Investigating Patterns of Spending Leisure Time with Emphasis on Physical Activities and Sport (Case Study: Female Teaching Staff, Students, and Office Staff at Ilam University)

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Abstract

Despite the interest in sport and physical activities in Iran, its role in spending the leisure time of various groups in the society is insignificant. Therefore, the aim of this research is to study and identify the patterns of spending the leisure time with emphasize on physical activities and sport at Ilam University. This study is a descriptive and a kind of field study. The statistical society includes 3888 individuals from female teaching staff, students, and the staffs of Ilam University, from them 362 have been selected through stratified random sampling by using Morgan's table. The data was collected by using a questionnaire, and Cronbach's alpha reliability, was determined ($R_{a=}$ 0.89). For data analysis we used descriptive statistical method (the mean, standards deviation and distribution tables), and in inferential statistics (Kruskal-Wallis, ANOVA and LSD test) ($p<00.05$). The findings show that among leisure activities, using Mobile in all three groups was the most important activity in leisure time and physical activities and sport were in 7th, 8th and 9th priority among professors, students and staffs. In other words, investigation about relationship between variables indicates that there is a significant difference between income average, age and education level with the rate of sport and leisure time in all three groups. Static actions like using mobile and Chat have a major role in women leisure time, and sport doesn't have a favorable position. Also, the existing difference in the ways of spending leisure time depends on the amount of income, age, marriage, interest, and social differences.

Keywords: Leisure time, Sport, Ilam university, Physical activities, Education.

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1. Introduction

Healthy society is one that its members can have healthy amusements, appropriate human relations and mental happiness and also they can provide their life needs by appropriate job (Rezaei, 2016, p. 94). During their life, various societies were confronted with various and different problems and one of these problems that was considered in recent two decades is leisure time that is indicated as a serious and effective factor in various dimensions of human life because of social changes and technology progress. Leisure time requirements means free time and it is far from job requirements (formal, expected and profit), biological requirements (routine amusements such as feeding, sleeping and bathing) common requirements (such as shopping and communication) and social requirements (such as doing tasks and providing social tasks) (Sharafoddin, 2015, p. 37). Which usually this time is allocated to resting, amusing, data developing, and acquisition and social cooperation's. In the view of operating, leisure time can be appropriate time for thinking, imagining, self-making, talent blooming, compensating faults, providing aesthetic needs in individual level and empowering common spirit, decreasing damages, dynamicity, environment optimization, general happiness and decreasing social deviations (ibid, 35).

Indeed the importance of leisure time subject and its effects is that it is a kind of voluntary action which is followed by internal satisfaction. The Majority of human detections and innovations that were done by scientists are productions of thought, innovation and creativity that were provided in leisure time and also the majority of crimes are done in leisure time. If people have no activity in leisure times, so these free times may lead to crime and ignoring and they may cause bad results in all aspects of society. So pay attention to leisure time has a special importance in this time that cultural aggression treats our religious views and social- political cultural orientations of our people (Bagheri, 2014, p. 201). Rezaei (2016) indicated that paying attention to programming leisure time is one of the cultural, economic, social and political subjects in contemporary society and making equality between demand and production of this factor is one of the most important subjects that must be considered. The findings of research of Shaterian *et al*., (2015) show that children and adolescents in countryside are confronted with more social deviations and physical problems because of cultural poverty of their families. Opic (2014) indicated that leisure time is an opportunity to practice various roles and activities of life. The findings of Emine (2015) show that participating in leisure time activities is affected by individual and social characters like: age, family and gender. The findings of research Wagner (2006)

and Shaterian *et al*., (2015) show that there is a significant difference between males and females in spending leisure times.

