

Identify affecting Factors the increase in student participation in physical activity and solution

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Abstract

This study was undertaken to determine the factors affecting the increase in participation of the students in physical activity and solutions. In order to gather information a researcher made questionnaire with 32 items was used, that the level of reliability were obtained 0.77 with Cronbach's alpha test, and content validity were confirmed by 10 professors in the sport management field. The population of this study was more than 122 thousand students of Mashhad universities; According to Morgan table 384 samples were determined for this study. A stratified random sampling was conducted. In order to analyse of data K-S test and abnormal distribution test is used, For this purpose, test results showed that, all research variables effect on increasing students' sports participation, Which impact of the stimulus was greater than the other dimensions. It was concluded that attention to factors of this research is essential to increase students' sports participation. In addition, solutions to increase sports participation of students were listed in this study.

Keywords: sport, physical activity, students, sport participation, sport management

Introduction

Today, as a result of the spread of civilization and industrialization of societies, we are the witness of excessive economic growth and prosperity of technology (Parsamehr, 2012). But parallel to this growth a daily physical activity increasingly reduced. Leisure and culture are born of technological progress and it goes beyond a social issue (David rooth, 2011). Advanced World with tact and policy takes great strides in the field of leisure (Shaban et al., 2012). For this purpose, new requirements are emerging to fill the leisure time to pay attention to the leisure suit different ages is worthy of consideration. Undoubtedly, establishing a healthy and vibrant community depends on the physical and mental health of community members, and it needs try of safe, efficient and thoughtful manpower. In this regard, the health of science educators is as the main body of the young community is important and physical activity besides gaining knowledge can have a significant impact on their learning. Young people especially university students, according to their critical and constructive role that they have in the construction of cultural, social, economic and infrastructure they need closer attention in this regard (Saidi et al., 2012). There is evidence that only a small percentage of the academic community welcome the university sports programs (Azizi et al., 2012). So today leisure time is considered a necessary and important issue. Proper planning of leisure in universities increases of participation in sports and provides dynamic growth both in education and in a life of this group. Based on the findings of experts in 2002, only 10 percent of students in Iran have sports activities, of which about 20 thousand of female students cover sport. This figure is about 5 percent of the student population in that year (Ghodratnama and Haidernezhad, 2014). Lahsaii zade research also (2007) and Azizi ET all (2012) also refers to the low participation of students in physical activity (Aziz et al., 2012; Lahsaiizade, 2007). It seems that the academic community in Iran, and particularly among students no tendency to exercise, is converted to a

pervasive problem. Therefore, understanding the factors affecting the tendency of students to exercise is one of the issues in our current society (Lahsaiizade, 2007).

Research Lahsaiizade (2007) in this regard showed that the economy variables does not effect on increasing sport participation and other social variables, demographic, cultural and sports facilities and infrastructure has effect on increasing sport participation of students. Azizi et all (2012) in another study indicated that the obstacles of student respectively were being too busy, addressing other issues, indolence and boredom. Factors which encourage students to sport were respectively priorities include fitness, health and keep the business vitality and joy. Also Hadavi et al (2014) concluded in their study reach to this conclusion that, in both males and females Average rating on motivating the need for physical activity, the acquisition of freshness, vitality and inner joy and peace the soul of the utmost importance and the doctors, the media and the lack of membership in academic teams were the least motivational reasons.

Guurcsik et al (2006) in a similar study on the factors affecting the increase in youth sports participation concluded enjoyment and happiness are the most important factor in the willingness of young people to physical activity and social acceptability of an activity is also effective among youth. He also found weakness in management is the most important factor in reducing youth sports participation. Zi Yan et al (2013) also, investigate the factors affecting in an international students participation to promote physical activity. The study has four main variables as possible, ability, value and strengthens. Possible variable made up from 3 subdirectories with titles ranging availability, physical fitness and skill. Ability Variable has two subdirectories include self-efficacy and perceived competence. Variable value formed of the attitude and enjoy. Variable strengthen formed by the two variables as a group support and role modeling. The results show that all of the above except for language problems affect raising the level of physical activity of students and improve and enhance their level of physical activity should be considered.

Research Methodology

The study was descriptive in terms of strategy and in terms of direction is of the scrolling implementation. The population of this research includes students studying in universities in Mashhad in one of the non-state universities and the Ministry of Science, Research and Technology of the city at the time of the study were enrolled. How to select the sample was stratified random sampling. The population of this research 122 thousand, according to Morgan table, 384 of them was selected as study samples. In order to collect data questionnaire made by researcher was used. The number of items after reading literature was 37 after the relevant expert opinion and this number was reduced to 35. In the next step to determine the content validity of the questionnaire were 10 professors of sport management. After studying the masters and content validity questionnaire with 32 items to assess factors were considered in the study. The reliability of the questionnaire was pilot study with 30 person obtain 0.81.

Research findings

The findings show that most of the sample was male (51%) and more than half of them (72.7 percent) were enrolled in an undergraduate. As it seen in Table 1, a component of the motivating factors has the highest average socio-cultural factors among other factors of a questionnaire has lowest average.

Table 1: Descriptive statistics of variables

Dimension	Mean	Standard deviation	Min	Max
Economic factors	67.3	0.639	1.33	5
Socio-cultural factors	3.50	0.454	1.50	4.62
Management factors	3.72	0.490	1.25	5
Infrastructure and sport facilities factors	4	0.488	1	5
Motivators factors	11.4	0.493	1.60	5
Influencing the increase sports participation Factors	803.	0.326	1.49	4.27

Kolmogorov-Smirnov test results showed that the distribution of all variables is non-normal, so non-parametric tests were used for statistical analysis. For this purpose, the binomial test was used to test the hypothesis.

