

Efficacious Factors on Sport Effectiveness in Disable's Leisures Time: Case Study in North Khorasan Province in Iran

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Abstract

Purpose: Efficacious factors on sport effectiveness in physical disables' leisures time in North Khorasan Province have been surveyed in this research.

Methodology: Method of performing research is descriptive – surveying research. Questionnaires with 38 questions were distributed among 355 statistical samples. Descriptive and illative statistics were used for data analysis.

Findings: The results showed that there is a significant relation between available a sport places, compatibility of sport equipments and facilities and safety of sport spaces and stadium and sport activity in leisure times. However, there was no significant relation between places Hygiene status and attendance in sport activity ($p \leq 0.05$). Furthermore, results show that physical activity and sport affect on physical and spiritual health and compliance of disables' needs and average of disables' leisure time is 6.5/24 and sport is in the 4th priority rank at this time.

Discussion & Conclusion: Sport planning for disable's leisure times requires feasibility and precise and arranged planning, thus making mental and intellectual preparation in society is necessary for effect of sport on disables and increasing their motivation for physical activity and sport. Deep academic and practical studies in the field of disables' sport are necessary due to limitations existed in this regard.

Keywords: Sport effectiveness, leisure times, disable, North Khorasan

Introduction

Leisure time for human being can be interpreted as a term for showing freedom and independence in operation. Entertainment and passing free time properly are effective tools for improvement of mental, physical and moral abilities and are effective factors for preventing from social deviations.

Leisure time is a free chance not use for special work but it could be used for different activities selected by a person according to his favorites. Inevitably, sport as one of leisure time activities plays a considerable role in physical and spiritual health. Practicing physical activities and favorite entertainment is effective in creation of physical and mental health balance, only if it is planned regarding needs and favorites of individuals. Researches show that practicing sport in leisure times has double influence. (Safania, 2001)

Manner of passing leisure time is not similar in different groups and generations of a society. Some people could not access to all entertaining tools, facilities and etc (Dejahang 2005). Among them, there is some groups require special attention such as disables. In accordance with statistics of World health Organization affiliated to United Nations Organization, 10% of humans in the world are typically disables (Jalali Farahani, 2008).

Accidental disability is natural and social which could be seen in different societies in different manners. Studies showed that passing leisure time with entertaining sports is very important for disables because they can eliminate their dynamic needs with targeted sport (Jalali, 2008) and in addition to physical activities, sport can prevent secludedness in society, making relation with others and increasing self confidence in them (Wiar et al, 2010).

Wellness movement emphasizes on optimum use of leisure times and its role on physical and spiritual health and pays attention to prevention before cure (Rajabzadeh, 2010). Results of studies showed that by Application leisure time with sport, disables can improve their physical, mental and social conditions and inevitably, they have to select manner of using leisure times freely and select their physical and entertaining activities according to type of their disability (Bagherzadeh et al, 2004).

Sport can remove inactiveness of disables and be profitable in improving their physical capacity. Sport can also increase physical power and strength of disables and prepare them for an independent life (Rajabzadeh, 2010). Therefore, physical activity is too important for disable due to two aspects: 1. health status 2. prevention from secondary diseases (Poursoltani, 2004).

There are some limitations which prevent disables from using leisure time actively, such as limited conceptions of society and limited sport places and facilities (Jalali, 2008). Considering this case, we have to pay more attention to leisure time and sport of disables. Purpose of this research is survey on efficacious factors on sport effectiveness in disable's leisure time based on the following hypotheses.

