



A study of participation's constraint factors concerning outdoor recreational sports in Teheran

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ABSTRACT

Recreation is an important part of human life. The purpose of study was to examine the participation's constraint factors concerning outdoor recreational sports in Teheran. As the method of this study was descriptive and correlation. 1200 number of people above 18 year has been selected random cluster. Questionnaires that used are leisure participation and leisure constraint scale. To assess the validity of the questionnaire confirmatory factor analysis using LISREL software was used. Reliability of questionnaire using Cranach's alpha was greater than 0.75. We used inferential statistics, i.e. Pearson, and MNOVA to determine the Correlation and difference between the variables at 95% level of significance. The first set of factors that hinder participation in outdoor recreational sports was structural constraint. There was significant difference between types of outdoor recreational sports, according to three dimensions constraints. There was a significant negative relationship between the interpersonal constraints to participation in sport and outdoor recreation participation. There was a significant negative relationship between the structural constraints to participation in sport and outdoor recreation participation, weekly and yearly. There was a significant negative correlation between the interpersonal constraints to participation in sport and outdoor recreation participation, yearly. Result of this study concluded that the Factors inhibiting Tehranians women from participating in sports recreational were structural, intrapersonal and interpersonal constraints.

Keywords: *constraint factors, outdoor recreational sports*

INTRODUCTION

Leisure time is an integral part of everyday life in today's world [1]. Despite the diverse forms of leisure, in any society particular form of it to becomes more important In today's world recreations has been more, more diverse and more complex than a dozen years ago [2]. Recreation as well as physical exercise is effective in improving the quality of life and opportunities for free activities provided through recreation [3]. Recreation consists of Public activities that its main purpose is to achieve physical and mental satisfaction as well as changes in the quality of life through a constructive and purposeful activity in free time [4]. Recreation is an important part of human life [5]. Recreation includes active and passive recreation. Recreational sport is active recreational activities that have numerous physical and psychological benefits for individual problems [6]. Recreational sports, is leisure activities that carried out in indoor and outdoor. Recreational sports can be done on land, water or air [4]. Today, because of pressures of city life, having fun in the lap of nature increased and led to people compensate it with traveling to natural places and wide open [7]. Outdoor recreational sport is a form of experiences during the person's leisure time that person voluntarily chooses it and the mentally and physically, participate in activities that can be done in outdoor and natural environment and enjoyed doing it [8]. This includes a range of common activities such as hiking, bird watching and picnics to the less common activities such as skiing, sailing, fishing, hunting and water skiing. The constraint of participation is the most important factors affecting the rate of participation in outdoor recreational sport. Constraints are factors that reduce or stop participation in recreational sport and a sense of satisfaction from participating in leisure activities diminished. Jackson in 1981 offered the leisure Constraint first time. According to him, everything that prevents individuals from participating in leisure activities is leisure Constraint [9]. Mac Guire (1984), examine Constraint to participation in leisure time and said that external resources such as time, access, social welfare are the main barriers to participation. Goodale & Will (1989) listed the relationship between barriers and lack of participation in the two categories: first anything that hinders the participation and second related to participated person [10]. Crawford and Goodby (1987), Reviewed the relationship between three categories of barriers to participation in leisure and recreation and established

model. They were to focus on how participants and non-participants are affected by the constraints and preferences for leisure. They prepared three categories of Constraint leisure. Intrapersonal Constraint, interpersonal Constraint and structural Constraint. According to their model, Constraint interfering with the leisure preference and participation. Leisure preference occurs when the Constraint interfere to leisure participation or hinder it. In summary, Crawford and Goodby argue that Constraint effect on relationship between recreation leisure interests and participation in leisure in three ways: Intrapersonal Constraint (stress, depression, and anxiety), interpersonal Constraint (relationship between individuals) and structural Constraint (available time, lack of resources, health problems [11]. Tsai (2008), said Constraint to participation in marine sports, were structural, interpersonal and Intrapersonal respectively [12]. Kashkar and Ehsani (2007), was announced that structural factors are the most important factors affecting women's participation in sports, Intrapersonal and interpersonal factors and are in the second and third priorities [13]. Farahmandnia et al (2011) said that Constraint of Shirazian to participation in sport was structural Constraint with average 2.57, interpersonal with average 2.45 and intrapersonal with average 1.76 [14]. The purpose of study was to examine the participation's constraint factors concerning outdoor recreational sports in Teheran.

