

Analyzing the Different Motives in Various Age Group for Tendency toward Ancient Athletics in Tehran among Zoorkhane Athletes

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Abstract

These days, traditional management and emphasis on absolute amateurism in Ancient Athletics does not help the maintenance of true Iranian legends and champion thoughts. The objective of this study was to analyze cultural, social, psychological, physical, and specific differences channelling Tehran's Zoorkhaneh athletes towards Ancient Athletics in varied age groups in 2010. From among 25 Zoorkhaneh athletes in Tehran (500 people), 240 people were selected randomly and categorized in different age groups (15-30 years of age: 71 people; 30-45 years of age: 89 people; 45-60 years of age: 50 people; 60 > 30 people) all of whom filled and returned the researcher-made questionnaire. This is a survey of cross sectional research in which data were collected experimentally. As the analysis of the data was done using SPSS software (version 18), Cronbach's Alpha ($\alpha=0.810$) was utilized to ensure the validity of the questionnaire about tendency towards Ancient Athletics in form of 20 questions with 5 main components. A significant difference was seen among cultural, psychological, physical, and social reasons in different age groups ($p<0.05$), but there was not seen a significant difference among specific reasons for tendency towards Ancient Athletics ($p=0.213$). The study revealed that cultural and social reasons in people older than 60, physical reasons for people between 15 and 30, and psychological reasons for people between 30 and 45 are of more significance.

Key word: Ancient Athletics, Zoorkhaneh, Champion

Introduction

It is absolutely true that sport has been there from the appearance of Aria tribe, and it has associated with Iranians' lives. The existence of sports concepts in our fables are the sign of our ancient history in the sport and physical activities. The formation of each sport field has had a reason; the people behind these reasons were philosophers and other who revolutionized different sport fields based on specific purposes.

In the ancient east, the majority of scholars and poets channeled people's attention toward science, civility, manliness and championship and tried to nurture the body and spirit shoulder by shoulder.

In its long-standing existence, Iran's ancient civilization and enriched culture has introduced and natured invaluable people in varied fields and realms like science and philosophy, culture and art, and Gnosticism and literature, which is a precious part of the world's treasure. One of these unknown but fine values is Zoorkhaneh athleticism and champion training, which is method to build body and human spirit. Whether associating the rituals of Zoorkhaneh to love, manliness, or Gnosticism, they all share one ideal, manliness. Manliness rituals are said to have come from Adam, the father of all. It is clear, though; some traces of this tradition can be spotted in our ancient champion fables. The spiritual leadership of the manly after Imam Ali has been on the shoulders of wise learned who saw life in the shadow of broad-mindedness, love towards the man tendency towards the meaning of piety.

God who has created man's body and muscle is the creator of mind and spirit, as well. In addition to caring about physical strength and physical fitness in Ancient Athletics, moral issue and championship culture are of great importance.

Moral and physical beauty is intermingled and sport and religion have a similar and single objective. Body is the temple of a man; his life and development are based on this body. According, one who is healthy and thinks correctly will be more successful in achieving this holy goal.

People state of well-being is the base of cheerfulness and health of both the government and society. Fundamental study and historical experiences show that physical education intermingling set with belief and culture has been very pivotal among Iranian; as epical fables, ancient Iranian's first belief system and also culture and Islamic civilization symbolize this fact. The role of Zoorkhaneh in reviving Iran's national uprising against Arab's superiority and also in Persian language and culture revolution besides manliness rituals, which were common in our country before Arab's invasion on Iran, is of utmost importance. The most influential and the true men among Iranians were champions with a good disposition, intelligence, purity, and physical strength simultaneously.

Reaching fame and development in modern sports is not in need of religious laws while physical education in ancient Iran armed physic and spirit with Devine Politeness.

At the present time, we are witness to enhancing athletes' physical strength through the latest medical and biological studies. In this paper, Fabin Philip expresses that sport is derailing and becoming a circus. He believes that this is a hobby but meaningless. Are we supposed to hold technological advancement ceremony and surgery in body to do extreme movements, or we are supposed to overcome problems to pay tribute to humans? Is society inclined to watch a match with advanced technology in which the best genetic designers come as winners or a match based on Olympic moral principles? Studying ancient traditions in physical education, one can pave the way for informed criticism. Those who forget their past are the ones who have to repeat it. Ancient Athletics is educating all aspects of humanity and in contrast to many sport fields; it does not eventually lead to strengthening physical aspect only.

