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The Relationship between Demographic Characteristics, Socioeconomic Conditions and Motivation of Participants in Public Sports in Iran

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ABSTRACT

Many Iranian people are inactive. Socioeconomic conditions are one factor that influences youth physical activity (PA) levels; the aim of this research was to study the relationship between demographic characteristics, socioeconomic conditions and motivation of participants in public sports in Iran. This was a survey & cross sectional study and target population include entirely all the city of Kermanshah. Using Morgan table, 450 people which selected via cluster and then randomly sampling and discarding the corrupt questionnaires of this number 420 questionnaires were analyzed. Subjects completed an informed consent form and socioeconomic conditions we used Ghodratnama questionnaire (2012) and for the motivation variable we utilized the Hong questionnaire (2010), which was submitted to sports management professors to confirm the content validity after being translated and localized according to our culture. Statistical methods in this study included descriptive statistics (frequency indices, mean, standard deviation, tables and diagrams) and inferential statistics (independent t-test, Pearson correlation) that used to data analyzes. The results showed that there was a positive significant relation between the socioeconomic conditions and the citizens' motivation for participation. The most important factors for the participation of citizens in public sports were social class, income rate and parents' education level. Consider to the results of this study, we indicated that in Iran the structural and infrastructural barriers in sport community is necessary and removing the structural barriers in the promotion of sport culture and public health can be a useful step in participation in leisure and recreational activities.

Keywords: Socioeconomic Conditions, Motivation for Participation, Sport

INTRODUCTION

In the automaton modern life, many daily works don't need to physical activity. Such lifespan has caused increasing in obese people and decreasing in physical abilities caused by inactivity. Therefore, problems such as cardiovascular diseases and obesity... aren't separate from everyday life. Moreover, changes in economic framing conditions such as higher income levels within the population, different types of employment, and flexible working hours have led to changes in leisure-time behavior that may also impact on sports participation. Moreover, the expansion and pluralization of sport has been accompanied by a growing level of institutionalization, as can be seen in, for example, the increasing number of non-commercial and commercial sport providers and their (target-group-specific) sport facilities, in policymaking programmers to promote sport, and in the comprehensive development of sport infrastructure [1].

In line with these various trends, it may well be that not just more people but also more different types of people are becoming included in sport-people who were previously excluded from traditional competitive sports. As a result,

older structures of sport-specific participation no longer correspond to today's conditions. This creates a need for specific analyses that will reconstruct the impact of societal change on trends in sport participation over time as precisely as possible. Moreover, knowledge on the extent of sport activities in relation to major socio-economic parameters will deliver valuable indications for further analyses of specific questions such as how far is sport becoming more socially permeable – a very relevant issue for migration and inequality research or for sport-related health studies that can lead, in turn, to the formulation of demands on (sport) policymakers (1, 2). Various scientific studies have been shown that regular physical activity leads to improvement of physical and mental health, treatment or prevent of coronary artery diseases, hyperlipidemia or blood. Research evidences show that the institutionalization of sports among community promotes health, happiness acquiring, economic and social productivity and reduces healthcare costs and helps to mental health of community through psychological point view and finally helps to mental health of community through psychological aspect and will diminish crimes and addictions [3, 4]. Shafiee (1994) investigated the socioeconomic status of the participants in public sports in Tehran city and reported that the majority of the participants were from the middle economic class and only a fraction were from the high economic status groups. As to the occupation, the unemployed including housewives, the retired and students formed the greater percentage of participants, and there was a significant relationship between parents' job and income and educational progress [5].

Habibi (2011) found that there is no significant relationship between the Iranian female athletes' socio-economic status and their participation in trainings. That is, one cannot say that the athletes' socioeconomic status is likely to affect their extent of participation in trainings; although, Iranian female athletes belong to low, lower middle and middle socio-economic classes [6]. A popular assumption is that sport has positive impacts on physical health and fitness, on self-esteem, offers access to positive adult role models for teenagers and young adults living in disadvantaged communities, and fosters the capacity to build relationships across religious, ethnic and economic lines [1, 2, 6].

The relationships between physical activities (PA) and health-related outcomes are well documented. Indeed, there is evidence that shows PA provides an array of physical, psychological, social, and emotional benefits for individuals of all age's [7, 8]. Evidence also consistently shows that achieving the recommendation of at least moderate intensity physical activity on most days of the week reduces the risk of all-cause mortality [9]. The purpose of this research was to study the relationship between demographic characteristics, socioeconomic conditions and motivation of participants in public sports in Iran.

