

## Sports Participation and Critical Thinking Skills in Undergraduate Students

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### **Abstract:**

This study investigates the relationship between sports participation and critical thinking skills among undergraduate students at Hitit University during the 2023 Spring semester. The sample consisted of 361 students, whose critical thinking levels were measured using Özdemir's (2003) Critical Thinking Scale. Demographic data such as gender, sports type, and years of sports participation were also collected. Independent samples t-tests, ANOVA, and Pearson correlation analyses were conducted. The results indicate no significant differences in critical thinking levels based on gender or type of sport. However, a positive but weak correlation was found between critical thinking skills and years of sports participation.

### **Keywords:**

Critical thinking, higher education, sport participation, undergraduate students.