

Research Paper Received Aug. 14, 2015 Revised Sep. 18, 2015 Accepted Sep. 27, 2015

Effective Obstacles on Women Participation in Student`s Sport activities in Qeshm Azad University

Hanieh Jahedi*¹ and Ahmad Torkfar²

1. Department of Physical Education, College Of Humanities , Bandar Abbas Branch, Islamic Azad University, Bandar Abbas, Iran
2. Department of Physical Education, College Of Humanities, Shiraz Branch, Islamic Azad University, Shiraz, Iran

*Correspond author: Jahedi H.

Abstract The Current research has been done in order to identify and Study effective obstacles on Participation of female Students of Qeshm Azad University in Sport activities. The research is practical (regarding it`s objective, descriptive regarding it`s Strategy) and is Surveying regarding it`s Performance route. The research`s data has been Collected on Field. The Statistical Society includes Female Student`s of Qeshm Azad university in 2014-2015 (N=1675) and volume of research Society was 313 Person using Morgan Sampling table. The Sampling method in this research was Simple random Sampling. The Sampling tool was a Questionnaire with 30 questions and it`s validity was Verified by 8 specialists in Sport Studies. Stability of the Questionnaire obtained by execution of it on 30 Person of the research Society, and Cronbach`s alpha was $\alpha=0.88$. In order to analyze the data in this research, Kolmogorov - Smirnov test, exploratory Factor analyze, One Sample T-test, and Friedman test were used by SPSS Software (Ver.22) , The Structural equations were used by LISREL Software. 5 Components, including economic, Personal, family and Social obstacles were identified by exploratory factor analyze. Also, One Sample T-test Showed that all the identified Components play a Significant role in sport activities. The Qeshm Azad university Staff Should inform the Female Students about the Ongoing Sport Programs in the Campus by using targeted Promotions and publishing news about the So called activities.

Keywords: Women participation, Sport activities, Female Students, Qeshm Azad University.

Introduction

As mentioned before, half of Iran's population are women. By looking at Iran's Contemporary history we can See Women's Widespread presence in different political, Social, economic and Cultural areas. This Presence has Weekend in Some Periods, but the Women's Presence in iran's Social developments and their dynamic role is inevitable. One of these areas that we See Women's Presence is Social Participation.

Social Participation is a general Category that regardless of it's materialistic benefits is been analyzed, Although it can also have materialistic benefits.

The Participation is a good Context for involving People including Women in decision- making- Programming and evaluation Since Specialized Work Forces Can play a Significant role in increasing efficiency, So, To See more Women Present in decision making Levels, Social Participation Context and activating them is one of essential Ways (Ehsani & Azabdaftaran, 2003). In Mohsen & Jarallahi research (2003) about Social Participation, Women's Social Participation Was less than men and men had more Participation with Cultural and Scientific groups and

Society. Today, Women's Participation in different Social activities is one of their Social rights, but there are many Social and Cultural obstacles in this road. Woman's Participation in Sport has a great importance because of its impact on Society's health (Naghdi, et al. 2011).

Today, despite increasing presence of women in social areas, their Participation in Sport activities is limited.

According to vital role of Sport in Women's health as Society's mothers and consequently children's, this issue should Study and basis for their Presence in Sport areas Should be Prepared (mirghaFori et al. 2009).

Today, Sport as a multidimensional tool has a Widespread effect on different areas. These days, Sport has played its role on People's health. Researchers Showed, People who exercise regularly, Suffer less heart diseases.

These People also are more optimistic about life and get less depression.

Indeed, today People's motivation to get involved in Sport activities, is not reaching the Olympics 'Slogan (Faster, higher and Stronger) but getting more healthy and involving in more Social relations and getting away From diseases are the main reasons to Participate in Sport activities. Women's Sport is one of The main issues in Sports Studies. Researches Show that Sport activities have deep effects on Pregnancy, breast and also on elderly ages. Despite important role of Sport in Women health, Iranian Society has not understood the importance on girls as Future mothers of the Society. In other Words, immobility of girls and Women means excluding one of the most important parts of the Society From health and Physical and moral hygiene, that may Cause irrecoverable losses For the Whole Community.

Therefore it is necessary that the responsible individual provide the needed conditions to increase the presence of women in sport activities. In this regard, there should be more preliminary studies to identify and remove the problems (mirghafor,etal,2009).

This research is to use the theoretical background in order to cover the research subject and analyze the effective obstacles on women's participation in sport activities at Qeshm Azad university by questionnaire and determine the effect of social, cultural, personal, family and economic components and present the needed solutions. It's worth saying that all physical activities that cause mobility and health among female students are considered as sport activities. The question that the research is going to answer is that if the existing obstacles affect on female students participation in sport activities?

