

Women's Participation in Sports Predictions based on Social, Cultural, Personal, Family Factors, and Facilities in the City Pasargad

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ABSTRACT

This study aimed to predict women's participation in sports activities on the basis of social, cultural, personal, family factors and facilities in Pasargad. Participants in the study are included women of Pasargad that their number is equivalent to 740 people, the sample of the number of 248 were chosen by using Cochran formula and it was selected randomly, questionnaire of 33 questions by Motameni et al (2014) was used in order to collect data of research. Regression statistical tests step was used step by step in order to hypothesis analysis. Results of the hypothesis analysis showed that the family, cultural, facilities, personal and social barriers of predictors of women's participation respectively involved in in sports activities of Pasargad

Keywords: sports activities, participation, women, Pasargad

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Introduction

Having the appropriate field of the sports and movement is from the beginning of childhood to middle-age, after that it significantly reduces the risk of many physical and psychological effects and even it has undeniable effect on improving remedying some of them. On the other hand, industrialization of society has led the growing leisure. Of course, manner of participation in leisure activities, especially sports activities is a complex issue that it can be considered many factors involved in it (1). By raising the issues of the leisure time, a wide range and different dimensions of other various fields except of activity and daily busy face people. A number of those who have worked in the field of leisure time on feminist issues in convincingly manner argue that leisure time has different concepts for men and women. However, this concept is not the same for housewives and employees (2). Empirical studies have shown that gender differences in the level or degree of barriers of physical activity in leisure time are effective. Women as half of people face with more barriers to participation in sports activities, whether women choose what exercise in leisure time, need to consider all the factors that positively (stimulus) or negatively (constraints) effect on these choices (3). Today, the sport as a social phenomenon in the world and in our country has been accepted and it has been well received and as a tool for multi-dimensional with widespread impact has manifested its role in the economy, health of people, safe and enjoyable leisure time, social relations, prevention growing social corruptions and moral deviations in society and many other applications (4). From the perspective of Ahmadi (2007), at present, the promotion of physical activity is one of the main goals of the government to the public health of community. This is because among the objectives pursued by the government, preventing diseases caused by lack of exercise is important And an equally strengthening the lifestyle and relationship between and health and quality of life of each individual is important (5). According to statistics from the Center for Women's Participation, girls and women constitute

more than half of the country population, unfortunately, since the beginning of the third millennium, still the percentage of women in activities in different countries is different(6), according to research, engage in sport and physical activity increase self-esteem, avoidance of drugs, lack of sexual disorders, women's educational attainment and reducing crime, however, based on previous results in Iran, girls less go clubs for exercise before the marriage age, in total, men more than women are turning to exercise, so that according to roughly equal numbers of men and women in the present society, men are 8.6 times more than women exercise (7). Evaluation of the current growth of women's sport in the internal and external field evidence on the relative progress of Iranian women's sport, but you cannot ignore the fact that, compared with men or women sports in other countries it is not good growth (8). For many reasons, often they are socio-cultural, women during history do not have enough time to prove their competence and merit for active participation in sports and sports activities, Evaluation conducted research in connection with all sport activities and physical education in Iranian women shows that Iranian girls and women in sports activities have limitations and problems such as structural and administrative limitations, cultural and social restrictions (9, 10, 11). Nasiri (2007) achieved results on describe the causes of female's lack of sports participation of Boo Ali Sina University in Hamedan, which indicated, respectively the most important reason for the lack of sports participation by female students of the university in the area of economic was expensive sports equipment, in the area of social and cultural, lack of accompany during exercise, in the area of management, lack of sports facilities in the dorms, in the area of family, preference of school issues and in other issues, the lack of time and in the five areas studied, family problems (12).In addition, survey research shows that almost all research findings in the field of physical education and women sport in the Islamic Republic of Iran indicate that Iranian girls and women in sports activities have the limitations and constraints such as structural and management

