

The Study of Factors Affecting Sports Participation (Physical, Psychological, Familial, Social, Cultural, Administrative-Opportunities and Economic) Faculty and Staff of the University of Malayer City from their Perspective

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Abstract: The main purpose of this study was to examine factors (physical, psychological, familial, social, cultural, administrative-opportunities and economic) affecting sports participation of faculty members and staff of the University of Malayer city from their perspective. The research method, survey (field) and population included all faculties and staff of the University of Malayer city in 1000, based on a statistical sample of 379 was set by Charles Cochran. And that the sampling method, according to the population of faculty and staff Malayer city, were selected from each university of the city. The instruments used in this study included demographic questionnaire, a questionnaire physical discomfort of staff (ACSM), a researcher questionnaire-made. Validity of the questionnaire using Cronbach's alpha reliability test in order for the questionnaire and ACSM physical activity participation questionnaire barriers 0/87 and 0/904. Descriptive statistics including graphs, tables, central tendency and dispersion were performed. Perth and terminal values were then and test to confirm normal distribution of data Kolmogorov-Smirnov test was used. Then, with two independent sample t-test statistical methods ANOVA Friedman and inferential statistics were used. It is important to analyze the data, software and expert choice 11 and SPSS 23 were used. The results showed that the effect of economic and administrative barriers the facilities are the highest priority and then, the impact of social barriers, personal, cultural, psychological and family are the next priorities.

Key words: Sport participation obstacles, faculty members, staff, University of Malayer city, priority, Iran

INTRODUCTION

One of the key debates in the field of sports programming is available with needs and problems of balance of individual and group programs. Exercise is one of the ways that people can help overcome the constraints of physical, emotional, social and psychological stress of living in a turbulent world today. Research has shown that people who exercise regularly pay less than others are experiencing cardiovascular disorders, suffer less stress and are more confident, they also optimistic about life and less depressed (Sonnentag and Niessen, 2008). Sports participation is an essential component of the planning process in various areas including educational activities, cultural and sports. Because in today's competitive world, one of the most important organizational resources in universities, human resources and organizations can only survive in this turbulent world the best use of its resources and lack of attention to their mental and physical health can have long-term negative consequences of social, economic and

consequently, political irreparable damage to society. Therefore, all universities need to apply all efforts to encourage faculty and staff to exercise to improve physical health. The holding any application including sports programs requires a good understanding of conditions and needs of the community, because the lack of attention to people's expectations of customers, causing a waste of money, time and manpower are (Ahmadinejad, 2013). The results of research show that individuals involved in Iran for various reasons such as business vitality, sense of fun and vitality, weight loss and disease prevention and health protection in sport activities. The aim of this study was an attempt to examine what obstacles and problems caused by lack of sports participation faculty and staff of the University of Malayer city. Therefore, the role of exercise and physical activity as a strategy which could potentially assist in the goals of health, social and economic is important (Sayed and Hossein, 2012). Ibrahim *et al.* (2013) states in their study reported that people with higher education than those with lower educational attainment, lower barriers to

understanding and knowing its cause educated people are more intelligent than the average person about the advantages and benefits of exercise and physical activity as well as better compatibility with known health promotion programs. From the perspective of researchers, one of the reasons inhibitor of exercise, lack of exercise and information advantages is insufficient to individuals (Aghaee and Fattahian, 2012). Therefore, it seems examine barriers to sport participation activity levels as well as those specific to each country's economic situation and its own culture. In a study of social norms and security as demanded one of the key aspects that may affect the participate exercise. These results also showed that health plans are popular among people more than other projects. Sociolinguistics, sports culture is a subculture often called sports culture. This culture includes beliefs, values, norms, human social habits and made the sport. Najafi (2014) in their study concluded that psychological barriers to sport participation, personal, cultural, social and family the highest and lowest priority and administrative barriers, facilities and no economic impact on sports participation is Malayer city offices. Therefore, understanding the needs and attitudes of university faculty and staff in planning matters relating to the development of sports and physical education is essential. High efficiency and operational efficiency university faculty and staff is something that society depends on their access to resources and human capital as well as other mental and physical health, vitality and relaxation that provision and these characteristics only depends on a healthy and vibrant life and efficient use of time and leisure is possible to ensure public health. One of the problems in the city of Hamedan, Malayer University is particularly low participation in sporting activities, faculty and staff. Faculty and staff are of most effective segments of the community. Therefore, it is important to study how by organize and plan based on existing conditions and favorable to investigate factors influencing the development of sports participation and physical activity and regular exercise and a cohesive faculty and staff of the University of Malayer city took an important step? Considering that so far has not done extensive research on the situation of sport faculty and staff of universities to discuss the strengths and weaknesses in this area is realized. And be investigated the views of the faculty and staff at universities (he consumers of such services from universities in the country are the sports authorities). The study seeks to examine obstacles to research in various fields of sports participation by other countries and Iran as well as by examining the factors (physical, psychological, personal, family, social, cultural, administrative-facilities and economic) affecting sports

