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### Study and analysis of inhibitory factors of female students for participation in recreational sport activities

Mohammad Hassan Sadeghzadeh and Mehdi Maghami

Department of Physical Education, Yazd branch, Islamic Azad University, Yazd, Iran

#### ABSTRACT

*The main purpose of this research was to study and analysis inhibitory factors of female university students of Yazd Islamic Azad University for the participation in recreational sport activities; In this regard, it is used hierarchal model of inhibitory factors in leisure times grouping in three personal, interpersonal and structural; besides, this correct form of the model along with the present condition could be analyzed among educated female university students as well; for this reason, the hierarchal of triple factors in different participation levels, participants. In compare to non-participants of Yazd Azad University female university students and their personal factors of participation were studied. In this research, an authentic and reliable question naïve was used; the results of the research showed that female university students' participation in sport activities but personal and interpersonal inhibitory factors established in second and third place, respectively. This result was fixed in all aspects; moreover, the results showed that the arrangement of these inhibitory factors in hierarchal model was not confirmed.*

**Key words:** inhibitory factors, leisure time, recreational sport.

#### INTRODUCTION

Sport and physical activities are parts of every national culture. Since women and girls make more than half if a country's population, unfortunately, in the beginning of the mellinum, the percentage of women sport activities is different between countries and in all countries women don't have accessibility to sport activities (half of women) ; it is interesting that the present difference is considered as cultural rules [14]. the publication of required sports of human beings as enjoyable activities during the life time has been strongly emphasized; also, the sport of championship plays a key role in the growth of public sport [ ]but unfortunately due to the attractions of championship sport and its financial, economical issues, public sport has not been paid attention in our country. Along this, women challenge with sport and moral obstacles to enter into sport fields. In other words, they face either with problems in a stadium, championship and other non-athlete position to keep their health raising their agility through sport activities [13]. Basically all stadiums belong to everyone but it is monosexual; thus, women lack of any sport participation; they even do not have accessibility to any sport events to drain their excitements and energy as well [3]. Along with the collect of information about women sport in a society, there exist many researches and the recent research is one of them. The main aim of the study of inhibitory factors related to spending leisure times (sport recreational activities) is to determine the tangibled or experienced factors by researchers in this or other researches; also, the restricted factors in the selection of different options related pending leisure time can be easily. To investigate inhibitory factors, the various investigations were presented that have taken place in the country and worldwide. Several factors were identified in the research, due to multiplicity and fragmentation, they the division was so special? Thus, the hierarchal model of leisure barriers of Crawford et al. (1993) used factors have been presented as appropriate personal, interpersonal and structural issues. The researchers are looking for whether the inhibitory effects on female participation in sports, recreation of female university students of Yazd

Azad University is consistent with the hierarchical barriers leisure? Which of these models have move effective barriers to the participation of female students in a recreational sport?

### Hierarchical model of leisure barriers:

The main purpose of the research was to study the factors introduced by researches or individuals who experienced these factors. These factors cause a person to make her priority of different activities or to participate in recreational activities or at the same time it may stop person to keep in the activities [10]. The most important concept of growth in the study of inhibitory factors of leisure times in 1980 by Crawford et al. (1987) took as perceived barriers to family leisure. They discovered two general concepts:

1-Inhibitory factors not only have an impact on participants and not participants, but also their preference may be affected; In other words, the lack of knowledge of activities can be seen as a significant definition.

2- They expanded inhibitory factors influencing on leisure times behaviors; thus, inhibitory factors not only interfere between preference and participation (structural factors), but also, affect on significant methods and preference (personal and interpersonal factors) [10]. These experts believed that inhibitory factors are not determinants of leisure behavior but influence on it as well. In fact, they offered this issue, for the first idea to overcome on inhibitory factors that it is raised by Jackson et al. (1993). Jackson et al. (1993) presented a hierarchal model showing that these inhibitory factors are taken from decision-making step in the model and a person experiences these factors from personal, interpersonal and structural priorities in the model [1]. They believe that participation is dependent on inhibitory factors not to the lack of inhibitory factors as participation (although this may be true for some people), participation can be overcoming result of these factors. Such overcome may contribute to the figure participation but it can be prevented [9].

### Inhibitory factors:

Dealing with the psychological states of individual factors that have an impact on his preferred leisure time but do not interfere in the relationship between preference and participation such as stress, depression, anxiety, religious sentiment, kinship and kinship for people to discuss their attitudes, social preferences for specific leisure activities, understanding of personal skills, self-assessment of availability of pintable and different activities leisure.

