



RESEARCH PAPER

**To Investigate the Barriers to Participation of Female on
Recreational Sports Activities**

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ABSTRACT

The main purpose of this study was to investigate barriers to participation Female on recreational-sportive activities. The sample of this study consisted of 300 Female from district 8 that selected through simple random sampling among 188617 females. The questionnaire that used at this study was Physical Activity Participation Barriers in which consisted of 22 items. 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 was used. For analyzing data, the SPSS and LISSREL software was applied. 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, Female, Recreational-sportive Activities, Sport Participation

Introduction

At present study, 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).

According to (Park and Kim, 2008) Even in adolescences 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 Female (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 Female 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 Female (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 Females had experienced racism, the Female 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 Female's participation in sport. Juarbe *et al.*, (2002) suggested that physical problems and lack of time are the main barriers to participation of latine ameriacn Female. 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 Female. Vaughan (2009) indicates that physical disease, inability, pain, exhaustion, lack of motivation and anxiety are the main barriers to middle age Female to participation on sport. Therefore, the main question of this study is that what the main barrier to participation in sport for Female?

Literature Review

According to the Bray SR & Born HA (2004), Sports and Physical activity is one of the main areas of health and an important lever in providing a desirable lifestyle and better quality of life. These two categories are inextricably linked, and the institutionalization of desirable health and social behaviors depends on the lifestyle of individuals in each society.

Cortis N & Muir K (2007), described that So far women has made up half of the human resources in the development of societies, socio-economic and cultural development programs. Thus, the way should be paved for better use of their abilities and talents. Thus, their effective presence ensured in the process of sustainable development in various social fields and the ground should be provided for their effective participation in cultural development.

Also, according Patrick *et al.* (2001), to social psychologists and experts, a healthy society is based on healthy women and mothers are the main pillars of the family. Therefore, they must be in perfect health. On the other hand, the health of each member of society, especially women, directly affects the overall health of the family.

Vaughan S (2009), In order for all members of society to have a healthy body and not suffer from mobility, inactivity, and disability with age, it is necessary to have an effective and desirable physical fitness at the initial level in different stages of life.

Han *et al.* (2008), This by far is due to the increasing prevalence of mental health issues/disorders in society, especially among women. It may also be due to a greater sense of responsibility towards family members under high psychological stress and exposure to mental.

Exercise and recreation are desirable activities that have functions such as health, vitality, promoting a dynamic lifestyle and well-being. Therefore, promoting health programs and a healthy living pattern requires the creation of facilities and removal of barriers to access to the place or places of physical activity to provide opportunities for people to participate in physical activity and people from inactivity and risk of various diseases. Be liberated physically and mentally.

W.B 2010, Therefore, to encourage and maintain participation in disadvantaged populations, despite the quality of programs, availability, low cost and proximity to the place of sports can lead to regular participation in sports activities. Sport, like other phenomena in society, is influenced by social and cultural factors, and some researchers consider sport as a common cultural thing and language for global communication Laker.

The aim of the present study was to identify and prioritize barriers to participation in women's physical activities in both rural and urban communities. The results indicated that the priority of barriers to participation in women's physical activity in both urban and rural groups was economic barriers, personal, social, cultural and family. Some of the most important social barriers are lack of attention of officials to women's sports, lack of support for educational canter's such as universities on sports issues, lack of successful models of women's sports as a result of research.

Materials and Methods

Population and Sample

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

Measures

The questionnaire that used at this study was 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 was used. For analyzing data, the SPSS and LISSREL software was applied.

Results and Discussion

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	Items	Relationship	Correlation of determination	T- Value	Result
Structural barriers	4	0.72	0.51	8.37	Confirm
	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	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	1	0.80	0.64	.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

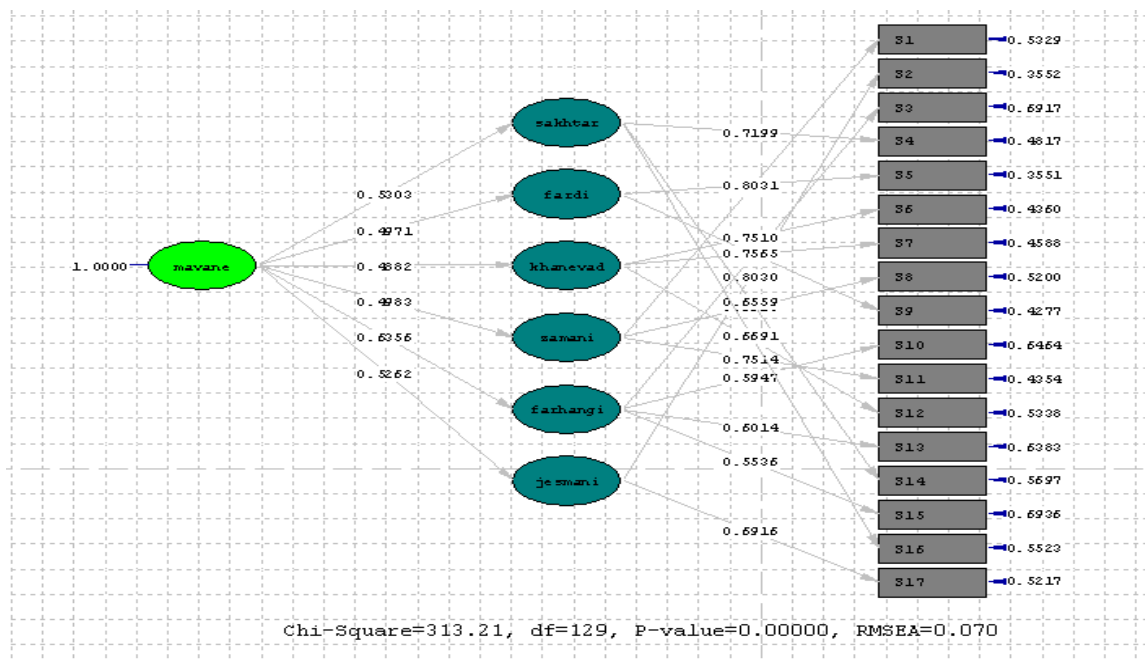


Figure 1: Confirmatory factor analysis of Female participation: Correlation between subscales and items and the concepts of barriers to sport participation

Discussion

Researcher observed societal constraints are significantly recreational-sportive activities. The researcher also found that if one-unit increase in independent variable 0.718 units' increases in dependent variables. The societal constraints are significantly influencing sports participation of female athlete at college level is hereby accepted similarly Bouchard and Shephard, (1994) argued the social problems caused by the society are mainly affecting the participation of females in sports activities. recreational-sportive activities are significantly influencing sports participation of female athlete. r. The only duty assigned to them is to perform routine house jobs and upraise the children. The concept of participation of sports activities is absent.

Conclusion

The main purpose of this study was to investigate barriers to participation Female and on recreational-sportive activities. 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).

Comprehensive development of sports and participation in women's sport activities requires changing the attitudes of managers and policy makers in order to create infrastructure, provide more and better facilities in terms of availability, low cost, as well as creating a suitable cultural environment in society for development and maintaining physical activity for lifelong enjoyment. In order to improve their health by participating in enjoyable and content-rich physical activity programs, for the advancement and development of women's sports, attitudes towards women's presence in society should be changed and this culture should be institutionalized, which does not mean gender segregation in sports.

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 Female 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 Female. The other barrier to participate in sport and recreational activities for Female 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 Female is play in society and families it suggest to sport and social organizations to solving these barriers.

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