limitations (9,10), financial and possibilities constraints (9,10,13), financial constraints and facilities (14), human and technical constraints (15), and social and cultural constraints (16,17). Numerous studies have been conducted on barriers to women's sporting activities, Motameni, Hemati and Moradi (2014), classified the barriers to using Analytical Hierarchy Process in 5 categories: lack of attention of authorities to women's sports, central male culture, lack of time, the economic situation and the lack of investment required to develop sport facilities for women (18). Monazami, Alam and Bushehri (2013), respectively factors affecting the development of physical education and women sport in Islamic Republic of Iran reported a "cultural and social", "management and structure" and "human and professional" (19). Elahi, Hamidi and Piyan Far (2011), examined the "barriers to effective implementation of strategies in the exercise of Iran" in the form of 5 plan barriers component (development and transfer strategy) and organizational culture, enterprise resource constraints (human, financial and physical), structure and organizational communication barriers (20). Ashqoli (2010) consider the most important factors of the lack of sports participation of female students, taking difficult teachers and compact lesson, inappropriate time of activities, spaces and sport facilities, lack of free time, away from the sporting venues, lack of attention to sports officials, lack of sports equipment and facilities (21). Norouzian (2009) believes that the reasons for women's lack of participation in sports activities are structural factors such as money, vehicle, family obligations, employment, lack of time and lack of exercise space, in the next stage, there are individual factors such as attitudes society towards women's sport and gender roles of women (22). Hashemi (2006) knows socio-cultural, economic factors and family attitudes a part of the barrier of sports activities for women employees (23). Also the research was conducted abroad showed that, (Kagas et al. 2015), from the main motivation for sport participation of female students was motivation of physical health and social interaction (24). (Vogen 2009), form the most

important barriers to women's participation in sports were physical illness or disability, pain, fatigue, lack of spontaneity, anxiety, babysitting, chores, time constraints (work from home) and environmental poor conditions such as the warm and wet weather (25). In pasargad despite the high number of population is young women and girls, but factors such as the facilities (lack of enough space and appropriate equipment, dedicated space sports and facilities); cultural factors (compliance codes, patriarchal society, negative attitudes of people associated with the women's sport), personal factors (such as physical limitations, lack of interest and motivation to exercise, laziness and lack of confidence), family factors (family obligations and roles, opposition spouse or parents, the family's economic situation and the fear of academic failure) and social barriers including (lack of inform to women, lack of support and cooperation, lack of attention officials to women's sport and lack of successful models of women in Islamic society) can make prevent the participation of women in sport and physical activity in general and particularly in women of pasargad (18). So considering that exercise and physical activity is an integral part of the government plans for all different walks of life, this is especially important for women who are growers of future generations. But according to the current state of sport activities (in the area of women), lack of majority participation in this important sector of society can be seen. So the main question of this research is addressing the issue of whether social, cultural, personal, family and facilities factors play a role in women's participation in sports of pasargad?

Research method

The aim of this study was an applied and in terms of strategy was descriptive research and in terms of direction was survey. Statistical population of this study consisted of all women in pasargad who have the inclusion criteria (active in sports of aerobics, volleyball, futsal, swimming, being in the age range 20-50 years, living in the pasargad

have at least a high school education and knowingly satisfaction participating in the study), statistical population was 740 people. The number of samples have been selected and evaluated using objective statistical population size and by Cochran formula of the 248 women of Pasargad who randomly selected. To study the barriers to women's sports, questionnaire of 33 questions was used, this standard questionnaire made by Motameni et al (2014) (18), the questionnaire grading in Likert five degrees from very high to very low, so that to assess the social barriers from the collecting scores of questions (1-7), cultural barriers form questions marks (8-13), personal obstacles from collecting scores of questions (14-21) and family barriers gather from question scores (22-27) and facilities barrier from the collecting the scores of questions (28-33), were used. The validity of this questionnaire in the researchers of Motameni et al (2014) has been confirmed by content analysis and its reliability was reported 0/71 by Cronbach's alpha coefficients, its reliability in the study was calculated to 83/0 through Cronbach's alpha coefficient that it shows reliability of the questionnaire. In this study, the research hypotheses were analyzed step by step through multivariate regression testing method, all calculations were done through software SPSS18.

The results and findings of the research

The results showed that from the 248 people studied 32/7 percent were between 15 and 25 years, 42/2% between 26-35 years, 20.7% between 36 and 45 years and 4.4% among 46-55 years respectively. As well as women's education showed that 41/26 percent had less than, 2.4 percent were more than diploma, 38/66 percent were bachelor and 17.5 percent were graduate respectively (Table 1).