participation faculty and staff of the University of Malayer city. From their perspective and based on scientific methods in the field, provide a model and practical solutions applicable to officials of the University of Malayer city. And, this study was done by such motivation.

MATERIALS AND METHODS

The research method, survey (field) and population included all faculty and staff of the University of Malayer city in 1000, based on a statistical sample of 379 was set by Charles Cochran. And that the sampling method, according to the population of faculty and staff Malayer city were selected from each university of the city. The instruments used in this study included demographic questionnaire, a questionnaire physical discomfort of staff (ACSM), a researcher questionnaire-made. Validity of the questionnaire using Cronbach's alpha reliability test in order for the questionnaire and ACSM physical activity participation questionnaire barriers 0/87 and 0/904. For tool measurement data, the researchers used three questionnaires included in this study are the following which is as follows: the first questionnaire, demographic questionnaire, a second questionnaire, the questionnaire related to general health status (ACSM) and the third questionnaire, the questionnaire made that examines the obstacles sport participation participants including questions such as psychological obstacles, personal, familial, social, cultural, administrative and economic opportunities. For tool measurement data, the researchers used three questionnaires Included in this study are the following which is as follows: the first questionnaire, demographic questionnaire, a second questionnaire; the questionnaire related to general health status (ACSM) and the third questionnaire, the questionnaire made that examines the obstacles sport participation participants including questions such as psychological obstacles, personal, familial, social, cultural, administrative and economic opportunities. Since, there is no standard questionnaire to assess obstacles sport participation of faculty and staff of universities given the nature of this information using the questionnaire in two round Delphi method was used the sample level. Validity of the questionnaire was confirmed by 7 out of 10 people doctorate sports management professionals. Collecting data in this research is field. This might be the first to go to university (Malayer, Islamic Azad, Payam Noor Training Centre of Applied Sciences and the Faculty of Islamic Sciences Award, Sama, Kosar and nonprofit faith

and Android) city of Malayer and permission of the chief or the head of a university, college or nonprofit institution concerned and consistent with its protective universities, faculty and staff in the universities were chosen for sampling. After explaining to every faculty and staff member was given a questionnaire to complete after reading it, then given a questionnaire and collected data were analyzed. The statistical method used to describe data from tables, graphs, frequency, frequency, central and dispersion parameters were analyzed using descriptive statistics. It is worth noting that to analyze the data, software and expert choice 11 and SPSS 23 were used.

RESULTS

Descriptive results obtained from this study showed that the average age of the 379 respondents in this study is 37/84 years. The 1/30 and 69/9% were male and female of whom 75.2% were married, 24.8% single in employment status. The results showed that 200% of formal employment 55/6, 25/4, 112, 0.19% of contracts and 38% are treaty. Also 92 subjects, 24.3% of doctoral degrees, 144 master's 0.38%, 111 cases 3/29% of bachelor's, 11 people 9/2% of the associate degree, diploma 5.5% were 21 and 114, 1/30 official percent, 39% of the official 3/10 tests, 59% of the treaty and eventually 149, 6/15, 3/39 84/10% of contracts and the average years of work experience, positions 18, 7/4%, led by post 23 department of enterprise 1.6%, 11.1% of managerial positions 42, 18, 7/4 bachelor's positions, positions 15, 3/33% of the faculty, positions 19, 4/27% and finally also 59, 6/15% were other organizational positions. According to Table 1, the test Kysrmy and Avklyn (KMO) 871/0 was obtained show that the sample size is suitable for factor analysis. The amount of Bartlett test of sphericity ($5804/239 = X^2$, $p = 0/0001$) is defined as meaning that there is a correlation between questions and reflects meet the necessary conditions to carry out confirmatory factor analysis in this study.

