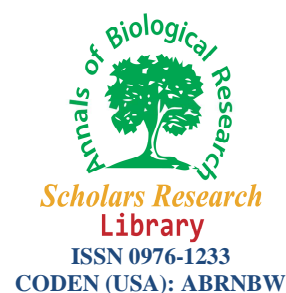




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Comparing the motives for participation in public and recreational sport activities between women and men of Tehran

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ABSTRACT

The objective of this research is comparing the motives for participation in public and recreational sport activities between women and men in Tehran. The method of present study is causal-comparative. Population of this research consisted of citizens participating in public and recreational sport activities. For selecting samples by cluster sampling, 5 districts were selected randomly and 257 questionnaires were distributed. The research measurement instrument was a research-made questionnaire that after specialized polling, its validity was confirmed and its reliability reported by Cronbach's alpha test ($r=78.1\%$), and the questionnaire was distributed among population. Results of this study indicated between two groups of men and women in relation to the participation motive, a significant difference exists between men and women only in happiness and joy variables ($p>0.001$) so that the women showed more joy and happiness from public sports than the men, whilst there is no significant difference between them in health, interaction and weight control ($p>0.05$). Therefore, according to the results, it is suggested the relative centers and organizations to take measures for providing the spaces attracted by the women such as safe and secure spaces, suitable and clean rest places, using varied colors and designs to increase their motives for further presence in sport activities. In addition, benefitting from instructors and experts of sport science in public sport places is effective on increasing the motive of women and men for participation in public sport activities.

Keywords: Sport, Public Sport, Motive, Participation

INTRODUCTION

Leisure time is a part of life that may cause the growth and evolution of humans or decadence or downfall in society. Today the sport and effect of sport activities on the physical and mental health, lifetime, cheerfulness, expansion of interactions, enrichment of leisure times resulted has caused the peoples' participation in sports and particularly their participation in recreational-public sports to be increased [7]. Moreover, the recreational activities due to the wide range, exercisability in various conditions and places, low cost and ease of execution have been considered by different classes and ages and whereas peoples' participation in recreational sports is voluntarily and performed in free times, hence to expand such plans, the planners and policy makers must achieve more information about different motives of participation in sport activities by two groups of men and women, because the motive is the key for doing any work and may reinforce, motivate and lead the individuals' behaviors. The motivation for participation of people in leisure time activities is a complex topic and a lot of factors may intervene therein. The rate of peoples' participation in these activities is dependent to the characteristics, age, marital status, employment, education, sport background and motive etc. Rendering the appropriate sport services requires to identification of

needs and motives of individuals referring to the sport spaces. In various researches, these motives have been examined on individuals. For instance, Sharp Shair¹ in his study on the motive of people in Bingham City of England indicated that motives for achieving health, happiness and body fitness are assumed as the most important priorities of people for participation in public sports [1]. Furthermore, Oort & Satin² in their study in USA concluded that the people of this city participate in sport activities mostly with motives such as physical fitness, sociability, emotion, achieving experience and escaping from routine works [5]. Drayvrkl³ in his research understood that health and preparedness in Australian adults is more than other motives [7]. Although these motives in general include specific contexts such as health promotion or spending leisure times and achieving happiness and health, but these motives may be different in various cultures, countries and even age or sex ranges. For instance, results of research applied by James & Embrey⁴ (2003) on leisure times of girls indicated that for participation in sport activities, more than everything they pay attention to the physical appearances of that activity and enjoy thereof is lower significant. In another study, comparison of motives between Chinese and American women and men participating in public sport indicated that the motive of weight control, mental health and social interaction is the first priority for women whilst these priorities for men respectively include social interaction, weight control and cheerfulness and happiness [8]. Another study in Iran showed that achieving the health and reduction of stress is priority of women. Tondnevisi in his study titled "position of sport in leisure times of Iranian people" concluded that watching TV and talking to others is the first manner of spending leisure times of Iranian people but the sport is their first option for using the leisure times. As well as, achieving cheerfulness, reinforcing the body and spirit and strengthening the self-reliance have been deemed as consequences of public sport. Motamedin et al (2009) in a research assumed the tendency and non-tendency of citizens to sport relating to factors such as body and spirit health, prevention of different diseases, prevention of overweight and high costs, have a lot of businesses in life, shortage of sport facilities and lack of possibility for exercising by women as peoples' deterrent factors for participation in sport. Considering the finite data in relation to the individuals' priorities for participation in public sports and recreations and identification of difference between motives of women and men, for formulating the principle strategies for promotion and further interest of citizens to sport and necessity of identifying these motives for improvement of planning and policy making in this field, thus the present study analyzes the difference between women and men's motives in recreational and public sports.

