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Investigating the role of lifestyle of physical education faculty members in students' role modeling for proper leisure time

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Abstract

The purpose of this study was to investigate the role of lifestyle of physical education faculty members in students' role models for proper leisure time. The research method was descriptive-analytical and applied in terms of purpose. The statistical population of the present study was all physical education students of Islamic Azad University of Marivan and students. 175 people were randomly selected to select the research sample based on Morgan table. The research data collection tool was a questionnaire in accordance with the nature of the research in 27 items and 5 factors that were professional thinking of responsibility, material consumption, leisure and entertainment and dimensions of the questionnaire. In order to analyze the data in the field of inferential statistics, factor analysis was used. The results showed that the indicators of responsibility, material consumption, professional thinking and leisure and recreation are effective in students' role models for the correct

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spending of students' leisure time.

Keywords: Lifestyle, Physical Education faculty members, role modeling.

Introduction

In recent decades, sociologists of leisure and experts in "cultural studies" have opened a new horizon in this field of research by linking the constituent components of leisure with social identity. Analysis of the role of leisure in modern space and its relationship with identity indicates an increase in leisure in contemporary society. From this perspective, the study of leisure, in addition to providing a suitable platform for cultural and social planners, which is doubly important, especially in Iranian society, provides the possibility of a good theoretical model in the light of different theories and measuring the relationship to be presented with other social variables for research in this field (Ebrahimi et al., 2011).

Research Methodology

The present research is a descriptive-analytical study that is conducted in the field and is considered as an applied research in terms of purpose. The statistical population of the present study included all physical education students of Marivan Islamic Azad University and Payam-e Noor students of Marivan in 2020, both boys and girls (N = 320). For the research sample, based on Morgan table, 175 students were randomly selected. Here, for more assurance, 200 questionnaires were distributed, of which 170 questionnaires were accepted and subjected to statistical analysis. In the present study, a researcher-made sports lifestyle questionnaire with 5 factors and 27 items was used to identify the factors affecting the sports lifestyle of the faculty of physical education; These 5



factors or components include life expectancy (10 items), material consumption (5 items), professional thinking (8 items), responsibility (4 items), leisure and recreation (5 items), respectively, and is measured based on a scale of five Likert value. Its face and content validity was confirmed by 15 professors and experts and its internal reliability was performed using Cronbach's alpha with 30 introductory subjects. Factor analysis (exploratory emphasis) was used for the validity of its structure. In this research, using SPSS and AMOS software, the role of lifestyle of physical education faculty members in students' role modeling for proper leisure time has been investigated.

Data Analysis

Table 1: Fit indicators

Condition	Optimal amount	Amount		Indicator
Optimal	Less than 5	2/95	χ^2/df	Two relative
Acceptable	Less than 0.05	0/07	χ^2/RMR	Average squared index of wastes
Acceptable	More than 0.9	0/89	$\chi^2/AGFI$	Fitness adjustment index
Optimal	More than 0.9	0/94	χ^2/GFI	Fitness index
Optimal	Less than 1/0	0/09	$\chi^2/RMSEA$	The second root of the variance of the approximation error

The results of model fit show that due to the significant value (-Value P) the effect of lifestyle of physical education faculty members on students' role modeling for the correct spending of leisure time is significant at the error level of 0.05; Therefore, the research hypothesis is confirmed. The value of Chi-square statistics is 346.128 with a freedom degree of 313 and a significance of 0.001. Also, the RMSE index of the model is equal to 0.09, which indicates that the model has a good fit (in the optimal fit



of this criterion is less than 0.1); Therefore, at the 95% confidence level, we claim that the lifestyle of the members of the Physical Education faculty affects the students' role models for spending their leisure time properly. The results showed that the indicators of responsibility, material consumption, professional thinking and leisure and recreation are effective in students' role model for proper spending of students' leisure time.

Conclusion

The concept of lifestyle stems from the fact that other typologies can no longer understand the diversity of everyday life today, and that the way of life of previous decades has gradually lost its usefulness and efficiency. Given this shift in sociology today, which has shifted its focus from productive activities to consumer activities to define the basis of individuals' social identity, the concept of lifestyle seems to have become an alternative to the concept of class.

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