

## **Recognition and Ranking the Effective Deterrent Factors of the Female Students' Participation in Sport Activities in the North of Khuzestan**

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### **Abstract**

The present research is aimed to identify and rank the effective deterrent factors of the female student participation in sport activities in the North of Khuzestan. The research method is descriptive or surveying method and statistical community of female high school students were enrolled during the academic years 93 to 94. To determine the sample size, 18000 persons were calculated by using Morgan Table. Measuring tool of questionnaire research is made by Mrs. Koshger that determine the reliability of the research questionnaire using Cronbakh's alpha and split-half methods that are respectively 0/815 and 0/867 for the entire questionnaire. To analyze the collected data, <<SPSS>> software is used. According to the results of analyzed assumption, there is a significant difference between the degree of hindering factors effect on the participation degree in sport activities and from the students point of view structural factors are the most important deterrent factors of participation in sport activities. There is no significant difference between the students' discontentment and frustration degrees which are the individual components of the deterrent factors in terms of their contribution in sport activities. The results of the variance analysis show a significant different between the degrees of deterrent factors effect on participation degree in sport activities that there are people who don't participate in these activities.

**Keywords:** Physical activities, Deterrent factors and personal barriers and obstacles between the individual and structural barriers.

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### **Introduction**

In developing countries and the expansion of the cities that are growing rapidly, the crowd, congested traffic and air pollution and lack of green space and lack of sports equipment have face the physical activities performance with a problem. Because of these factors we face with an increased level of passive entertainments like watching TV, computers and mobile phones, increased rates of obesity, diabetes, cardiovascular diseases among developing countries. The health care system is under the influence of high pressure of death rate from non-infective diseases. These countries to counter the effects of infectious diseases, increasing non-infective diseases have noticed some efficient ways such as physical activity, healthy diet and not smoking tobacco to increase the level of public health (Shahidi, 2002). It's written in the book of exercise medical value that if we deal with entertainment that directly or indirectly aimed to strengthen the body and soul, not only our time isn't spent in vain, but also we have done a useful work. The best type of entertainment that can improve our body and soul is exercise that is both fun and productive (Ashrafi, 1985). Mobility and dynamic movements are characteristics of human life that is motivated and rooted in him and it's a factor for his health and vitality. Lack of movement for people not only causes growth stop but also causes depression, the emergence of abnormal behaviors and loss of vitality in their life. Physical activity plays an important role in improving the body and spirit of social people and in health preservation of society. Teenagers and youth are the potential investments for the development of every society and every factor that affects their health and fitness growth and their normal development, provides a proper environment to control their behaviors. The vitality and joy of Iran's next community are tied with the today girls and boys mental and physical vitality. So we should consider having facilitating tools of vitality and joy and especially considering the position of boys and girls in educational environment especially in schools in physical education lessons that is accompanied with the knowledge and guidance and advantages recognition.

### **Research Literature**

#### **Preventing factors of the leisure time**

The next step in the modeling process was done by Jackson, Crawford and Godbey (1991) in which they presented a hierarchical model. In this model Jackson, Crawford and Godbey showed that the preventing factors are placed in a hierarchy of decision-making process. They believe that the majority of researches focuses on the structural deterrent factors and give the least importance to the deterrent factors of the personal and interpersonal. While the importance of these two factors is greater in leisure participation. They provide a model that deterrent factors are placed in a hierarchy of decision-making process and the individuals experience these factors in a hierarchy. (Alexandria)

#### **Individual deterrent factors**

Leisure time preferences are formed when individual deterrent factors are absent and their effects are against a set of privileges and

### Interpersonal deterrent factors

Individuals may also face with interpersonal deterrent factors when these factors when these factors are resolved.(if these factors are relevant to the activity) and structural deterrent factors are seen. Structural deterrent factors. Participation in an activity occurs when structural deterrent factors aren't present or the individuals overcome them (Karfurd, 1991)..It can be realized three factors such as nature, mode of action and their resources through leisure time hierarchical model. This model shows that this steps not only effect on the manner of participating and non-participating in leisure time activities but also affect the manner of deterrent factors on the formation of the activity choice(activity specialization) among those who often participate in activities. However, in this issue the consideration is on the choice of recreational activities.

### The theory of overcoming the deterrent factors

Jackson, Crawford and Godbey offered the theory of overcoming the deterrent factors. This theory was increased by presenting a series of cases that the most important of them are listed below.

