

Research Article

**Identifying and Ranking Development Barriers toward Sport for All,
Championship and Professional Sport among Women in Kermanshah
Province from the Perspective of Experts**

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ABSTRACT

This study aimed to identify and rank development barriers toward sport for all, championship and professional sport among women in Kermanshah province from the perspective of experts. This research is an applied research and regard gathering information is descriptive that used survey method. The study sample consisted of all experts such as those who work in Directorate General of Youth and Sports, physical education teachers and university professors in the city of Kermanshah, Iran. About 210 people were selected using available simple random sampling method due to limitations for our studying population. To collect data, a researcher-made questionnaire consisting of 32 items in a 5-point Likert scale was used. According to analyzing the data collected, results showed that managerial, structural, cultural, social, financial, facilities obstacles and barriers and also lack of expertise and human resources have a great role to prevent the development of sport for all, championship and professional sport among women in Kermanshah Province regard the experts and professionals viewpoints. Generally, it can be concluded that the more attention of sport organizations' managers by employing women managers and supervisors and also providing special features and situations can be involved and effective in the development of women's sports in this province.

Keywords: Administrative and Structural Barriers, Cultural and Social Barriers, Financial and Facilities Barriers, Lack of Human Resources and Experts

INTRODUCTION

Today, sport is considered as an integral part of culture, education and science around the world [1]. Sport and physical activities has become an international phenomenon. Fast and amazing changes in sport science have also evolved this science. Development of communication technology have deepened that and carried it to those places of the world that it was earlier like a dream for humans. Such developments have severely influenced human-being values and

needs' at this new era. Sport was affected first by social changes due to its connection with culture, economics and politics, but now it also become as one of the influencing factors itself. In this matter, the importance of understanding the nature of sports, social needs and planning for it will obviously considerable. The phenomenon of physical education and sport exist and is significantly growing and developing as a social reality in the different structure of human

societies; this due to the acceptance and belief of public opinion about the role of physical education and sport and well understanding of the majority of people in communities regard its efficiency and positive impact on health, physical strengthening and improving psychological and social status and also enrichment of leisure time as a public dimension and gaining its peaks [2]. In many societies, women are faced with inequality problems such inaccessibility to equally educational opportunities, unequal job opportunities, poverty and inequality income, more tensions and conflicts, having multiple roles in family and differentiating of these roles; among these we can add physical education and sport to those categories. About 150 years ago, participation of women in sport activities were prevented as their participation in society, business and government were denied [3]. Today, in most societies, women were deprived of equal opportunities to participate in sport activities and are face with restrictions. Structural, managerial, financial, technical facilities, cultural, social barriers and lack of experts and human resources are among those limitations that because of socio-cultural conditions and for various reasons are more prominent in the Islamic Republic of Iran [4]. In this regard, women's physical education and sport in Iran is considerable; because in addition to its similarities with men's sports and their common impacts on the health and vitality of both sexes, with respect to the religion commandments lots of boundaries and rules have been defined and assigned to it. Opportunities for women are not comparable with men's sport, that's why one of the most fundamental issues raised in the sociology of sport understands the causes of low participation of women in sport activities and its influencing factors. Because of various reasons that most of them are socio-cultural ones, women have not historically had adequate opportunity to prove their capabilities by actively participate in sports, because social

roles have established boundaries for them as feminine [5]. Unfortunately, sport among women is not taken seriously. Perhaps one of the main reasons is that small indoor spaces with poor ventilation have been allocated for women's sport. Lack of help by Physical Education Organization may be another reason for the high tuition of private sports centers. In this regard, by examining these factors it must identify the main problems at the first stage and then try to resolve them and take effective steps in promoting women's sports. Development and promotion of physical education and sport in our society is initially depended to positive and effective development of current sport programs. Reviewing the past and current programs and compiling effective plans, undoubtedly, require extensive and specific researches which their results may could set a new strategic path and verify to ensure that the basic needs of our evolving society shall be met [6]. Based on previous studies, researchers have always confirmed that restrictions of recreational and sports facilities for girls, lack of planning for improvement of facilities, lack or shortage of qualified trainers, cultural barriers and family problems have been added on factors such as their unemployment and other issues [7]. Izadi (2002) believes that lack of recreational clubs, healthy and beneficial sport clubs and do not having sport facilities are those matters that especially girls dream of realizing them. Young girls, whose are mothers and educators of future society and have to treat and educate our children, want to engage in sports achieve the desired social relationships. Off-course, sport can be a fundamental tool and a creative force to gain this goal [8]. Sedarati (2006) stated that more than 83% of Iranian women participate in sport activities and their motivation for participation in sport activities by priority are: to become healthy, morale strengthening, interest in sport, atrophy and filling leisure time. Also, barriers to their participation in sports are included; Lack of