METODOLOGY

As the method of this study was descriptive and correlation, the data have been collected through questionnaires. Statistical population of study was 5192223 men and women who had age above 18 years and lived in Tehran city. 1200 number have been selected random cluster. Questionnaires that used are leisure motivation scale and leisure constraint scale. To assess the validity of the questionnaire confirmatory factor analysis using LISREL software was used. The return rate of questionnaires was 85%. Reliability of questionnaire using Cranach's alpha was greater than 0.75. We used descriptive statistics to classify and categorize the data and to determine the arithmetic mean and standard deviation and also used inferential statistics, i.e. Pearson Correlation, to determine the correlation between the variables and MNOVA to determine the difference between the variables at 95% level of significance. In addition, Spss 19 software was used to analysis of data.

RESULTS

Approximately 30% of subjects had more than 13 days of annual participation in outdoor recreational sport. 24% of people said that they were no participation in outdoor recreational sport in year. 82.3 percent of participants were involved in land-related outdoor recreational sports. 14.8% participated in water-related activities. 2.9% of subjects were involved in air-related activities.

The first set of factors that hinder participation in outdoor recreational sports was structural constraint. Intrapersonal and interpersonal constraint was the next place (table 1).

Table 1. Average of participation's constraint scale

scale	mean	S.D	maximum	minimum	rank
structural	57.2614	17.50398	89	27	1
intrapersonal	17.24366	7.24366	37	9	2
interpersonal	14.5577	6.18144	27	6	3

There was significant difference between types of outdoor recreational sports, according to three dimensions constraints. In the interpersonal constraints, there were differences between the three types of outdoor recreational sports. Scores mean in water activity was more than land and air activities. In Interpersonal dimension, there were differences between the three types of outdoor recreational sports. Scores mean of water activities more than land and air activities. Score mean of the land activity higher than the air activity. In structural dimension, score mean of water activities was higher than land activities. There was a significant negative relationship between the interpersonal constraints to participation in sport and outdoor recreation participation. There was a significant negative relationship between the structural constraints to participation in sport and outdoor recreation participation, weekly and yearly. There was a significant negative correlation between the interpersonal constraints to participation in sport and outdoor recreation participation, yearly.

CONCLUSION

The first set of factors that hinder participation in outdoor recreational sports was structural constraint. Intrapersonal and interpersonal constraint was the next place. There was significant difference between types of outdoor recreational sports, according to three dimensions constraints. People who participate in water activities announced higher level in all three types of constraints. Those who participated in aerial activity experienced higher level of structural constraints and lower levels of intrapersonal and

interpersonal constraints. This result indicates that the participation in air recreation associated with problems that are related to infrastructure, facilities planning and management than to be the result of personal and social problems. In the case of water recreation, structural constraints were stronger than other constraints also. There was a significant negative correlation between the constraints dimensions and participation in outdoor recreational sports. That means who much level of constraints was higher, and then the participation in outdoor recreational sports will be lower. This association was stronger in the structural and those who understanding a higher level of structural constraints have had less Participation. It also suggests that it should be thought about infrastructure management and better planning. Tsai [12], has been announced the constraints to participation in marine sports, were structural, interpersonal and intrapersonal constraints, respectively. In current study, structural constraints were the first, too. Result of this study inconsistent with the Tsai. Kashkar and ehsani [13] noted that the Factors inhibiting Tehranians women from participating in sports recreational were structural, intrapersonal and interpersonal constraints. Result of this study consistent with the Kashkar and ehsani. Farahmandnia et al [14] said that Constraint of Shirazian to participation in sport was structural Constraint, interpersonal and intrapersonal constraints. Result of this study consistent with the Farahmandnia et al, in structural constraints but inconsistent in interpersonal and intrapersonal constraints.

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