MATERIALS AND METHODS

METHODOLOGY

The target population consisted entirely of the city of Kermanshah In Iran; this study was a survey & cross sectional. Subjects completed an informed consent form and socioeconomic conditions we used Ghodratnama questionnaire (2012) and for the motivation variable we utilized the Hong questionnaire (2010), which was submitted to sports management professors to confirm the content validity after being translated and localized according to our culture. The Reliability of the questionnaire was provided by using Cronbach Alpha value of 0. 95 questionnaires randomly were distributed between male and female Subjects. Out of these, 194 questionnaires for males and 126 questionnaires for females were completely filled out and returned. Statistical methods in this study included descriptive statistics (frequency indices, mean, standard deviation, tables and diagrams) and inferential statistics (independent t-test, Pearson correlation) that used to data analyzes.

RESULTS

Mean and standard deviation of age was reported in table 1.

Table 1: Mean and standard deviation of age (mean \pm SD)

Subject	number	Percentage	Age
Male	194	46.2	32.63 \pm 1.1
Female	226	53.8	34.49 \pm 3.8

The results showed that there are not significant differences between male and female respondents in terms of motivation towards physical activities ($P=0.81$, $t=-0.39$).

Table 2: Comparison of motivation towards public physical activity (sport) between male and female

Variable	Group	N	Mean	SD	t	P
Motivation towards physical activity	Male	194	3.7408	.62473	0.81	0.39
	Female	226	3.7457	.60638		

Table 3: Relationship between Demographic characteristics (Age, Gender, Education Level and Marital Status) and motivation of participants in public physical Activities

Variable	N	R	P Value
Motivation towards physical activity	420	0.69	0.034*

$P < 0.05$ * Tested by Pearson correlation

Table 3 shows; there is a significant positive correlation between Demographic characteristics and culture conditions (Age, Gender, Education Level and Marital Status) and motivation of participants in public physical Activities. ($P=0.69$, $t=-0.034$). This indicates that increasing in motivation to participation in sport for all is related to increasing in culture conditions.

Table 4: Relationship between economic Conditions in the Citizens and motivation of participants in public physical Activities

Variable	N	R	P Value
Motivation towards physical activity	420	0.72	0.021*

$P < 0.05$ * Tested by Pearson correlation

As table 4 shows, there is a significant positive correlation between Demographic characteristics and economic Conditions and motivation of participants in public physical Activities. ($P=0.72$, $t=-0.021$).

DISCUSSION

The purpose of this research was to study the relationship between demographic characteristics, socioeconomic conditions and motivation of participants in public sports in Iran. The results of the present study showed that the male (mean, 3.74 ± 0.62) and females (mean, 3.74 ± 0.60) motivation for participating in public sports. However, some researchers such, also emphasized on the motivation of healthcare in their findings (10, 11). It seems that detection and analysis of motivational factors to participation in public exercise is the most effective way to increasing participant trends to the public sport activities which by strengthen these factors at community level can conduct people to these activities.

Based on the present findings, there is a significant positive correlation between Demographic characteristics and culture conditions (Age, Gender, Education Level and Marital Status) and motivation of participants in public physical Activities. ($P=0.69$, $t=-0.034$). Furthermore, research evidence has shown that leisure-time physical activity is positively associated with education in men and women, especially when they have easy access to the park or visit it along with a companion [12]. Similarly, Cerin and Leslie (2008) reported educational attainment as one of the most important demographic characteristics associated with leisure-time physical activity. This finding can be explained by the fact that the majority of park users were young individuals who showed higher propensity for physical exercise [13]. Foster et al (2004), DeBourdeaudhuij et al (2003), Kirtland et al (2003) reported that although both genders had positive perceptions of their physical and social environments their responses differed [13, 14, and 15]. The results of this research showed that there is a significant positive correlation between Demographic characteristics and economic Conditions and motivation of participants in public physical Activities. ($P=0.72$, $t=-0.021$). It shows that using a behavioral economic model to analyze individual selection processes can make a major contribution to explaining sport participation, because income, human capital, and working hours continue to have a significant effect on sports participation. Accordingly, an increase in sports participation particularly accompanies increasing income (as a result of economic growth), higher leisure-time budgets (as a result of increasing productivity), and a growing level of education (as a result of investments in education). It is worth extending the basic behavioral economic model to include further budget values, because age and the specific body capital (health state) represent further important variables influencing sports participation (6, 8). Nonetheless,

age-dependent budget restrictions can be found when this is related to body capital. However, here as well, the sport participation of people with below average health is relatively high. This is probably due to the fact that it is particularly older people who increasingly reflect the importance of engaging in sport for prevention and rehabilitation in their own individual behavior - as other findings have already emphasized (17). However, the association between physical activity and access to parks is mediated by the social and economic condition, place of residence, and environmental features. In conclusion, instructions about the benefits and value of physical activity and other healthy life style habits should be provided for the target population. Further research needs to focus on longitudinal and intervention studies to follow people Iranians sport participation.

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