



A Comparison of Life Quality and Life Expectancy among Participant and non-participant Women in Communal Exercise in Zone1 of Tehran

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ABSTRACT

This study aims at comparing and investigating life quality and life expectancy among the participant and non-participant women in communal sport in zone 1, Tehran. This research type is practical in terms of purpose and causal-comparative in terms of strategy. The population of the study includes participant and non-participant women in exercise classes in sport complex of sport organization of Tehran municipality, zone 1. The sample includes 169 for each group (participant and non-participant) which are 238 overall. The research tools consist of David Ivans and Koop Vindy's life quality and Snyder's life expectancy questionnaires. In data analysis process, for natural distribution of data Kolmogorov Smirnov, and for variable difference independent t-test are applied. Results show that among the life quality variables of the communal exercise participant subjects, social relationship obtained the highest mean. Considering the achieved results, it is suggested that communal exercise should be regarded as an important factor in enhancing women's life quality.

Key words: Life quality, Life expectancy, Women, Communal exercise

INTRODUCTION

Exercise and sport activities are a part of a nation's culture. Women and girls include more than half of the each country's population; however, unfortunately, their presence in sport activities is still different among the nations, though we are in the 3rd millennium. In all countries, women less than men and boys participate in exercise. In most societies, women are withheld from the equal opportunities of participating sport exercise, it is interesting to know that the existing disagreements are represented in the form of rules and regulations (Palm, 2000). Life quality is a complex and multi-dimensional concept which is considered by the welfare and social service organizations, social sciences, psychology, hygienic, medical, and physical education researchers and scholars consider it. Though its evaluation and quantifying is difficult, many scientific attempts are carried out in this field (Boghesti, 1983). Tehran is an industrial city with high air pollution and industrial life in which many of its residents suffer from inactivity and immobility that created major physical, mental, social problems. The significance of addressing this issues more apparent here, because women with unique body structure and special social position are more subject to inactivity harm. Exercise as a strategic solution, and communal sport as an affordable and pleasurable (refreshing) means can solve this issue desirably (Mirkhani,2001). This definition is presented for individual's understanding of his/her position in a context of cultural system and values and in relationship with their purposes, expectations, standards, and interests. in this regards, life quality is a universal concept which includes physical health, personal growth, psychological states, independence level, social relationship, and relation with the environment that is based on individual's perception of these dimensions (Susan, 2014).

From Snyder’s point of view (2006), hope is a positive motivational state that is based on sense of dynamism and progression and is the result of person’s interaction with the environment; in other words, hope is the capacity of notion of ability to create paths toward desirable objectives and the notion of having motivation in these paths. Badri Azarin (1393) carried out a research in which he compared life quality of athlete vs. non-athlete elderlies in the city of Tabriz. His research results are representative of effects of physical activity on the most investigated variables in elderlies. The components of performance capability improvement, discretely or synthetically, help elderlies accomplish a series of required daily movements and increase their life quality in mental and physical aspects. With respects to elderlies’ performance and social interactions, there should be effective and organized planning. Creating motivation for exercise should be with planning, emphasis on the variety in activities, reinforcement of positive points, and using creative and innovative plans to increase their life expectancy (Badri Azarin, 1393). Choi et al (2012) in a research investigating the relationship between life quality and mental health in women concluded that active and energetic women enjoy high self-confidence during their life and become less stressful and depressed.

On the other hand, due to some problems and cultural restrictions, lack of spaces and suitable/ enough facilities for their activities, women are facing with some movement challenges, and this issue becomes even worse in metropolitans and large cities like Tehran. Due to their rather high work preoccupations, both at home and out of the home, they encounter some mental and social adversity both by their families and by their employers. Participating in communal sport and attendance among their peers can reduce these problems and make them hopeful for the future. Therefore, this study investigates the effects of physical activity and exercise on life quality and life expectancy, and its purpose is answering to the important and basic question of what is the difference between life quality and life expectancy of participant and non-participant women in zone1, Tehran.

