Investigating the Challenges of Developing Sports among the Elder Lies in Hamedan Province and Presenting Practical Solutions

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Abstract

The aim of this study was to determine the challenges of developing sports among the elderlies in Hamadan Province and their problems with exercising as well as providing practical solutions for developing recreational sports for this group of people in Hamadan Province. In order to investigate the research question, elder lies above 60 in 2014 were chosen as the statistical population. The sampling method was cluster-random and the data collection instrument was a researcher-made questionnaire which its face and content validity were tested and confirmed by a group of authorities. The reliability was calculated using cronbach-α (α=0.87).Data analysis indicated that there are significant relationships. between monthly income and engaging in sports activities, between elder lies’ satisfaction from leisure time activities and the kind of activity, and between quality of life and doing sports among the elderlies at α= 0.05. Findings of the present study indicated that lack of sufficient recreational and sports facilities, low level of education, low income, physical weakness, cultural factors, mental features, family, and proper education about advantages of sports and physical activity, and spending leisure time have prominent roles in proper use of sports and leisure time. Authorities in Hamadan province should take some serious steps including creating sports-recreational spaces and places in order to remove obstacles the elder lies face to increase elder lies’ tendencies to sports.

Keywords: Leisure Time, Sports Activity, The elderly.

Introduction

Recently, elderly has become a major social and population issue. According to estimates of the World Health Organization the elderly population will become 9 times during 50 upcoming years in the developing countries. The elderly population (75 years old people and over) will have very high growth in the developed countries [1]. Sport is a social right for humans. United Nations at 2003, considered sport as a social right and stated that opportunity to participate in sports and physical activities is a human right and governments are obligated to provide the opportunity for everyone to participate in sports .The aim of health promotion programs is not only increase the quantity of life but also improve quality of life [2].At present time the quality life of elderly people is a basic challenge in human community due to increasing life expectancy in many countries of the world. As the age increases, people will be more susceptible to some diseases. Relatively sedentary lifestyle is the greatest threat to elderly people that more than other factors puts them expose to diseases. Elderly people are one of the most important target populations in the world of sports but so far increasing elderly people participation in sport activities less attention has been paid [3]. Physical activity and sport have the positive and special impact on improving the quality of life, health, life
expectancy, mental stability and confidence [4]. With the advent of machine life and poverty motor and its adverse effects and increased disorders and diseases sport has become as great concern as a factor that can compensate this poor movement [5]. New Movement of Social Welfare emphasizes on optimal use of leisure time and its role in physical and mental health and gives importance on the prevention over treatment. According to theoreticians this movement requires appropriate physical activities which are filling spare time to achieve a healthy life style and prevention of various diseases and disorders.[6] Diner et al [7] suggested that physical activity in short time increases the life quality of elderly people and in long-term cause to improve the well-being sense. Recognize how to spend leisure time and understanding their recreation-sport activities is the first step for appropriate planning their leisure-sport time. Consequently the appropriate planning to meet their requirements is essential. Some demographic variables such as gender, marital status, housing and education are factors that can be associated with health of elderly people. The obtained results of studies about elderly people indicates that there is difference between men and women in all aspects of health [8].

Asefzadeh et al [9] resulted that municipalities, governmental and non-governmental organizations and the media in order to benefit from the capabilities of the elderly population should have programs that can improve their quality of life. In addition factors such as gender social and economical status and life condition are effective in the value of people activities [10]. Research findings showed that older families have less cost in leisure time than young families, and the spent time in active recreation and social entertainments decreases with increasing age of the 44 years [11] Nourbakhsh et al [12] in a research showed meaningful difference inthe factors of participation based on gender, age group, educational level and occupational groups. Although positive steps have taken in recent years to the development of sports facilities in our country for the ladies yet the ladies are restricted in this view and not have equal facilities than men and that makes them spend more of their leisure time watching television, doing things manually, companion, sitting in the alley, listening to music or live bands and religious and studying however men spend more of their leisure time outside of the home and more than 90 percent of elderly people have leisure time and most of them (% 97) watching TV and (%67) of them participate in sport activities [13].