Testing hypotheses: Results Table 2 shows the components of psychological barriers are ranked based on the difference between the mean and standard deviation, the results showed that the lack of passion for the sport. By mean and standard deviation $1/29 \pm 2/40$ in the first place to feel unfavorable to the sports areas. By mean and standard deviation $1/28 \pm 2/16$ in second place having felt unpleasant sweating together. By mean and standard deviation $1/21 \pm 2/04$ is third.

Table 1: Bartlett test

| Tests | Values |
|--------------------------|----------|
| Kaiser-Meyer-Olkin (KMO) | 0.871 |
| Bartlett test | |
| Approximation square | 5804.293 |
| Degrees of freedom | 741 |
| Sig. | 0/000 |

Results of Table 3 show the components of domestic barriers are ranked based on the difference between the mean and standard deviation, the results showed that family obligations and responsibilities with the mean and standard deviation 1.26 ± 2.82 in the first rank inactivity and lack of exercise family members with an average and standard deviation of 1.22 ± 2.38 second, having no family agreed about the proposed hours of sports activities by mean and standard deviation were 1.16 ± 2.10 in the third. The results in Table 4 show that components of personal obstacles were ranked based on the difference between the mean and standard deviation, the results showed that busy and not enough time to play sports with averages and standard deviation of 1.37 ± 3.39 in the first rank intense, hard and frustrating the exercise with mean and standard deviation 1.14 ± 2.18 in the second, physical weakness with mean and standard deviation were 1.22 ± 2.17 in third.

The components of social barriers based on the difference between the mean and standard deviation have been ranked, the results showed that the failure to encourage sports activities by the university administration with the mean and standard deviation of 1.37 ± 2.93 in the first rank, participation, lack of friends and colleagues' sports activities with the mean and standard deviation 1.30 ± 2.77 second, lack of access to skilled trainers with mean and standard deviation were 1.25 ± 2.74 in third (Table 5).

Table 6 show that the components of the cultural barriers are ranked based on the difference between the mean and standard deviation. The results showed that due to lack of development of sports culture in the workplace with the mean and standard deviation 1.29 ± 2.83 in the first place, restrictions on wearing sports clothes of location to location athlete with the mean and standard deviation 1.33 ± 2.49 second, the lack of notification the benefits of exercise and physical activity by the mass media with mean and standard deviation were 1.18 ± 2.25 in third.

Table 7 show that the component of administrative barriers are ranked based on the difference between the mean and standard deviation. The results showed that there was no instruction or directive that requires universities to support the exercise with the mean and standard deviation 1.24 ± 3.08 were in the first rank. Lack of educational programs related to sport with the mean and standard deviation 1.31 ± 3.07 were second. According to

Table 2: Describing the psychological barriers to engage in sporting activities, faculty and staff of the University of Malayer city

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|---|-----|------|---------------|-----------------------------|
| Lack of motivation to exercise | 1 | 1 | 379 | 1.29±2.40 |
| Having adverse to sports spaces | 2 | 2 | 379 | 1.28±2.16 |
| Having unpleasant feeling when sweating | 3 | 3 | 379 | 1.21±2.04 |
| Fear of being judged by others while in the | 4 | 4 | 379 | 1.16±1.99 |
| Negative impressions and shyness | 5 | 5 | 379 | 1.03±1.70 |

Table 3: Description of family addressing barriers to physical activity faculty members and staff of the University of Malayer city

