

Research Article

THE COMPARISON OF THE STATUS OF PHYSICAL ACTIVITY AT LEISURE TIME AMONG LOW-INCOME AND HIGH-INCOME GROUP OF ADOLESCENT GIRLS AND UNDERSTANDING THE CONSTRAINTS OF GUIDANCE SCHOOLS IN URMIA CITY

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ABSTRACT

The main objective of this study was to compare the status of physical activity at leisure time among low-income and high-income group of adolescent girls and understanding the constraints of guidance schools in Urmia city. The present research is applied in terms of objective, and it is descriptive –measuring in terms of topic and research questions. Data collection tools included a questionnaire. Face and content validity of the questionnaire was confirmed by physical education professors. The internal reliability of the questionnaire was obtained through Cronbach's alpha ($0.82 = \alpha$) and reliability was calculated through correlation coefficient ($r = 0.85$), respectively. The statistical population of the study consisted of 11465 teenage girls in schools of the Urmia city in academic year (2013-2014). Cochran formula was referred to determine the sample size and it included about 372 people. Random sampling method was used to select a sample people. Data analysis of the research was performed by using descriptive statistics techniques (frequency, mean and standard deviation) and inferential statistics (one-sample t test, t for two independent groups, ANOVA and Scheffe post hoc test). The results showed that the girls of high-income families were more physically active than the girls of low-income families. Physical activities of girls who have illiterate parents were less than the physical activity of girls who have literate parents. And it also exists between physical activity of girls who have athletic parents and the girls, whose parents have no athletic history.

Keywords: *Leisure Time, Physical Activity, Adolescent Girls, Parents, Citizens with Low Income, High-Income People*

INTRODUCTION

Leisure time can be said as the most important and the most pleasant time of human beings, this is the time of worship between the believing people and the God, the moments of meditation and thinking for learned people, and it is the time of innovation for artists. At the same time it is the most boring time for somebody. Humans' activities are mainly of two main parts. Activities of job and leisure time, leisure time is a part of the hours or moments in which a person without feeling of compulsion, work, and the biological needs do activities such as playing games and entertainment that will lead to satisfaction. Leisure time is a part of life that can cause human growth and development or crime and aberrance of the community. Teens in every country are the future of that country. Habits and ways of spending their time provide the grounds for future activities in the community. The method and students' way of life of in terms of influence on the fate of the country should be studied further. What is certain is that Leisure time both in terms of quality i.e. how to spend it and quantity i.e. its duration among low-income and high-income people has differences, and these differences will be increased if gender are added. Most female schools in the city of Urmia are facing a severe shortage of sport equipment and facilities due to the lack of attention to girls' physical education and athletic fields and leisure time isn't even meaningful for most students of low-income group. Students of high-income group deprive of it because of gender. But still we can say that their income has a significant role on leisure time and kind of activities. Safe sport and recreation is one of the ways that can cover Leisure time of people especially teenage girls and reinforce many physical weaknesses and shortcomings. Sport and physical education is considered as one of the student's leisure. So that after the study in first place among students (Serin *et al.*, 2008). The interests of

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boys and girls in things like going to clubs and stadiums, watching TV and listening to radio and music were almost equal and the majority of boys and girls interested in doing things in their spare time. Of course, girls are more dissatisfied with not being enough sports space or their families' dissatisfaction with their engaging in some sports than boys (Rvdz *et al.*, 2007). On the other hand, choosing activities such as walking at leisure-time doesn't have relationship with the class of people, rather individuals become interested in this activity according to personal interests and environmental impacts and they do this activity in free environment or do indoors with respect to the existing facilities (Mahdipour, 1993). This point should also be noted, that the adolescents who have a family with a better life and greater security engage freely with added incentive in all kinds of physical activity in their leisure time because these young people aren't concerned about the costs of some of these sports classes. And this is the effect of income on leisure time of teenagers. It means that in addition to interest and adequate time, income affects on leisure time of adolescents and children of high-income people may have more freedom of choice. Leisure time along with great merits can be a factor of deviations and committing errors due to human neglect. Therefore, no plan for leisure leads a person whether to complete confusion without any positive attitude or provides background unhealthy relationships for him. Tondnevis (2001) in a study entitled the status of exercise on women's leisure time described the degree of leisure and the relationship between leisure satisfaction, the number of children, education level, and he found that: there is a significant difference between women with different educational levels in terms of satisfaction with how leisure time is expended and the amount of weekly exercise. Findings of Post hoc test showed that the amount of exercise of illiterate people are less than the people with the degrees of under diploma, diploma, associate degree, bachelor's, master's and PhD. Razavi and Psrklv (2013) conducted a study on women working in Amol and they achieved these results that there is a relationship between demographic characteristics and spending sport leisure time. Hosseini *et al.*, (1392) in a research conducted on the students of Mazandaran province and they found that their level of sports participation is in the average and students were from non-active lifestyle. The results showed that there is a meaningful and positive relationship between students' participation in physical activity, leisure time and quality of life. Easter *et al.*, (2008) in a study entitled the relationship between socio-economic status and participating in physical activities of leisure time concluded that there is a relationship between the income of people and how they spend their leisure time, thus high socio-economic level, easier and better access to sports and recreation and entertainment, a higher level of security and comfort, beauty and even more resources have been considered for physical activity. George *et al.*, (2011) in their study found that personal artistic tasks and activities during leisure time were important for girls, while boys are more involved in sports, computer and watching TV. Pekmezovic *et al.*, (2011) in their research at the University of Belgrade came to the conclusion that the highest scores of quality of life is related to physical function and medical students had the lowest score among students on this scale. Also, students who lived with their families greatly participated in physical activity in their leisure time. Ohinmaa and Yvglrz (2012) in a study concluded that students further performed non-sporting activities and the results also showed that students who physical activities were more likely interested in reporting better scores related to health and quality of life. Since our country is in line with the youngest countries in the world, directing and creating facilities for spending leisure time of adolescents and the youth can have a significant and constructive role in the formation of their personalities in the society. Several studies have shown that the spread of deviational recreations in many Western countries and in some developing countries is due to the lack of recreational facilities, lack of knowledge, lack of proper planning as well as implementation of incorrect social and economic policies in this regard that has led many adolescents and young people to the unhealthy entertainments. Many of the severe cases of misconduct among adolescents and young people are due to lack of proper planning for leisure time. The benefits of leisure time can be increasing happy spirit of female students that causes increasing self-esteem and academic achievement.