Chaman Pira et al [14] in their research stated that doing physical activities have important role in spending leisure time of elderly people. The main challenge in the 20th century was "survive" and the main challenge in the 21st is "living with better quality"[15]. relationship between lifestyle and mental health among middle aged and elderly women indicates that the healthy lifestyle leads to improve mental health of elderly people [16]. Studies conducted in Iran indicate that awareness and attitudes of seniors about healthy lifestyle and their performance in improving healthy lifestyle is low and lack of awareness and low awareness of this age group in adopting healthy lifestyle practices leads that their performance will not be in line with increasing healthy lifestyle and perhaps it be in the opposite position [17].

Moscheni et al in 2011 [18] stated that important barriers in order to participate in sport activities of elderly people included poor health, lack of companion, lack of interest, lack of exercise or leisure opportunities and means of transportation. Garber et al [19] concluded that actions that can be done to optimize the participation of the elderly people in physical activities are training about requirements for training and benefits which are acquired, motivation improvement and self-efficacy through the professional support of health and promote initiatives of peer support and improvements in quality and the availability of training programs available in the community such as develop appropriate class room environment with highly qualified coaches to ensure the security and compliance for the population of the elderly.

Karimi Toroghbeh et al [20] concluded that doing regular walk with a bit of effective and standard practice for the elderly people can provide their quality of life, hence planning
logical and systematic physical activities recommended for the elderly people under the supervision of experienced teachers based on findings of research. Valenzola et al [21] mentioned the factors limiting participation in sports activities as: not having good health, Fears of damage, lack of facilities. At the present time there is a need to exercise and physical activity. Exercise in progressive societies in the world, in addition to health effects, health and mental health, investigated as a social phenomenon. According to experts, in the current society, sport considered as a human-training issue and rapidly expanding and developing among all segments of society [2]. Moran et al [22] about understanding the relationship between the physical environment and physical activity in older adults concluded that environmental factors such as pedestrian infrastructure, access to welfare amenities, art and environmental conditions can affect physical activity among older people.

Ramazani Nejhad et al [23] in their research stated that among older people (over than 60 years) motivation, pleasure and happiness, health and fitness and social interaction was highest motivation. Richard et al in [24] in a research stated disease and poor health as physical activity disincentives. Other researchers divided inhibiting factors in two personal and environmental groups. The most inhibiting factors included of the high cost of sports programs, lack of knowledge of existing sports facilities, lack of sports knowledge, lack of energy, lack of motivation, laziness, lack of interest, lack of time, difficulty exercising. Regular physical activities are a phenomenon influenced by psychological - social, cultural and environmental factors [25]. Also the attempt to institutionalize the culture of circulation and exercise can by improving the status of Leisure time of elderly lead to improve the health status and lifestyle of elderly people [10].

This study trying to identifying challenges facing the elderly sports programming, investigate the problems of dealing them with exercise, review the current status and thus provide appropriate solutions for the development of recreational sports to this group of society and organizations such as municipal offices, sports and youth welfare organizations as well as other organizations that somehow linked with welfare and health of the elderly people, can consider results of this study as a basis for upcoming programs and one of the most important questions of this research is that, What is Elder sport development challenges in the Hamedan province? And what are strategies of solving the barriers of challenges facing the development of sports in Hamedan province?

**Method**

The Research Design and Participants the present study is a descriptive survey. The statistical population of the study was elderly women and men over 60 years old of that their number is 164,634 people. The number according to Kerji and Morgan formula were determined 384 people. These people, from all regions and cities of Hamadan province were selected by convenience sampling. From the collection of 384 people under investigation, given that the samples of research were equally among men (%57.4) and women (%42.6) that this indicates relative and acceptable proportion of gender factor during sampling. The mean age of people was 61.47±9.18.

**The Data Collection Tool**

The researcher made questionnaire and scientific resources and related documents were used to collect data. Self-made questionnaire about challenges of sports development have 30 questions of the test and the questionnaire consisted of six subscales as follows: Subscales of demographic characteristics, including 9 test questions (from 1 to 9 questions), welfare subscale including 2 test materials (question 10 and 11), Health care subscale consists of three test material (questions 12 to 14), subscale of leisure time from includes 2 test material (question 15 and 16) subscale of sport activities includes 9 test material (question 17 to 25) and subscale of mental – emotional includes 5 test material (question 26 to 30).