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|--|-----|------|---------------|-----------------------------|
| Many obligations and responsibilities of family | 1 | 1 | 379 | 1.26±2.82 |
| Lack of mobility and physical inactivity family members | 2 | 2 | 379 | 1.22±2.38 |
| Family lack of consensus about the proposed hours of sports activities | 3 | 3 | 379 | 1.16±2.10 |
| family not agreed with the participate in sports trips or competitions | 4 | 4 | 379 | 1.18±2.03 |
| Family negative attitude towards sports activities | 5 | 5 | 379 | 1.07±1.69 |

Table 4: Describing personal obstacles faculty and staff to engage in sports activities in the city of Malayer

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|---|-----|------|---------------|-----------------------------|
| Busy and not having enough time to exercise | 1 | 1 | 379 | 1.37±3.390 |
| Tense, hard and boring of sports activities | 2 | 2 | 379 | 1.14±2.180 |
| Physical weakness | 3 | 3 | 379 | 1.22 ±2.17 |
| Lack of knowledge of the benefits of exercise and a fitness program | 4 | 4 | 379 | 1.13 ±2.00 |
| Unpleasant experience and the lack of sufficient skills in sports | 5 | 5 | 379 | 1.13 ±1.97 |

Table 5: Description of social barriers to faculty and staff to engage in sports activities in the city of Malayer

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|--|-----|------|---------------|-----------------------------|
| Discouraging the exercise by the university administration | 1 | 1 | 379 | 1.37±2.93 |
| Lack of participation by friends and colleagues in sports | 2 | 2 | 379 | 1.30±2.77 |
| Lack of access to skilled trainers | 3 | 3 | 379 | 1.25±2.74 |
| Lack of familiarity with diversity health promotion | 4 | 4 | 379 | 1.24±2.48 |
| Negative attitudes of colleagues toward exercise | 5 | 5 | 379 | 1.08±1.86 |

Table 6: Describing cultural barriers faculty and staff to engage in sports activities in the city of Malayer

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|---|-----|------|---------------|-----------------------------|
| Lack of attention to the development of sports culture in the workplace | 1 | 1 | 379 | 1.29±2.83 |
| Location to place restrictions on the wearing sports clothes, sports | 2 | 2 | 379 | 1.33±2.49 |
| Failure to inform the public about the benefits of exercise and physical activity by the mass media | 3 | 3 | 379 | 1.18 ±2.25 |
| Lack of sports coverage with religious observance | 4 | 4 | 379 | 1.15±1.85 |
| Fears of damage to religious beliefs | 5 | 5 | 379 | 1.08±1.78 |

Table 7: Description of administrative barriers-equipped to engage in sporting activities, faculty members and staff of the University of Malayer city

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|--|-----|------|---------------|-----------------------------|
| No instruction or directive that requires universities to provide support for sports | 1 | 1 | 379 | 1.24±3.080 |
| Lack of educational programs related to sport | 2 | 2 | 379 | 1.31±3.070 |
| Lack of medical records for annual monitoring of physical health | 3 | 3 | 379 | 1.33±3.020 |
| Weak planning Sport at the University | 4 | 4 | 379 | 1.30±2.990 |
| Disregarding women's sports | 5 | 5 | 379 | 1.34±2.950 |
| Lack of access to appropriate spaces and sports facilities outside of office hours | 6 | 6 | 379 | 1.35±2.890 |
| Poor health status of sport places | 7 | 7 | 379 | 0.083±2.84 |
| Lack of a variety of sports, sport facilities | 8 | 8 | 379 | 1.26±2.830 |
| Inadequate equipment and sports | 9 | 9 | 379 | 1.24±2.640 |
| Inadequate heating and cooling systems in indoor sports facilities | 10 | 10 | 379 | 1.32±2.620 |

Table 8: Description of economic obstacles faculty and staff to engage in sports activities in the city of Malayer

| Questions | Row | Rank | No. of people | Mean and standard deviation |
|---|-----|------|---------------|-----------------------------|
| Lack of financial support from faculty and staff exercise | 1 | 1 | 350 | 1.36±3.13 |
| Expensive exercise equipment | 2 | 2 | 350 | 1.35±2.95 |
| Exercise spending in other areas | 3 | 3 | 350 | 1.27±2.92 |
| high entrance fee for sports facilities | 4 | 4 | 350 | 1.22 ±2.83 |

the filing of annual medical health monitoring with the mean and standard deviation 1.33±3.02 were in third rank.