### The case of overcoming the deterrent factors

Participation is dependent on deterrent factors and the absence of deterrent factors doesn't mean participation. (Although this may be true for some people) but participation is achieved by overcoming these factors. Such dominance is likely to alter the form of participation, but doesn't prevent it (Jackson, 1993).This case explains that the deterrent factors may not always lead to lack of participating but causes the participation with the adjustment. As Jackson and colleagues (1993) say: the participation of dominance may be different from the participation that occurs in the absence of structure deterrent factors. For example, someone who wants to swim every day may fail to do this due to the lack of time. However, lack of time as a deterrent factor may not causes the stop of participating in activities but causes the adjusted participation.(for example, lack of time causes less frequent swimming).

### Reports and dominance on deterrent factors

It's reported that distribution is in relationship with deterrent factors, so it can be considered not only as a distribution in deterrent factors experience but also as a distribution in success of overcoming these factors (Jackson, 1993).This case recommends the determination of the deterrent factors distribution that isn't reported. As Jackson and colleagues noted this achievement requires further investigation. Do the individuals provide the reports that are exposure to deterrent factors? Don't they experience any deterrent factors? Lack of reporting the deterrent factors are due to the people's successful dominance on them. Few studies are done to confirm the case.

### Balance case

The preparations and results of dominance stages both depend on the deterrent factors power and their interaction with each other and needed motivation to participate (Jackson, 1993).Probably this is the most important case that is proposed by Jackson and colleagues (1993).This case presents the idea of interactive effects of the motivation power and deterrent factors. While all researchers in the past (Crawford and Gadby, 1987 and Crawford and colleagues, 1991) only have discussed the contribution factor as a result of the strong relationship priority and deterrent factors. In fact no one tried to connect the motivation with the deterrent factors and the combination of the motivating factors with the model (Alexandria).

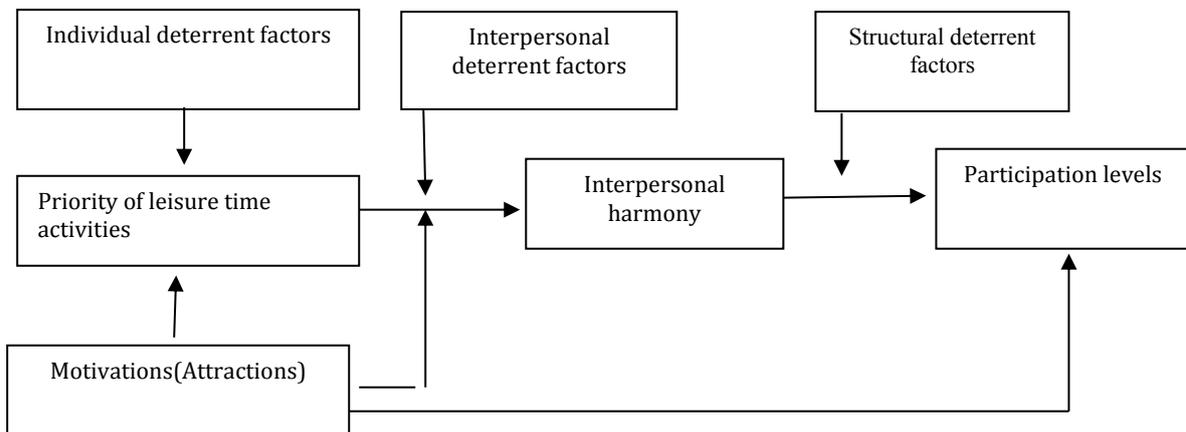


Diagram1: The deterrent factors

Participation in leisure time activities is known as a result of a balance between the deterrent factors and motivations (Jackson, Crawford and Godbey, 1993).According to this case, Jackson and colleagues presented a method for classification of participants in leisure time activities by dominance strategies:

- 1-People who don't participate in their favorite activities
- 2-People who don't change or reduce their participation despite experiencing a deterrent factor (successful responses in the direction of participating in an activity)
- 3-people who participate but in a modified form (relatively successful answers to participate in an activity).This classification of humans empirically is confirmed through studies about overcoming the deterrent factors that is conducted among women (Hinderson, 2000).

So the above classification is as follows:

1-Passive responders

2-achievers

3-strugglers

The relationship between the deterrent factors and individual and business characteristics such as age and income tend to be stable and not be changed. So Jackson and colleagues concluded that:

-Lack of skill and ability has the least importance for all ages, but its importance gradually grows by increasing the age  
-The cost importance decreases by increasing the age, but it's the most important individual deterrent factor of participation in leisure time activities

-The quality and quantity deterrent factors of sport facilities aren't changeable by increasing the age

-Isolation is U-shaped form. This means that in young age, it has the most importance as a deterrent factor. During the middle age, its importance is reduced then is increased by increasing the age.

