

INVESTIGATE BARRIERS TO PARTICIPATION OF WOMEN AND GIRLS ON RECREATIONAL SPORT ACTIVITIES ON TEHRAN CITY

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ABSTRACT

The main purpose of this study was to investigate barriers to participation women and girls on recreational-sportive activities on Tehran city. The sample of this study consisted of 300 women from district 8 Tehran city that selected through simple random sampling among 188617 women. The questionnaire that used at this study was Sayadifar Physical Activity Participation Barriers in which consisted of 22 items. The results of this study indicate that barriers to participation are include structural and transportation, intrapersonal, family and abilities, timing and facilities, cultural, physical and psychological barriers.

Keywords: Barriers, Sport Participation, Women and Girls, Recreational-sportive Activities

INTRODUCTION

At present, the promotion of physical exercise has become one of the Government's main objectives with respect to public health. This is due to the fact that, among the goals to be achieved by the Government, is the prevention of the illnesses caused by sedentary (Patrick *et al.*, 2001), as well as the boost of a healthy and suitable lifestyle (Tuero *et al.*, 2001) and is linked to the health and quality of life of the person (Gómez *et al.*, 2009). Physical activity practiced on a regular basis is associated with a great amount of physical, psychological and physiological benefits (Biddle, 1993), and plays an exceptional role in preventing a variety of illnesses. Leading sedentary lifestyle, on the contrary, is closely connected with the pathologies mentioned above and can become a serious health problem both in childhood and in adolescence (Roberts, 1991). Even in adolescences (Park and Kim, 2008) there is a rise in the disregard of a healthy lifestyle and a decrease in the practice of moderate to vigorous physical activity (Bray *et al.*, 2004; Han *et al.*, 2008; Sinclair *et al.*, 2005). This becomes a critical moment for the promotion of physical activity; mainly among women (Han *et al.*, 2008; Pintanel *et al.*, 1999; Sanz *et al.*, 2006) who start to reduce their level of physical-sport practice from 11/12years old (García, 2001). It is important that the necessary steps are taken in order to deal with this problem. The lack of adherence to daily physical exercise is considered to be one of the main obstacles when promoting healthy and active lifestyle. This is because many people starting physical exercises tend to find some degree of difficulty not only in continuing with the activity undertaken but also practicing it on a regular basis. Perhaps, as Garcia (2001) highlights, the complexity of our modern social life and each person's personal development have to be blamed for this as many people do not abandon the activity for life and reengage in it when they have the opportunity, in its double dimension, social and personal, that is to say, we could talk about sport itineraries (García, 2001; Puig, 1996). A few of the women described their experiences as racism or discrimination, for example being unable to participate in a walking group for fear of public verbal abuse, or being deliberately excluded from teammates in organized sport. Although experiences like these were identified by only a minority of women (confirming the perspectives of the stakeholders interviewed in Stage Two of the project, see Cortis and Muir (2007) they had profound effects on those involved, causing them to withdraw their participation or change their chosen sports. Although a few women had experienced racism, the women more commonly experienced subtle and indirect socio-cultural barriers to their participation, as cultural notions of female physicality and dress for example clashed with the norms and requirements of sporting organizations. Some researchers investigate the barriers of women's participation in sport. Juarbe *et al.*, (2002) suggested that physical problems and lack

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of time are the main barriers to participation of latine ameriacn women. Daskapon *et al.*, (2006) showed lack of time, social support, resource, exhaustion and a motivation are important barriers to student's participation on sport. Cindy (2008) found that reaching to health as well physical conditioning is the most factors to participate sport among 30-59 years old women. Vaughan (2009) indicates that physical disease, inability, pain, exhaustion, lack of motivation and anxiety are the main barriers to middle age women to participation on sport. Therefore, the main question of this study is that what the main barrier to participation in sport for women and girls?

MATERIALS AND METHODS

Participant

The sample of this study consisted of 300 women from district 8 Tehran city that selected through simple random sampling among 188617 women.