Table 1. Descriptive statistics related to the demographic characteristics of subjects

Percentage	Frequency	Group	Variable
32/7	82	15-25	Age
42/2	106	26-32	
20/7	49	36-45	
4/4	11	44-55	
100	248		The education
41/26	105	Less than Diploma and Diploma	
2/4	6	Associate Degree	
38/66	93	Bachelor	
17/5	44	Master degree	

To select the appropriate statistical test for comparing the average hypothetical elements (statistical) first it was necessary distribution of data between components of the study examined. For this purpose, one sample test Kolmogorov - Smirnov was used. As indicates in table 3, the status of distribution of data in all components is normal (Table 2).

Table 2. one sample test of Kolmogorov-Smirnov

Facilities barriers	Family barriers	Personal barriers	Cultural barriers	Social barriers	
1/111	1/151	1/073	1/602	1/38	Kolmogorov-Smirnov Z
.16	.14	.12	.054	.062	The level of significance (two strains)

Findings analysis is based on a stepwise multivariable regression showed that in the first step, family obstacles due to having the highest correlation coefficient of zero times with the dependent variable (participation of women in sports activities) do regression deal, and 0/714 of the variance is explained barriers to participation of women in sports activities. In the second step, facilities obstacles after family obstacles due to having the highest correlation coefficient of zero times with the dependent variable (participation of women in sports activities) do regression deal, and 0/787 of the variance is explained barriers to participation of women in sports activities. That according to observed value F 201/96 this amount of variance is explained. In the third step,

cultural barriers after family and facilities barriers of staff due to having the highest correlation coefficient of zero times with the dependent variable (participation of women in sports activities) do regression deal, and 0/835 of the variance is explained barriers to participation of women in sports activities. That according to observed value F 190/205 this amount of variance is explained. In the fourth step, variable of personal obstacles after family, facilities and cultural barriers of staff due to having the highest correlation coefficient of zero times with the dependent variable (participation of women in sports activities) do regression deal, and 0/868 of the variance is explained barriers to participation of women in sports activities. That according to observed value F 188/106 this amount of variance is explained. Eventually in the fifth step, variable of social barriers after cultural, obstacles, family, personal and facilities barriers of staff due to having the highest correlation coefficient of zero times with the dependent variable (participation of women in sports activities) do regression deal, and 0/868 of the variance is explained barriers to participation of women in sports activities. That according to observed value F 199/38 this amount of variance is explained. So we can say that respectively family, cultural, features, personal and social barriers have priority on prevent women's participation in sports activities pasargad (Table 3).

Table 3. Prioritize the barriers to women's participation in sports activities of pasargad

P	F	T	Standardized coefficient	Not standardized coefficient		Predictor variables	
			Beta	The standard error	The coefficient B		
*./001		19/20		./107	2/06	Model	
*./001	259/37	16/09	./096	./107	./714	Family	1
*./001	201/960	8/514	./048	./106	./787	Facility	2
*./001	190/250	7/920	./041	./107	./835	Cultural	3
*./001	188/106	7/810	./031	./114	./868	Personal	4
*./001	199/388	7/45	./034	./103	./896	Social	5

Discussion and Conclusion

This study was conducted aims to predict women's participation in sports activities in pasargad city based on social, cultural, personal, familial and facilities factors. The results showed that respectively family, cultural, features, personal and social barriers have priority on prevent women's participation in sports activities of, pasargad previous research, including Motameni, Hemati and Moradi (2014), reported that the lack of attention officials to women's sports, male-dominated culture, lack of time, the economic situation and lack of investment in the development of women's sports places are the most important obstacles in each of this 5 categories (18). Monazami, Alam and Bushehri (2014), in order to determine the factors affecting women's sport in Iran, emphasized the impact of social factors (19). Ashgholi (2010) knows the most important factor of sport participation in order of preference: taking difficult teachers and compaction of course, inappropriate time activities, sports spaces and facilities, lack of free time, away from the sports venues, lack of attention officials to sports, lack of sports equipment and facilities (21). Despite during years after the glorious victory of the Islamic Revolution, significant progress has been made on women's activities; but experimental observations indicate that in our society, the participation of girls in sports compared to boys has less rate. However, in recent years women's participation in sports activities, has had a considerable growth, but this growth in compared to sport participation of men and with regard to the women population is not significant and for achieve an appropriate level of sports participation, more efforts are needed. This fact is widely accepted that physical activity is beneficial to the public, and the community should support these activities, especially in women. Because women often have proved their merit for his active participation in sport and physical activity but always the boundaries are drawn against women, and this boundaries have introduced her social role as being poor and female person. A lot of times because of this social force, woman face dilemma of being a woman or doing exercise, and she