The most important reason of differences in leisure spaces in Islamic countries is that they emphasize on gender separation in public spaces and controlling and determining specific conditions and rules to present ladies in these environments. Regarding the high value of women in Islamic society and regarding to this fact that women are half of total population of society and are key factors in families so they must be healthy and happy. So leisure times considered as a key factor in women s' life and have a specific position in those activities that create happiness and regency for women. Rahimi and Hosseini (2006) indicated that effective factors in how women pass their leisure time are as following (figure 1):
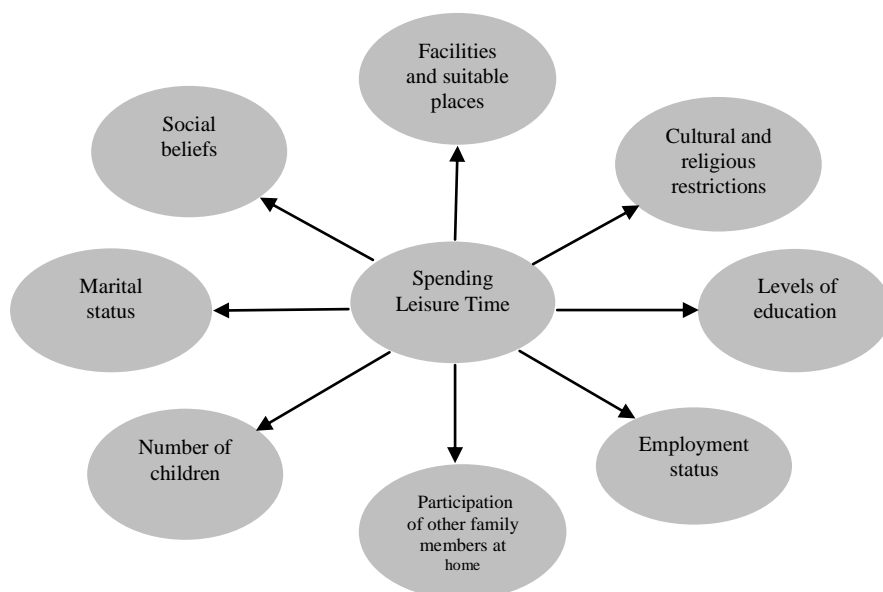

Figure 1. Effective factors in spending leisure time of women

Sadeghi *et al*., (2008) in their studies found that social inequalities such as gender inequalities, class inequalities and so on provide various patterns of leisure time in societies. Pourahmad (2011) indicated that gender is one of the clear forms of social distinctions that lead to heterogeneity and inequality in leisure times. The findings of research of Shaterian *et al*., (2015) show that the majority of leisure time of women in countryside of Khorramabad is spent watching TV. In a study in Dublin university among pharmacy students it was determined that women have more leisure time in

compare to men and most important activities of them during leisure time are: resting, study and listen to radio (Bagheri, 2014, p. 205). Chamanpira *et al*., (2009) indicated that exercise and physical activity is an appropriate solution to spend leisure time and can lead to prevent various disordering in adult age. The findings of Bagheri *et al*., (2014) show that there is a significant difference between gender and spending leisure time and those female students that are living in dormitory, have less leisure time in compare to their home. Lee-Wen Pai (2016) indicated that those females that have physical activities (yoga) in their leisure times, their rate of blood sugar is normal. Sieracki (2008) in his paper he found that there is a significant relationship between disorders and illegality of children in public spaces and method of expending leisure time. He used sport in leisure time of these students and found that their disorders are decreased and the character of these students was constant in a positive way.

So the role and position of physical activities and sport in spending leisure time of various groups of society especially among women is clear. Physical activities and sport as a multidimensional factor with extended effects, found its position in the economy of people health, spending leisure time, education, social relations and preventing social crimes and ethical deviations in society. Based on studies in Canada, 10 percent annual increasing in physical activities leads to saving 150 Million dollar in section of health and therapy (Ataee, 2008, p.44). Lee- Wen Pai (2016) introduced physical activities and sport as the most important pattern for spending leisure time and has emphasized on its role in society. The findings of research of Aliabadi *et al*., (2013) show that the anxiety level and depression of the students which have physical activities is in lower rank. Tessier *et al*., (2007) found that increasing one hour of physical activity in a week, leads to increase efficiency in various dimensions of life for 17 percent in males and 39 percent in females.