Methodology

This was a semi-experimental study with pretest, posttest. The participants consisted of both Research method: The research method is descriptive and the objective is practical. It's also a survey research that by using field method, and questionnaire the effective obstacles on women participation in sport activities of female students of Qeshm azad university is been studied.

Statistical sample and population : The statistical population of this research are female students of Qeshm azad university in 2014-2015 academic year that according to available information. Their number is 1675 persons who are studying in different majors in this university. The sample size was determined to be 313 persons. These persons were selected by simple random sampling.

Data collection tool: In the questionnaire, for personal properties. (Marriage, grade, field of study, occupations, family income, personal income) and in the second part, the effective obstacles on

women participation in sport activities which measured 5 components, including social components (item 1-10)

Cultural components (item 11-15), family component (item 16-19), personal components (item 20-27), economic components (item 28-33), was created and after validity and stability verification was used.

Validity and stability: 8 sport management experts shared their view on validity of the questionnaire. Since cronbach alpha generally is a good index for measuring reliability of the questionnaire and internal coordination among it's items, so the questionnaire's reliability was evaluated on a 30 persons pilot which the alpha factor was %88.

The researcher, in association with some of her colleges, distributed 313 copies of the questionnaires randomly female students of Qeshm Azad University.

Data analysis: For data analysis in this research, 2 statistical methods – descriptive and inferential – were used. In descriptive part, Frequency table and measure of central tendency (average) and dispersion were measured. The related diagrams were drawn. In inferential statistics, Kolmogorov – Smirnov test was used to study normality of data. Exploratory Function analysis, one sample T-test for Studing variables role and friedman test was used to prioritize variables by spss software ver.22. Fitness of the obtained model with structural equations was used by LISREL software.

Results

Table 1, Shows the Frequency distribution and frequency presence of the research samples based on marital status. According to the table 1, 78.3 were single and 17.6 were married.

Table 1. Frequency distribution and percent of Frequency based on marital status.

| Statistical index Marital status | Frequency | Frequency Percent |
|-------------------------------------|-----------|-------------------|
| Single | 245 | 78.3 |
| Married | 55 | 17.6 |
| Unanswered | 13 | 4.1 |
| Total | 313 | 100 |

Table 2. Frequency distribution and Frequency Presence based on family income.

| Statistical index Family income | Frequency | Frequency Percent |
|------------------------------------|-----------|-------------------|
| Less than 500000 | 6 | 2 |
| 5.1-1 million | 45 | 14.4 |
| 1-1.5 million | 119 | 38 |
| 1.5-2 million | 78 | 25.9 |
| 2-2.5 million | 32 | 10.2 |
| More than 2.5 million | 11 | 35.1 |
| Unanswered | 22 | 0.7 |
| To tal | 313 | 100 |

According to table.2 most of the Frequency belongs to 1-1.5 million income with 38%.

Hypothesis No.1

Null hypothesis: Social obstacles play a significant role in women Participation in sport activities.

Table 3. One sample T-test results

| Variable | mean | Assumed mean | Degrees of Freedom | T-statistic | Sig. |
|------------------|------|--------------|--------------------|-------------|-------------|
| Social obstacles | 3.39 | 3 | 312 | 15.25 | 0.01 |

According to table 3. Social obstacles in women participation in sport activities play a significant role ($t=15/25$, $p< 0/05$). And due to positivity of T and the mean been higher than the assumed mean. This role is positive. So the null hypothesis is rejected.

Hypothesis No.2

Null hypothesis : Cultural obstacles play a significant role in women participation in sport activities.

Table 4. one sample T-Test

| Variable | mean | Assumed mean | Degrees of Freedom | T-statistic | Sig. |
|--------------------|------|--------------|--------------------|-------------|-------------|
| Cultural obstacles | 3.61 | 3 | 312 | 18.19 | 0.01 |

According to table.4, cultural obstacles play a significant role in women participations in sport activities. And due to positivity of T and the mean been higher than the assumed mean, The above mentioned role is positive, so the null hypothesis is rejected.

Hypothesis No.3

Null hypothesis: The obstacles of Women Participations in sport activities do not have a meaningful priority on each other. The Friedman test was used to prioritize the obstacles of women participation in sport activities. The results were shown in Table, 5.

According to the results, a significant priority was observed between obstacles of women participation in sport activities.

