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Test of Incentive for Participation Model, Lifestyle and Sport Participation Barriers of Female Athletes

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ABSTRACT: The present research aims to determine the relationship between incentives for participation and lifestyle with participation barriers of female athletes, Tonekabon. This study is correlation, in terms of method type; while it is applicable objectively. Its population consists of all organized female athletes in Tonekabon on 2015 (n= 3,614). The Cochrane Formula was used to determine the sample size. The sampling method is classification type. The following questionnaires were used to collect data: Sport Participation Questionnaire (Gill et al, 1983), Lifestyle of Health Promotion Questionnaire (Mohammadi Zeidi et al., 2011) and the researcher-made questionnaire on sport barriers and limits. To analyze the data, there was used structural equations' technique using LISREL and SPSS statistical software. The research results showed a positive significant relationship between incentives for participation and lifestyle with participation barriers of female athletes, Tonekabon.

Keywords: Incentives for Participation, Lifestyle, Participation Barriers.

INTRODUCTION

Health and vitality are essential matters of society and exercise is a very strong leverage in this direction. There should be provided the required areas for exercise of majority of community population. It is the emphasized matter by society officials in all areas. Statistics indicate that a high number of women in our country suffer from premature old, depression and mental disorders that it can seize whole society as a problem. Obesity and lack of fitness can cause cardiovascular and blood pressure diseases. Exercise is one of the cheapest methods to prevent such diseases. The cleverest communities are those that prioritize little costs of diseases' prevention to prevent imposing excessive expenses (Moatameni et al., 2014).

Despite well-known extensive evidence about the benefits of physical activity, we can still see reports from around the world representing high percentage of inactive people. Therefore, it is felt the need for interventions to change the behaviors. Physical activity is an essential part of public health (Malina &Little, 2008).

Sport helps proper and positive use from free times and unemployment; it prevents individualism; it also prevents inhuman and immoral behaviors; and it promotes health and wellbeing of population considerably (Kashef &Araghi, 2011). Nowadays, the role of women in social activities in Iran is stronger than ever before. However, despite increasingly presence of women in social areas, their participation in sporting activities is limited.

The issue of continuing participation in sporting activities is important, like as its starting because if people want to achieve full benefits of health, they should exercise regularly (Marzankalateh et al., 2014). Exercise is one of ways to overcome physical, emotional, mental, social and tension pressures of living in today's turbulent world. Research has shown that people who regularly exercise are less likely suffering from cardiovascular diseases, less stress and more self-confidence than others. They also have a better view on life with less depression and boredom (Holzwherhe, 2002). Research has shown that sports and physical activities have profound impacts for women, especially during pregnancy and lactation as well as health in old age. Despite the important role of sport in women's health, the country population has not understood the importance of sports for girls who are future mothers and future health of the society depends upon their health. In other words, lack of physical inactivity of girls and women means depriving an important part of the society population from physical and mental health, vitality and the required performance that will undoubtedly lead to irreparable damage for the entire community (Mirghafoori et al., 2009).

Tendency rate to exercise among the unmarried women is like as the married men, while the married women tend less to sport and they participate in exercise activities often for physical fitness, provide grounds for recreation and exit from monotony of life (Mortezai &Andam, 2014).

During the past three decades, the slogan of "Sport for All"has been accepted as a fundamental principle and priority of sports programs in many countries. To fulfill the public slogan, by a lot of costs, manynon-sport public and private companies and organizations began and implementedthe compiled and organized programs to participate all social classes and provide equal opportunities in entertainment sports and variety of fun physical activities. The main purpose of these activities and programs is to enhance the quality of life styles, increase fun and happiness level as well as individuals' health promotion by emphasizing on various sports programs (Keshkar et al., 2007).

Incentive for participationis defined as internal individual willingness to participate in a group process. This variable depends on factors such as individual and social success, the group-oriented of a person to attend in sport groups, entertainment and discharge of people energy. Since incentive is a prerequisite for activity, high incentive among women to participate in recreational sports can help increase effect and time of their participation in recreational sports (Kulakac et al., 2016).

According to Cauen, incentives of individuals are divided into two factors:

Personalfactors: these factors are controlled by person and include analyzing performance or result, intrinsic incentive, expectations of others and self-confidence;

Situational factors: these factors are often controlledby coach such as material reward, target-identification, various training sessions and social reinforcement. However, many aspects of sport are intrinsic partsof position and do not change easily such as observers of low-skilled athletes or an environment that athletes exercise on it (Pal, 2007).

Lifestyle or style of living, which reflects attitudes and values of a person or group, shapes habits, attitudes, tastes, moral standards, economic level and lifestyle of a person or group (Moren, 2015).

