

THE COMPARISON OF INTERESTS, MOTIVATION AND LEISURE TIME CONSTRAINTS OF 18-28 YEARS AMONG YOUNG WITH AN EMPHASIS ON SPORT ACTIVITIES

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ABSTRACT

The aim of this study was to compare the interests, motivations and Leisure Time Constraints of 18 - 28 years among young boys and girls with an emphasis on sports activities in Shaheen-Shahr city. The research method was the applied and Descriptive - Expostfacio kind which was performed through the survey. Statistical population of the present research according to the census in 2011 were 45,796 persons. With using of morgan table and simple random sampling 381 persons were selected as sample. The data collection tool was researcher made questionnaire were designed for the three variables of interest, motivation and Leisure Time Constraints. The validity of the questionnaire was confirmed by physical education experts and by using of Cronbach's alpha coefficient, the reliability for the interest in sports questionnaire was calculated 0/88 , form motivations in sport questionnaire 0/87 and 0/75 for Leisure Time Constraints questionnaire. Data analysis was done with SPSS software version 19 through descriptive (frequency, percentage, mean, standard deviation, and charts) and inferential statistics was used from t test, Friedman, ANOVA and post hoc test ($p < 0/01$). The findings revealed that there was meaningful difference between boys and girls youth interests ($p < 0/01$, $t = 3/642$). On this basis tendency of boys were more than girls in sports activities. There was no significant difference between boys and girls youth in motivation to exercise in leisure time ($p < 0/05$, $t = 0/644$). While there was significant difference between Leisure Time Constraints in youth boys and girls ($p < 0/05$, $t = -3/508$) and accordingly Leisure Time Constraints in girls were more youth boys. Based on the Friedman test motivation to exercise in young girls and interest to exercise in young boys was in the first places to spending their leisure time.

Keywords: *Interests, Motivation, Constraints, Leisure Time, Youth, Sports Activities*

INTRODUCTION

Leisure for having the special features is regarded and respected of education and cultural affairs officials on the one hand and psychologists and sociologists on the other hand. It involves teens, and youth more than the other layers of society (Kouhestan *et al.*, 1999).

Sociologists and the experts of social issues and criminology agree that leisure time planning and the creation of productive and appropriate employment leads to decrease the social problems and crimes in individual and social levels. Proponents of cultural development believe that planning for leisure times is the most suitable conditions for the development and promotion of popular culture. Also, Leisure education experts believe that planning for leisure times is the most suitable conditions for achieving peace and comfort, recompense of Physical and psychological damages caused by the continuous excitement of work and to rescue human from the boredom and monotony of daily tasks and ultimately, growth and Flourishing of personality and enhancing the creativity and imagination of people.

Nowadays, increasing times advocated for leisure and spread of new issues related to that created many challenges for families and scientific, cultural, social and political officials in the allover of the world. Iran is not an exception of this issue, so our young community is feeling this leisure challenge in its body and soul increasingly (Zolalktaf, 2001). The aspect of social and collective is further considered when we speak about leisure time while it deals to individual construction before dealing to the social impact of leisure time. The acquired Comfort and peace of mind will come to the individual him/herself back behaviorally when looking for leisure before others, in other words a person who works hardly or have

thinking activities and then spend some time to the leisure, he/she release the mind so that his mind will be opened to accepting others ideas. This is a cause to create a better relationship with the near and far communities. So optimal completion of leisure time makes an ideal individual at first and then an ideal society (Ahmadi, 2011). Youth are the bulk part of the population that their leisure time affected by working and studying conditions in terms of educational and job planning. Accordingly, we should do a proper planning for their leisure time.

Interest and motivation is a desire and tendency that arises from within the individual and stimulate the individual's behavior to lead to a specific direction. When individuals follow a subject with interest their attention and effort to learn the subject will increase until several times. Motivations or requirements are the behind of the screen reasons of behavior. Each individual has Hundreds of needs and all of these needs compete with each other to take control of their behavior in, and then what item can determine the activity satisfying the motives? The Need who has the most power at a particular moment leads to some kind of action (Khaksar, 2011). Most sports psychologists believe that only a reason or motive is not the cause of behavior, But several factors have caused the orientation or non- orientation of individuals for exercising. For example: getting vitality and freshness, weight losing, the physical and mental strengthen, the appropriate places and facilities for sports doing, making new friends can be number factors of people orientation to the sport as well as some factors that cause a lack of orientation to exercise such as daily routines, unawareness, laziness and impatience, and the high cost of doing some sports (Shafii, 1992). Motivating the youth demands a wide range of possibilities for sports activities. Many social disorders will disappear If the interest be created among the young people and future generation in terms of mental faculties and physical talent will be at a higher level and ability to fight against social problems and endure the hardships will increase among youth (Kuzehchian, 2001).