Although it is long a time that the age of traditional case-bound, ephemeral, and random approaches is over and physical education and sport management is getting scientific, cultural and historical values must be hold dear.

Ancient Olympic had a close relation with ideology and religion. Even today, this bond can be made to maintain the spiritual aspects of humanity. Interest in culture, art, music, architecture,

and historical places is an important factor being considered in tourism marketing activities, and all these are crystal clear in Ancient Athletics.

Using scientific findings, techniques, organized heaped up experiences, and precise planning, one can make efficient use of opportunities, talents and abilities and remain safe and secure against the environment and rivals. In so doing, and to prompt championship culture, which is a feature of this sport, the different motives in varied age groups for tendency toward Ancient Athletics in Tehran among Zoorkhane athletes were analyzed. Not only does studying Ancient athletics eliminate the problem of detail analysis in sport fields, which lead to physical and training, but also it creates new research opportunities for different sport research. The true and dynamic nature of sport, especially Ancient Athletics, supported through scientific studies.

This can curb the trend moving toward absolute materialism, which is on the rise in our Islamic society on the grounds of professionalizing sport. Research on the reasons of tendency toward Ancient Athletics will be ground breaking for us and those to come. The purpose of this study is to compare cultural, physical, psychological, social, specific reasons for tendency toward Ancient Athletics in varied age groups.

Materials and Methods

This study is a survey of cross sectional one, and its data have been collected experimentally. The population of this research includes the athletes of 25 Zoorkhanehs all over 22 districts in Tehran. (500 people), who have been attending Ancient Athletics training sessions at last once a week in the last six months (between August and September 2010). According to the population and Morgan subject selection (1970), 217 subjects were needed. But to prevent subject loss and minimizing the influences of uncontrolled variables, 240 subjects were selected. According to the objectives of the study, the best way to collect data was developing a questionnaire. And since no standard questionnaire existed in relation with the study, the ultimate tool of research was the researcher-made questionnaire scored in Likrot scale. To ensure the correlation of content and Precise measurement of the desired concepts, the ultimate questionnaires was developed based on first standard questionnaire. It was then studied by some university professors, managers of Ancient Athletics and Zoorkhaneh federation, and also a group of Zoorkhaneh athletes in Tehran. Since this questionnaires had not been used in any other studies and data analysis was done through SPSS, Cronbach's Alpha was used, $\alpha=0.81$, to ensure the reliability of the questionnaire. The objective of this study was to compare cultural, physical, psychological, social, and special factors for the tendency toward Ancient Athletics in different age groups. As the collected data were of alternative ones, using parametric statistics tests was not possible. Therefore, non-parametric statistics were used. Kroskal-valis variance analysis was conducted to determine the difference between age groups and main components.

Findings

The findings show that Zoorkhaneh athletes' age has been different in 4 age groups.

Table 1. Normal distribution and respondent's percent based on age groups.

Age Groups	Distribution	Percent	Correct Answers Percentage	Percentile
15-30	71	29.6	29.6	29.6
30-45	89	37.1	37.1	66.7
45-60	50	20.8	20.8	87.5
60<	30	12.5	12.5	100.0
Total	240	100	100	

Among cultural reasons for tendency toward Ancient Athletics (championship attitude, ancient history, Iranian origin, worship and religious motives) a significant differences ($P=0.036$) was seen in varied age groups. This difference can be restated as cultural reasons for tendency toward Ancient Athletics are of more importance compared to other reasons for people above 60 and the same reasons are of the least importance for people ranging between 15-30.

No significant difference ($P=0.213$) was seen among specific reasons for tendency toward Ancient Athletics in different age groups. It means that beating drums in Zoorkhaneh and reading epical and religious poems and also performing special Ancient Athletics movements, and respecting athletes not had a significant difference among the age groups.