Zimel (2000) defines lifestyle as the following: the interconnected whole is a form that population of a society choose it in their life, according to internal incentives and tastes, due to their conducted efforts to create balance between their mental personality and environmental objectives (Garsham, 2002). Lifestyleconsists of affairs that are related to human life from individual, social, material and spiritual aspects. Theses affairs include subjective affairs and internal behaviors such as views (perceptions and beliefs) and attitudes (values, interests and preferences); external behaviors (conscious and unconscious actions, physical moods and conditions); and identical affairs such as social status and position and assets (Melekoglu, 2015).

In a theoretical framework to study barriers of sport participation, Craford et al offered a pyramid model for participation barriers in leisure activities. For the first time, the proposed model divided barriers into three categories, due to their importance in decision-making process: intrapersonal, intrapersonal and structural barriers. Interpersonal barriers refer to mental preventive attributes and characters that stem from personal negative experiences. Intrapersonal barriers are related to lack of positive interaction between people, inability to find a partner and group membership. Structural barriers mean lack of material resources to carry out exercise. This model was further expanded by integrating concepts of bargaining and more balancing. In this model, interpersonal and structural barriers are the most and the least important barriers respectively in decision-making process for participation; intrapersonal barriers are placed between them (Pakard, 2010).

Handerson et al (2011) showed that inadequate notification to individuals can be considered as one of reasons for preventing sports activities because they are unaware providing services for sporting activities. Cultural barriers are important barriers with a profound impact on reducing participation of women in sport activities. Male-based culture in athletic community, fear of damage to religious beliefs and thinking of sports negative impact on women's appearance are effective cultural factors in this field (Alishshi et al., 2013).

In order to overcome cultural barriers, cultural organizations of the society, including education, radio and television should take steps to correct vision of society towards women athletes (Alishshi et al., 2013).

Facility and economic barriers are those that have a positive impact on reducing level of women sports. In this regard, there are some factors affecting lack of women participation in sport activities such as lack of vehicles and transportation, lack of access to appropriate spaces and sport facilities for women and lack of necessary investment to develop women sport facilities (Honari et al., 2012).

In a research, Shabani Moghadam (2013) concluded that after analyzing Friedman Test, the most important barriers to promotepublic sport include shortage of manpower, budget and finance as well as quality and quantity of sport facilities and equipments. Except these cases, the following barriers are placed in next steps: barriers of manpower knowledge on how to improve physical activity; lack of a clear strategy and plan on what needs to be done; lack of support by the community; lack of support by officials; lack of public awareness about programs and facilities available for public sport; lack of safety and security and high crime in some areas; lowincome of people; and lack of people's awareness on benefits and of physical activity (Eidi et al., 2013).

Reviewing programs and policies of public sport shows that creating recreational environments and parks as well as people awareness can increase number of people who exercise three or more times weeklyup 25% (Dogu& Sunay, 2010).

Kazinskee and Handersoun (2007) state that youth population of countries with more parks and open spaces are more active than youth population of countries with less number of parks and open spaces. The research showed that participation of girls in physical activities is less than boys in Turkey. In this country, women are less likely to participate in sport activities because of tasks such as housekeeping, expectations, costs, managing work hours, opportunities perception, cultural issues and many other factors (Dobbins et al., 2009). By investigating Turkish women, Koulakack et al (2016) concluded that lack of time, especially for lower-class women, common beliefs about the traditional role of women and their accepted roles in the society are the most important factors to prevent their participation in sport activities. For religious reasons and avoid mixing or compliance with a specific coverage many women do not participate in physical activities (Hosseini Chorsi, 2005). Less presence of women in sport activities can be considered due to family responsibilities and cultural barriers.

Despite increasing leisure time due to use the advanced technologies in workplace and at home, level of sport is very low in Iran. However, women sport is more important due to their special physical status. If the society fails providing opportunities for girls to participate in sport activities, they will finally lose the required incentives in this regard; as a result, they will be physically weak and certainly, they cannot be strong and healthy mothers for future generations (Hosseini et al., 2013).Hemayat Talab et al (2014) conducted a study titled classifying and prioritizing the factors affecting sport participation by young people in Tehran using hierarchical analysis method. The research result indicated a blueprint for officials, coaches, teachers and young people. They can better understanding on factors influencing participation of youth sports and importance of each factor. Hosseini et al (2013) conducted a study titled the relationship between incentives for participation and sport commitment among veterans and disabled athletes. The research findings showed a significant relationship between all subscales of incentives for participation with sport commitment and incentives for health and reputation are the strongest predictors for sport commitment. Also incentives for sport participation had a significant positive impact on sport commitment and could explain 34% of variance of sport commitment. All indices showed a proper goodness of fit. In a research, Moatameni et al (2014) analyzed barriers to women's participation in sports. They classified these barriers into five categories: lack of attention of officials to women sports, male-dominated culture, lack of time, economic situation and lack of necessary investmentto develop women sport facilities. On the other hand, sometimes, due to the same social studies, women are faced with a dilemma of being woman or engage in sports and she must choose one of them because in most human societies, sport participation has traditionally been limited to men. Kashef and Araghi (2011) conducted a study titled challenges of public and recreationalsport in Iran and its strategies. The research results showed that the most important barriers to develop public and recreational sport include lack of resources, lack of awareness and economic problems. On the other hand, there are many factors affecting individuals' participation in sporting activities including demographic, biological, psychological, cognitive, emotional, behavioral, skill, social, cultural and environmental factors as well as characteristics of physical activity. Gropel et al (2016) conducted a research titled development incentives and sport participation. The research results showed that incentive of academic achievement for students' participation in collective sports is more than individual sports. Meanwhile, by improving students' participation in sports activities their educational levels were improved too (Naderian Jahromi &Hashemi, 2009). Boekel et al (2016) conducted a study entitled the effects of participation in school and academic sports on social performance. The research results showed a direct relationship between students'sports participation and their social behaviors. However, students' lack of awareness of how to activity and engage in sports as well as lack of funding can be considered as negative factors in their social relationships. Marques et al (2015) conducted a study