### Interpersonal inhibitory factors:

These factors come from the interactions or relationships of individual interpersonal traits. These factors or personal factors being brought by wives in the marital relationship in certain leisure activities or are the obstacles that arise as a result of relations spouses. Barriers of this type may also effect both on priority and participation in leisure times activities [10].

### Structural barriers:

Are factors as confounding factors between leisure preference and participation act. Like the family life cycle, family finances, the weather, work schedule, access to opportunities (and awareness of such access) and attitudes about people who are considering the suitability of certain activities [10]; these factors can be type of external factors considered.

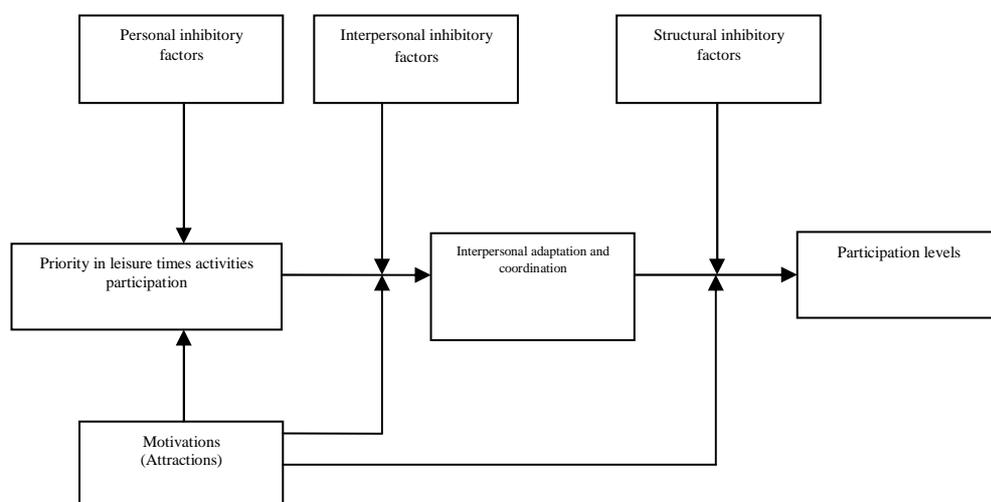


Figure. Participation in leisure time as a result of balance between barriers factors and motivations (Jackson et al, 1993)

## MATERIALS AND METHODS

Research methods include survey research as descriptive method. The questionnaires used in this study were distributed among participants who were randomly selected. The population consisted of all female students currently are enrolled at the Islamic Azad University Sample size was calculated using the Morgan 341 people. The number of female students (3002 students) studying at Islamic Azad University were selected randomly. The choice of sampling method was simple. For people looking to research and provide them a questionnaire, all university faculties and department were referred distributing and collecting questionnaires. The raw data were collected by questionnaire was sent to the computer, with the help of statistical SPSS, using descriptive and inferential statistics were obtained from the results.

## RESULTS

The triple combination of inhibiting factors, hierarchical model of leisure:

The results showed that the three factor model of Crawford *et al.* are not fixed and definitive. Research results is inconsistent with Hubbard, Jackson, Alexander. In Crawford model, the first inhibitory factor refers to personal inhibitory factors and then interpersonal and structural factors establish respectively, but the present research showed that this arrangement changes as structural, personal and then interpersonal' In fact, the hypothesis of the research are not admitted and it seems that the generalization of Crawford model for all humans living in different conditions is not possible. It seems that, the sequence and arrangement of these triple factors depend on specific conditions. Since the incidence of inhibitory factors means a kind of barrier or problem to overcome individuals' needs in the field of exercise, therefore, the need of women for participating in sport activities is to remove any structural factors such as enough income, the existence of automobile and physical health, etc. Of course the attitudes of women towards sport activities stand in high-potential issues? Finally, interpersonal factors indicating a kind of companion and friendship in sport activities get important in this regard. As Meshkati, salami *et al* and questioning of Tehran women have shown that the most important factors of the lack of women participation in sport activities refer to structural factors such as money, transportation, family obligation, employment, the lack of time and the lack of access to sport facilities; them, personal factors such as attitudes towards women sport and their gender as well as relatives ideologies.

About joining women to sport activities has a significant role in the field of women reluctance in sport activities. The result of this study is consistent with research findings by Ehsani *et al* in Iran and also a survey by O'ching on a selective society in china took on the finding confirmation. Of course, chick and dung consider the lack of combination of three models in china due to cultural differences between east and west communities and it may be true in Iran [4]. The results of Ehsani *et al* (2003) as well as research led by Kashkar on the effect of structural factors in individual sport participation have been strongly emphasized; paying attention to these researches conducted in Iran showing that the sequence of fixed inhibitory factors (triple model) has been specified in Iran determining in different researches. In other words, the sequence of these factors are not fixed in all other comments in the main model; it may changes country to country. Also, the results of the present research and above-mentioned studies show the effects of structural inhibitory factors in the field of people participation in Iran.