1. There is relation between scale of accessing to sport places and scale of sport activities of disables during leisure time.
2. There is relation between scale of compatibility of sport equipments and scale of sport activities of disables during leisure time.
3. There is relation between scale of sport places safety and scale of sport activities of disables during leisure time.
4. There is relation between scale of sport places hygiene status and scale of sport activities of disables during leisure time.
5. Using leisure time in providing physical and spiritual health of disables properly.
6. Prioritizing activities of disables' leisure time

Methodology

Method of research is descriptive – surveying research. Statistical population of research includes male and female physical disables in North Khorasan Province. Number of them is 4356 according to results of Welfare Organization affiliated to Ministry of Health in 2010. For specification of sample size, we have used Morgan Table. 351 persons have been selected as samples and 390 questionnaires distributed with sampling method. Among them, 355 questionnaires were analyzable (217 males and 138 females).

Number of questions of the abovementioned questionnaire is 38 questions (15 questions about personal information, 7 about scale of attendance in sport activities and 16 about scale of leisure time and free activities) which are measured as per 5-choise Likert Scaling from very low (1) to very high (5). validity of contents of questionnaire has been confirmed by experienced professors and its reliability specified in a pilot study by using Cronbach's alpha ($\alpha=0.82$). Data were analyzed by Binomial test, Correlation Spearman & Freedman tests in Certitude level of 0.05.

Research Findings

As you see in Table 1, considering the resulted correlation coefficient, significance level of Zero Hypothesis is rejected in the 1st three hypotheses; therefore, there is a significant relation between scale of leisure time sport activity and scale of accessibility to sport places, compatibility of sport equipments with type of disability and scale of safety of sport places. But, in the 4th hypothesis, considering significance level, we can not reject Zero Hypothesis and there is no significant relation between leisure time sport activity and scale of hygiene status of sport places.

Table No. 1: Relation between Variants

Statistics, Variants	Spearman Correlation Coefficient	Quantity	Significance Level
Relation between handicaps sport activity and accessibility to sport places in free time	0.255	262	0.001*
Relation between handicaps sport activity and compatibility of sport equipments with type of disability	0.159	255	0.011*
Relation between handicaps sport activity and scale of sport places safety	0.221	243	0.001*
Relation between handicaps sport activity and scale of sport places health	0.105	243	0.102

* It is significant in level of $p \leq 0.05$.

As we see in Table 2, according to results of tow-sentence distribution test, regarding scale of the observed proportions in line with subject of test, significance level of Zero Hypothesis is rejected. Therefore, in view of points disables, using physical activity and sport properly in leisure time is effective on physical and mental health and providing their other needs.

Results of table 3 show that among important leisure time activities of disables, watching TV (13.53), listening to music (10.04), talking to friends (9.97), doing sport (9.67) and meeting friends and relatives (9.56) are placed in 1st to 5th places respectively.

Table No. 2: Effect of sport of physical and spiritual health and responding to needs

Variant	Groups	Quantity	Observable Proportions	Tested proportion	Significance level
Role of using free time in providing handicaps physical health	Positive view	337	0.95	0.5	0.0001*
	Negative view	18	0.05		
Role of using free time in providing handicaps spiritual health	Positive view	334	0.94	0.5	0.0001
	Negative view	21	0.06		
Role of using free time in providing handicaps needs	Positive view	293	0.83	0.5	0.0001
	Negative view	59	0.17		

* It is significant in level of $p \leq 0.05$.

Table (3): important leisure time activities of disables

<i>Friedman test</i>			Average rating	Variables
Sig	df	X ²		
0/000*	10	101/4	13/53	Watching TV
			10/04	Listen to music
			9/97	Fellowship with friends
			9/67	Train& physical activities
			9/56	Meet the family
			8/54	Going to the cinema and theater
			7/94	Non-school study
			7/62	Religious activities
			7/66	Artwork
			7/56	Promenade stroll
			7/51	Tourism and Pilgrimage
			7/48	Solving crossword
			7/7	Watch the video tapes and CD
			7/1	Cultural activities
			7/09	Listening to the radio
			7/03	PC

Discussion & Conclusion

Results showed that there is significant relation between scale of sport activity in leisure time and scale of accessing to sport places; such as results made from researches of Alizadeh & Gharakhanloo (2000), Rimmer et al (2002), Crombie et al (2004) and Egilson et al (2009) Are consistended.