entitled the relationship between the organized participation in physical activity with physical and mental health. The research results showed a direct relationship between individuals' participation in public exercise with friendliness, mental health, convenience and peace of mind.

This study investigates the relationship between incentives for participation and lifestyle with barriers to sport participation of female athletes. One of important needs of this study is to determine the relationship between incentives for participation and lifestyle with barriers to participate among female athletes is Tonekabon. In the same way, the research hypotheses suggest a relationship between incentives for participation and lifestyle with barriers to participate among female athletes is Tonekabon.

MATERIALS AND METHODS

In terms of study, the present research is descriptive; while it is correlation type, in terms of method. Its population consists of all organized female athletes in Tonekabon on 2015 (n= 3,614). According to Cochrane Formula, sample size of the study was 350 persons that were determined using classification method. The following questionnaires were used to collect data: Incentives for Sport Participation Questionnaire (Gill et al, 1983), Lifestyle of Health Promotion Questionnaire (Mohammadi Zeidi et al, 2011) and the researcher-made questionnaire on sport barriers and limits. Formal and content validity was used to determine validity of the research instrumentsthat approved by professors and experts in this field. The Cronbach's alpha was used to determine its reliability. The used questionnaires include Incentives for Sport Participation Questionnaire (α= 0.967), Lifestyle of Health Promotion Questionnaire (α= 0.978) and questionnaire on sport barriers and limits (α= 0.961). Since the values are more than 0.7, they will be approved.

RESULTS

Table 1. Descriptive statistics of the research variables.

Variable	Min	Max	Ave	SD	Variance	Skewness	Elongation
Success (progress)	0	2	1.50	0.45	0.200	-0.819	0.109
Sociality	0	2	1.45	0.54	0.293	-0.775	-0.135
Fitness	0	2.33	1.79	0.32	0.104	-1.94	4.705
Success Factors	0	5.33	1.42	0.54	0.292	1.138	0.725
Improve skills	0	2.33	1.56	0.50	0.253	-0.995	0.320
Finding friend	0	2	1.38	0.40	0.157	-0.238	-0.163
Entertainment	0.33	2.33	1.42	0.43	0.189	-0.401	-0.343
Spiritual growth	0.90	3.09	2.07	0.49	0.224	0.602	0.612
Health responsibility	0.50	3.07	1.47	0.54	0.290	0.144	-0.574
Interpersonal relationships	0.63	3	1.95	0.52	0.017	-0.315	0.63
Stressmanagement	0.17	3	1.41	0.56	0.316	0.568	0.373
Sport	0.20	3	1.72	0.65	0.426	-0.097	-0.823
Nutrition	0	4.44	1.39	0.60	0.375	0.719	1.851
Social barriers	0	1	0.75	0.22	0.049	-0.789	0.056
Cultural barriers	0	1	0.48	0.29	0.088	0.163	-0.859
Personal barriers	0	1	0.70	0.24	0.056	-0.726	0.108
Family barriers	0	1	0.65	0.27	0.075	-0.468	-0.535
Facilities and economic barriers	0	1	0.73	0.28	0.076	-0.958	0.212

The highest average of incentives for sport participation is for component of preparation with average of 1.79, standard deviation of 0.32, maximum score of 2.33 and minimum score of 0; the lowest average of incentives for sport participation is for component of finding friend with average of 1.38, standard deviation of 0.40, maximum score of 2 and minimum score of 0; the highest average of lifestyle is for component of spiritual growth with average of 2.07, standard deviation of 0.49, maximum score of 3.09 and minimum score of 0.9; the lowest average of lifestyle is for component of nutrition with average of 1.39, standard deviation of 0.60, maximum score of 4.44 and minimum score of 0; the highest average of sport barriers and limits is for component of social barriers with average

of 0.75, standard deviation of 0.22, maximum score of 1 and minimum score of 0; the highest average of sport barriers and limits is for component of cultural barriers with average of 0.48, standard deviation of 0.29, maximum score of 1 and minimum score of 0.

