

***Investigating the factors hindering the sports participation
of high school girls (Case study: Southern cities of East
Azerbaijan province)***

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Abstract:

The aim of this study is to determine the barriers to sports participation of high school girls. The present study is applied in terms of purpose and descriptive-survey in terms of nature. The statistical population is all high school girls in the southern cities of East Azarbaijan province (4782 people). The statistical sample size was estimated to be 381 using the Cochran's formula. Data collection tools are library studies and questionnaires. The questionnaire used consists of two parts. The first part is the information of the population population and the second part is the standard questionnaire of the sports participation of the students of Dehim (2011). Data analysis was performed using Spss21 software for descriptive and inferential statistics. In the descriptive statistics section, demographic and analytical data were used, in the inferential statistics section, the Kolmogorov-Smirnov test was used to determine the normality of the statistical population and the T-test was used to test the

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hypotheses and Friedmann test was used to prioritize the factors. The results of inferential statistics showed that economic factors, socio-cultural factors, physical factors and psychological factors affect the participation of female students in sports activities; And economic factors are most important. As a result, girls face a number of deterrents to participating in sports. Therefore, it is necessary to plan and organize carefully in the field of promoting and expanding physical education and sports in society, especially among girls, and to adopt effective strategies to increase the motivation to participate in sports activities for girls.

keyword: Preventive Factors, Physical Factors, Psychological Factors, Cultural Factors, Sports Participation

Introduction

As women's status and social roles have changed rapidly over the past twenty years, they have increasingly turned to sports for health, fitness, and executive participation (Ramezani Nejjhad, 2010). Unfortunately, in our country, we see numerous obstacles in the way of women's sports participation, which prevent this important and crucial segment of society from participating in sports and deprive them of the infinite income that can be earned; and take away the countless blessings of sports participation from their daily lives. Since no research has been done at all in deprived areas such as Charoimagh city, this makes clear the importance and necessity of the research. For this reason, identifying and studying the barriers to sports participation of high school girls requires a lot of effort and attention. Therefore, this study intends to assess the barriers to sports participation of female high school students in the southern cities of East Azerbaijan province.

Research Methods

The present research is applied in terms of purpose and descriptive-survey research in terms of nature. The statistical population is all high



school girls in the southern cities of East Azerbaijan province (4782 people). The statistical sample size was estimated to be 381 using Cochran's formula. The used questionnaire consists of two parts. The first part is demographic information and the second part is the standard questionnaire of sports participation of Deyhim students (2011), containing 25 questions in the form of 4 components of economic factors, social and cultural factors and psychological factors. Data analysis was performed using Spss21 software for descriptive and inferential statistics. In the descriptive statistics section, analysis of demographic data; in the inferential statistics section, the Kolmogorov-Smirnov test to determine the normality of the statistical population; a sample t-test to test hypotheses and the Friedman test to prioritize factors were used.

Research Findings

Table 1: Results of the findings

Friedman	High limit	Low limit	Sig	Average	The value of t	Research Hypothesis
2/62	/70490	/54970	/0010	3/6273	15/90	Economic
2/53	/69970	/49190	/0010	3/5958	/27711	Sociocultural
2/47	/57200	/39390	/0010	3/4829	/66210	Physical
2/38	/63450	/49150	/0010	3/5630	/48215	Psychological

The results of inferential statistics showed that economic factors, socio-cultural factors, physical factors and psychological factors affect the participation of female students in sports activities. The results of the

Friedman ranking test also showed that economic factors are the most important.

Conclusion

At present, it seems that the economic situation of the people and women's sports in the southern cities of East Azerbaijan Province is facing many shortcomings, including the lack of special gyms for women, manpower and reliable resources. Therefore, it seems that the reduction of tuition fees for sports facilities for women, the establishment of free sports centers and facilities, at least for female students by the Department of Education, as well as the cooperation of physical education schools, principals and sports teachers and managers in schools and holding various competitions for Female students will increase their interest in sports. It is necessary to carefully plan and organize the promotion and expansion of physical education and sports in the community, especially among girls and by adopting effective strategies, increase the motivation of women to participate in sports activities.

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