

***The role of sport in the development of ethical and cultural behaviors***

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**Abstract**

One of the dimensions and angles of sports is ethics, to which it seems necessary to pay attention, and clubs as a sports institution can take a big step towards institutionalizing ethics in moral and cultural behaviors in athletes. Therefore, the purpose of this study was to investigate the role of the development of moral and cultural behaviors in the youth of Gilan. Its method is descriptive-correlational in terms of practical purpose. The statistical population of the study was all powerlifting athletes in different age groups in Guilan province that the statistical sample (384 people) was selected by simple random sampling. A valid ITCSQ questionnaire used by Diodson et al. (2006) was used to measure moral and cultural variables. Also, its reliability was calculated using Cronbach's alpha test (0.88) and combined reliability. Structural equation modeling with PLS3 and SPSS24 software has been used to analyze the data and fit the model .The results showed that powerlifting

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had a direct, positive and significant effect on athletes' morale (0.817), personal responsibility (0.793), care and communication (0.783), social responsibility (0.768). has; Its effect on the step stability variable (-0.03) was not significant. Therefore, based on this model, it is possible to evaluate the dimensions of moral and cultural behaviors among young athletes, as well as scientific information on immoral actions that cultural and sports clubs should take to prevent its occurrence among Athletes in terms of managerial development do provide.

**Keywords:** Athletic spirit, Powerlifting, Personal responsibility, Social responsibility.

### **Introduction**

Today, sport has found a special place as an effective phenomenon in all societies; to the extent that in the field of sociology, it is mentioned as the most prominent manifestations of social and cultural life and it is considered effective in the rationalization of social life and the development of modern societies (Sandvick, 2019). Considering that the current situation of ethics in sports and especially in sports clubs is unfavorable and also realizing the importance of recognizing the moral and cultural functions of clubs to institutionalize ethics in athletes, it seems necessary to study these functions. In this research, an attempt has been made to study and compare sports ethics with a new approach in this popular field and to give an appropriate answer to the importance of these two. Now, according to the mentioned cases, the main research question is whether sport has an effect on the development of moral and cultural behaviors in young people?

### **Research Methods**

The method, in terms of purpose is practical and in terms of nature is descriptive-correlational. The statistical population of the study was all powerlifting athletes in different age groups in Gilan province that the statistical sample (384 people) was selected by simple random sampling. The valid ITCSQ questionnaire used by Diodson et al. (2006) was used to measure moral and cultural variables. Also, its reliability was calculated using Cronbach's alpha test (0.88) and combined reliability. Structural equation modeling with PLS3 and SPSS24 software was used to analyze the data and fit the model. The results showed that exercise has a direct, positive and significant effect on athletes' morale (0.817), personal responsibility (0.793), care and communication (0.783), social responsibility (0.768). Its effect on the step stability variable (-0.03) was not significant.

### Research Findings

Table 1: Direct path coefficient values and t-statistics related to research variables

(Test of research hypotheses)

The result of the hypothesis	Sig	Coefficient	Statistics T	Hypothesis
Confirmation	0/001	0/817	25/470	Powerlifting -> Athletic spirit
Confirmation	0/001	0/793	23/443	Powerlifting Sports -> Personal Responsibility
Confirmation	0/001	0/783	19/401	Powerlifting -> Care and Communication
Rejection	0/327	-0/031	0/194	Powerlifting Exercise -> Step Stability

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Confirmation	0/001	0/768	20/480	Powerlifting Sport -> Social Responsibility
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According to the results of Table 1, most of the significance coefficients of t, except for the effect of powerlifting exercise on foot stability, are greater than 1.96, which confirms the significance of all questions and relationships between variables at the 95% confidence level. Therefore, the fit of the research model was accepted. The results showed that powerlifting has a direct, positive and significant effect on the morale of athletes (0.817), personal responsibility (0.793), care and communication (0.783), social responsibility (0.768).

### **Conclusion**

Based on this model, the dimensions of moral and cultural behaviors among young athletes can be assessed and it also provides scientific information on the immoral acts that cultural and sports clubs must take to prevent its occurrence among athletes in terms of managerial development. Based on the findings, it is suggested to use professional, experienced and ethical coaches, as well as professional and educated coaches in bodybuilding and sports clubs and also, to control and supervise bodybuilding clubs in terms of having the necessary professional expertise to attract athletes to bodybuilding clubs and hold ethical training classes for powerlifting athletes.

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