-Time and deliberates deterrent factors is as a reverse U-shaped curve and always has the most importance as a deterrent factor of participation in leisure time (Jackson, 1993).

However, the concept of motivation isn't noticed so much in the literature of participation barriers in sport activities. The study of Carol and Alexandria in Greece, Hubbard and Manel on a sample of employees in America, qualitative research of Professor Veloska on leisure patterns of immigrants and the recent study of Alexandria and Carol are the only actions done in this regard. These studies have provided the evidences based on the role of motivation in pyramidal model of sport participation. But more research is needed in this area. The important issue is that how the barriers, motivation and participation act in relation to each other and how can barriers be eliminated and intensified the motivation instead to increase the female participation in sport activities of leisure time. To clarify the relationship between the motivation and barriers, self-determination theory and sequence motives model can be used. So far, few studies of motivational theory in relation to the pyramidal model of leisure deterrents is used. Self-determination theory proposes that the behavior can be motivated or motiveless either internal or external. Wallerand Velviser has proposed motivation sequence model through the mixture of the self-determination theory components. In this model social factors affect the mental mediators and also mental mediators affect the motivation and consequently, the individual's motivation degree determines his behavior type. According to Alexandria and Carol's theory, a variety of obstacles or definitions of the social and mental factors are aligned. If this argument is correct, these barriers can affect the motivation and the nature of participation levels. This proposal may be poor relationship between the barriers and participation in this study.

### Research hypothesis

1-From the female students of North Khuzestan poin of view, the individual deterrent factors of participation in sport activities is desirable.

2- From the female students of North Khuzestan point of view, the interpersonal deterrent factors of participation in sport activities are desirable.

3- From the female students of North Khuzestan point of view, the structural deterrent factors of participation in sport activities are desirable.

4-There is a significant relationship between the barriers and the female students participation in sport activities in Northern Khuzestan.

5-There is a significant relationship between the demographic factors (age and grade) and female students participation in sport activities in Northern Khuzestan.

### Research method

The research method is descriptive and surveying. Statistical community is consisted of secondary female students in Northern Khuzestan (Dezful, Shush, Andimeshk) that were enrolled during the years 1393-94. The sample size was selected through Kukran formula. According to the statistical community of this research the sample size was 1800 students, thus the female students of Dezful were 9000 persons, of Andimeshk 5000 and of shush were 4000 persons. Collection tool of deterrent factors is Dr. Sara Keshker's questionnaire that is used in Doctoral thesis of physical education in management major and in exercise planning with the subject of students deterrent factors analysis of their sport and recreation participation in Tehran's Tarbiat Modarres university. In the present study to determine the reliability of the questionnaire, Cronbakh's Alpha and split-half methods are used that this reliability for the entire questionnaire is respectively 0/815 and 0/867 indicating the reliable factors of mentioned questionnaire.

### Data analysis

#### First hypothesis

From female students of Northern Khuzestan poin of view, individual deterrent factors of participation in sport activities are desirable.

Table1: One grouped t-test to compare the effect of individual deterrent factors

Test results	Error level	Sig	t	DF	Standard deviation	Real average	Theoretical average	
Rejected H0	0.05	0.001	22.01**	799	0.66	3.52	3	The effect of individual deterrent factors

\*\* Significance level of 0.01 significance level of 0.05

According to the above table with an emphasis on the obtained t degree(22/01) is meaningful in significance level of 0/05. It can be noted that there is a significant difference between the actual average(3/52)(this average is obtained from dividing the scores number of each field on the number of questions) and the spectrum theoretical average(3)(this average is obtained from dividing the ratings sum of spectrum options(1,2,3,4,5) on the number of them(5)). Since from female students of Northern Khuzestan(Dezful, Shush, Andimeshk) point of view the obtained actual average is more than spectrum theoretical average, with the confidence of 95percent it can be concluded that the effect of individual deterrent factors of participation in sport activities is excessive.

Table2: Brazesh nekooyi Khido's test and observed frequency and expected frequency

Significance level	Freedom degree	Khido's test	Remainder	expected frequency	observed frequency		
0.001	4	432.32**	-156.0	160.0	4	Very few	From female students point of view
			-90.0	160.0	70	few	
			104.0	160.0	264	Middle	
			160.0	160.0	320	many	
			-18.0	160.0	142	Too many	
					800	The Sum	

\*\* \*\* Significance level of 0/01    significance level of 0/05

According to the Khido table, the degree of Khido test is 432/25 and freedom degree is 4 and significance level is 0/001 which is less than error level(0/05), so we accept the differences between the observed frequency and expected frequency and the test is meaningful. Since the Khido test has the highest frequency(320 persons), with the confidence of 95percent we conclude that from this students point of view the effect of individual deterrent factors of participation in sport activities is excessive.