Sports activities that are appropriate with many cultural / social measures are one of the best options for leisure activities. Choosing a special kind of sport between the leisure activities also has its own obstacle. Clarification of the relationship between the barriers and women's participation in sport can certainly overcome and navigate women to participate in the sports fields (AzabDaftaran, 1999). In this regard, various studies have been conducted within and outside the country (Casper *et al.*, 2011) conducted a survey among North American and Latin ethnic and stated these factors limiting participation in sport and leisure activities: Lack of friends, lack of awareness, lack of access, lack of time, lack of resources and lack of safety. In another study by (Ajibua *et al.*, 2013) about “Understanding the motivational factors affecting leisure in the Nigerian government superb Institutions” The results showed that the main factors of participation in leisure physical activities were personal motivation / interest among employees and influence among peer groups. Another survey by (Kilpartic *et al.*, 2007) was done and the results concluded that male participants were more motivated to exercise for its pleasure. On the other hand, girls are motivated to exercise more by such as physical appearance, weight loss and stress (Farahmandnia, 2011) in a research entitled “the study of deterrent factors of citizens' participation in sport in Shirazcity” indicated that the hierarchical model of leisure time was not confirmed in Shiraz city. And priorities of these model are structural deterrent factors with 57/2 mean score at the first priority, interpersonal deterrent factors With 48/2mean score at second priority and intrapersonal deterrent factors hindering 76/1 mean score was at the third priority based on the results respectively. Half of the Iranian population is constituted by the youth, a population that can be used for reconstruction of the country with accurate planning and applying their lot of compacted energy, although neglect of them will follow intensification of deviations and social damages. Therefore, the enrichment of adolescents and young adult’s leisure is an important issue. Two characteristics that most people are confused with are health and leisure. If a person has leisure healthy and there don’t be the field to use his/her leisure time properly so this force is certainly spent in vain and misguided. So these two issues should be considered for planning of leisure time and that each should be used in what context (Mahdavi, 2008). Execution of this study are essential in terms of the scholars Due to the above cases and in order to achieve the objectives and tried to clarify the interests and motivations of youth also Identify the obstacles on the way of leisure with emphasis on sports activities and There were done a comparison between young boys and girls in Shaheen-Shahr City.

MATERIALS AND METHODS

The research method was applied and Descriptive-comparative which was performed through the survey. Statistical population of the present research was 45,796 persons according to the census in 2011. 381 persons were selected as sample with using Morgan table and simple random sampling. The data collection instrument was researcher made questionnaires were designed for the three variables of interest, motivation and constraints of leisure time spending. The questionnaire used in this study was composed in five sections. First section included demographic information, second section was about assessing of interest in the sport (9 items), the third section was about assessing motivation to sports (21 items), the fourth section was about leisure time constraints (10 items), and final section that included questions on sports and leisure (11 items) respectively. The validity of the questionnaire was confirmed by physical education experts and by using of Cronbach's alpha coefficient, the reliability for the interest in sports questionnaire was calculated 0/88 , for motivations to sport questionnaire 0/87 and 0/75 for leisure time constraints questionnaire. Data analysis was done with SPSS software version 19 through descriptive (frequency, percentage, mean, standard deviation, and charts) and inferential statistics was used by t test, Friedman, ANOVA and post hoc test ($p < 0/01$).

RESULTS AND DISCUSSION

According to the studies 62/5 percent of the respondents were female and 37/5 percent were males. 32/8 percent were married and 66/9 percent were single. About selecting a sport, hike was at the first priority with 26/8 percent and body building was at the second priority with 16 percent and Fitness was at the third priority 16/1 percent.

TV watching with 29/4 percent was at the first priority and use of the computers was at the second priority 18/4 percent, respectively about choosing leisure facilities. Busy was at the first priority with 46/8 percent, laziness and impatience was at the second priority with 28/1 percent and lack of facilities obtained the third priority with 19/7 percent about the reason of lack of exercise.

The results showed that significant differences exist between the interests of young boys and girls. The difference is in favor of boys according to the mean scores of boys' interests' was more than girls in spending their leisure time. So, the boy's tendency towards spending leisure time on sporting activities is more than girls (Table 1).

Table 1: Mean scores comparison of interests of young boys and girls

Statistical Indicators Variables	Group	Mean	SD	T	P
Young girls and boys interests in spending leisure time	male	3.54	0.70	3.624	0.0001
	female	3.20	0.77		

Also, according to the findings of Table 2, there was not a significant difference between the motivations of young girls and boys to exercise in spending leisure time.