Table 2. Kolmogorov-Smirnov test.

Variable	KS value	Situation
Success (progress)	1.985	normal
Sociality	1.285	normal
Fitness	1.97	normal
Success Factors	1.223	normal
Improve skills	1.481	normal
Finding friend	1.142	normal
Entertainment	1.481	normal
Spiritual growth	1.103	normal
Health responsibility	0.997	normal
Interpersonal relationships	1.095	normal
Stress management	1.471	normal
Sport	1.131	normal
Nutrition	1.364	normal
Social barriers	1.041	normal
Cultural barriers	1.021	normal
Personal barriers	1.477	normal
Family barriers	1.273	normal
Facilities and economic barriers	1.090	normal

In all cases, significance value is more than 0.05. Therefore, there is no reason to reject H0 on data normalization. In other words, the research data are distributed normally and we can parametrictests.

Results of Confirmatory Factor Analysis of Questionnaires of Sport Limitations, Incentives for Sport Participation and Lifestyle

Figures 1, 2 and 3 represent results of Confirmatory Factor Analysis of Questionnaires of Sport Limitations, Incentives for Sport Participation and Lifestyle respectively. In all cases, the observed factor loading is more than 0.3 that indicates the correlation between latent and visible variables is acceptable.

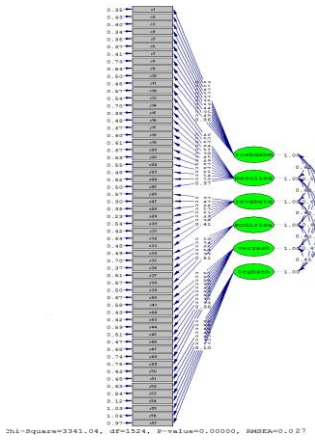

Figure 1. Factor loading for standards of sport limitations

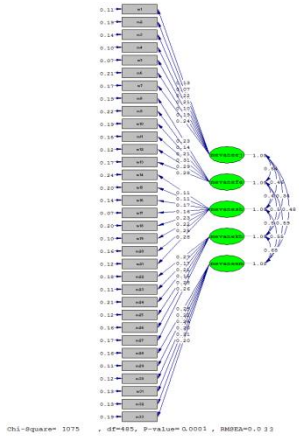

Figure 2. Factor loading for incentive of participation

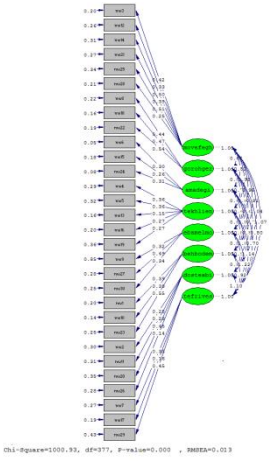

Figure 3. Factor loading for standard of lifestyle

After identifying variables' correlation, it should be conducted a significance test. The t-value statistic is used to investigate significance of relationship between the variables. As significant is examined at error level of 0.05, if the observed factor loadings using t-value test are less than 1.96, the relationship is not significant.

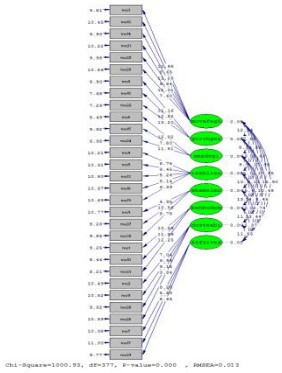

Fig. 4 Significance statistic for standards of sport limitations

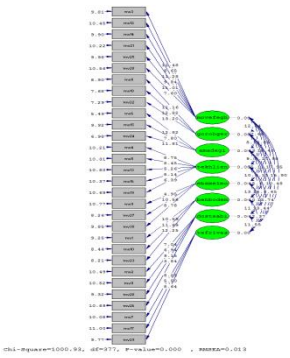

Fig. 5. Significance statistic for incentive of participation

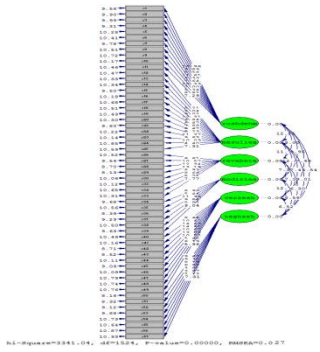

Fig. 6. Significance statistic for standard of lifestyle

According to the contained results in figures 4, 5 and 6, measure indices of each used scales is more than 1.96 in confidence level of 0.05 on t-value; which it shows the observed correlation is significant.