access to sport facilities, inappropriate sport time programs for women, expensive registration fees, lack of time and family opposition [9]. Girls went to sport gyms very little before the age of marriage in Iran. In total, men more than women went to sport gyms; such that the approximate equality in number of men and women in Iran's society, men 8.6 times more participate in sport activities than women [10]. Studying the current growth of women's sports in national and international aspects show significant and relative progress of Iranian women, but we cannot ignore the fact that in comparison with the growth of men's sport or even women in other countries, their development is not satisfying. In addition, previous studies and researches indicate that almost all research findings in the area of physical education and sport in the Islamic Republic of Iran express that Iranian women and girls in order to participate and do physical and sport activities are encounter limitations and problems such as structural, managerial, financial, facilities, social, cultural barriers and also human and technical limitation. Therefore, considering the fact that today in different societies, creating suitable grounds for women's sport is as an important and national issue; and presence or absence of women in sport activities is determined as a global indicator of social status of women. This becomes more important in Iran, because Iranian Muslim women need independent and specialized environment and facilities in order to do physical education and sports activities. Thus, in addition to support them for equality with men, it is necessary to protect them as well under the law [11]. However, the fact is obvious that women constitute half of the population of our country, so regardless of them it would be impossible to achieve real developments.

This study seeks to identify the barriers toward development of sport for all, championship and professional women's sport and provide solutions to them. Thus, by prioritizing those

barriers it can be offer strategies to the managers and officials of administrative physical education; so that, with regard to these barriers, they can planning best in order to effectiveness of sport activities especially in relation to women. Identifying barriers toward physical activities for women the future of women's sport in Kermanshah would be hopeful. In this way, women tendency for sport will automatically motivate other social groups that are associated with women (Spouse and children) to do exercise; therefore public health will be likely guaranteed. Regard the purposes of physical education that health and vitality of the society at the first stage, and then glory and success by athletes are at the second stage, considering the barriers toward development of women's sport it can achieve these goals by resolving them. Thus, identifying and prioritizing barriers toward development of sport for all, women's championship and professional sport will be a necessary issue.

With respect to the above statements and because the majority of conducted studies considered the barriers and limitations of women's participation in sport activities and so far, no comprehensive research has been done in the form of identification, determine and prioritize the factors influencing the quality and quantity of women's sport and physical education development by various perspectives, the main research question is that what are the barriers toward development of sport for all, women's championship and professional sport in Kermanshah province from the viewpoint of experts and specialists?

MATERIAL & METHODS

This research is an applied research and regard gathering information is descriptive that used survey method. The study sample consisted of all experts such as those who work in Directorate General of Youth and Sports, physical education teachers and university professors in the city of

Kermanshah, Iran. About 210 people were selected using available simple random sampling method due to limitations for our studying population. To collect data, a researcher-made questionnaire consisting of 32 items in a 5-point Likert scale was used. In order to analyze data, descriptive statistics (frequency, percentage, mean and standard deviation) was used and for inferential statistics, considering the use of parametric tests require normality of distributed data, Kolmogorov Smirnov was applied on the data first and due to the normality of them, one-sample t test and Friedman ranking test were used later. SPSS 20 software was also used in this analyzing.

RESULTS

Demographic data of teachers, experts and professors of physical education at Kermanshah province suggest that education level of respondents were 88 people (41.9 percent) have B.A., 108 ones (51.4 percent) have M.A. and 14 ones (6.7 percent) have PhD degrees. About sport background of respondents we concluded that 14 people (6.7 %) have 1 to 3 years, 76 ones (36.2 %) have 3 to 10 years and 120 ones (57.1 %) have more than 10 years in their resume. Regards occupation of the respondents we saw that 72 people (34.3 percent) were physical education teacher, 128 ones (61 percent) were sport experts and 10 ones (4.8 percent) were lecturer at the university.