MATERIALS AND METHODS

The present research is a causal-comparative study. Population of this research included the citizens participating in public sports of Tehran. To select the samples by cluster sampling, firstly out of 22 districts of Tehran, districts 1, 5, 6, 13 and 16 were selected randomly and then among the participators in morning sports, 257 persons were selected. To collect the data, researcher-made questionnaire was used. Validity of questionnaire was confirmed by expert professors and its reliability calculated by Cronbach's alpha coefficient ($r=78.1\%$). Descriptive statistics were used for analysis of demographic indices and inferential statistics and independent t-test was used for comparing the variables between two men and women groups.

RESULTS

Table (1) Compare motivated men and women to participate in public exercise

variable	subscale	sex	average	df	t	α
Motives of participation in public activities	health	men	4/193	455	0/093	0/926
		women	4/185			
	Social Interaction	men	3/704	455	0/438	0/905
		women	3/727			
	Weight control	men	3/642	455	-0/938	0/351
		women	3/816			
	Joy and Happiness	Men	3/066	455	-3/487	0/001
		women	4/133			

The demographic data of this research indicates that 54.9% of participators consisted of men and 45.1% thereof from the women. 49.5% had the record of participation for 2 years to up, 5% thereof had 1 year to 18 months. 54.1%

¹. Sharp Shair;

². Oort & Satin

³. Drayvrkl

⁴. James & Embrey

of participants participated in these activities 3-4 sessions per week and 6.9% participated for 2 sessions or had irregular presence. In addition, results of comparison between two groups of men and women in relation to participation motive indicate that there is a significant difference between men and women only in happiness and joy variables ($p > 0.001$) so that the women comparing to men indicated more joy and happiness from public sports, whilst no significant difference exists between them in health, interaction and weight control ($p > 0.05$).

DISCUSSION AND CONCLUSION

Results of this research in general show that participation of men in public sport activities is more than women. The men spend more time for sport activities. Lower presence of women may be arising out of life responsibilities, lack of time and cultural barriers; these results are consistent to the researches of Choroudeh, Ramezani and Kazemi (2012). Furthermore, the people with age range 18-30 formed the most people participating in sport recreational activities with the major motive of keeping body fitness and friend-finding. The reason for further and highlighter presence of people that have the activity record more than 18 months may be due to more awareness of health and having pleasurable times. Considering the comparison between men and women, no difference was observed between health, social interaction and weight control variables, that is consistent to the studies applied by Dehestani & Khanzadeh (2012), Khalilabadi (1994), Maghoul (2012) and Kazemi (2012). In addition, the results showed a significant difference between men and women in happiness and joy variables that demonstrate the women feel more enjoyment after sport. It may be due to psychological differences between men and women. This result is fitted to the results obtained by Kazemi (2012), Choroudeh (2012), Amiri (2012), Khanzadeh & Dehestani (2012), Holzoya (2005) and Perperaya et al (2005). Therefore, in consideration of the research findings, it is proposed the relative centers and organizations to take measures for providing the spaces attracted by the women such as safe and secure spaces, suitable and clean rest places, using varied colors and designs in order to increase their motives for further presence in sport activities and have health and cheerful society through extension of sport. In addition, benefitting from instructors and experts of sport science in public sport places is effective on increasing the motive of most of people for participation in public sport activities.

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