Totally in the past, people have respectful view towards science acquisition and a hateful view towards unemployment, but nowadays it was clear that education and leisure time are two complete factors and leisure and unemployment are two separated concepts. Now day's universities in global levels, beside their teaching and research duties have a new task in cultural and social fields like the role of culture making and socialism. In other words, university not only educate some people to produce knowledge but also pay attention to leisure needs of society as health guarantees for it and it's necessary to know favorites, motivations and limitations of leisure time (Rezaei, 2016: 94). Emine (2016) believed that facilities of universities are not enough for professors, students and staffs to spend their leisure time, so universities lead to less dynamic activities such as studying, watching TV and going to cinema. The

findings of studies of Chirani (2014) show that performance of universities is not appropriate for filling the leisure time of students. The other finding of the present research shows the increasing of watching illegal movies and decreasing of sporting and physical activities among students. So this problem is more important about academic women who are spending their leisure time in more limited spaces, so the quality of spending leisure time, form and rate of representing women in them and effective factors in the form of representing women is one of the great concerns of cultural programmers and socialists and it is necessary to reinvestigate their activity types and their demands.

So the present research investigated the patterns of spending leisure time of female professors, students and staffs of Ilam University by emphasizing on physical activities and sport.

2. Methodology

The present research is descriptive-analytic that was done by field method. Statistical population of the present study is including all female professors (24), students (3751) and staffs (113) of Ilam University that 362 cases of them (24 professors, 246 students and 92 staffs) were selected as research sample by stratified random method and by Morgan's table. The data was collected using a questionnaire whose Cronbach's alpha reliability was determined ($R_{a=}$ 0.89) and its validity was confirmed by related experts. For data analysis we used two ways: descriptive statistics including the mean, standards deviation and distribution tables, and inferential statistics including Kruskal-Wallis(H test), ANOVA and LSD test ($p<0$ 0.05).

3. Findings
Table 1. Average of leisure time of research population in holidays& weekend and working days

	Options	Frequency	nothing	1-2 hours	2-4 hours	4-5 hours	More than 5 hours	No answer
Percent	Professors	Working days	20.8	50.4	24.7	4.1	-	-
		Weekend & Holidays	4.1	37.6	16.6	20.9	20.8	-
	Students	Working days	3.2	32.5	32.7	23.6	8	-
		Weekend & Holidays	1.5	32.4	31.9	20.4	13.8	-
	Staff	Working days	8.1	58.5	23	9.3	1.1	-
		Weekend& Holidays	2.2	34.8	29.8	17.4	15.8	-

Based on table 1, the maximum of leisure time rate in working days of professors, students and staffs in Ilam university are 1-2 hour (50.4 percent), 2-4 hour (32.7 percent), 1-2 hours (58.5 percent), also based on ANOVA and LSD test, there is a meaningful difference between mean of leisure time in holidays& weekend and other days:

Table 2. ANOVA

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	89438483925.9	2	44719241963	434.5	0.000
Within Groups	48478011510.4	362	102925714.5		
Total	137916495436	364			

Table 3. The most important leisure activities of research population

Groups Priorities	Professors	mean score	Students	mean score	Staff	mean score
first priority	Internet searching	3.60	Using Mobile	3.64	Talking with friends	2.40
second priority	Using Mobile	2.20	Talking with friends	1.50	Visiting relatives	2.38
third priority	Non-academic study	1.62	walking and picnic	1.12	Using Mobile	2.01
fourth priority	walking and picnic	1.15	Internet searching	1.07	walking and picnic	1.92
fifth priority	Visiting relatives	0.88	Listening music	0.86	watching TV	1.82
sixth priority	Talking with friends	0.78	Non-academic study	0.55	Non-academic study	0.69
Seventh priority	watching TV	0.49	Physical activity and sport	0.54	Internet searching	0.44
eighth priority	Religious activities	0.32	watching TV	0.42	Physical activity and sport	0.36
ninth priority	Physical activity and sport	0.29	Art activities	0.32	Religious activities	0.18
tenth priority	Other activities	0.26	Other activities	0.32	Other activities	0.16

The mean score of leisure activities based on Likert scale ($Max = 5, Min = 1$) was scored by research population and mean score in each activity was obtained by dividing total scores on number of people».

Table 3 shows the most important activities of spending leisure time. In this table, sport among professors is in 9[th]priority, for students it is in 7[th]priority and for staffs it is in 8[th]priority and findings of Kruskal-Wallis (H test) show that the mean of sport in these three groups are not different (Sig=.67). Table 4 shows significant investigation of important activities by Kruskal-Wallis test.