Table 8 show that the components of economic barriers are ranked based on the difference between the

mean and standard deviation. The results showed that lack of financial support from faculty and staff in sporting activities with the mean and standard deviation 1.36 ± 3.13 were in the first rank. Expensive exercise equipment with means and standard deviations 1.35 ± 2.95 were in the second place, spending the sport in other areas with mean and standard deviation 1.27 ± 2.92 were in third.

DISCUSSION

In response to the survey questions that what are the factors related to physical health faculty members and staff of the University of Malayer city? The results showed that the sample group studied 205 patients (1/54%) but no discomfort and disease to 174 (9/45%) of the sample group had to have at least one of discomfort and disease. These findings are consistent with Atqya. This indicates that health care primarily address the needs of sports development in the city of Malayer University's faculty and staff, because in their distress by identifying problems and that inactivity can see and not paying attention to the sport, put them on a path to physical activity. And some of them part of the sports that are inconsistent with their health, arrest and led to corrective actions. Finally, a methodical program and academic staff in developing the sport in the community be planned. The main reason of the women to the sport, the importance of physical and mental health and fitness and with regard to health plans that in addition to providing facilities for employees to use labor laws, the staff also will provide health services for treatment. Lifestyle and sports-oriented concept has been closely associated with the concept Bloch (Bloch) as a health-oriented lifestyle. A low-cost and fun ways to promote health and prevent health complications faculty and staff of the University of Malayer city is considering physical activity and exercise them. The first hypothesis test results showed that there is no significant difference between the psychological barriers and to engage in sporting activities, faculty members and staff of the University of Malayer city. These findings are consistent with research results of Najafi (2014), Zadeh and Fitness (2015), Ahmadijad (2013), Aghaei and Fattahian (2012), Harvey *et al.* (2007) and Huang and Humphreys (2012). One of the most difficult and yet the most fundamental issue is to improve sport participation and development of motivational tools. The results partly from the pyramid model supports the barriers to participation. Motivation comes from two sources, both internal and external sources to improve performance in sports are important and used by sports psychologists. The desire to exercise is mainly due to internal motivation with extrinsic motivation is

strengthened, goal-oriented people who are in or have low motivation, external motivation to intrinsic motivation for fertility and getting used to (Cranford *et al.*, 1991). The second assumption test results showed that there is no significant difference between the family and addressing barriers to physical activity faculty and staff of the University of Malayer city which are consistent with results of Hashemi and Moradi (2012), Najafi (2014) and Dallman and Levis (2010). Family is Known in Iran, according to the specific system of rule that as one of the obstacles affecting the decline in sports participation. Therefore, our findings suggest that different aspects of family play a decisive role in sport participation of people. Considering sports in today's society that it is high tension and damage can be used as guidelines to help community members to be considered for relaxation and mental and physical health. The researchers including experts in the field of health, many physical and mental adversity linked directly or indirectly with the sport (Gholami, 2002). Therefore, it is necessary to note that in the process of sports socialization acceptance among family members of individuals is of utmost importance that the impact of (Hashemy *et al.*, 2011). Furthermore, to increase sports culture with courses or conferences related to sport and healthy families seem to be the next to improve it.

The third hypothesis test results showed that there is no significant difference between personal barriers and to engage in sports activities in the city of Malayer University faculty and staff. This is consistent with previous results Najafi (2014) and Dollman and Lewis (2010). Despite increasing public awareness about the effects of the consequences of inaction, based on the available evidence, only a small percentage of the community welcome civil servants' sports programs. So, one good way to eliminate some of the barriers that hold such contests and sports festival is personal. The faculty and staff at universities to cope with occupational stress, physical and mental fatigue must maintain their mental and physical health and vitality. So, if you increase the amount of stimulation your body may be deficient quantity and quality of their lives. Or even sometimes physical problems or mental suffering and their effectiveness is reduced. In addition, it is advisable to address the shortcomings of low staff strength and physical ability integrated training program that includes exercise and physical activity foundation and how to implement it in mass sports activities of university faculty and staff to be designed. The fourth hypothesis test results showed that there is no significant difference between social barriers and to engage in sporting activities, faculty members and staff of the University of