**Second hypothesis:** From female students of Northern Khuzestan point of view, interpersonal deterrent factors of participation in sport activities are desirable.

Table3: One grouped t-test to compare the effect of interpersonal deterrent factors

Test results	Error level	Sig	t	DF	Standard deviation	Real average	Theoretical average	
Rejected H0	0.05	0.001	35.40*	799	0.74	2.06	3	The effect of interpersonal deterrent factors

\*\* \*\* Significance level of 0/01    significance level of 0/05

According to the above table with an emphasis on the obtained t degree(35/40) is meaningful in significance level of 0/05. It can be noted that there is a significant difference between the actual average(2/06)(this average is obtained from dividing the scores number of each field on the number of questions) and the spectrum theoretical average(3)(this average is obtained from dividing the ratings sum of spectrum options(1,2,3,4,5) on the number of them(5)). Since from female students of Northern Khuzestan(Dezful, Shush, Andimeshk) point of view the obtained actual average is more than spectrum theoretical average, with the confidence of 95percent it can be concluded that the effect of interpersonal deterrent factors of participation in sport activities is less.

### Third hypothesis

From female students of Northern Khuzestan point of view, structural deterrent factors of participation in sport activities are desirable.

Table4: One grouped t-test to compare the effect of interpersonal deterrent factors

Test results	Error level	Sig	t	DF	Standard deviation	Real average	Theoretical average	
Rejected H0	0.05	0.001	30.35*	799	0.61	3.65	3	The effect of structural deterrent factors

\*\*    Significance level of 0/01    significance level of 0/05

According to the above table with an emphasis on the obtained t degree(30/35) is meaningful in significance level of 0/05. It can be noted that there is a significant difference between the actual average(3/65)(this average is obtained from dividing the scores number of each field on the number of questions) and the spectrum theoretical average(3)(this average is obtained from dividing the ratings sum of spectrum options(1,2,3,4,5) on the number of them(5)). Since from female students of Northern Khuzestan(Dezful, Shush, Andimeshk) point of view the obtained actual average is more than spectrum theoretical average, with the confidence of 95percent it can be concluded that the effect of structural deterrent factors of participation in sport activities is excessive.

Table6: Brazesh nekooyi Khido’s test and observed frequency and expected frequency

Significance level	Freedom degree	Khido’s test	Remainder	expected frequency	observed frequency		
0.001	4	413.60*	-154.0	160.0	6	Very few	From female students point of view
			-113.0	160.0	47	few	
			81.0	160.0	241	Middle	
			147.0	160.0	307	many	
			39.0	160.0	199	Too many	
					800	The Sum	

\*\* \*\* \* Significance level of 0/01 significance level of 0/05

According to the Khido table, the degree of Khido test is 413/60 and freedom degree is 4 and significance level is 0/001 which is less than error level(0/05),so we accept the differences between the observed frequency and expected frequency and the test is meaningful. Since the Khido test has the highest frequency(307 persons), with the confidence of 95percent we conclude that from this students point of view the effect of structural deterrent factors of participation in sport activities is excessive.

**Forth hypothesis**

There is a significant relationship between the deterrent factors and participation of the female students in sport activities in Northern Khuzestan.

Table7: Pirson correlation between deterrent factors and participation in sport activities

Female students participation in sport activities in Northern Khuzestan					
Test result	Number	Error level (α)	Significance level (P)	Pirson’s correlation coefficient (r)	
Rejected H0	800	0.05	0.003	-0.106**	Individual deterrent factors
Rejected	800	0.05	0.001	-0.155**	Interpersonal deterrent factors
Rejected H0	800	0.05	0.023	-0.080*	Structural deterrent factors

\*\* Significance level of 0/01 significance level of 0/05

As the results of Table7 show, the degree of Pirson correlation test between deterrent factors and participation of female students in sport activities in Northern Khuzestan is significant at significance level of 0/05. So the null hypothesis is rejected. The test is significant and since the correlation degree is negative, there is an inverse relationship. So, with confidence of 95percent we conclude that the higher the deterrent factors (individual, interpersonal and structural) in female students of Northern Khuzestan, the lower the participation in sport activities.

**Fifth hypothesis:**

There is a significant relationship between the demographic factors (age and grade) and female students’ participation in sport activities.