Table,5. Friedman test results

| | |
|-------------------------|---------------|
| Number | 313 |
| Chi-Square Statistic | 234.17 |
| Degree of Freedom | 4 |
| The significance number | 0.01 |

Table 6, also shows priority of the obstacles of women participation in sport activities.

Table 6. Prioritization of obstacles of women's participation in sport activities.

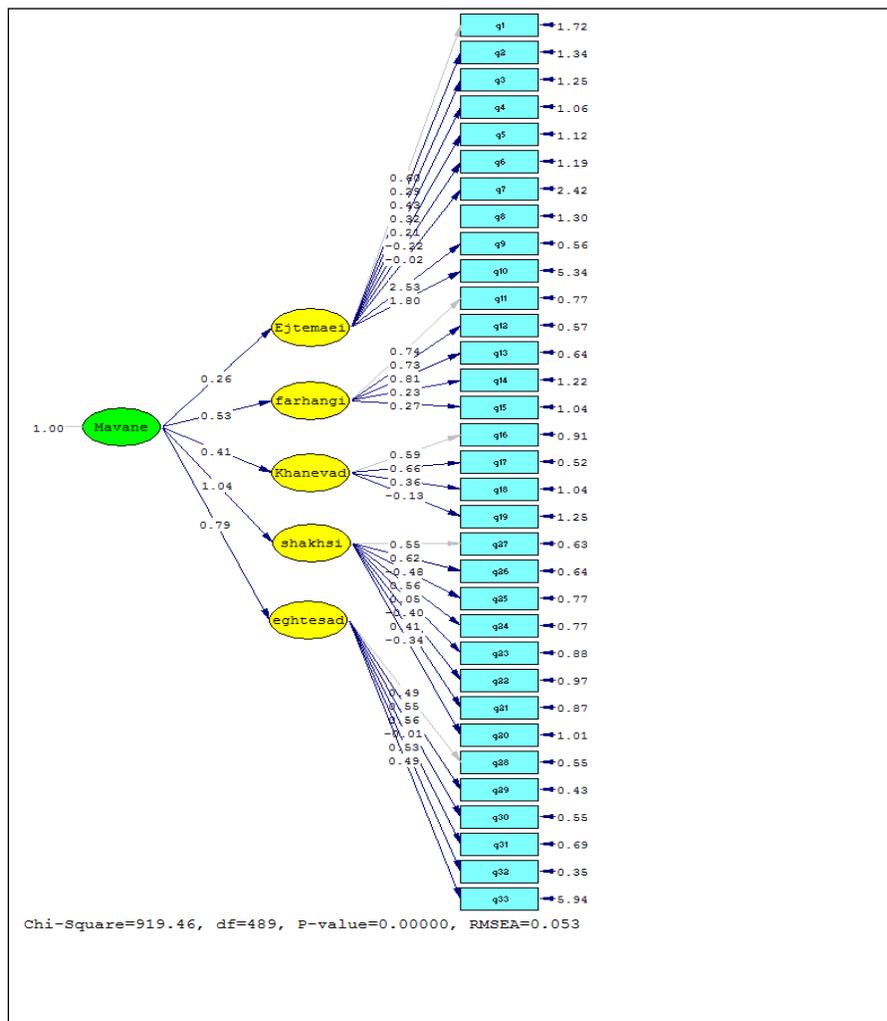
| Rank | Factor | Rank mean |
|------|----------|-------------|
| 1 | economic | 4.10 |
| 2 | personal | 2.98 |
| 3 | Cultural | 2.91 |
| 4 | Family | 2.76 |
| 5 | Social | 2.24 |

According to table.6, economic factor has the highest rank among the obstacles of women’s participation in sports activities. Personal factor is in the second priority, cultural, Family and social Factors are next in priority line.

Hypothesis No.4

Null hypothesis: Model of effect of obstacles of women’s participation in sport activities, does not have a good fitness.

To Answer this question, Structural equations were used by LISREL software. The output was determined in figure,1.



Figure,1. Research model

Looking at Figure,1. the chi-squared is 919/46 and degree of freedom is 489, so the χ^2 / df is less than 3 (1/88) in LISREL output Which Shows good fitness of the model. Also, root mean square

error in the model is %53 which should be less than %8 (in some sources it's said to be %1). The LISREL output also showed that RMR should be less than %5 Which in the model is %23. The CFI, NFI, AGFI and GFI components should be also more than %9 Which in the model are 90%, 93%, 92% and 98, respectively. According to index and outputs of LISREL. We can say that the data are coincident with the model and the presented indexes confirm the conclusion that the model overly is a good model and experimental data are coincident with the model as well. However, it should be considered that based on one questionnaire, we can not have a model showing the effect of independent variable on dependent variable.