Malayer city. Iain is consistent with previous results, the Islamic Najafi (2014), McNeill *et al.* (2006) and Harvey *et al.* (2007). Exercise is the product of social reality, the two variables on each exercise both effective support and participation, social support can act as a moderating variable affect the stressful stimuli (Jackson, 1991). On the other hand, social norms and security researchers have suggested as one of the key aspects that can affect participation in physical activity (McNeill *et al.*, 2006). Thus, according to the sport and trying to spread it can cause positive changes in society and prevent the creation of various injuries among society. Therefore, exercise should be referred to as the useful life be considered. Fifth hypothesis test results showed that significant differences exist between the cultural barriers and to engage in sporting activities, faculty members and staff of the University of Malayer city. Is consistent with the results of a Najafi (2014). From the sociological viewpoint, sports culture is a subculture which in most cases is called sports culture. Therefore, the sports culture of the society affected and affects it. Due to the complexity of the issue of culture and cross-sectoral and interdisciplinary humanities and social factors involved in it. In this regard, Fatemeh (2011) reported the cultural capital of the attitude and orientation of physical activity is effective. Also, through sport can judge a society's level of social and economic progress for the development of sport to social factors-cultural society is dependent on. Therefore, participation in codifying the laws and regulations Universities in legislation and regulations as well as cultural and sports will act the part, most important indicators of the development of sports culture in universities across the country and especially the cities of Malayer. The sixth hypothesis test results showed that there was no significant difference between bureaucratic obstacles facilities and activities addressing the faculty and staff of the University of Malayer city. This is consistent with previous results of Zadeh and Fitness (2015), Najafi (2014), McNeill *et al.* (2006) and Huang and Humphreys (2012). Management systems, agencies and organizations is very important to organizational goals or offices including the management systems authoritative, organized, caring, counseling and human relations point. On the other hand, there is a significant relationship between the non-participation women's sports and cultural factors social, family attitudes and economic factors. Inappropriate attitude of not caring contributors to women's sports and women's sports managers including factors that are difficult for women's sports participation. This finding is consistent with the results of Moshkelgosha. On the other hand, with the

encouragement and appreciation of employees actively participate in sports activities, they can increase the absorption rate of employee participation in sports programs. For lack of appropriate information and advertising about sport and physical activity and sports participation has been introduced in the offices of the most important preventive factors (Naderian and Vahid, 2009). The existence of sport facilities and sport participation has the most important role in attracting faculty and staff of the University of Malayer city of sport and recreation programs. And increase the quality of service delivery facilities and exercise can increase people's satisfaction and as a result of sports participation. The seventh hypothesis test results showed no significant differences between the economic and addressing barriers to physical activity faculty members and staff of the University of Malayer city. This is consistent with previous results, Najafi (2014) and Dollman and Lewis (2010). During these years, economics has always been one of the most important state matters. Therefore, economic barriers are the major obstacles that have a positive impact on reducing the level of exercise faculty and staff of the University of Malayer city. Thus, people with a higher education level and socio economic status is better to exercise more regularly pay which because it is also a greater awareness of physical activity can (Huang and Humphreys, 2012). Sport is a long-term investment in the development. It may be that by addressing the social consequences, cultural and economic needs of the community and a considerable gain in national welfare work (Ghanbari, 2014). Universities are a priority to the welfare of removing barriers to sport participation in economic factors employees (Naderian and Vahid, 2009).

CONCLUSION

Overall, findings showed that the barriers to sport participation will help attract faculty and staff of the University of Malayer city to sport and physical activity. In this study, the economic barriers to sport participation buildings facilities, social and personal obstacles the highest and the lowest priority to cultural, familial and psychological sport participation of faculty and staff of the University of Malayer city are included. The university authorities and planners sport should be given priority in welfare funds to provide sports halls, sports facilities and planning sports, contracts with sports shops to buy sporting goods in order to attract more faculty and staff at the University of Malayer city sport and removing barriers to sports participation in the economic, administrative and facilities.

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