Table 3. Goodness of fit indicators of incentives for sport participation questionnaire.

Goodness of fit indicators	Root mean square error of approximation (RMSEA)	Goodness of fit index (GFI)	Adjusted goodness of fit index (AGFI)	Normalized fit index (NFI)	Not-normalized fit index (NNFI)	Goodness of fit index increased (IFI)
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.013	0.91	0.92	0.93	0.92	0.93

Table 4. Goodness of fit indicators of incentives for lifestyle questionnaire.

Goodness of fit indicators	Root mean square error of approximation (RMSEA)	Goodness of fit index (GFI)	Adjusted goodness of fit index (AGFI)	Normalized fit index (NFI)	Not-normalized fit index (NNFI)	Goodness of fit index increased (IFI)
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.027	0.93	0.92	0.94	0.95	0.93

Table 5. Goodness of fit indicators of incentives for sport limitations questionnaire.

Goodness of fit indicators	Root mean square error of approximation (RMSEA)	Goodness of fit index (GFI)	Adjusted goodness of fit index (AGFI)	Normalized fit index (NFI)	Not-normalized fit index (NNFI)	Goodness of fit index increased (IFI)
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.013	0.93	0.96	0.94	0.92	0.91

Analyzing Research hypotheses

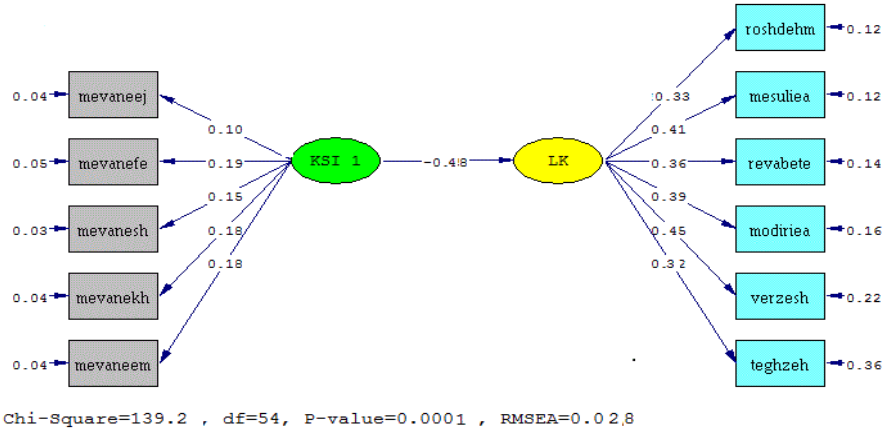

Figure 7. Results of confirming the final model for the relationship between variables of constraints of sports participation and lifestyle.

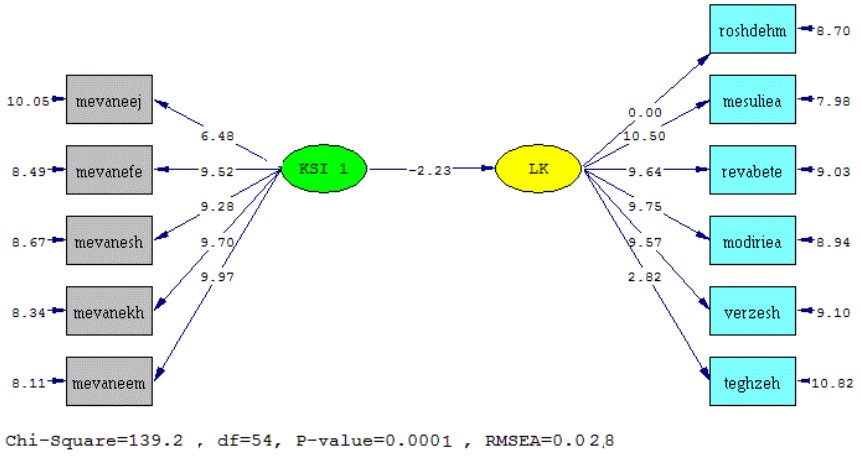

Figure 8. The t-value statistic for results of confirming the final model for the relationship between variables of constraints of sports participation and lifestyle in the research.

Table 6. Goodness of fit indicators of structural model of the research hypotheses.