Table 1: sample t test results about the items related to structural and administrative barriers

Test value = 3			SD	M	N	Index Items
sig	DF	t				
0.001	209	7.64	1.127	3.59	210	Lack of senior managers' attention to women's sports
0.001	209	10.61	0.968	3.71	210	Lack of female managers in the structure of affiliated organizations
0.001	209	8.86	0.849	3.52	210	Lack of proper planning by the Youth and Sports Organization

The data show that at significant level of $\alpha = 0.05$ because t for all items is meaningful and experimental mean is greater than the theoretical mean, it can be concluded that structural and administrative barriers including: lack of senior managers' attention to women's sport, lack of female managers in organizations structure and lack of proper planning by youth and Sport organization are considered among those factors

that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Friedman ranking test have been used to prioritize structural and administrative barriers.

Table 2: Friedman ranking test to prioritize structural and administrative barriers

Average Rank	Item
2.2	Lack of senior managers' attention to women's sports
2.12	Lack of female managers in the structure of affiliated organizations
1.88	Lack of proper planning by Youth and Sport Organization

Based on obtained results about structural and managerial barriers for development of sport for

all, women's championship and professional sport in Kermanshah province by the perspective of

experts, lack of female managers in the affiliated organizations was at the first place, lack of senior managers' attention to women's sports was at the

second and lack of proper planning by Youth and Sport organization was at the last place.

Table 3: sample t test results about the items related to financial and facilities barriers

Test value = 3			SD	M	N	Index Item
sig	DF	t				
0.001	209	13.343	0.95	3.87	210	Shortage of available transportation vehicles for sport gyms
0.001	209	14.67	0.973	3.98	210	Lack of access To Appropriate Athletic halls and gyms for Women
0.001	209	15.05	1.054	4.09	210	Lack of access in required facilities for women
0.846	209	0.194	1.143	3.02	210	Inappropriate working time of sport halls
0.001	209	13.655	1.006	3.95	210	Lack of proper Infrastructures according to the Islamic rules
0.001	209	14.349	1.117	4.11	210	High Cost of participation in women's sport related activities (clothing and etc.)

The data show that at significant level of $\alpha = 0.05$ because t for all items is meaningful and experimental mean is greater than the theoretical mean, it can be concluded that financial and facilities barriers including: Shortage of available transportation vehicles for sport halls, Lack of access to appropriate athletic halls and gyms for women, lack of access in required facilities for women, inappropriate working time of sport halls, lack of proper Infrastructures according to the Islamic rules an high Cost of participation in

women's sport related activities (clothing and etc.) are considered among those factors that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Just the 17th item did not meaningful, so inappropriate time of working sport halls were evaluated at an average level.

Table 4: Friedman ranking test for financial and facilities barriers

Average Rank	Item
3.38	Shortage of available transportation vehicles for sport halls
3.69	Lack of access to appropriate athletic halls and gyms for women
3.95	lack of access in required facilities for women
2.23	inappropriate working time of sport halls
3.65	lack of proper Infrastructures according to the Islamic rules
4.11	high Cost of participation in women's sport related activities (clothing and etc.)

Based on obtained results about financial and facilities barriers for development of sport for all, women's championship and professional sport in Kermanshah province by the perspective of experts, High Cost of participation in women's sport related activities (clothing and etc.) was at

the first stage, Lack of access in required facilities for women was at second place and Inappropriate working time of sport halls was at the third place.

Table 5: sample t test results about items related to human and technical obstacles

Test value = 3			SD	M	N	Index Item
sig	DF	t				
0.001	209	13.655	0.925	3.86	210	Restrictions related to body disabilities to do some

						sports for women
0.001	209	14.349	0.895	3.27	210	Lack of time because of busyness
0.001	209	13.45	0.911	3.38	210	Lack of interest
0.001	209	4.426	1.024	3.15	210	Lack of required motivation
0.944	209	0.521	0.172	3.03	210	Lack of required skills
0.001	209	6.517	1.005	3.58	210	Lack of self-confidence and self-believing in women
0.117	209	0.329	0.157	3.05	210	Lack of experts in women's related sport activities
0.001	209	12.496	0.947	3.88	210	Facing with physical problems caused by non-scientific exercises
0.001	209	6.517	1.029	3.46	210	Unfamiliarity with modern sport sciences in trainers
0.944	209	0.07	0.091	3.01	210	Unsuitability of offered sport activities with participants' needs

