

***The relationship between values and lifestyle with women's sports participation***

N. Babazadeh<sup>1</sup>  
M. R. Najafzadeh<sup>2</sup>

**Abstract**

The main purpose of this study is to determine the relationship between values and lifestyle with the participation of women in sports in Marand. This research is applied in terms of purpose and descriptive in nature. In terms of data collection, it is a field study. The statistical population of the study included all women and girl's athletes in Marand who are active in sports clubs under the supervision of Marand Youth and Sports Department, which according to the statistics of Marand Youth and Sports Department, 27903 people are active. According to Morgan's table, 384 people were included in the research sample. The research instrument was a standard questionnaire for sports participation, Gill et al. (1988) questionnaire, for values and lifestyle questionnaire, Corcoran and Fisher questionnaire (2000), which confirmed the validity and reliability of the questionnaires. In order to analyze the data, the Kolmogorov-Smirnov test and Pearson correlation coefficient were used to analyze the data using SPSS statistical software. The results showed that there is a significant relationship between values and lifestyle with women's sports participation in Marand city. There is also a significant relationship between learning, diversity, fashion, responsibility, attention to history and religion, passion, quantity, intellectual and physical ability with sports participation.

---

<sup>1</sup>. M.Sc., Azerbaijan Lotus Wheel Higher Education Institute, Tabriz, Iran (Responsible author) b.nazila1995@gmail.com

<sup>2</sup>. Assistant Professor of Sports Management, Islamic Azad University, Tabriz Branch Tabriz, Iran najafzadehrahim@yahoo.com



**Keyword:** Values and lifestyle, women's sports participation, learning, responsibility.

### **Introduction**

Considering the role of women in society and especially their educational role in raising children and their role models, paying attention to women's sports and their health is of special importance; because women are less involved in sports activities due to the existing conditions in society and the use of new technology in the life process (Motahari, 2001). Women's health is the foundation of family health and their participation in ensuring, maintaining and promoting community health is undeniable. By actively participating in various sports, especially public sports, women can be a good model for promoting physical activity for other family members, especially teenagers and young people. Therefore, the study of factors related to women's participation in sports activities is of particular importance and in this study, an attempt has been made to investigate the relationship between values and lifestyle with women's sports participation in Marand. In Marand city, due to the lack of special parks for women for doing sports and the lack of establishment of women's sports culture in public parks, women have very limited participation in sports activities. Identifying appropriate values and styles for greater participation of women in sports activities can solve some of these problems. Therefore, the present study intends to answer the question whether there is a relationship between values and lifestyle of women with their level of sports participation?

### **Research Tools**



This research is applied in terms of purpose and in terms of the nature, it is descriptive. In terms of data collection, it is a field study. The statistical population of the study included all women and girls athletes in Marand who are active in sports clubs under the supervision of Marand Youth and Sports Department, which according to the statistics of Marand Youth and Sports Department, 27903 people are active. According to Morgan's table, 384 people were included in the research sample. The research tool was a standard questionnaire which for Sports Participation, Gill et al. (1988) Questionnaire and for values and lifestyle, Corcoran and Fischer (2000) questionnaire was used and the validity and reliability of the questionnaires were confirmed. Kolmogorov-Smirnov test and Pearson correlation coefficient were used to analyze the data using Spss statistical software.

### **Data Analysis**

The results showed that there is a significant relationship between values and lifestyle with women's sports participation in Marand. There is also a significant relationship between learning, diversity, fashion, responsibility, attention to history and religion, passion, quantity, mental and physical ability with sports participation.

### **Conclusion**

Topics that focus on socialization in the field of sports form a wide range; how some people are interested in doing sports or watching sports competitions, but others do not; how some people identify themselves as athletes and spend their time and money working in a particular sport and others recognize them as athletes. Becoming



an athlete has requirements that a person must learn in society in addition to physical strength.

**Reference:**

- - Aghapour, Seyed Mehdi; Young, Sarah. (2016). investigating the effects of sports lifestyle on athletes' nutrition: A case study of female physical education students at the University of Guilan. *Iranian Anthropological Research*, Volume 5, Number 1, 107-123. (in persian)
- - Ebrahimi, Ghorban Ali; Jan Alizadeh Choob Basti, Haidar; Bolaghi, Mehdi. (2017). Sociological study of the effect of cultural capital on students' religious lifestyle (Case study of Mazandaran University students). *Bi-Quarterly Journal of Sociology of Social Institutions*, Volume 4, Number 10, 138-113. (in persian)
- - Ghanbari Niaki, Akram. (2016). *Women`s sport. Department of University Jihad Humanities*. (in persian)
- - Mohammadi Turkmani, Ehsan; Bagheri, Ghodrat alah; Zarei Matin, Hassan; Moeini, Hussein; Khanifar, Hussein (2016). Lifestyle of elite Iranian athletes (presenting a data theory of the foundation). *Educational Sports Research*, No. 11, 95-71. (in persian)
- - Rahmatabadi, Alham; Aqabakhshi, Habib. (2014). Youth lifestyle and social identity. *Social Welfare Quarterly*, Volume 5, Number 20. (in persian)
- - Shamsi, Abdul Hamid; Sultan Hosseini, Mohammad; Rouhani, Meysam (2015). Explaining the role of socialization factors in the development of youth sports participation: A case study: Isfahan. *Sports Management Studies*, 28-88. (in persian)