



Sociological Explanation of Women's Participation Affecting Factors in Public Sports in Gorgan

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Abstract

The aim of this study was to explain the sociology of factors affecting women's participation in public sports in Gorgan. This research was a qualitative in which the Grounded Theory method was used. The statistical population of this study included elite female athletes, coaches and experts in the field of public sports, specialists and professors of physical education and sports sciences. Using snowball sampling method, 15 individuals were selected as the sample. In order to ensure the reliability of the obtained data, two methods of retest reliability and intercoder reliability were applied. Data analysis was performed in three stages of open coding, axial coding and selective coding. Based on the analysis, 46 open codes were extracted, which were classified into 5 categories (subcategories): personal barriers, family barriers, facilities and economic barriers, cultural barriers and social barriers. According to the results, it could be concluded that part of the barriers to women's participation in public sports were related to personal factors and the other part was related to environmental and social factors. It is suggested that by increasing women's awareness about the benefits of physical activity and also removing some cultural, environmental and social barriers, the necessary ground for women to participate more in public sports should be provided.



Extended abstract

Introduction: The occurrence of the technological revolution has changed the way of life with a significant speed. Significant part of its positive effects on the development and improvement of the quality of life could be observed. According to many researchers, one of the most important negative effects and consequences of new technologies is the reduction of physical activity. According to an official report published by the World Health Organization, the level of physical activity in different age groups was significantly different from the indicators reported by the organization, which indicated a decrease in the level of physical activity in different groups in recent years. Today, the lack of an acceptable level of physical activity has become one of the most important factors threatening the health of the international community. Most research in this area has examined the causes and consequences of inactivity and inactivity in certain groups such as pupils and students, and little research has been done on the causes, motivations and consequences of women's sports participation. Women are at high risk due to the unfair distribution of resources and opportunities, high rates of poverty, hunger and malnutrition, and gender discrimination against women. With the outbreak of the Corona virus, women's physical activity has decreased significantly more than men. The existence of a male-centered culture in our country, has led to an obvious discrimination in favor of men in the underlying factors that affect the intention of individuals to participate in physical activities. Accordingly, more sports facilities, availability of sports facilities, lack of family restrictions, less family responsibilities, more leisure time and more sports opportunities for men and lack of security for women were some of the factors that led to more men physical activity and women inactivity.

Method: The present study was a qualitative and exploratory research that aimed to explain the factors affecting barriers to women's participation in public sports in Gorgan. This research, due to data collecting method had a qualitative nature based on grounded data theory procedure. The statistical population included elite female athletes, sports coaches and experts in the field of public sports, specialists and professors of physical education and sports sciences who were informed about the research. Using the snowball sampling method, 15 subjects were selected as the statistical sample.

Results: Findings showed that personal barriers had 14 items and included such things as "fear of harm in women's public sports programs", "lack of sufficient information about women's public sports programs" and "inconsistency of women's public sports programs with the needs of participants". The results also indicated that family barriers had 6 items and some of them included "family opposition to participate in women's public sports programs", "family disagreement about the timing of women's public sports programs" and "lack of awareness of family members about the benefits of programs" "It is a public sport." Findings revealed that economic and economic barriers had a number of items (13 items) and some of them included "not having enough income to participate in women's public sports programs", "gender discrimination in the duration of use of sports facilities by women" and "The inadequacy of sports facilities." While the results manifested that cultural barriers had 6 items and some of them included "observance of Islamic manners and keeping hijab", "non-observance of ethical principles in women's public sports programs" and "existence of negative thoughts and attitudes in the community about women's sports". . Finally, the outputs uncovered that the social barriers affecting women's participation in



public sports had 7 items, examples of which included "lack of proper information about women's public sports programs in the community", "Inadequate mass media coverage of public sports programs" "Women" and "Lack of a strategic plan for the development of women's public sports programs."

Conclusions: By studying the existing literature and interviewing experts, 5 types of barriers were: social barriers, personal barriers, family barriers, facilities and economic barriers and cultural barriers; they were all identified as the main barriers. In social barriers, lack of support from groups of friends, educational centers, mass media, less attention of officials to women's sports and the lack of a successful sports model among women, made women less willing to participate in sports activities. In the category of personal barriers, some of the components affecting women's sports were: lack of time due to overwork, lack of interest, lack of self-confidence and self-confidence of women. Considering the effect of family barriers on women's participation in public sports, by correcting the attitude of families towards women's sports activities, it is suggested that with full familiarity with sports and more attention of officials to this, would increase women's desire for sports. Cultural barriers are among the important barriers that had a profound effect on reducing the level of women's participation in sports. The existence of a male-centered culture in the sports community, the existence of thinking about the negative effects of sports on women's appearance, etc., were among the effective cultural components in this field. Therefore, it is suggested that attitude improving towards women's sports activities, full familiarity with sports and more attention of officials to women's participation in public sports, could increase women's desire for sports. Opportunity-economic barriers were also among the barriers that had a positive effect on reducing the level of women's sports. In this dimension, factors such as lack of vehicles and transportation, lack of access to suitable spaces and gymnasiums for women, lack of necessary investment in the development of women's sports venues, etc. were effective on women's non-participation in sports activities. Therefore, it is suggested that measures be taken to access suitable sports halls and spaces, appropriate time for sports facilities, investment in the development of women's sports facilities, and sports equipment should be provided to women athletes at a reasonable cost.

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