The data show that at significant level of $\alpha = 0.05$ because t for all items is meaningful and experimental mean is greater than the theoretical mean, it can be concluded that human and technical barriers including: Restrictions related to body inabilities to do some sports for women, Lack of time because of busyness, Lack of interest, Lack of required motivation, Lack of required skills, Lack of self-confidence and self-believing in women, Facing with physical problems caused by non-scientific exercises, Unfamiliarity with modern sport sciences in women's trainers are considered among those factors that are preventing from development of

sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Just the 24th, 26th and 29th items did not meaningful, so lack of related skills, Lack of experts in women's related sport activities and Unsuitability of offered sport activities with participants' needs were evaluated at an average level. Friedman ranking test have been used to prioritizing human and technical barriers.

Table 6: Prioritizing human and technical obstacles with Friedman ranking test

Average Rank	Item
6.64	Restrictions related to body inabilities to do some sports for women
4.76	Lack of time because of busyness
6.75	Lack of interest
5.51	Lack of required motivation
3.82	Lack of required skills
5.73	Lack of self-confidence and self-believing in women
5.72	Lack of experts in women's related sport activities
6.75	Facing with physical problems caused by non-scientific exercises
5.51	Unfamiliarity with modern sport sciences in trainers
3.82	Unsuitability of offered sport activities with participants' needs

Based on obtained results from (4-11) in relation to financial and facilities barriers for development of sport for all, women's championship and professional sport in Kermanshah province by the perspective of experts, lack of interest was at the

first stage and lack of required skills was at second place.

Table 7: sample t test results about items related to social and cultural barriers

Test value = 3			SD	M	N	Index Item
sig	DF	t				
0.001	209	8.376	0.442	3.32	210	Lack of notice to women about the benefits of sport activities

0.011	209	1.406	0.318	3.14	210	Lack of friends' protection and their accompaniment to taking part in sport activities
0.001	209	16.61	0.211	3.92	210	lack attention to women's sports in the educational system
0.001	209	7.02	0.149	4.15	210	lack of media protection from women's sport and required advertising
0.001	209	11.328	0.234	4.03	210	Lack of officials' attention to women's sport
0.104	209	0.083	0.795	3.08	210	Having no successful patterns for women's sport at society
0.001	209	5.671	0.337	3.49	210	Physical problems caused from sport damages
0.001	209	14.143	0.212	4.65	210	Religious, cultural and social constraints
0.001	209	7.38	0.448	4.26	210	Existence of patriarchy culture in sport of society
0.001	209	13.22	0.827	4.13	210	unsuitable cultural conditions of living place
0.125	209	0.950	0.657	3.04	210	People's unfamiliarity with the laws and regulations relating to the use of sport facilities
0.001	209	10.688	0.316	3.67	210	Having no comment about women's sports
0.001	209	775	0.441	3.81	210	lack of proper planning to hold public courses for development of women's sports

The data show that at significant level of $\alpha = 0.05$ because t for all items is meaningful and experimental mean is greater than the theoretical mean, it can be concluded that social and cultural barriers including: Lack of notice to women about the benefits of sport activities, Lack of friends' protection and their accompaniment to taking part in sport activities, lack attention to women's sports in the educational system, lack of media protection from women's sport and required advertising, Lack of officials' attention to women's sport, Physical problems caused from sport damages, Religious, cultural and social constraints, Existence of patriarchy culture in sport of society, unsuitable cultural conditions of living place, Having no comment about women's sports, lack of

proper planning to hold public courses in order to develop women's sport are considered among those factors that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Just the 6th and 11th items did not meaningful, so having no successful patterns for women's sport at society, people's unfamiliarity with the laws and regulations relating to the use of sport facilities were evaluated at an average level. Friedman ranking test have been used to prioritizing social and cultural barriers.