Content validity of the questionnaire investigated by the 15 sports management expert’s researchers and thus the necessary reforms has done. More than %90 of experts was agree with the validity of the questionnaire. Also after estimating content validity in order to reliability of the
questionnaire with the pilot study in three regions of Hamadan on the 50 person of population under investigation, the reliability of questionnaire by Cronbach's Alpha determined 0.87.

Procedure researcher after prepare measurement tool and doing necessary coordination to do study referred to related centers, to parks and houses of people in the cities and asked them to answer the questionnaires without mention their name. After that the completed questionnaires were collected and analyzed and finally the final report prepared.

Findings
In Table 1 leisure activities of sample group is reported.

Table 1: Describe leisure activities of sample group

<table>
<thead>
<tr>
<th>Row</th>
<th>Items</th>
<th>Mean</th>
<th>SD</th>
<th>Medium</th>
<th>rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Watching TV</td>
<td>3.94</td>
<td>1.05</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Religious discretions</td>
<td>3.85</td>
<td>0.65</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Being with friends</td>
<td>3</td>
<td>1.19</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Talking on the phone</td>
<td>2.99</td>
<td>1.33</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Playing Chess</td>
<td>1</td>
<td>0.01</td>
<td>1</td>
<td>26</td>
</tr>
</tbody>
</table>

Data in table 1 indicates that watching TV with mean and SD of 3.94±1.05 has the first rank, doing Religious discretions with mean and SD of 3.85±0.65 has second rank and being with friends with mean and SD of 3±1.19 has third rank, Talking on the phone with mean and SD of 2.99±1.33 has the fourth rank and playing chess with mean and SD of are at the final rank. In Table 2 the variables of sporting activities of sample group is reported.

Table 2: Table of variables of sport activities

<table>
<thead>
<tr>
<th>Variables sporting activities</th>
<th>absolute frequency</th>
<th>Frequency percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doing sport activities</td>
<td>224</td>
<td>58.5</td>
</tr>
<tr>
<td>Doing sport with the coach</td>
<td>26</td>
<td>7.3</td>
</tr>
<tr>
<td>Using sport dress</td>
<td>106</td>
<td>27.7</td>
</tr>
<tr>
<td>Existence sport facilities in the living place</td>
<td>23</td>
<td>6.0</td>
</tr>
<tr>
<td>How exercise (loneliness)</td>
<td>110</td>
<td>28.7</td>
</tr>
<tr>
<td>Exercise time (early morning)</td>
<td>158</td>
<td>41.32</td>
</tr>
</tbody>
</table>

Data in table 2 shows that among respondents 224 people that is %58.5 are exercising, 28 person (%7.3) exercise under coach observance, %27.7 of sample group during sport activities are using Footwear and sportswear. 95 person (%24.8) states that existence of sport facilities are necessary, 110 person (%28.7) do exercise alone, 158 people (%41.3) are doing exercise at the early morning.

Table 3 shows the relationship between physical activities of elderly people with gender and other variables.

Table 3: Relationship between sport activities of elderly people with gender and other variables

<table>
<thead>
<tr>
<th>Independent variable</th>
<th>dependent variable</th>
<th>The chi-square test</th>
<th>Degree freedom</th>
<th>Significance level</th>
<th>Result of test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Leisure activity</td>
<td>1.061</td>
<td>2</td>
<td>0.588</td>
<td>Not reject the null hypothesis</td>
</tr>
<tr>
<td>Going to park</td>
<td></td>
<td>4.885</td>
<td>4</td>
<td>0.299</td>
<td>Not reject the null hypothesis</td>
</tr>
<tr>
<td></td>
<td>studying</td>
<td>3.309</td>
<td>3</td>
<td>0.347</td>
<td>Not reject the null hypothesis</td>
</tr>
<tr>
<td>Doing exercise</td>
<td>10.476</td>
<td>4</td>
<td>0.033</td>
<td>reject the null hypothesis</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
<td>5.971</td>
<td>3</td>
<td>0.113</td>
<td>Not reject the null hypothesis</td>
<td></td>
</tr>
<tr>
<td>Loneliness status</td>
<td>Leisure activity</td>
<td>17.84</td>
<td>6</td>
<td>0.009</td>
<td>reject the null hypothesis</td>
</tr>
<tr>
<td>Going to park</td>
<td>36.736</td>
<td>12</td>
<td>0.000</td>
<td>reject the null hypothesis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>studying</td>
<td>13.343</td>
<td>9</td>
<td>0.148</td>
<td>Not reject the null hypothesis</td>
</tr>
<tr>
<td>Doing exercise</td>
<td>39.144</td>
<td>12</td>
<td>0.000</td>
<td>reject the null hypothesis</td>
<td></td>
</tr>
</tbody>
</table>
The information in table 2 by using chi square test reveals that there is meaningful relationship between gender and doing exercise but no meaningful relationship observed between gender and other activities of elderly people.