Measures

The questionnaire that used at this study was Sayadifar Physical Activity Participation Barriers in which consisted of 22 items. This scale contains 6 subscales such as structural and transportation, intrapersonal, family and abilities, timing and facilities, cultural, physical and psychological barriers. Alpha Cronbach coefficient for subscale was 0.73, 0.77, 0.75, 0.74, 0.67, and 0.63.

Methods

The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, frequency, SD and table drawing. Also, KMO and exploratory factor analysis by using T-Value and also One- sample T analysis were used. For analyzing data the SPSS and LISSREL software was applied.

RESULTS AND DISSCUSION

As table 1 indicates the highest mean is belonging to items 11 and 14 and the lowest mean is belonging to item 2.

Table1: Mean and standard deviation of questionnaire items

Item	Mean	SD	Item	Mean	SD
1	2.49	1.35	12	2.84	1.34
2	2.1	1.08	13	2.51	1.28
3	2.29	1.21	14	2.34	1.28
4	2.71	1.21	15	2.67	1.26
5	2.46	1.21	16	3.09	1.33
6	2.96	1.3	17	2.44	1.31
7	2.84	1.32	18	2.68	1.39
8	2.77	1.31	19	2.6	1.38
9	2.8	1.31	20	2.75	1.36
10	2.56	1.37	21	2.68	1.32
11	3	1.4	22	2.13	1.25

Table 2: Correlation between items and questionnaire subscales

Subscale	Item	Relationship	Coefficient of determination	T-Value	Result
	4	0.72	0.51	8.37	Confirm
Structural barriers	18	0.66	0.43	9.46	Confirm
	21	0.67	0.44	9.32	Confirm
Intrapersonal barriers	5	0.80	0.64	6.41	Confirm
	13	0.76	0.57	7.82	Confirm
family and ability barriers	6	0.75	0.56	8.39	Confirm
	8	0.75	0.54	8.6	Confirm
	16	0.67	0.46	9.58	Confirm
timing and facilities barriers	1	0.80	0.64	6.41	Confirm
	9	0.76	0.48	9.21	Confirm
	15	0.823	0.56	8.06	Confirm
Cultural and social barriers	3	0.80	0.30	10.17	Confirm
	14	0.739	0.35	9.9	Confirm
	17	0.70	0.36	9.81	Confirm
	19	0.731	0.30	10.36	Confirm
physical and psychological barriers	2	0.75	0.64	5.8	Confirm
	22	0.71	0.47	8.86	Confirm