Discussion

The research findings regarding description of personal characteristics of research sample are as follows : Regarding family income, the highest frequency belongs to 1-115. Million Tomans with %38 and the Lowest belongs to 500000 Tomans with %2. One of the obstacles preventing women from participation in sports activities is social obstacle. One sample T-test Showed that Social obstacles have a significant role in Women's participation in sport activities ($= 15/25, p < 0/05$) and due to positivity of T and the mean been higher than assumed mean, this role is positive.

In simple terms, Women face some social obstacles in participating in sport activities. The Findings are in line with Motmeni, etal (2014), Ghahremani, etal (2013), Naderian, Jahromi and Hashemi (2009), Walseth and strandbu (2014) and Nathan (2015).

Motmeni, etal (2014) said in their research that the officials negligence toward women's sport, is the most important factor in social obstacles Facing women's participation in sport activities. Also, Ghahremani, etal (2013) confirmed that one of obstacles preventing Marand city women from participating in sport activities, are social and cultural obstacles and also Naderian and Jahromi (2009) expressed the same factor as an obstacle preventing female employees of Isfahan city from participating in sport activities.

(Walseth and strandbu 2014) also studied the effect of culture and religion On young Norwegian Women's participation in sports that the results of the study confirm the effects of these factors (which are social Factors) on Women's participation. Human beings are social creature and due to living in a community, they are inevitable to observe some norms and sometimes some restrictions that affect all their life.

In Iran society and due to special culture of Iran, women whom are half of the community, Face Some restrictions and Obstacles For Participating in Sports activities, that men do not Face , and this Cause more Participation of men in Sport activities both in general or athletics Sports. For example, Women do not have a Proper Pattern in Society, because number Of Women athletes and Specially successful ones are Very limited, also, in mass media Which have deep influence on Public Opinion, have not much attention to Women athletes and there is Very Few ads For Women Sports in these medias, While in most of Public medias there are many ads For men Sports. Beside, regarding general Policy of the Country, there are Few Support for Women Sports and effects of this Support are obvious in the Sport Facilities or number of Women Sports events. One of other Social Obstacles Facing Women Is Fear of Physical damage Which exists in most of Women s minds. The Probability of Physical damage is essential Part of Sport activities and everyone Who Wants to engage in Sports activities, Should get along With this Probability, but the Point is that about the Probability of this Physical damage has been enlarged. Generally, in Current Situation of iran Society, although has been lots of developments in Women Sports but Still they Face many

Social restrictions in Sports and Physical activities. One of other obstacles that Women Face in Sports activities, Was Cultural obstacle Which one Sample T-test Showed that these Obstacles have Significant role ($P < 5\%$, $t = 18/19$). The results match and are in line With results of (Motameni et al 2014) ‘Ghahremani, etal (2013), Naghdi, etal (2011), Naderian and Hashemi (2009),Tureo, etal (2014),(Walseth and strandbu)

Asorika, etal (2014), Walseth (2010). (Motameni et al)(2014) in their research expressed that male- dominated culture, is the most important Factor in Cultural obstacles Which Confronts Women Participation in Sports activities and Ghahremani etal (2013) Confirmed that Cultural Obstacles are one obstacles Facing Female teachers of Marand City to Participate in sports activities. also, Naghdi, etal(2011) Confirmed that level Of Family`s Cultural Capital is one of effective Factors On Probability of Women`s Participation in Sport activities. also, Tureo etal (2014) in their research Confirmed the Positive effect of gender Stereotypes on Children`s Sport Participation and Asorika and (Mayer) (2012) Also Came to the conclusion that Indian Women and other ethnic minorities (immigrants) in comparison With Australian Women, do not have Opportunity to Participate on Sport activities because of Social and Cultural restrictions.

Cultural norms which exist in every society can be effective on most of life aspects. We live in a country that has a man dominated culture and this causes many restrictions for women. These restrictions are obvious in job opportunities, political participation and sports. In a country with such a culture, we can't expect that women participate in sport activities in public places, freely, because it is not accepted by men, as a good behavior by many of men and men in many public places like sport places has caused harassment of women, so the women should reconsider about their participation in sport activities according to this situation and consider these restriction in their sport programs. On the other hand, beside man dominated culture, Iran has a Islamic culture that due to religious regulations that women must obey, one of these factors, is Islamic dress, that cause real restriction for participation of women in general sport places. Even fear of damage to religious beliefs, prevent women to participate freely in sports activities. In Iran there are even pre-assumptions about women appearance and maybe this appearance seems unreasonable. To rank the ahead obstacles in participation of women in sports activities, the Friedman test was used, the finding's of this test express that economic factors have the highest rank among women's participation in sports activities.