In addition there is meaningful relationship between loneliness status and leisure activity, going to park and doing exercise of elderly people but there was not found meaningful relationship between loneliness status with studying activities and watching TV programs. In addition, there was observed a meaningful relationship between life quality of elderly people, access to sports facilities and satisfaction with Life quality of elderly by addressing their sport activity. Also there is meaningful relationship between satisfaction of elderly people from leisure activities and their athletic activities.

### Discussion and Conclusion

Results of research indicated that walking is at the first rank with mean and SD 4.11±0.82, Exercising with mean and SD 3.25±1.14is at the second rank, swimming with mean and SD 2.15±0.99 is at the third rank.

These results are consistent with studies of Wikstrom [26], Kar et al [27], Wang and Woon [28], Zaman Zadeh et al [29] and Chaman Pira [14] and also about the sports that the elderly people do, somewhat similar to the results of the study. Researchers about the benefits of physical activity referred to the point that aerobic or endurance exercises helps in cognitive function of elderly people [28] and also Chaman Pira and their colleagues in their researches at 2005, pointed out that seems that in elderly age doing physical activity is done in order to maintain freshness and vitality [28] and elderly people less interested in competitive sports that required the use of more power and energy.

Adults who have left exercise and not playing sports or exercise, their body have accustomed to stagnation for decades. Given that the issue of accustom have many impacts in the life, the restarting of exercise seems difficult. Another problem that is effective in not doing exercise is that some of them think that stay healthy and to remedy any discomfort and disease development are possible only by physicians. They don't have enough information about diseases and effects of exercise [29] thus the biggest factor that inhibits doing physical activity and exercise in older people is generally associated with physical problems that is caused by disease and physical weakness of age-related. However, the effects of aging can be traced to the loss of physical ability but this process can be reduced with proper planning exercise.

Results of research showed that watching TV programs with mean and standard deviation 3.83±0.94, is at the first rank, leisure activities with mean and standard...
deviation $3.79 \pm 0.74$ is at the second rank, doing exercise with mean and standard deviation $2.73 \pm 1.19$ is at the third rank, that these results are consistent with results of Kar et al [27], Afzal et al [13], Maddah et al [31] and is not consistent with researches of Chaman Pira et al [14], Lee Pold et al [32] and Ziapour [33]. The elderly are a part of the population that has the lowest activity and the possibility that spend less time away from home is less than other groups [27], thus according to results of the study out break different diseases such high blood pressure, arthritis, osteoporosis and diabetes and this that elderly people think that by doing physical activities, bad things happen to them, thus they are more interested to watch TV at home instead of exercise [13].

Some findings indicate that older people do not have a satisfactory leisure model so that the highest leisure time activities Participants spent leisure time at home watching television. Why some adults do not show interest in sports, is an important question that an investigation needs to be done about it.

Another result of the present research, this that the mean level of satisfaction from leisure activities is $2.85 \pm 0.84$. Mean and standard deviation the value of elderly people from quality of life is $3.06 \pm 1.29$. results of research is consistent with findings of Asefzadeh et al [10], Rahimi et al [34], Hajji Ibrahim et al [35], Tournin et al [36] Mathio [37]. Satisfaction is an essential feature of leisure. Searching entertainment is important to some extent that if satisfaction is not provided, losses its concept [38]. Researches show that there is a relationship between participation in leisure time and health. Activity will improve the health while participating in activities related to health [39].