Table8 :Pirson’s correlation between demographic factors (age and grade) and participation in sport activities

Female students participation in sport activities in Northern Khuzestan					
Test result	Number	Error level (α)	Significance level (P)	Pirson’s correlation coefficient (r)	
Rejected H0	800	0.05	0.001	-0.229**	Age
Rejected H0	800	0.05	0.001	-0.138*	Grade

Significance level of 0/01 significance level of 0/05

As the results of the Table8 show, the degree of Pirson’s correlation test between the demographic factors(age and grade) and this students participation in sport activities is significant in significance level of 0/05. So the null hypothesis is rejected. The test is significant and since the correlation degree is negative, there is an inverse relationship. So, with confidence of 95percent we conclude that the higher the deterrent factors (individual, interpersonal and structural) of female students in Northern Khuzestan the lower the participation in sport activities.

**Findings of the research lateral hypothesis**

Perceptive findings of lateral research hypothesis include Friedman test that is presented for all studied variables in this research with significance level of 0/05.

### Subsidiary first hypothesis

From the female students of Northern Khuzestan point of view, there is a difference between the deterrent factors of participation in sport activities.

Table9: Friedman test to compare the deterrent factors

Test result	Error level	Significance level	Freedom degree	Coefficient degree(Khido)
Rejected H <sub>0</sub>	0.05	0.001	2	872.91**

\*\* Significance level of 0/01    significance level of 0/05

From this student's point of view, Friedman test was used to compare the average of deterrent factors rating of participation in sport activities. According to the above table, the obtained information is at the significance level of 0/05. From female students of Northern Khuzestan (Dezful, Shush, Andimeshk) point of view, with the confidence of 95percent we conclude that there is a significant difference between the average of deterrent factors of participation in sport activities that we refer to the Friedman ranking table for the further investigation and the priority of these factors.

Table10: Friedman ranking to compare the deterrent factors

prioritize	Rating average	
2	2.29	Individual deterrent factors
3	1.18	Interpersonal deterrent factors
1	2.52	Structural deterrent factors

According to the table10, female students' point of view and the Friedman's test ranking, structural deterrent factors with the rating average of 2/52 have the highest impact and interpersonal deterrent factors with the rating average of 1/18 have the lowest impact on participation in sport activities.

### The Results

The first hypothesis that was investigated includes the effect of deterrent factors on female students' participation in sport activities that is reliable. The conducted statistical studies and surveys show that the effect of the individual deterrent factors on female students participation in sport activities. People like Naderian, Masoud and colleagues (2009), Fatemeh Eslami(2002), Dadashi(2000), Graton and Thays(1991), Torkildsen(1992), Coalter and colleagues(1992) achieved the same results in their researches. The second tested hypothesis showed the effect of interpersonal deterrent factors on female students' participation in sport activities. According the statistical results and female students of Northern Khuzestan (Dezful, Shush, Andimeshk) can be stated that the effect of interpersonal deterrent factors is less than individual deterrent factors. As a result , the interpersonal deterrent factors lose their precedence over the individual and structural factors. People like Shahidi Mohseni (2002), Green and colleagues(1990), Zibland and colleagues(1998), Kalp (1998), Gilbert and Hudson(2000), Kelson F Esloich (2007) achieved the same results in their researches. The survey of the third research hypothesis showed the effect of the structural deterrent factors on female students' participation in sport activities. So from female student's point of view, it was found that the effect of the structural deterrent factors on the participation in sport activities is excessive. The research results of people like Bernamo and colleagues (1995), Dionchi (2006) confirm this issue. In the following research we investigated that there is a significant relationship between the deterrent factors and female students' participation in sport activities. According to the statistical analysis results we conclude that there is a significant relationship between them. People like Naderian, Masoud and colleagues (2009), Fatemeh Eslami (2002), Dadashi (2000), Graton and Thays (1991), Torkildsen (1992), Coalter and colleagues(1992) achieved the same results in their researches. In other words, the higher the deterrent factors (individual, interpersonal and structural) in female students of Northern Khuzestan, the lower the participation in sport activities. The other investigated hypothesis was the existence of relationship between the demographic factors (age and grade) and female students' participation in sport activities in Northern Khuzestan. According to the statistical analysis results we conclude that the higher the demographic factors (age and grade) in female students of Northern Khuzestan, the lower the participation in sport activities. So this results are similar to the research results of the people like Shahrami and colleagues, Houbard Montel (2001), Ching and Dang (2004). The last investigated hypothesis in this research was the difference between the deterrent factors in female students participation in sport activities in Northern Khuzestan (Dezful, Shush, Andimeshk). According to the statistical analysis and surveys, it was revealed that the structural deterrent factors with the rating average of 2/52 had the highest impact and interpersonal deterrent factors with the rating average of 1.18 had the lowest impact on participation in sport activities. So this results are similar to the research results of the people like Bernamo and colleagues (1995), Dionchi (2006).

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