CITIZENS’ PHYSICAL APPROACHES FOR PARTICIPATING IN THE SPORT FOR ALL ACTIVITIES IN KHORAMABAD

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ABSTRACT
In the current world, concept of sport develops & also has very abysmal meaning & approximately all countries tried to know the development areas of sport activities. The goal of this research was surveying on the citizens’ physical approaches for participating in the sport for all in Khoramabad. The population was descriptive & correlation ones & included all people in Khoramabad that they were 1791069 based on Statistics and Planning Organization (2014). The sampling was simple randomly & the questionnaires was distributed & filled by respondents in 5 areas; central, north, east, south, west & in the sport places & parks & …The measurement tools was questionnaires that were made by researcher that included 47 questions, the statistic methods; for deductive statistics was used Pearson correlation coefficient tests, independent 2 samples test, For surveying on the effective factors of sport for all participation & ranking factors on the citizens’ motivations were used Manova variance analysis test. For statistic calculation was used SPSS 22 software. The results showed that there was significant difference among means of physical approach dimension in central, north, east, south, west areas in Khoramabad. Discussion: sport is a healthy tool for physical health & also can be caused to obtaining the vivacity & succulence & caused to prevent to suffer from most of diseases such as; lipid, diabetes & also fight obesity, so sport has best & special places among people of society.

Keywords: Physical Approach, Citizen, Sport for All

INTRODUCTION
In the current world, concept of sport develops & also has very abysmal meaning & approximately all countries tried to know the development areas of sport activities.

In the other way, third countries tried to stay out the global competitions through success in sport fields. So sport is the universal phenomenon & by its development, all people benefits of it in a society. So preparing the essential areas for growing it is considered as national task (Mehrbani, 2006). Also people welcoming of sport for all & state & nonprofit organizations’ attention to this subject is considered as social event. However sport for all is one of the main factors in health security & life quality, but people participate in sport for all based on the culture, attitudes, believes, & also personal characteristics (age, gender & job) (MolayeeKohi, 2005).

In the other way, sport for all is caused to participations of state & non-state organizations, these participations & investments are done in various reasons, so sport for all must be surveyed in different aspects & women’s participations sport for all are considered as important aspect.

The development of sport for all depends to the different management & schematization in different countries & the most important that must be pained attention to this part in the political part & planning for sport & these things are considered as priority of society of sport of all that the people's interested & tends were not essential for sport for all to knowledge & planning it although different aspects must be surveyed in micro & macro, one of the aspects is familiar to personal characteristics & motivations that do these kind of activities, know the goals & motivations participations of sport for all can be prepared suitable conditions & facilities in the different social organizations, staffs, youth, retries & women (Ramezani, 1994).

Ramezani (1994) studied on sport for all of 500 persons in 5 areas of Tehran; north, south, east & west that has goal was persons' motivations classified & comparison & showed that obtaining joy and pleasure arousal and orientation (88.2 percents) is the first factor of motivations to participation in sport for all.
Sheikhoeslami (1997) stated that the most important persons' motivations of participating to sport classes were improvement physical pain, keeping health, decreasing the mental diseases & life pressures. Rozbahani (2000) compared "some women's characteristics who participated in the sport for all (clubs, foothills & parks)". The results showed that the women's most participations in sport for all in Tehran related to the 30-40 years old, married with diploma & lower than diploma & spouses with the same education self-employed or a housewife who has a home near their physical location. Jafari (2001) studied on the “cultural factors of women’s tend to sport in Tehran”, they stated their reasons to sport; paid attention to the physical & mental health, fitness & get rid of home conditions & also they stated that cultural & social limitations of women’s participation in competitions & public sport activities & failure to properly inform the sport for all were the most important factors of lack of women’s tendencies to sport for all.

Stetd (1983) studied on the 2500 Germanic men & women tendencies to sport for all & the results showed that; women had low motivations to participate in sport for all than men.

Women’s goal of participating in sport for all was fitness.

Tompson and Steven price (1989) studied on the students’ active priority activities in leisure times (specially sports) in Dallas city, Texas, among 598 students & they stated that students’ goal, who participated in the active leisure activities, was; staying in the fitness condition, keeping the mental balance & also accepted by society.

Groven and Raviv (1995) studied on the motivation participation in sport activities in different ages in Israel & showed that youth & elders’ had different motivations in sport for all activities, their motivations were health, action, fitness & youth’s motivations were joyless & resolution the emotional needs.

Farasat et al., (1997) did research on the “motivations which caused to interested people to the sport schedules”

Other researcher that done by Kilpatrick, Herbert & Bartholomew that they surveyed on the students’ motivation in participating in the physical activities & boys & girls’ motivations differences of sport & exercises participations. The results showed that boys’ participation goal was intrinsic motivation such as joyful & pleasure & the girls’ goal was extrinsic motivation such as personal appearance, decreasing the weight & stress.

