight (25<BMI<30)	50	16.3
Obese (BMI> 30)	1	0.3
Total	**306**	**100.0**
Income		
0 – 1000 TL	95	31.0
1001 – 2000 TL	41	13.4
2001 – 3000 TL	83	27.2
3001 – 4000 TL	87	28.4
Total	**306**	**100.0**
How many years have you been involved in football with license?		
1 – 8	106	34.6
8 – 16	149	48.7
16 and above	51	16.7
Total	**306**	**100.0**
Future Expectation		
I believe all my expectations will come true in my life	119	38.9
I believe some of my expectations will come true in my life	168	54.9
I don't believe any of my expectations will come true in my life	19	6.2
Total	**306**	**100.0**
Level of Loneliness		
Low Level	254	83.0
High Level	52	17.0
Total	**306**	**100.0**

Out of 306 individuals who participated in the study,

Table 2. Analysis of the Life Satisfaction Scale total scores according to demographic variables

Variable	Mean	Standard Dev.	P
Age Group			
20 and below	20.50	5.56	0.026*
21 – 25	19.76	5.39	
26 – 30	21.35	6.93	
31 and above	23.26	6.59	
BMI Group (Body mass index of individuals)			
Poor (BMI<18)	13.66	2.51	0.120
Normal Weight (18<BMI<25)	20.68	5.80	
Overweight (25 <BMI<30)	20.70	6.19	
Income			
0 – 1000 TL	19.05	5.49	0.000*
1001 – 2000 TL	19.70	5.35	
2001 – 3000 TL	19.43	5.30	
3001 – 4000 TL	23.88	5.82	
How many years have you been involved in football with license?			
1 – 8	19.81	5.74	0.001*
8 – 16	20.23	5.42	
16 and above	23.41	6.66	
Future Expectation			
I believe all my expectations will come true in my life	23.17	5.78	0.000*
I believe some of my expectations will come true in my life	19.36	4.86	
I don't believe any of my expectations will come true in my life	15.68	7.85	
Level of Loneliness			
Low Level	20.94	5.76	0.033*
High Level	19.03	6.19	

Accordingly, the total scores of the life satisfaction scale of the individuals whose income level is 3001 TL and above were higher than the individuals with lower income.

- The total scores of the life satisfaction scale differ significantly according to the licensed football seniority of the individuals (p=0.001).

Accordingly, the total scores of the life satisfaction scale of the individuals with seniority of 16 years or more were higher than the individuals with less seniority.

- According to the future expectations of individuals, life satisfaction scale total scores differ significantly (p=0.000). The total scores of the life satisfaction scale of individuals who believe that all their expectations will come true in their lives are the highest. In the second place, some individuals believe that some expectations will come true in their lives. The total scores of the life satisfaction scale of individuals who do not believe that any of their expectations will come true in their lives are the lowest.
- The total scores of the life satisfaction scale differ significantly according to the levels of loneliness of individuals (p=0.033). Accordingly, the total scores of the life satisfaction scale of individuals claiming to have a low level of loneliness were higher than those who claimed to be at a high level.

According to Table 3; the "4 Factor Nutrition Questionnaire" and subscale total scores of the individuals do not show a significant difference at 95% confidence level according to their age groups.

Total scores of individuals' 'level of restricting eating', 'level of eating uncontrollably' and 'eating at emotional times' sub-scales do not differ according to their BMI groups. Overweight individuals' "sensitivity levels to hunger" and '4 Factor Nutrition questionnaire' total scores are higher than those of normal weight individuals, and those of the poor individuals are lowest (Table 4).

The "4 Factor Nutrition Questionnaire" and subscale total scores of the individuals do not differ

Table 3. Findings Regarding the Nutrition and Subscale Scores of the Participants by Age

Age Group		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
20 and below	**Mean**	10.90	5.00	16.10	7.98	40.00
	St. Dev.	3.32	2.22	3.66	2.92	6.79
21 – 25	**Mean**	11.22	5.25	15.21	8.64	40.34
	St. Dev.	3.34	2.37	3.61	3.57	7.79
26 – 30	**Mean**	10.47	5.16	15.09	7.45	38.19
	St. Dev.	2.27	2.21	2.67	2.51	6.14
31 and above	**Mean**	11.00	5.40	14.90	8.30	39.60
	St. Dev.	2.90	2.25	3.51	3.22	7.94
p- value		0.609	0.788	0.127	0.165	0.419

Table 4. Findings Regarding the Nutrition and Subscale Scores of the Participants by Weight