Table 4. Investigating meaningfulness of four activities of research population (Kruskal-Wallis test)

Groups	marital status	Using Mobile			walking and picnic		
		Mean	Sig	Sig	mean	Sig	Sig
Professors	Married	82.56	0.788		81.25	0.217	
	Single	81.89			80.43		
Students	Married	89.34	0.854	0.561	88.74	0.056	0.126
	Single	85.12			84.64		
Staff	Married	85.83	0.065		83.43	0/122	
	Single	83.15			81.53		
Groups	marital status	Talking with friends					Internet searching
		Mean	Sig	Sig	mean	Sig	Sig
Professors	Married	80.13	0.054		80/08	0.665	
	Single	81.23			79.87		
Students	Married	79.22	0.059	0.000	79.11	0.045	0.034
	Single	78.35			78.28		
Staff	Married	78.05	0.041		78	0.047	
	Single	77.67			77.56		

Table 4 shows that the mean of leisure activities like using mobile, walking and picnic are not different significantly but the mean of leisure activities like talking with friends and internet searching are different in these three groups significantly.

Table 5. Average rate of sport in research population based on percent

Option Groups	Nothing	Less than 10 minutes	20-10minutes	30-20minutes	More than 30 minutes
Professors	47.8	28.8	24.7	4.1	4.2
Students	36	16.4	28.2	13.6	10.8
Staff	43.1	27.5	19.1	8.2	2.1

Regarding to table 5, 47.8 percent of professors, 36 percent of students and 43.1 percent of staffs have no any sport activity.

Table 6. Most important reasons of no sport of research population

Groups Priorities	Professors	mean score	Students	mean score	Staff	mean score
first priority	high rate of work	3.92	Laziness and impatience	3.65	high rate of work	3.40
second priority	Laziness and impatience	2.59	high rate of work	3.60	Laziness and impatience	2.51
third priority	Disinterest	1.06	Lack of facilities	1.13	Lack of facilities	0.96
fourth priority	Lack of facilities	0.94	Financial Problems	0.76	Unaware of extra programs of University	0.41
fifth priority	Unaware of extra programs of University	0.45	Unaware of extra programs of University	0.42	disinterest	0.38

Table 6 shows that high rate of works and laziness are two main factors for lack of physical activity and sport in all three groups of research populations.

Table 7. Most important advantages of sport based on priority

Groups Priorities	Professors	mean score	Students	mean score	Staff	mean score
first priority	Reducing mental stresses	2.62	Fitness	2.60	keeping health and power sense	2.57
second priority	keeping health and power sense	2.58	keeping health and power sense	2.55	Happiness and pleasure	2.44
third priority	Happiness and pleasure	1.95	Happiness and pleasure	2.31	Fitness	2.36
fourth priority	Fitness	0.84	Reducing mental stresses	1.29	Reducing mental stresses	1.55
fifth priority	Resistance to diseases	0.25	Resistance to diseases	0.54	Resistance to diseases	0.35

Regarding to table 7, keeping health and power sense are most important reasons of doing sport during leisure time.

Table 8. Effective factors for inappropriate using of leisure time

Groups Priorities	Professors	mean score	Students	mean score	Staff	mean score
first priority	high rate of work	3.58	Lack of facilities	3.27	high rate of work	3.33
second priority	Lack of facilities	2.41	high rate of work	3.25	Financial Problems	2.12
third priority	Cultural problems	0.78	Lack of leisure program	1.59	Lack of facilities	1.92
fourth priority	Unawareness of the importance of leisure time	0.62	Cultural problems	0.88	Cultural problems	0.84
fifth priority	Lack of leisure program	0.44	Financial Problems	0.79	Lack of leisure program	0.56

Regarding to table 8, high rate of work is the most important factor for inappropriate using of leisure time.

Table 9. The average rate of walking among research population

Option Frequency- groups		nothing	Less than 1 hour	1 hour	1- 2 hours	More than 2 hours	No answer
	Professors	45.9	41.7	12.4	-	-	-
Percent	Students	27.9	44.8	23.7	3.3	0.3	-
	Staff	34.5	46.7	17.9	0.9	-	-

Based on table 9, 45.9 percent of professors, 27.9 percent of students and 34.5 percent of staffs do not walk.