MATERIALS AND METHODS

The purpose of this research is practical and its strategy is causal-comparative and is carried out through field method. The population of the study includes participant and non-participant women in exercise classes of sport complex of sport organization of Tehran municipality, zone 1. Stratified random sampling method is used in this study. A total number of 338 are selected for 2 groups of participant and non-participant women, 169 in each.

The research tool is life quality questionnaire introduced by the World Health Organization in 1999. This questionnaire is composed of 72 questions in which six scales of total 15 life quality scales include: Physical well-being (12), personal growth (12), job satisfaction (12), social relationship (12), innovative behavior (12), and humanitarian behavior (12). In the present study, the questionnaire were distributed between 2 groups of participant in communal sport classes and non-participant women. Its stability is estimated 81% and Cronbach's alpha coefficient is 85%.

Another used research tool is Snyder life expectancy questionnaire consisting of 12 questions and its purpose is subjects’ evaluation and assessing life expectancy level. Its scoring method is based on 5-option Likert spectrum from totally wrong to totally true. In a research carried out by Golzari (1386) on 660 female students of Tehran province, the stability of Snyder life expectancy scale was investigated with the internal consistency method and 89% Cronbach's alpha coefficients was obtained. Kolmogorov Smirnov test was used for natural data distribution and independent t-test was used for difference among variables. Also, data were analysed by SPSS software version 19.

RESULTS

Table (1) description of demographic characteristics of subjects

percent	No.	Statistical index	
31/9	169	participants	Participating state
68/1	169	Non-participants	
34/7	104	20-35	age
23/0	97	36-45	
38/0	137	46-060	

According to Table 1 research sample includes participant and non-participant women in communal sport classes in zone 1, Tehran and most of the subjects are between 45-60 years old.

Table (2): life quality comparison of participant and non-participant women in communal sport classes

sig	df	t	Standard deviation	mean	No.	group	variable
*0/001	336	7/21	2/92	17/65	169	participants	Life quality
			2/48	15/52	169	Non-participants	

*P<0.05 is the significance level

According to the table(2) and considering obtained t (7.21) and observed significant level in independent t-test (0.001), there is a significant difference in life quality index between participant and non-participant women.

Table (3): life expectancy comparison between participant and non-participant women in communal sport classes

sig	df	t	Standard deviation	mean	No.	group	variable
*0.001	336	14.91	78.4	79.42	169	participants	Life expectancy
			01.8	08.32	169	Non-participants	

*P<0.05 is the significance level

According to the table (3) and considering obtained t (14.91) and observed significant level in independent t-test (0.001), there is a significant difference in life expectancy index between participant and non-participant women in communal sport classes.

RESULTS AND DISCUSSION

The results of the present study revealed that, statistically, there is a significant difference between participant and non-participant women in communal sport in terms of their life quality. In this study, the life quality of participants was higher than mean scale which is representative of positive impact of participating in communal sport on the life quality of the women in zone1, Tehran. This result was compatible with Edvardo et al (2006)research results which investigated the effect of physical activity and life quality on physical health, self-confidence, and life expectancy in elderlies. Also, Nuslder et al (2005)in a research reported that physical activity and exercise in influential on patient' life quality, and life quality itself causes the promotion of mental and psychological aspects.

Furthermore, the results of the present study suggested that, statistically, there is a significant difference between participant and non-participant women in communal sport in terms of their life expectancy, and life expectancy of those women who participated in communal exercise was higher than intended mean scale. This result was along with the Ishizaki et al (2002) research results. In a study, they reported that compared with the people who physically involve in activities, those who do their physical activities by instruments and equipments are less hopeful. They also expressed that physical activities ca directly influence life expectancy. Considering these points, it is suggested that the women should regard communal sport as an important factor in enhancing life quality. It is also suggested that communal sport be considered as a positive factor to increase hope in women.

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