Alizadeh & Gharakhanloo (2000) found out that some main barriers against attendance of disables in sport activities are lack of facilities of architectural problems in city and sport stadiums, having considered their special conditions. Rimmer et al (2002) declared that inaccessibility of facilities and resources are some reasons for not attending disables in leisure time activities. It seems that accessibility of facilities is necessary for encouraging handicaps to attend in physical activities.

Results of this research showed that there is a significant relation between scale of sport activity and compatibility of sport equipments with type of disability. Rimmer (2002) expressed that problems relating to equipments and facilities are main factors for not attending disables in leisure time activities which can typically confirm result of this hypothesis.

Considering this important matter we understand that paying attention to role of facilities and sport equipments is very important and essential in using leisure time appropriately. Inaccessibility to sport places for disables means immobilization, lack of activity, motivation and in the other words, death of leisure times (Rimmer et al, 2005). Undoubtedly, with enough and suitable facilities and equipments we can utilize leisure time with cultural, social, educational and other functions, therefore, providing sport tools and equipments and preparing possibility of doing sports are suitable solutions for resolving problem of disables' leisure time.

One of other results of this research is a significant relation between scale of sport activity in leisure time and safety of sport places. Safety of sport places for disables is very important matter due to their special conditions and whereas no sport place has been constructed special for disables and standards has not been regarded in this regard (Poursoltani, 2004), disables may have not intended to do sport activity in sport places fur to fearing from being injured. Thus, by regarding safety points in sport places, disables will be able to attend at those places.

Other findings showed that there is no significant relation between sport activities in leisure time and sport places hygiene status. Majority of disables declare that health status of sport places had low quality which show hygiene problems in utilizing sport facilities and places by disables.

In other hand, disables declare that using leisure time properly, specially doing sport is very profitable in providing physical health; such as results of research of Poursoltan (2003), Dejahang (2005), Gialling et al (2009). Today, role of sport and physical education in physical health has been proved, therefore, we can say that sport has effective role in improving their physical and general health.

Other result of this research is providing spiritual health by applying sport activity in leisure time of disables which is in a same direction with results of research of Mark et al (2009). In Poursoltan's opinion (2003) performing physical activity in sacrificed persons and disables has mental profits.

Final result of research expresses that sport activity in leisure times of disables make their needs come true and they consider sport as their initial priorities among other leisure time activities. They declared that sport activities can respond to their needs more that other choices because these activities improve social acceptance perception of disables and increase their self confidence and independence.

Regard to Scale of leisure time of disables during a day and night is 6.5 hours, more than research of Alizadeh & Gharakhanlou (2000) for 30 minutes. This increase of hours is due to some factors such as promotion of technology, cultural and economic level proportionate to today conditions of society. In other hand, some other important results of research are watching TV, listening to music and talking to friends (inactive leisure time activities of disables). This result is in the same direction with findings of Wart et al (2010), Alizadeh & Ghaakhanlou (2000). Considering that increase of tendency to static activities for disables is

critical and life satisfaction between people who watch TV is low (Evenson et al, 2000), therefore, we have to correct leisure time procedure of handicaps, although similarity of researches results could be due to spiritual monotonous procedure and style.

Considering the above mentioned cases and physical and spiritual sensitiveness of disables, using leisure time by this group is very important and serious in opinion of directors and planners. We have to consider that lack of paying attention to that matter will have considerable cultural and social and economical subsequences. The results of study showed that majorities of disables had no planned ways for their leisure times where it may be considered as an important gap in the society of Iran. It is suggested that decision makers especially in sport organizations and hygaïne clob's have to pay more attention to this problem and prepare favourite opportunities for leisure times of students.

Acknowledgement

The study was supported in part by the research Welfare Organization affiliated to Ministry of Health, khorasan, Iran. The authors wish to thank all disables who assisted for doing this work.

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