Table 10. The satisfaction rate of research population from programs of leisure time spending

Option Frequency- groups		Quite satisfied	Almost satisfied	Neither satisfied nor dissatisfied	Almost Dissatisfied	Quite dissatisfied	No answer
	Professors	2.1	16.3	38.8	21.1	9.6	12
Percent	Students	3.2	14.2	39.2	31.4	9.3	2.5
	Staff	9.5	25.6	25.7	21.4	14.4	3.4

Table 8 shows that research population have an intermediate idea about their leisure time, also the findings of Kruskal-Wallis shows that there was a meaningful difference between satisfactions of these three groups.

Table 11. Comparison satisfaction between professors, students and staffs

	N	Df	Mean Square	Chi-Square	Sig.
Satis: Pro	24	2	343.32	242.21	0.000
Staff	113		225.44		
Stu	3751				
Total	3888				

Other findings of study by H test shows that there is a meaningful difference between average income, age and education with rate of sport and spending leisure time among the three groups. None of the groups except students (5.4 percent)do not smoke. The majority of leisure time among the groups was in the afternoon. The place of spending leisure times of professors, students and staffs were respectively includes: home (53.1 percent), dormitory (69.2 percent) and home (76.5 percent).

4. Discussion and Conclusion

During times, various views were being mentioned about future of leisure times, but many experts believed that the future of leisure times is affected by many factors. Evidences indicated that contemporary societies are confronted with increasing of leisure time because of decreasing of official times, technological progress and so on, but the findings of the present research indicated that the rate of leisure time (1-2 hours in day) does not increase in compare to previous studies. Farajollahi (1993) indicated that the rate of leisure time among female students of Tehran University is 3-5 hours. Tondnevis (1995) indicated that this rate among female students of all universities is 3-4 hours. Rahmani *et al*., (2005) indicated that the rate of leisure time among female students of Zanjan University is 4.7 hours and Ghaem *et al*., (2007) indicated that this rate among female students of Shiraz University is 3.4 hours. Rezaei (2009)indicated this rate in Tarbiat Modares University as 2-4 hours. Other

findings of this research shows that static activities such as using mobile, computer, internet chats and watching TV and satellite have a major role in leisure times and there is no meaningful differences between these three groups. Selecting satellite as an important factor in global culture is very important in relation to spending leisure time and it needs exact planning. Safania (2000) indicated that the mean of watching TV among students is 97 minutes in a day. Rahmani et al (2005) write: 80.72 percent of students of Takestan University indicated watching TV as their first priority. Rezaei (2009) indicated that watching TV is first priority in Tarbiat Moddares University. Suzan(2005) and Eltaic (1998) indicated that watching TV is the first priority in Universities of Turkey and Michigan. The findings of Opic (2014) shows that using electronic media such as mobile and TV have the major role in spending leisure time.

The findings of the present research indicated that sport, walking and other dynamic activities have inappropriate positions in research society in a way that sport is the 9[th]priority of professors, 7[th]priority of students and 8[th]priority of staffs.

Rezaei (2009) indicated that 39.1 percent of professors, 41 percent of students and 38.2 percent of staffs in Tarbiat Modares University have no sport activities. Koshafar (1995) indicated that the mean of sport among students of Tabriz University is 204 minutes and Safania (2000) indicated this rate as 188 minute in one of branches of Islamic Azad University. Beti *et al*., (2007) indicated that sport is one of the most important factors of spending leisure time.

Lack of time, mental challenges and lack of facilities and sport places for women are the most important reasons of inappropriate using of leisure opportunities by research society. Also majority of people indicated that if there are good facilities, they spend more of their leisure time by doing sport.

So regarding to changes in concepts and performances of leisure time in new societies, it is necessary to use new instruments in programming leisure times. One of main approaches in organizing leisure time for women is «Upgrade approach» that is, emphasize on providing main needs of women. This approach necessitates to provide early needs of women to filling leisure times. The other approach which pay attention to leisure time of women is «Demand-driven approach .This approach has emphasized on women because of their special biological conditions and social ones and it is said that they need different programs of leisure time compared to men. In this field each program of leisure time of women must guarantee the knowing needs, capacities and exceptions of age periods, education level, cultural-social conditions, mental needs and traditional areal cases. (Ataee *et al*., 2008, P. 52). Although it must be noted that success of mentioned approaches is related to providing cooperation and uniqueness

between other policy maker organizations, programming, doing and controlling to use of powers and facilities optimally and data and experience exchanges about leisure time of women.

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