

***Designing a Model for the Role of Social Capital on  
Women's Leisure Time with An Emphasis on Sport  
Activities***

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**Abstract**

The purpose of this study was to present a model of the impact of social capital on women's sports leisure in Tehran. Using Delphi technique, a researcher-made questionnaire was designed on the variables of social capital and leisure orientation, and after confirming the validity of 8 sports management experts, the reliability of the questionnaires was obtained. The statistical population consisted of all women using sports services in the parks of 22 districts of Tehran. Based on cluster sampling, 5 districts of Tehran were selected and 245 people were selected by random sampling. Quantitative data were analyzed using Pearson correlation coefficient and structural equations through SPSS and Lisrel softwares. The results of the model showed that social communication, social belonging and social health have an impact on women's leisure

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tendency. Finally, urban managers are advised to design leisure programs in Tehran in such a way that an understandable program is considered for the growth and prosperity of the participants.

**Keywords:** Social Capital, Leisure time, Women's Sport, Tehran.

### **Introduction**

One of the benefits of leisure is that by creating capacities for women to participate in sports and social activities, it provides refreshing moments for the participants. In the current atmosphere of Tehran, where women have various social roles, both in the family and in the workplace; participating in sports-based leisure activities can be effective in acquiring a happy mood and generalizing this spirit to social roles. Therefore, social planners should be familiar with the key precedents of women's tendency to sports-based leisure activities and identify these factors. According to the research background, it seems that some social factors can affect women's tendency to leisure. Sports activities as one of the aspects of leisure, are like a social activity which social factors can create a tendency toward them. According to these explanations, the main purpose of this study is to investigate the impact of social capital on women's leisure with an emphasis on sports activities in Tehran.

### **Research Tools**

The research method was mixed; using the Delphi technique, a researcher-made questionnaire was designed on a five-point Likert scale about social capital variables and leisure trends. The reliability of the questionnaires was also obtained after confirming the validity by 8 sports management experts. The statistical



population included all women using sports services in the parks of 22 districts of Tehran which based on cluster sampling, 5 areas of Tehran were selected and 245 people were selected by random sampling. Quantitative data were analyzed using Pearson correlation coefficient and structural equations through SPSS and LISREL software.

### **Data Analysis**

According to the findings of the research model, based on the effect of social factors on the tendency of women in Tehran and the effect of spending sports-based leisure time on improving individual and social health indicators, managers and urban planners are advised to design leisure programs in the city of Tehran in such a way that it is considered as a meaningful and understandable program for the growth and prosperity of participants; and women attending leisure and sports programs, consider themselves as belonging to the social groups which they are present in. Leisure based on sports activities has a positive effect on many aspects of personal and social health. On the other hand, recreational and leisure programs prepared by planners as a group should strengthen social factors and ties between women.

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