Table 2: Result of assuming normal test of the questionnaire by the Kolmogorov – Smirnov

Dimension	Kolmogorov – Smirnov	Sig
Economic factors	3	0.001
Socio-cultural factors	74.1	0.005
Management factors	95.1	0.001
Infrastructure and sport facilities factors	90.1	0.001
Motivators factors	65.2	0.001
Influencing the increase sports participation Factors	98.1	0.001

According to the table 3, the significance level for all variables (Table 3) is less than 0.01, so it can be said that these factors affect students in sports participation.

Table 3: The results of the binomial distribution

Variable	Classification	N			Significant level
Economic factors	>3	313	82.0	50.0	001.0
	≤3	71	18.0		
Socio-cultural factors	>3	333	87.0	50.0	001.0
	≤3	51	13.0		
Management factors	>3	358	93.0	50.0	001.0
	≤3	26	07.0		
infrastructure and sport facilities factors	>3	373	97.0	50.0	001.0
	≤3	11	03.0		
Motivators factors	>3	371	97.0	50.0	001.0
	≤3	13	03.0		
influencing the increase sports participation Factors	>3	377	98.0	50.0	001.0
	≤3	7	0.02		

Friedman test was used to determine priority research variables the chi-square at the significant level is equal to 6.357 that were obtained in a significant level of 0.01, according to the obtained results, the difference among the variables are significant and priorities, each of them according to the mean scores description is given in table 4.

Table 4: Priority variables according to the mean scores

Variables	mean scores
Motivators factors	99.3
influencing the increase sports participation Factors	52.3
Management factors	71.2
Economic factors	70.2
Socio-cultural factors	09.2

Discussion and conclusion

After data analysis, the most important analyzes factors influencing the increase sports participation of students was identified motivational factor. This finding fits and is consistent with Azizi and ET all (2011), Saiidi (2012), (2013), Parsamhr (2012), Hadavi and colleagues (2014). Guurcsi et al (2008). Zi Yan et al et al (2013). Given that the motivational factors is the most important factor in religion investigative agents known in the literature there is so much focus on this factor, pay attention to it deemed necessary. Sports festival, material rewards and special privileges for athletes in college campuses, including the University of Factors can be used as a motivational factor. Another factor is the impact of infrastructure and sport facilities on increasing sport participation of students was significant and was in second place in terms of priority. The research findings with research Shabani et al (2012), Lahsaiizade (2007) is consistent with research findings of Saidi et al. (2012) and Guurcsi et al (2006). Based on the futility of sports facilities and infrastructure to increase participation in physical activity and sport is inconsistent.

University sports venues are usually near the School of Physical Education and in some universities these places are inaccessible to students. So, it is suggested that universities establish and maintain a system of proper transportation to make condition of using these services easier and faster. Because lack of space and facilities and poor quality equipment and sports equipment including important factors affecting the university community to participate in physical activity and exercise, it is suggested that part of the budget allocated the Ministry of Science, Research and Technology universities and higher education institutions in the form of a separate article dedicated to the development and equipping of places and spaces college sports.

The next affecting factor in increase physical activity of student identifies management factors. This research finding is consistent with findings research of Lahsaiizade (2007), Azizi et al (2011), Parsamehr (2012), Shabani and ET all (2012), Saiidi et al (2012). The important barriers to physical activity among students not devoting special time for students sport places; Therefore, it suggests that administrations planning and scheduling extracurricular physical education in the universities, enough possible, and having adequate space and facilities, More separation performed during the day or at least cares programs which each university sports fields, on different days of the week devoted to certain groups of students. Economic factors are fourth factor that between the studies of factors affecting students was increasing sports participation. The research is consistent findings with the research done Shabani et al (2012), Saidi et al (2012), Ruth (2011). Guurcsik et al (2006) showed in their study that the economic factor is the most important obstacles and problems of physical activity. However the results Lahasaizade (2007) based on the lack of effectiveness of economic factors in the development of physical activities for students is inconsistent with results, Perhaps a reason of this is consistent geographic location of research (Shiraz) and the difference in population and Sampling (students of Shiraz University of Medical Sciences). Economic problems include problems that concern all sectors of society today is much more than the past. Although the economic problems are those problems that eliminating it, is responsibility of the university and even outside of the university authorities, However, measures to reduce or control factors that are

aggravating economic pressures capabilities in the field of university. One of the proposing model is that Which is predicted due to focus on the development of social activities in each region and district of the city of Mashhad certain sport facilities, university of physical education authorities can rent this place for students sport activity during certain hours of the day to remove the usage of financial pressure from sports facilities outside the university students. Socio-culture factor is another factor that is in fifth level of importance. This research finding is consistent with the studies done by Lahsaizade (2007), Shabani et al (2012), Saidi et al (2012) Hadovi and ET all (2014), Guurcsik et al (2006), Zi Yan et al (2013). In this field, Parsamehr (2012) research shows that social factor as a positive effect on increase of student participant in physical activity, but in girls in it has negative effect and somehow prevent to increase daughters sport participation which in the first part agrees with the findings and the other is inconsistent with the findings of this study. Justification of participants in university sport programs to encourage friends and acquaintances, etc. to participate in sport and physical activity can be very useful and effective (Singh et al 2012). It seems that in this context the role of physical education and sport science students and teachers is very important and constructive, Because the task and responsibility of students and teachers of physical education faculties and departments of physical education and even the staff of physical education and encouragement of society, especially to the academic community sport and physical activity. In case of formation of support from the university, family and friends, active and healthy lifestyle promotion are regarded as the best way.

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