Goodness of fit indicators	RMSEA	GFI	AGFI	NFI	NNFI	IFI
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.028	0.92	0.93	0.94	0.93	0.92

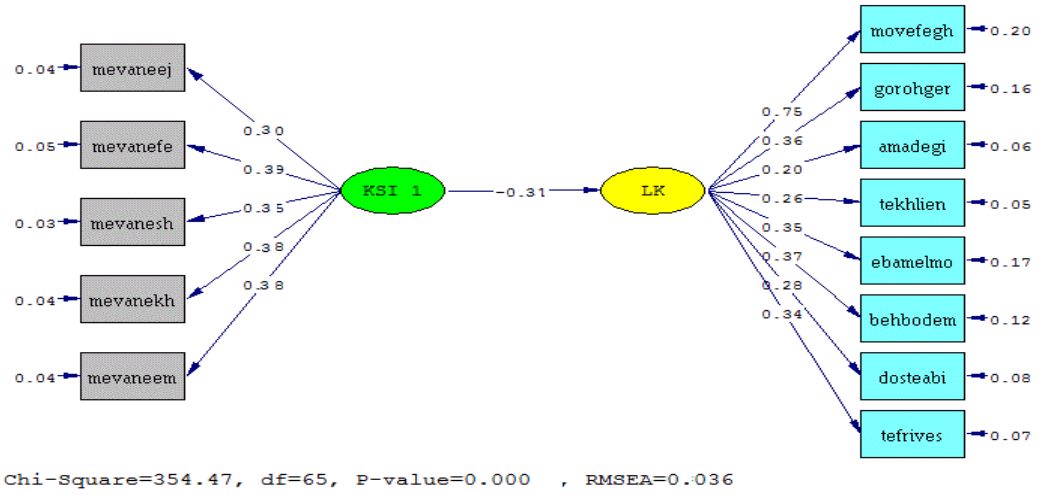

Figure 9. Results of confirming the final model for the relationship between variables of constraints of sports participation and incentives for participation.

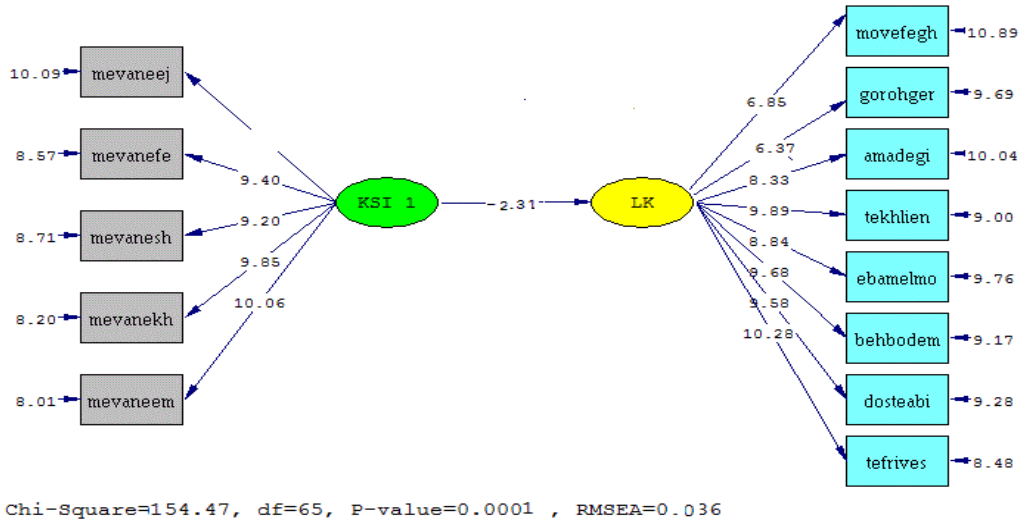

Figure 10. The t-value statistic for results of confirming the final model for the relationship between variables of limits of sports participationand incentives for participation.

Table 7. Goodness of fit indicators of structural model of the research hypotheses.

Goodness of fit indicators	RMSEA	GFI	AGFI	NFI	NNFI	IFI
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.036	0.90	0.91	0.96	0.91	0.93

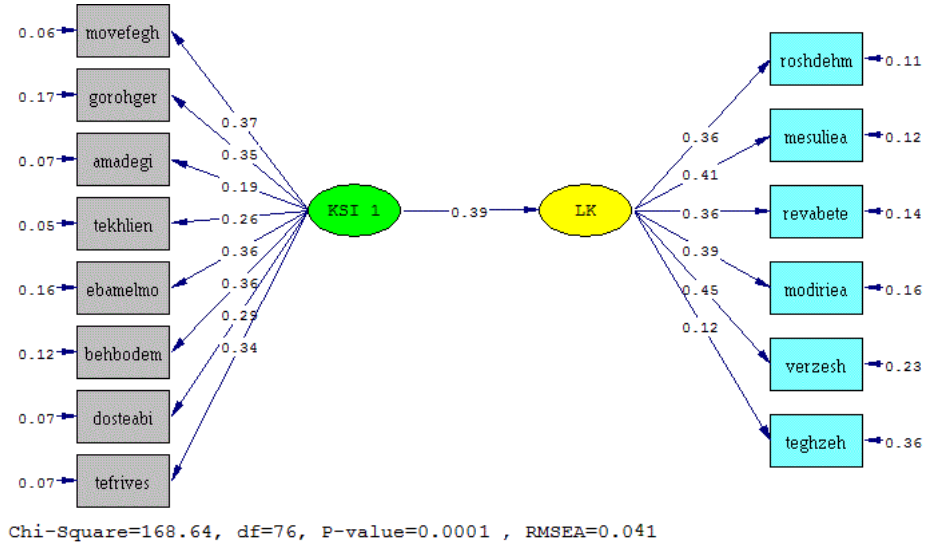

Figure 11. Results of confirming the final model for the relationship between variables of incentives for participation and lifestyle.

