

**Identifying the factors affecting students' sports lifestyle  
(Case study: students of Payame Noor University of  
Tehran)**

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The aim of this study was to identify the factors affecting the sports lifestyle of students of Payame Noor University in Tehran. The statistical population of the study included all students of Payame Noor University of Tehran in 2016 (N = 87433) that based on Morgan's table, 384 people were randomly selected for the sample. To achieve the objectives of the research, a researcher-made sports lifestyle questionnaire was used. The validity of the questionnaire was confirmed by 15 professors of sports management and their reliability was calculated in a pilot study with 30 subjects and Cronbach's alpha of 0.91. Descriptive and inferential statistical methods were also used to analyze the data. The results showed that 14 factors were identified as effective factors on students' sports lifestyle and there is a significant relationship between the components of sports lifestyle among students of Payame Noor University in Tehran. Now, because the inclusion of sports in people's lifestyles will greatly help the health of people in the community, so it is suggested that the relevant authorities to strengthen the strengths and

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eliminate weaknesses in terms of factors affecting the tendency of people (especially young people) to sports and sports activities.

**Keywords:** lifestyle, sports lifestyle, Payame Noor University students.

### **Introduction**

Today, sport is a tool to improve the level of well-being and comfort, as well as a way to develop and maintain physical and mental health in society. The most important consequences of exercise in terms of physical and mental, health and social health include providing health and physical health, mental education and creating a basis for personality independence, achieving vitality and vitality and development of social skills (Mehdizadeh et al., 2013: 109).

On the other hand, considering that numerous researches have been done in the fields of lifestyle (Islamic lifestyle, health lifestyle, Iranian lifestyle, etc.) and the emptiness of such researches (sport-specific lifestyle) is felt in the field of sports; Therefore, recognizing the interests and motivations of students can be a good guide in exploring ways to attract more of them in sports activities and help to understand the reasons for their participation or non-participation. Researchers hope that the results of this study can help the development of university sports on the one hand and the physical and mental health of the future builders of the country on the other hand, and provide solutions (feasible) based on accurate and comprehensive information on the needs announced by university students. To be used in planning as accurately as possible in the university sports community. Now, considering the different results in prioritizing the motivations of students' sports activities, it is necessary to determine what are the effective factors and the priorities of their motivations (students) in sports activities?

### **Research Method**



### **Research Findings**

The present research is a descriptive-analytical study that is conducted in the field and is among the applied research in terms of purpose. The statistical population of the present study includes all students of Payame Noor University of Tehran in 2016, both men and women (N = 87433). For the research sample, 384 students were randomly selected based on Morgan table. In order to ensure more, 400 questionnaires were distributed here, of which 384 questionnaires were accepted and subjected to statistical analysis.

### **Conclusion**

According to the results of the research which showed that social welfare has a negative and significant effect on job erosion of physical education teachers; it can be said that social welfare plays an important role in ensuring the dynamism and efficiency of any society, and since social health plays a major role in the functioning of individuals in all personal, social, family and educational fields, proper and comprehensive planning in ensuring the social well-being of employees and teachers is absolutely essential, in order to increase job motivation and reduce job burnout in individuals. Therefore, it is suggested that training and meeting the social needs of teachers should be at the top of the priorities of internal organization change and transformation of the education organization.

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