Table 8: Prioritizing social and cultural barriers using Friedman ranking test

Average Ranking	Item
6.53	Lack of notice to women about the benefits of sport activities
6.43	Lack of friends' protection and their accompaniment to taking part in sport activities
8.73	lack attention to women's sports in the educational system
6.02	lack of media protection from women's sport and required advertising
9.05	Lack of officials' attention to women's sport
6.65	Having no successful patterns for women's sport at society
6.92	Physical problems caused from sport damages
5.98	Religious, and social constraints
7.37	Existence of patriarchy culture in sport of society
8.17	unsuitable cultural conditions of living place
8.24	People's unfamiliarity with the laws and regulations relating to the use of sport facilities
7.73	Having no comment about women's sports

6.23	lack of proper planning to hold public courses for development of women's sports
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Based on obtained results in relation to cultural and social barriers for development of sport for all, women's championship and professional sport in Kermanshah province by the perspective of

experts, lack of officials' attention to women's sport was at the first stage and religious, cultural and social constraints were at second place.

DISCUSSION

Results showed that lack of female managers in the structure of organizations was at the first place, lack of senior managers' attention to women's sports was at the second rank and lack of proper planning by Youth and Sport Organization was at the last place. In a research Ehsani et al (2008) examined the importance of preventing individual, interpersonal and structural factors for participation of women in Tehran in sport and recreational activities [12]. In that study, they reported among those subjects, structural factors are considered as influencing ones on their participation in sports. Motameni et al (2012) also showed that lack of official's attention to women's sports is one of the administrative barriers for its development [13]. Thus, these results are consistent with the results of our study. In this regard, employing women specialist and managers for women's sports because of their familiarity with the characteristics and expectations of female sex, and also seniors' attention due to their abilities to make strategic decisions and to prepare detailed and proper plans for the continuous implementation of sport for all programs to encourage more women to do sport and exercises would lead to the development of women's sport and their championships. Based on the results of research in the field of financial and facilities barriers including: Shortage of available transportation vehicles for sport halls, Lack of access to appropriate athletic halls and gyms for women, lack of access in required facilities for women, lack of proper Infrastructures according to the Islamic rules and high Cost of participation

in women's sport related activities (clothing and etc.) are considered among those factors that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Inappropriate working time of sport halls is the only factor which was not meaningful, so that, it was estimated in an average level. Based on the obtained results, high cost of participation in women's sport related activities (clothing and etc.) was at the first rank, lack of access in required facilities for women was at second place and lack of proper Infrastructures according to the Islamic rules was the last rank. Hashemi (2006) in a research studied preventing factors on women's sports participation among those who were employee in Isfahan, Iran in order to provide appropriate solutions for this area, showed that economic, facilities and socio-cultural factors have the most preventive effects on employee's participation for women's sports [13]. Based on the study results about restrictions related to body inabilities to do some sports for women, lack of time because of busyness, lack of interest, lack of required motivation, lack of self-confidence and self-believing in women, facing with physical problems caused by non-scientific exercises and unfamiliarity with modern sport sciences in women's trainers are considered among those factors that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. The items of lack of required skills, lack of experts in women's related sport activities and unsuitability of offered sport activities with

participants' needs did not meaningful, so they were evaluated at an average level. Based on the obtained results, lack of interest was at the first place and ability of women to do some exercises was at last place. Atighehchi (1995) showed that lack of interest, lack of time, lack the necessary motivation are among those factors preventing from active participation of girls pupils and students in sporting activities [3]. Based on the results of research lack of notice to women about the benefits of sport activities, lack of friends' protection and their accompaniment to taking part in sport activities, lack attention to women's sports in the educational system, lack of media protection from women's sport and required advertising, lack of officials' attention to women's sport, physical problems caused from sport damages, religious, cultural and social constraints, existence of patriarchy culture in sport of society, unsuitable cultural conditions of living place, having no comment about women's sports, lack of proper planning to hold public courses in order to develop women's sport are considered among those factors that are preventing from development of sport for all, women's championship and professional sport in Kermanshah province from the perspective of experts. Items of having no successful patterns for women's sport at society, people's unfamiliarity with the laws and regulations relating to the use of sport facilities did not meaningful, so they were evaluated at an average level. Based on obtained results lack of officials' attention to women's sport was at the first stage and religious, cultural and social constraints were at second place. Enyar et al (2009) [11] also showed that social factors are among the most important preventing factors for participation in sports activities at leisure time, respectively. In this regard, attendance of Muslim women wearing Islamic clothes in competitions, TV emphasizing on this matter that Hijab has not any effect on their sport activities, acknowledgement of athletes girls in schools and universities with

their training managers, providing TV programs in order to improve people's viewpoint toward women's sports and also offering media advertisements for families in order to raising their understanding of the benefits of exercise can be helpful to protect public health.

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