BMI Groups		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
Poor (BMI<18)	**Mean**	10.00	3.66	13.33	6.66	33.66
	St. Dev.	5.19	1.15	4.50	3.78	6.65
Normal-weight (18<BMI<25)	**Mean**	10.83	5.05	15.61	8.00	39.50
	St. Dev.	3.11	2.20	3.53	3.10	7.04
Overweight (25<BMI<30)	**Mean**	11.72	5.78	15.17	9.19	41.88
	St. Dev.	3.26	2.57	3.43	3.37	7.72
p- value		0.161	0.057	0.404	0.034*	0.032*

Table 5. Findings Regarding Nutrition and Sub-Scale Scores of Participants by Income Status

Income status		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
0 – 1000 TL	Mean	11.17	5.57	15.47	8.55	40.78
	St. Dev.	3.16	2.29	3.52	3.33	7.31
1001 – 2000 TL	Mean	11.02	4.80	15.58	8.00	39.41
	St. Dev.	3.38	1.84	3.38	3.25	7.54
2001 – 3000 TL	Mean	11.14	4.91	15.46	8.26	39.79
	St. Dev.	3.37	2.25	3.43	2.84	7.08
3001 – 4000 TL	Mean	10.56	5.10	15.58	7.79	39.04
	St. Dev.	2.86	2.41	3.74	3.26	7.08
p- value		0.552	0.156	0.994	0.421	0.418

Table 6. Findings Regarding Nutrition and Sub-Scale Scores of Participants by Their Licensed Years

How many years have you been involved in football with license?		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
1 - 8 years	Mean	11.30	5.18	15.36	8.48	40.33
	St. Dev.	3.40	2.28	3.78	3.16	6.87
8 - 16 years	Mean	10.73	5.13	15.75	8.03	39.65
	St. Dev.	3.20	2.38	3.38	3.27	7.75
16 years and above	Mean	10.98	5.17	15.15	8.01	39.33
	St. Dev.	2.45	1.94	3.4080	2.9154	6.30
p- value		0.376	0.981	0.503	0.499	0.654

significantly at the 95% confidence level according to their income levels (Table 5).

The "4 Factor Nutrition Questionnaire" and subscale total scores of the individuals do not differ significantly at the 95% confidence level according to their licensed footballing seniority (Table 6).

Individuals' subscale total scores of "level of uncontrolled eating" do not differ according to their future expectations. A significant difference was obtained for all other subscales and the general scale. According to this, the subscale total scores of "level of eating restriction" and "sensitivity level to hunger" were higher in individuals who did not believe that any expectations would come true in the future. The total scores of "eating level in emotional times" increase as future expectations decrease. In addition, the total scores of the "4-Factor Nutrition Questionnaire" of the individuals who believed that all their expectations would come true in the future were higher than the other individuals (Table 7).

The "4 Factor Nutrition Questionnaire" and subscale total scores of the individuals do not differ significantly according to their level of loneliness (Table 8).

According to the Table 9, there is no relationship between "life satisfaction scale" total scores and "level of eating restriction", "uncontrolled eating level" and "hunger sensitivity" subscales total scores. There is a statistically significant and same directional relationship between the "life satisfaction scale" and "the level of eating at emotional times" subscale total scores at the 95% confidence level. There is a statistically significant positive correlation between the "Life Satisfaction Scale" and the "4 Factor Nutrition Questionnaire" scale total scores at the 99% confidence level. As the individual's total score of the "Life Satisfaction Scale" increases, the individual's total score of the "4

Table 7. Findings Regarding Nutrition and Sub-Scale Scores of Participants by Future Expectations

Future Expectation		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
I believe all my expectations will come true in my life	Mean	11.48	5.42	16.14	8.53	41.59
	St. Dev.	3.26	2.60	3.06	3.33	7.17
I believe some of my expectations will come true in my life	Mean	10.47	5.00	15.28	7.80	38.56
	St. Dev.	2.99	2.06	3.82	2.94	7.04
I don't believe any of my expectations will come true in my life.	Mean	12.21	4.89	13.68	9.31	40.10
	St. Dev.	3.37	1.72	2.60	3.78	7.03
p- value		0.006*	0.254	0.008*	0.044*	0.002*

Table 8. Findings Regarding Nutrition and Sub-Scale Scores of Participants by Level of Loneliness

Level of Loneliness		Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
Low Level	Mean	10.98	5.16	15.51	8.20	39.87
	St. Dev.	3.21	2.31	3.52	3.25	7.24
High Level	Mean	10.90	5.15	15.55	8.07	39.69
	St. Dev.	2.95	2.08	3.57	2.77	7.15
p- value		0.861	0.983	0.932	0.786	0.872

Table 9. Relationship between Total Scores of the Life Satisfaction Scale with Total Scores of the 4-Factor Nutrition and Sub-Scales Questionnaire

	Level of Eating Restriction	Uncontrolled Eating Level	Eating Level at Emotional Times	Sensitivity Level to Hunger	4 Factor Nutrition Questionnaire
Life Satisfaction Scale	0.079 (0.170)	0.096 (0.095)	0.142* (0.013)	0.044 (0.448)	0.153** (0.007)

** Correlation is significant at the 0.01 level.
* Correlation is significant at the 0.05 level.

Factor Nutrition Questionnaire" increases as well, or as the individual's "Life Satisfaction Scale" total score decreases, the individual's total score of the "4 Factor Nutrition Questionnaire" decreases as well.