Lynn (2006) studied on the general three dimensions of participations motivations in sport activities & stated that these three dimensions included; first: analysis several factors that obtained complete factors that included; skill development, healthy, team dimensions, competitions & recreation. Second; the people stated that there were several motivations for them that were so important than others.

In general, this research tried to bellow questions by studying on the level of citizens’ motivations in sport for all activities;

What are the personal motivations to participation in sport activities in different areas of Khoramabad? Do different participation motivations among different persons in various areas?

MATERIALS AND METHODS

Methodology
This research was descriptive & correlation method.

Population
Current population included all persons in Khoramabad that they were 1791069 based on Statistics and Planning Organization in 2014.

The sampling was simple randomly & the questionnaires was distributed & filled by respondents in 5 areas; central, north, east, south, west & in the sport places & parks & …

Measurement Tools
The measurement tool was questionnaire that made by researcher which had 47 questions.

Statistic Method
For deductive statistic was used Pearson correlation coefficient test, 2 independent samples test, for surveying & effects of effective factors on Khoramabad Citizens’ motivation for participating in the sport
for all & ranking the effective factors was used Manovariance analysis test. For statistic calculation & doing all calculations was used SPSS 22 software.

RESULTS AND DISCUSSION

Findings
There were not significant differences between citizens’ motivation dimension, “physical approaches”, to participation in sport for all activities in fivefold areas.

In following studied on whether there were not significant differences between citizens’ motivation dimension, “physical approaches”, to participation in sport for all activities in fivefold areas or not;

Table 1: Test of mean comparison of physical approach in five areas

<table>
<thead>
<tr>
<th>Surveying on the difference between physical approach mean Total sample</th>
<th>Statistic index</th>
<th>Total squares</th>
<th>Mean square</th>
<th>F</th>
<th>P-value</th>
</tr>
</thead>
</table>

Regarding to the table (1) result the 1 hypothesis is declined (the p-value is equal of zero & F value), so at minimum the means of two areas are different from each other in term of physical approach dimension. In 2 table can be seen these kinds of differences, there were significant differences between means of physical approaches dimension in central, north, east, south, west areas in Khoramabad that there were highest significant difference about 0.586 between means of East & West Khoramabad.

Table 2: Physical approaches dimension means comparison in five areas

<table>
<thead>
<tr>
<th>Statistic index area</th>
<th>Mean difference of two areas</th>
<th>P-value</th>
<th>Confidence level</th>
</tr>
</thead>
</table>

Was there significant difference between citizens’ physical approach tendencies to sport for all & gender in fivefold area?

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Regarding to the results of table, third hypothesis is declined (p-value is equal to 0.024), so there was significant difference between gender & physical approach. It means that women’s & men’s tendencies participation in sport for all were different from each other & women’s goal was physical approach more than men.

<table>
<thead>
<tr>
<th>Surveying on the gender &amp; physical approach</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>P-value</th>
<th>Statistic</th>
</tr>
</thead>
<tbody>
<tr>
<td>men</td>
<td>168</td>
<td>3.5387</td>
<td>1.06734</td>
<td>0.024</td>
<td>-2.266</td>
</tr>
<tr>
<td>women</td>
<td>222</td>
<td>3.7297</td>
<td>0.57683</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

RESULTS AND DISCUSSION
People regard to the level of fitness, & level of illness, suffer from diseases & …. Their motivations are different & the men & women’s motivations based on their goals were different. There were most researches about it that the goals of sport were surveyed regarding to the physical approach. Jafari (2001), Ramezan (1993), Shiri (2007), Sheikh (1997), Koivala (1999), Thompson (1989), Norton (2002) & Raviv (1995) & other researchers stated that the first priority of persons to participate in sport for all were health, fitness & stay away from the illness that all these factors depended to the physical approach also Sted (1983) stated that women’s showed lower motivations to participate in sport for all than men.

Also women participate in sport for all with fitness. Jafari (2001) & Ramezani (1993) & Koivala (1999) stated that women more than men exercise for fitness physical approach. Drive (2006) showed that the one of the most important motivation of participation in sport were; keeping health, like to activities, fitness & joint mobility. The results of current research were same as above researches with same goals; physical health, obtaining physical benefits, so can be said that sport is considered as healthy tool to physical health & also obtaining happiness& it is a reason to avoid the risk of many diseases such as hyperlipidemia and hyperglycemia and the fight against obesity (Jalali, 2009).

REFERENCES