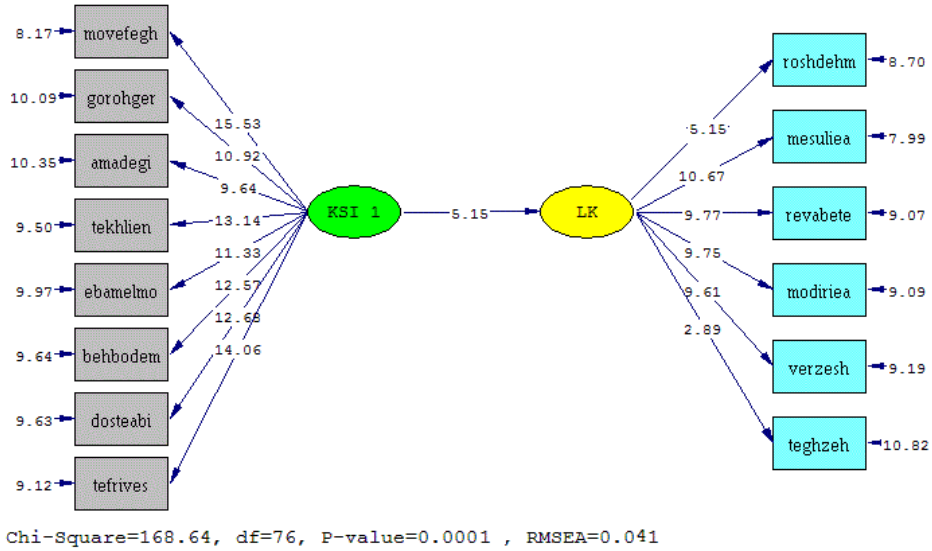

Figure 12. The t-value statistic for results of confirming the final model for the relationship between variables of incentives for participation and lifestyle.

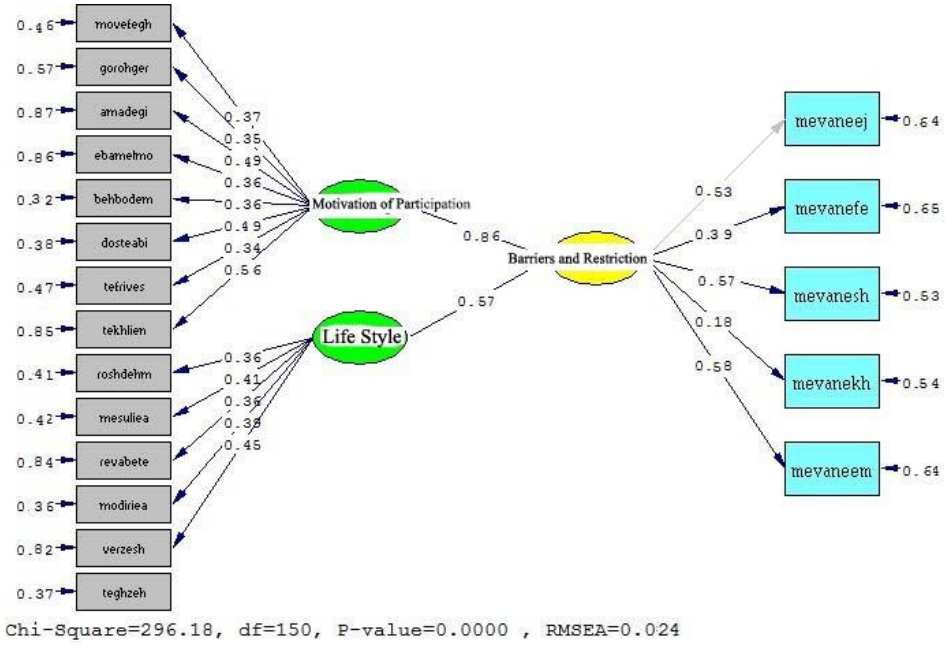

Figure 13. Results of confirming the final model for the relationship between incentives for participation, lifestyle and limits of sports participation.

Table 8. Goodness of fit indicators of structural model of the research hypotheses.