After economic factors, the personal, cultural, family and social factors, today, we can say that almost everything is related to economic issues.

This can be also seen in Maslow hierarchy of needs. In this hierarchy, the first levels of needs are physiologic ones. It can be simply observed that in absence of economic power, even securing food, clothes and home which are among the first human needs, may be in trouble. So pursuing other needs like human interests would be even more hard. So it's rational that the most important obstacle in participation of female students of Qeshm university is economic obstacle. however, the research results created a model that traced the obstacles of women participation in sport activities in 5 dimensions –economic, personal, cultural, family and social- that by using structural equations it was determined that the model has a good fitness. It is proposed that in order to increase women's knowledge about benefits of sport and physical activities and encourage them to participate in Such activities, good social and cultural ads and holding knowledge creation assemblies by cultural department of the university to correct and improve families opinion about

women duties, and more sport events been held in the university and the event's news be more reflected in the university.

References

- Asorika. R, Mayer.n (2012), Evaluation of gender equity program implementation in Limpopo provincial department of sport, Arts and culture, URL: <http://hdl.handle.net>
- Ehsani,Mohamad.,Azab Daftaran ,Maryam(2003). Investigate the causes hindering the participation of girls in sports, Islamic Azad University. Olympic Journal. Eleven years. The 3 and 4. Pages 29-40..
- Ghahramani,Jaffar,Moharram zade,Mehrdad., Saeedi,Sheida.(2013). Barriers affecting the participation rate of women teachers in schools in three school sports activities Marand. Applied Research in Sport Management. Volume 2. (2) (6 consecutive). Page 57-66.
- Hashemi,Hajar.(2006). Barriers sport participation of women employees and offering effective solutions in the field. master thesis. Islamic Azad University Khorasgan Isfahan.
- Mirghaffori,Seyed Habbib Allah.,Sayadi Tooranlo,Hossin.,Mir Fakhredini,Seyed Heydar.(2009). Investigation and analysis of the problems affecting women's participation in sport activities (case study: students of Yazd University). Sport Management. Volume 1. number 1. Pages 83-100.
- Mohsseni,Manochehr.,Jarollahi ,Ozra.(2003). Community involvement in Iran. Tehran. Aaron deployment.
- Motameni,Alireza.,Hemati,Amin,Moradi, Hadi.(2014). Identify and prioritize the barriers facing women in sports activities. Studies Sport Management. No. 24. Pages 111-130.
- Naderiyan Jahromi,Masoud.(2009). Investigate the relationship between motivation and barriers to women's participation in Isfahan. Educational Assistant University of Esfahan. Research projects University of Esfahan.
- Naderiyan Jahromi,Masoud.Hashemi,Hajar. (2009). Inhibitory factors for sport participation of women employees in Isfahan. Studies Sport Management. Sixth year. (2) (23 consecutive). Pages 137-150.
- Naghdi,Assad Allah,Ballali ,Esmaeil.,Imani,Parvin.(2011). Cultural barriers - social participation of women in sports. Women in Development & Politics (of women). Volume 9. (1) (32 consecutive). Pages 66-149.
- Nathan A. Kent C. Kowalski, Leah J. Ferguson, Catherine M. Sabiston, Whitney A. Sedgwick, Peter R.E. Crocker. (2015). Self-compassion and women athletes' responses to emotionally difficult sport situations: An evaluation of a brief induction. Psychology of Sport and Exercise, Volume 16, Part 3, March 2015, Pages 18-25.
- Tureo, C., Gonzalez-Boto, R., Espartero, J., Zapico, B. (2014). Gender stereotypes as a determinant of participation in sports in childhood. Science and Sports, Volume 29, Supplement, Pages S20.
- Walseth K, Strandbu Å. (2014). Young Norwegian-Pakistani women and sport: How does culture and religiosity matter? European Physical Education Review ;20(4):489-507.
- Walseth, K. (2006). Young Moslim women and sport: the impact of Identity Work. Leisure studies, Vol. 25, No. 1. Pp. 75-94.
- Walseth, Katrina (2010), The role of law in promoting woman in elite athletics, An examination of four, doi: 10.1177/1012690209353088 International review for the sociology of sport, March 2010, v0l 45, No 1, 13-21.