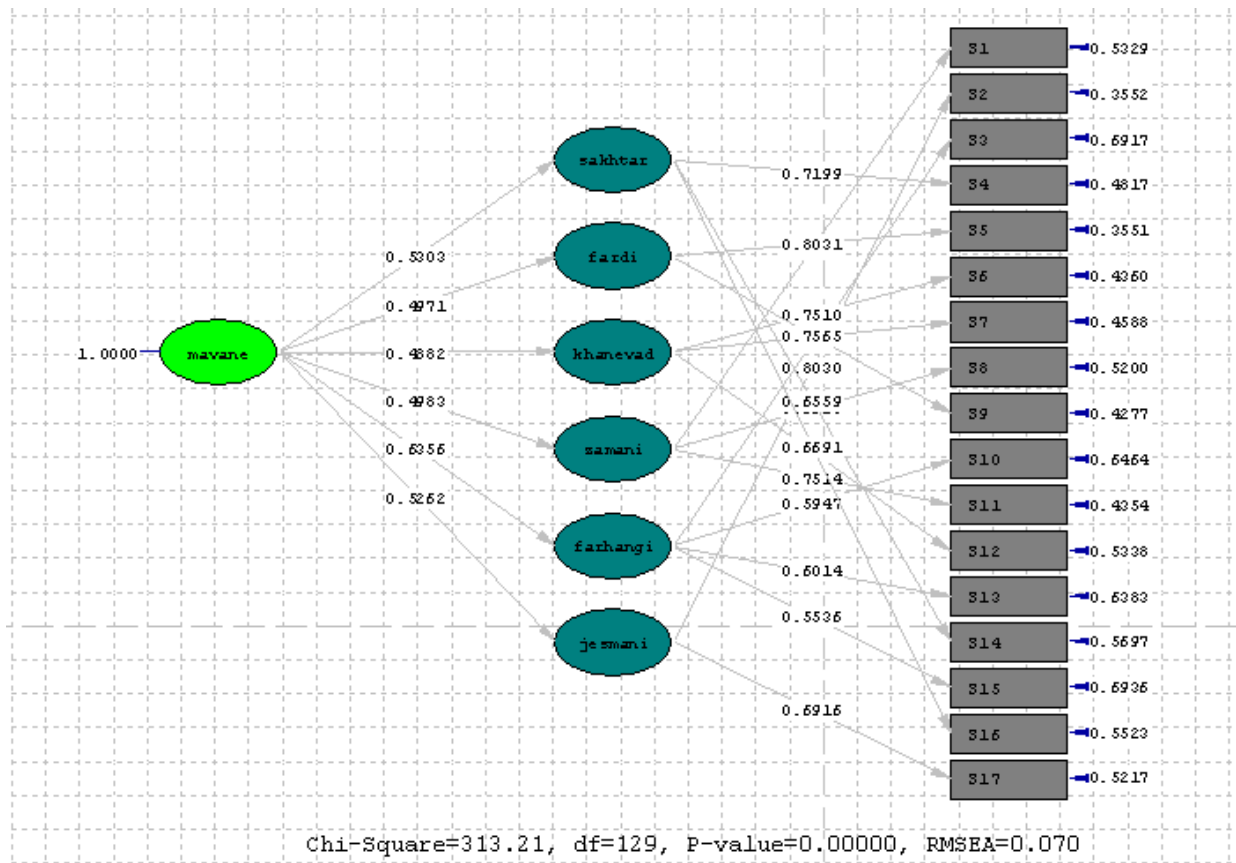


Figure 1: Confirmatory factor analysis of women participation: Correlation between subscales and items and the concepts of barriers to sport participation

Conclusion

The main purpose of this study was to investigate barriers to participation women and girls on recreational-sportive activities on Tehran city. The results of this study indicate that barriers to participation are include structural and transportation, intrapersonal, family and abilities, timing and facilities, cultural, physical and psychological barriers. The first barrier was structural such as sport facilities and settings, transportation, security of sport facilities that this result and barriers is consistent with the findings of Daskapon *et al.*, (2006). Also, this finding is inconsistent with the findings of Vaughan (2009) that suggested other factors such as physical disease, inability, pain, exhaustion, lack of motivation and anxiety are the main barriers to middle age women to participation on sport. The possible reason to this inconsistency could be cultural difference. The second barrier is intrapersonal such as lack of motivation, uninteresting to sport and recreational activities. This result is line with Daskapon *et al.*, (2006) and Vaughan (2009). This result also, is inconsistent with the findings of Juarbe *et al.*, (2002) and Cindy (2008). The possible reason to this inconsistency is different attitudes toward sport and recreational activities among women. The other barrier to participate in sport and recreational activities for women in present research was family barriers. This barrier included lack of time and appropriate planning and also family income level and high expensively sport clubs. This result is consistent with previous research findings such as Juarbe *et al.*, (2002) and Daskapon *et al.*, (2006). The next barrier to participation is timing and facility barrier that is consistent with the findings of Daskapon *et al.*, (2006). The last barrier to participation is physical and psychological that this result is consistent with Vaughan (2009) and also inconsistent with Cindy (2008). Given that important roles which women is play in society and families it suggest to sport and social organizations to solving these barriers.

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