Goodness of fit indicators	RMSEA	GFI	AGFI	NFI	NNFI	IFI
Acceptable values	< 0.1	> 0.9	> 0.9	> 0.9	> 0.9	0-1
Calculated values	0.041	0.92	0.93	0.95	0.91	0.92

H_1: there is a relationship between limits of sports participation and lifestyle of women.

According to figures 7 and 8, there has beencalculated strength of the relationship between limits of sports participation and lifestyle as -0.48 that indicates a desirable correlation. The t-statistic is -2.23 that is larger than the critical t-value in error level of 5% (1.96). It showsthat the observed correlation is significant. Therefore, $H_1$is confirmed and it can be said that there is a significant relationship between limits of sports participation and lifestyle of women.

H_2:there is a relationship between limits of sports participation and incentives for participation of women.

According to figures 9 and 10, there has been calculated strength of the relationship between limits of sports participation and incentives for participationas 0.31 that indicates a desirable correlation. The t-statistic is 2.31 that is larger than the critical t-value in error level of 5% (1.96). It shows that the observed correlation is significant. Therefore, H_2 is confirmed and it can be said that there is a significant relationship between limits of sports participation and incentives for participationof women.

H_3: there is a relationship between incentives for participation and lifestyle of women.

According to figures 11 and 12, there has been calculated strength of the relationship between incentives for participation and lifestyle as 0.39 that indicates a desirable correlation. The t-statistic is 5.15 that is larger than the critical t-value in error level of 5% (1.96). It shows that the observed correlation is significant. Therefore, H_3 is confirmed and it can be said that there is a significant relationship between incentives for participation and lifestyle of women.

The main hypothesis: there is a relationship between incentives for participation, lifestyle and limits of sports participation among female athletes of Tonekabon

According to figure 13, strengths of the relationship between incentives for participation with lifestyle,incentives for participation with limits of sports participation and lifestyle with limits of sports participation have been calculated as 0.79, -0.86 and -0.57 respectively. It shows that the observed correlation is significant. Therefore, the research main hypothesis is confirmed and it can be said that there is a significant relationship between incentives for participation, lifestyle and limits of sports participation among female athletes.

DISCUSSION AND CONCLUSION

The result of the relationship between limits of women sports participation and their lifestyle is explainedas the follows: lack of women attendance in sportsas well as lack of support from others for women participation in sport activities can affect their mood and lifestyle adversely. In such a case, women gradually lose their spirit of independence and avoid collaborate with friends or family. If they are not supported by others to participate in sport activities, they will gradually lose their quiet life and there will be appeared stress and anxiety in their behaviors. The research results are consistent with the obtained results by Moatameni (2014), Hosseini et al (2013), Kashef and Araghi(2011).

The result of the relationship between limits of women sports participation and their incentives for participation is explained as the follows: individual and family barriers cause that women participation in sport activities is considered as a blamed matter; as a result, they refuse to carry out such activities to preserve family values. Therefore, family limitations and prevent them to do such activists can have a negative role and impact on ethics and incentives of women. It gradually causes family interruption and lazy to carry out women tasks in individual and family life. Imposed limits for women in sport activities can cause that they lose teamwork spirit and participation in family and organizational decisions. The results of the second sub-hypothesis are consistent with the obtained results by Hosseini et al (2013) .

The result of the relationship between incentives for sports participation of women and their lifestyle is explained as the follows: women fun and success can be considered as factors for their participation. On the other hand, energy discharge and finding friend can be key factors to participate women in sport activities. It is thoughtful to consider how to discharge energy by women, especially young women, to prevent problematic issues in society framework and culture. On the other hand, finding a friend that can understand the person can be created in such conditions. However, works pressures in organizations and family can move women toward participate in sport activities and encourage them to participate in sport activities socially. The results of the third sub-hypothesis are consistent with the obtained results by Hosseini et al (2013), Melekoglu(2015).

Suggestions

1. Institutionalizing the culture that women have the right to choose and participate in sports activities, like men;
2. Attempt to eliminate this idea that considering Islamic authorities is not a barrier to women participation in sports activities;
3. Remove negative attitudes of society regarding women participation in sports arenas;
4. Attempts of TV and radio to promote family attitude towards health and communication of women in society through participation in sports activities;
5. Attract female athletes by Physical Education Organization to meet cultural and economic constraints;
6. Institutionalizing this idea those women sports increases their self-confidence and enhances their communication and expectancy of life;
7. Prevent bias of family members on women participation in individual sports and being seen them by other people;
8. Considering to women affairs management as well as collaborating and participating them in family and organizational decisions;
9. Allocating funds for better development and participation women in sports;
10. Protecting women against negative attitudes and prevent abusing them;
11. Modeling female athletes to encourage girls and women to exercise (such as women Olympic medalists in 2016);

12. Take necessary actions for public sports and activities among the society people

Conflict of interest

The authors declare no conflict of interest

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