must choose one because in most human societies, sports participation has traditionally been limited to men. While scientific progress day by day, taken revealing the secrets of exercise and its role will be clearer, at least half of the society (women) suffer from a variety of ailments and diseases caused by poverty. Spiritual and material costs from the government to be spent for this wrong thinking, is very alarming and tragic. However, by the culture about this issue we can called women as mothers of tomorrow and trainers of the next generation to exercise, and physical activity and their active participation in exercise programs provide. For this purpose we must provide need opportunities and facilities, and allowed women to maintain female sexual characteristics have an important role to play in community health. Previous research, including the Imani (2009), by examining the socio-cultural barriers to women's participation in sport and by comparing these barriers for women athletes and non-athletes came to the conclusion that the cultural capital and the willingness of individual female athletes is more than non-athletes women (26), Kashkar (2007) emphasizes the impact of cultural-educational, economic, social, health dimensions of different groups of people in sports activities (27), Momtazbakhsh and Fakour (2006) emphasize on the average effectiveness of management, cultural, educational, research, social and economic strategies on promotion of sports (28), Also Asorika, Mayer (2012), know women's low participation in sports activities as a result of social and cultural exclusion of opportunity to participate in sports and recreational activities (29). Cultural barriers are among the major obstacles that have a profound impact on the reduction of the presence of women in sports. Male-dominated culture in sport society, fear of the damage to religious beliefs, thinking the negative sport effects on women's appearance are the cultural elements involved in this field. In order to overcome cultural barriers, cultural organizations of society, including education, radio and television should take steps to correct the vision of society towards women athletes. Also the extensive efforts of the police in order to secure

the surrounding environment of women sport has an important impact on increasing women participation of women in sport. Linchi and Zabreski (2006) know women's image of themselves and of their physical appearance as a deterrent factor to participation in sport (30). Sadrati (1387), in order to survey of women's access to nationwide sport services emphasizes personal motivations such as health, morale, interest in exercise, weight loss and leisure time(31). To explain these findings, it can be said that women's sports activities should be plan based on sport interests and personal needs, otherwise willingness to participate in sports activities will be more, and this issue has become a factor that prevents them from participating. Other personal obstacles that can prevent women's participation in sport activities are the lack of time due to high work, lack of interest, lack of self-esteem of women that education of families, schools and centers, personality training to strengthen the foundations of long-term increase in the share of women in women's sports participation is essential. Family factors were involved in women's participation in sports activities in the city of Pasargad Eventually it turned out that the possibilities factors hindering women's participation in activities sports of Pasargad significantly are higher than the statistical average. So the possibilities factors prevent women's participation in sports activities in Pasargad, and these finding are consistent with previous studies including Imani (2009), in examining the socio-cultural barriers to women's participation in sport conclude that socio-economic base of women involved in sports activities (27), Kashkar (2007) study the effect of cultural, educational, cultural, economic, social, health care dimensions on public sport, and it has emphasized the cultural, educational, cultural, economic, social, health dimensions of various sectors of society (28), Nasiri (2007), knows also an expensive sport tools and non-sport facilities form the reasons for the lack of sports participation for girls. To explain these findings, we can say that due to lack of financial independence of women, economic and the facilities factors can be used as a deterrent factor involved in their

participation (12), and they do not have ability to pay for sports activities and sports clubs, and in the case of women who have financial power, but the facilities (such as the unavailability of equipment, sports equipment, lack of specific space for women's sport, not having a sport hall and space near the location, the lack of space of recreation and sport, lack of sporting venues around the city) have communication with the participation of women in sports activities, and this result demonstrates the importance of sports and recreation facilities for women, sport equipment which are sports activities tool.

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