Discussion and Conclusion

Within the scope of the research, it was aimed to examine the relationship between the life satisfaction and nutrition of football players in the COVID -19 period.

The total scores of the life satisfaction scale differ significantly according to the age groups of the football players ($p<0.05$). Total scores of the life satisfaction scale of the age group of 31 and above, that is the oldest group, were higher than the younger age groups. In a study conducted with children and in other studies conducted with university students and adults, no significant difference was found between age and life satisfaction (19-21). These studies do not coincide with the work we have done. They do not support our work. Our study is different from the other studies because it is a study conducted with football players who do sports, and in which the life satisfaction levels of the players in different age groups change significantly. We can say that the life satisfaction of athletes

for different ages is different and age has an effect on life satisfaction.

There is no significant difference in the life satisfaction scale total scores of football players according to the body mass index (BMI) groups ($p>0.05$). We can say that body mass index, that is, weight does not effect on life satisfaction. It can be said that it does not effect on life satisfaction since individuals do not have a weight problem due to playing football actively. There are no findings or studies to support our study.

There is a significant difference in the life satisfaction scale total scores of the football players according to the income levels ($p<0.05$). Accordingly, the total scores of the life satisfaction scale of the individuals whose income level is 3001 TL and above were higher than the individuals with lower income. This study reveals the same results as the findings obtained from other studies (22-24). These studies support our study. We can say that as the economic status of individuals increases, meeting basic needs increases life satisfaction. We can state that individuals begin to enjoy life as a result of meeting the basic needs.

The total scores of the life satisfaction scale differ significantly according to the licensed football seniority of the football players ($p<0.05$). Accordingly, the total scores of the life satisfaction scale of the individuals with seniority of 16 years or more were higher than the individuals with less seniority. As the license years of the individuals playing football increase, their life satisfaction also increases. Sports enable individuals to enjoy life or to be happy. Football causes individuals to view life from a different perspective. The more year's people do sports, the more satisfaction they will get from life. No findings or studies to support our study have been reached.

Total scores of the life satisfaction scale differ significantly according to the future expectations of football players ($p<0.05$). The total scores of the life satisfaction scale of individuals who believe that all their expectations will come true in their lives are the highest. In the second place, the life satisfaction scale total scores of individuals who do not believe that some of their expectations will come true are the lowest. This study is the same as the results obtained from other studies (25,26). They coincide with the study we have done. We can say that individuals' future expectation affects their life satisfaction. We can state that doing the best to make future expectations come true and being able to look at life positively affects life satisfaction.

The total scores of the life satisfaction scale differ significantly according to the loneliness level of football players ($p<0.05$). Accordingly, the total scores of the life satisfaction scale of individuals claiming to have a low level of loneliness were higher than those who claimed to be at a high level. Similar results coincide with our study (23,25). The level of loneliness is inversely proportional to life satisfaction. The level of loneliness is low in individuals with high life satisfaction. Individuals doing sports are not alone. Sport is the place where individuals meet together. There are unity, solidarity, and communication in sports. Sport socializes individuals, does not isolate them.

The "4-Factor Nutrition Questionnaire" and subscale total scores of football players do not differ significantly according to age groups ($p>0.05$). Similar results were obtained in the study conducted by Dalbudak et al. (27). It supports the study we have done. The fact that there is no significant difference between football players of different ages is because individuals of different ages who play sports know the diet well. Athletes who do not have a regular or balanced diet fall from performance and cannot be successful in the field of sports. If every athlete is fed in a balanced and regular way, they will be successful in sports as much. Sport teaches not only sports but also healthy and regular nutrition and which food will be beneficial for the body. Therefore, individuals who do sports pay attention to their diet.

Football players' sub-scale total scores of "level of restriction to eat", "level of eating uncontrolled", and "level of eating in emotional times" do not differ according to body mass index (BMI) groups ($p>0.05$). "Sensitivity levels to hunger" and "4 Factor Nutrition questionnaire" total scores of overweight individuals are higher than normal weight individuals, and those of poor individuals are the lowest ($p<0.05$). We can say that body mass index, that is, weight does not affect some items of the nutrition. It can be said that it does not affect nutrition since individuals do not

have any problem with weight due to playing football actively. We can state that football players have regular eating habits and paying attention to what they eat and drink, which is the reason why they do not experience weight problems. Football players have nutrition programs. They cannot easily go beyond these programs. "Sensitivity levels to hunger" and "4 Factor Nutrition questionnaire" total scores of overweight individuals are higher than normal weight individuals and those of poor individuals are the lowest. We can say that the reason why overweight individuals are sensitive to hunger and their diet is different is because they do not have much willpower. There are no findings or similar studies to support our study.