Among the physical reasons for tendency toward Ancient Athletics (physical fitness, enhanced physical strength; prevention of diseases, and weight loss) a significant difference ($P=0.007$) was seen among different age groups. This difference can be illustrated in the way that the physical reasons for tendency toward Ancient Athletics has been of greater importance for people between 15 and 30 compared to other reasons. These factors, though, played the least important role to be drawn to Ancient Athletics.

Among psychological reasons for this tendency (psychological energy release and gaining cheerfulness, occupying free time, and a relaxed sleep) a significant difference ($P=0.009$) was

seen among different age groups, which was more significant among people between 30 and 45. It means that psychological reasons for tendency toward Ancient Athletics have been more crucial among the age groups.

Among social reasons for the tendency toward Ancient Athletics (avoiding loneliness, familiarizing with new people, family or friends recommendation, and gaining social status) a significant difference ($P=0.037$) was seen in different age groups with a higher significance for people above 60. It means that social reasons for this tendency have been more significant in different age groups.

Discussion and Conclusion

Ancient and Zoorkhaneh Athletics are part of Iran's cultural heritage. Stating the features and connection between Ancient Athletics, champion training, and Iran's culture and art, a valuable civility tool could be developed to educate and nurture the youths, or make Ancient Athletics public. One of the features of Ancient Athletics is its different age group participants and its different fields. Charkhe Tiz, Charkhe Chamani, Milgiri Sangin and Milbazi, Kabadeh Zadan and Pazadan can draw athletes with different abilities and ages to this sport. In the conducted research about the reasons influencing participation in sport champion and Zoorkhaneh athletic have not been considered. And about other fields of sport, cultural reasons have been ignored. In their study, Naderian, Jahromi, and Hashemi (2009) revealed that significant motives and valuable hypotheses exist for participation in sport in different age groups realization of which is effective in scheduling and enhancing fun sports.

The majority of adults' motives to participate in fun sports have been health and hygiene, physical fitness, psychological pressure reduction, cheerfulness and happiness, and a feeling of being better. Taheri khoshnoo (2008), in his study, concluded that moral and spiritual aspects of Ancient Athletics have been prioritized over its physical aspect. But he had not noticed the difference in varied age groups. Atash Sokhan (2004), in a study, revealed that all social and cultural factors are influential in development of Ancient Athletics. He, also, introduced Imam Ali as a Paragon for all people of all time, specially Ancient Athletics. Also, in a survey, Ramezani Nejad and Daneshmandi (2006) revealed that physical education and sport were too common and enriched in Iran's culture. Shafizade (2007) showed that factors contributing the participation of youth in sport activities were mostly under the influence of different cultures. For example, Wattkins and Yovgen for Australian youths, Ricman and Hamel for American youths, Boonamono *et al.* for Italian youths, and Ay *et al.* for Japanese women reported different motives.

The findings of this survey show that the connection between Ancient Athletics with cultural and social values has been made and kept and this connection is stronger among those above 60 compared to other age groups. Since these days a change has happened in value sources in some sport fields, so to maintain cultural values we can think of developing Ancient Athletics.

Khorrani Khorram Abadi (2009) in a survey on the students of Ferdoosi, Payam Noor, and Azad universities concluded that enjoying sport, having psychological and spiritual peace, social relations, and friends recommendation are the reasons for doing exercise. In a research in 2008, Batnagar *et al.* analyzed the motives for doing exercise among 159 people active in track and field in 8 clubs in London, England (66 women and 93 men) and reached the conclusion that joy and excitement and related satisfaction are the most common ones.

According to the findings of the researchers, physical reasons in 15-30 age group have more significance and psychological ones are more important in 30-45 age group.

Regarding specific reasons for tendency toward Ancient Athletics and its difference in varied age groups, no research has been conducted yet. In fact, these reasons (Morshed drum-beating rhythm, Reading Shahnameh, and Reading Gnostic and Religious lyrics and also respecting sport veterans in doing different movement) can be mentioned as specific features of Ancient Athletics. No significant difference ($P=0.213$) has been seen in different age groups in this regard, though.

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