Data Analysis Method

In this study, different methods were used to analyze the data. In general, indexes such as tables and graphs of frequency distribution, mean and standard deviation were used at the level of descriptive

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statistics, and at the level of inferential statistics, tests including one sample t test, t-test for two independent groups, ANOVA, Scheffe's test were employed.

Table 1: Results of Scheffe's hoc test (Comparison of physical activity in adolescents on the basis of parents' education)

Scheffe	Number	Education
= 0.05		
3.1778	54	Illiterate
3.1860	118	The diploma –under diploma
3.2354	141	Associate Degree - BA
3.2388	59	Graduate
.035		Significance level

Results Table 1: According to means comparison and their order shows that teenagers whose parents are illiterate have the least physical activity and the teenagers whose parents have post-graduate education have the most physical activity.

Table 2: Results of the t test for two independent groups around comparison of parental employment and physical activity of teenagers

Significance level	Degrees of freedom	Sample T	Standard deviation	Mean	Number	Employment Status	Variable
.314	370	-1.009	.42885	3.1780	169	Employed	Employment of parents
			.45537	3.2336	203	Unemployed	

Given that t value at 0.05 ($P > 0.05$) wasn't significant. Then there is no significant difference between employment of parents and teenagers' physical activity.

Table 3: Results of analysis of one way ANOVA on the comparison of teenagers' physical activity in terms of family income

Significance level	F	Mean squares	Degrees of freedom	Total squares	Variable
.004	4.493	.852	3	2.556	Variance between groups
		.190	260	49.301	Variance within groups
			263	51.857	The total variance

Based on these results, the F-value is equal to 4.493, and significant level was $S = 0.004$ ($P > 0.05$). Since the F-value was significant at 0.05, it can be said that there are significant differences between family income and physical activity of teenagers.

Table 4: Results of the t test for two independent groups on comparison of parents' history of sport and teenagers' physical activity

Comparison of parents' history of sport and teenagers' physical activity

Significance level	Degrees of freedom	T	Standard deviation	mean	number	Employment status	Variable
.003	370	2.072	.42181	3.2110	167	Athlete	history of sport
			.49604	3.9071	205	Non-athletes	

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Since the value of t was significant at 0.05 ($P < 0.05$). Therefore, we can say that there are significant differences between parents' history of sport and teenagers' physical activity. The results of this study were consistent with (Mehrdad, 2011). The results of the hypothesis suggest that the employment or unemployment of female teenagers' parents isn't a determining factor for teenagers' physical activity. In other words, it means that parents, even if they have jobs or, conversely, are not a barrier to teenagers' physical activity. The results of the research are consistent with Mehrdad (2011). As it was predicted there is a significant difference between family income and teenagers' physical activity. The results of the research were consistent with Mehrdad (2011). The results of the study show a harsh reality, that is, whether teenagers do physical activity or not, they are affected by their family income and there is a significant difference between parents' sports history and teenagers' physical activity. The results of this study were consistent with Nelson (2004). Investigating the results of this hypothesis, we understand the fact that teenagers parents' familiarity with sport whether amateur or professional increases the probability that these teenagers exercise and do physical activity. Modeling and social learning of female teenagers from parents is a sufficient reason for this. Considering many benefits of physical activity for all ages, it is recommended that parents as possible as to include exercise in their daily schedule to encourage teenage girls to do these kinds of activities.

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