The football players' total scores of "4 Factor Nutrition Questionnaire" and its subscales do not differ significantly according to their income levels ($p>0.05$). Similar results were obtained in the study conducted by Erçim (28). We can say that income status does not affect nutrition. The study supports the study we have done. We can say that although the income levels of football players are different, income level does not affect the nutritional level. We can explain that football players have a diet according to their income, even if their income is different. Since nutrition is very important for football players, they pay attention to their diet. Otherwise, they cannot show the desired performance in the field. In short, nutrition is very important for all athletes.

The "4 Factor Nutrition Questionnaire" and subscale total scores of football players do not differ significantly at 95% confidence level according to their licensed footballing seniority ($p>0.05$). The same results were obtained in a study close to our study (29). In different studies, we see that although sports branches are different, nutrition is not different. There is no difference in nutrition as the license years of individuals playing football increase. In other words, we can say that the diet of the person who has just started football is the same as the diet of the person who has played football for many years. We can state that license does not affect nutrition. Nutrition is very important for football players. The football player who cannot have a regular diet falls from the performance and cannot be successful. Football players know about nutrition. They are extremely careful about feeding themselves. No findings or studies to support our study have been reached.

The total scores of the "uncontrolled eating level" subscale of football players do not differ according to their future expectations ($p>0.05$). A significant difference was obtained for all other subscales and the general scale ($p<0.05$). According to this, the total scores of "food restriction level" and "sensitivity level of hunger" subscale were higher in individuals who did not believe that any expectations would come true in the future. The total scores of "eating level in emotional times" increase as future expectations decrease. In addition, the total scores of the "4-Factor Nutrition Questionnaire" of the individuals who believe that all their expectations will come true in the future were higher than the other individuals. The future expectation of football players causes them to work in their field and to be connected to life. We can say that every living has future expectations. We can say that individuals who have no expectations from the future will have no expectations from life and leave life. Since studies similar to the one we conducted have not been reached, no evidence to support it has not been reached.

The "4-Factor Nutrition Questionnaire" and subscale total scores of football players do not differ significantly according to their levels of loneliness ($p>0.05$). The level of loneliness is not related to diet. Although football players are alone, we can say that they pay attention to their healthy lifestyle and diet. Football players can stay alone; however, nutrition is important for athletes because their sport is a sport that requires high performance. Since there are no studies similar to the one we conducted, no evidence has been reached to support it.

There is no relationship between football players' total scores of the "life satisfaction scale" and the subscale total scores of "food restriction level", "uncontrolled eating level" and "sensitivity to hunger" ($p>0.05$). There is a statistically significant and the same directional relationship between the "life satisfaction scale" and "the level of eating at emotional times" subscale total scores ($p<0.05$). There is a statistically significant positive correlation between "Life Satisfaction Scale" and "4 Factor Nutrition Questionnaire" scale total scores ($p<0.05$). As an individual's total score of the "Life Satisfaction Scale" increases,

the total score of the "4 Factor Nutrition Questionnaire" increases, or as the individual's total score of the "Life Satisfaction Scale" decreases, the total score of the "4 Factor Nutrition Questionnaire" decreases as well. In a study, no significant difference was found between life satisfaction and nutrition (25). Dalbudak and Yiğit (30), Pekel et al (31) and Uzun et al. (32) support the study we have done in a similar study. However, some of the sub-items of the scales are similar. A similar study has not been found. No other findings could be reached to support it. Life satisfaction affects nutrition. Considering these, people should be informed about life satisfaction and nutrition. As life satisfaction increases, a significant increase is observed in nutrition. In this context, it is thought that as life satisfaction increases, nutritional habits will regulate, so it can increase the quality of life in individuals. Sport affects both life satisfaction and nutrition. Sports lead to regular nutritional habits and increase nutritional knowledge. If they cannot get the necessary nutrients, they cannot show the necessary performance. Sports provide individuals to be satisfied with life, that is, to have hope. In short, life satisfaction and nutrition are directly proportional.

As a result, life satisfaction and nutrition affect each other. They are not independent of each other. Life satisfaction and nutrition are directly proportional. We can state that the nutritional habits of football players and the sports they do affect individuals. It can be said that the fact that football players enjoy their life and feel psychologically happy affect their nutrition and life satisfaction. Since this study will shed light on future studies, we can say that it will be useful in repeating it more comprehensively in different areas.

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