Table 2: Mean scores comparison of young boys and girls motivations for spending leisure time

Statistical Indicators Variables	Group	Mean	SD	t	P
Young girls and boys motivations at spending leisure time	Male	3.51	0.65	0.6444	0.520
	Female	3.44	0.66		

Presented results in Table (3) illustrates there is a significant difference between young boys and girls about the leisure time constraints. Since mean scores of leisure time constraints of young girls was more than boys, indicates the existence of constraints on leisure time mostly for young girls.

Table 3: Mean scores comparison of leisure time constraints of young boy and girl

Statistical Indicators Variables	Group	Mean	SD	T	P
Young girls and boys leisure time constraints	Male	2.31	0.58	-3.058	0.001
	Female	2.56	0.65		

Friedman test results showed that the motivation to exercise obtained the highest rank and the leisure time constraints in young girls obtained the lowest rank (Table 4).

Table 4: Ranking mean of the interests, motivations and leisure time constraints prioritizing in young girls

Components	The Ranking mean
Interest in the sports	2.22
Motivation to exercise	2.49
young leisure time constraints	1.29

Table 5 shows that the ranking mean of the interests, motivations and leisure time constraints prioritizing in young girls is significant at the $p < 0/01$ (chi-square value is 88/938).

Table 5: Friedman test for the interests, motivations and leisure time constraints prioritizing in young girls

Number	113
Chi-square amount	88.838
Degrees of freedom	2
Significance level	0.001

The results of Table (6) showed that interest in sport was at the highest Ranking and the leisure time constraints were dedicated the lowest rank.

Table 6: Ranking mean of the interests, motivations and leisure time constraints prioritizing in young boys

Components	The average Ranking
Interest in the sports	2.49
Motivation to exercise	2.34
Youth leisure time constraints	1.17

Table 7: Friedman test for the interests, motivations and leisure time constraints prioritizing in young boys

Number	59
Chi-square amount	61/729
Degrees of freedom	2
Significance level	0.001

The results presented in Table 7 showed the ranking mean of the interests, motivations and leisure time constraints prioritizing in young boys is significant at the $p < 0/01$ (chi-square value is 61/729).

Conclusion

The aim of this study was to determine the Interests, Motivations and Leisure Time Constraints of 18 - 28 Years among young Boys and Girls with an Emphasis on Sports Activities in Shaheen-Shahr City. In today's stressful world, people always feel tired because of many concerns; therefore the importance of

leisure is obvious to everyone. Leisure can have a positive impact on people's lives to enjoy their life. This effect don't influence only on the individual, appropriate leisure will contribute to the macro programs of each society. It is because people constitute society (Poor, 2006).

The results indicated there was a significant difference between the interests of young girls and boys in spending leisure time. As the mean scores of boys' interests in leisure time were more than girls ($t=3/624$) so the difference is favor of the boys. It was consistent with (Fazilat, 2000; Reader *et al.*, 1991; Mojtahedi and Delawar, 2002) results. The boys' tendency towards leisure time with sports activities was more than girls. As the results showed there was no difference between boys and girls in mean scores of young boys and girls motivation about spending leisure time at the $p<0/05$ level ($t=0/644$) and their motivation for spending leisure time were similar. The results were consistent with (Schidr and Voss, 2011) that indicated men have been active and influential as well as women in the field of exercise and they had similar motivation. The results were not consistent with (Ramezani, 2009). The results showed a significant difference between young boys and girls about leisure time constraints. Since the mean scores of leisure time constraints of young girls is more than boys, so young girls are faced with more constraints on spending their leisure time ($t=-3/508$). The results of this part of the study were consistent with (Fayyazi, 2004; Ehsani *et al.*, 1996; Alexander's and Carroll, 1997) results that stated women sports constraints were more than men.

Average ranking of the dimensions showed that motivation to exercise earned highest ranking and leisure time constraints was at the lowest among young girls. The obtained results of interests, motivations and leisure time constraints rankings of young girls was significant at the $p<0/01$ level (chi-square value was equal with 88/938).

Given this results it can be stated that motivation is an inner factor and leads the individuals in order to a certain direction that it also is true in the case of young girls. The average ranking of the dimensions about young boys showed that the interested in sports earned the highest rank and leisure time constraints obtained he lowest rank. The results of interest, motivation and leisure time constraints rankings of young boys was significant at $p<0/05$ level (chi-square value was equal with 61/729). Referring to these results, we can say that Interest prefers between the objects and interest arises when a person like something and try to find and enjoy it and this is true in the case of the young boy. Leisure time constraints are ranked at first and other constraints such as family obligations, costs and lack of sports facilities at the last rank for the young boy.

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