3-5) structural barriers and female students:

The researched, Ehsani (2003), Meshkati and shojaldin (2004), Hashemi (2006), and Sedarati (2006) conducted in Iran representing the importance of structural factors on participation in exercise and this is confirmed in the current study. Among female students of Yazd Islamic Azad University, structural factors are as the most crucial factors affecting their participation in sport activities and the research results are confirmed by Green *et al* (1990) that conducted on the importance of structural barriers in participation of leisure activities has been agreed.

4-5) personal barriers and female students:

The role of personal barriers means the individual's activities towards women, women's attitude towards exercise, self-esteem and self-image and fear of insecurity and being embarrassment are factors that influence on Yazd Islamic Azad University cadets as inhibitory factors, while research conducted in western countries by Deem (1987), Henderson (1998), Green (1987), Rancis (1997) and Bialsky (1999) showing personal factors as the first strongly inhibitory factors among people especially women.

5-5) Interpersonal inhibitory factors and cadets: the personal finding of the research show that interpersonal factors as last factor affect as women's participation. The researchers led by in this field [6, 8] indicated these factors and the effects on women participation happen in leisure activities, but the priority of these factors has not been paid attention rattler than other two factors in these researches.

6-5) Personal characteristics and hierarchical barriers model:

the study of female student personal factors and the sequence of triple inhibitory factors in leisure times, indicate the other side of the current study showing that that sequence of this model in terms of age, education, marital status is not fixed and in all these factors, the sequence of these factors is consistent with the results of the research; in other words, personal characteristics, and the sequence of inhibitory factors governed in Yazd Islamic Azad University are structural and personal factors and finally interpersonal inhibitory factors are not changed. We get the below results with the study of relationship between population rate and the individual characteristics of each population.

7-5) Relationship between age and participation:

Jackson (2005) and Safania (2000) showed in their researches that an increase of age does not mean an obstacle to prevent individuals from sport activities; in fact, increasing age makes people interested in participation of different activities such as changing time and type of activity. The present results also confirm the above research results indicating that age does not prevent any sport activity although the numbers of participations is lower than younger people.

8-5) Relationship between education and participation: Ehsani (1996), Alexander (1997) showed that people with high education encounter with less inhibitory factors in their leisure times but it increases in lower education level. In fact, the finding confirm these above-mentioned results as well.

9-5) Relationship between marital status and participation: the results of the present research show that the number of married cadets participation in sport activities is lower than single daughters and the agent of marriage can be considered as a restrictive factors but as Jackson pointed, this agent is not a complete inhibitory factor.

10-5) Relationship between triple inhibitory factors whit participation levels:

Research finding indicate that three factors obtained in the present study is constant in all five levels and it do not participate in these sequences; in other words, the significance of structural factors than to other factors is higher in all participation levels among those ones who do not participate or member of club and or they frequently participate in activities.

5-11) Relationship of barriers and participation:

The personal study that, although the subjects in the study were divided into two groups of participants and non-participants and the three factors involved in two-variables (regardless of participant levels) and the lack of participation were studied, we again found that the forementioned factors, the results of this study confirm their findings.

5-12) Sequence of constituting triple factors and participation. The results of the present show that the review of triple factors in two groups makes profit for structural factors; and even the comparison of constitution factors shows the significance of structural factors such as equipment, facilities, financial issues in two groups of participants and participants.

## DISCUSSION AND CONCLUSION

Our findings also showed that the sequence of in history factors of hierarchical model in the society of female students of Yazd Islamic Azad university does not match and this sequence according to the findings on the importance of these factors indicate that the structural elements are structural, personal and interpersonal priorities, respectively. Results of the research in western countries have been overwhelming, confirming compliance with the hierarchy of barriers in the model of each of these factors in these countries and the accuracy of this model is confirmed in these countries: however, results obtained in our society caused by reordering the sequence of the constant questions a about the three factors and the model. Sequence of three inhibitors of the model finding to what is lost and fixed in relation to personal characteristic of each individuals property, including marital status, age and education at all levels of these variables, factors structural factors inhibiting female students of participation in leisure and sporting activities in any of these variables on the sequence of the three factors resulting from the finding of this study, does not have effect. Variable and different levels of participation of female students in this study confirms the point that first three factors in sequence between participants and non- participants and a participation level, and secondly on the finding of this study is based on female students are faced with different obstacles in different ways they participate in their favorite activities.

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