Conducted study in Australian in order to study relationship between lifestyle and mental health among middle-aged and elderly women suggested that a healthy lifestyle leads to promoting mental health of elderly people [16]. The study made in Iran indicates that knowledge and attitude of elderly people about healthy lifestyle and their performance in promotion of healthy lifestyle is low. Lack of knowledge or poor knowledge of this age group in adopting healthy lifestyle practices leads that their performance would not be in line with consciously increase of lifestyle [17]. in their researches stated that regular exercise program has significant influence on self-esteem and life satisfaction in older adults and performing regular sport programs in the Elderly Care Centers can be used as a method in order to promoting health. Gotam [40] in his study concluded that doing physical activities has positive relationship with satisfaction from life.

There was seen meaningful relationship between gender and doing exercise but there was not found meaningful relationship between genders other activities of elderly people. Results of study is not consistent with results of Zaree [41], Ahmadi et al [10], Schonborn [42], Ziapour [33] and Markos et al [43]. While the population of the world becoming elderly the population of our country Iran as well as becomes an elderly population. Seniors at this stage of their lives have more free and leisure time [44]. Leisure is not limited only to a certain age or gender, or status and all individuals and groups of people during the day require a time for leisure and the constant and universal program for all groups, did not meet the needs of all segments of society. The argument that sex to what extent determines the selection of leisure time is so difficult of course, women have less time for leisure.

Although in recent years positive steps are taken to the development of sports facilities in our country for the ladies still they are limited in this regard and do not have equal opportunities with men and that makes them more of their leisure time watching television, doing things manually, companion, sitting in the alley, listening to music or religious songs and studying.

However, men spend more of their leisure time outside the home. Research carried out in Iran also show that men more than women do exercise in their spare time [45]. The findings showed that older people do not have a satisfactory leisure model while the most activity of leisure activity of the participants was watching TV and spending leisure time at home [10]. Although the issue of women restriction has largely been resolved in most societies and the presence of women in all areas especially sport has increased but in
Iran and especially Hamadan province the restrictions are more perhaps because of cultural and religious beliefs. There was a meaningful relationship between loneliness status and leisure activity but there was no meaningful relationship between loneliness status with studying activities and watching TV programs. Results of the research was consistent with findings of Shoaei et al [46], Bariry et al [47], Junk et al [48] and Ziapour [33] and it is not consistent with findings of Ampo et al [49].

Spending leisure time is a collection of activities that a person do either for rest, or recreation or the spread of information and communication of personal training or social participation using its power of creativity, Regardless of job, family and social commitment [50], it seems that those who live along with his wife and children are trying to be with their families and do other leisure activities.

There was meaningful relationship between accesses to sports facilities for the elderly people with doing exercises. Results of research is consistent with findings of Richard et al [24], Mddah and Emami [31], Chaman Pira [14]. Richard et al [24] also referred to existence of sport places in attracting elderly people to sport activities. Also two major economic factors of lack of money and facilities are inhibitors to participate in sport classes [51]. however one of the strategies of public response in relation to the prevention and even treatment of disabilities resulting from the aging of sports facilities for elderly people and encourage and stimulating them to do physical activities. a work that is done seriously in developed countries.

There was meaningful relationship between satisfactions of the quality life of elderly people with doing exercise. Results of research was consistent with results of Borzo et al [54], Kargarfard et al [55], Bdriazarin et al [56], Hodakawa et al [57], Bdiizarin et al [56], Hojati et al [5], Rios et al [57], Hodakawa et al [58] and Riong Song and Ran Song [59]. Although based on conducted studies, in the view of the seniors of different countries cultural differences of the important reasons is the difference in quality of life but by controlling the health status and age, the role of cultural differences faded. In other words, although several studies have pointed out the role of health on quality of life, it should be noted that the health status affects the understanding of elderly people to the importance gives to the various aspects of their quality of life thus if the health status of the elderly people be better his understanding toward the problem of quality of life and its different aspects will be better [60].

Leisure is not limited only to a certain age or gender and all people and groups of the community require a time for leisure [53], thus creating appropriate condition for more activity (recreation sports) are more essential measurements that is should be exist in the planning leisure time of elderly people. Doing recreational exercise for the elderly is not have only physiological benefits but also have another benefits that among them we can refer to ability to increase self-esteem, mental exhilaration, communicate with others, avoid isolation and more.

There was meaningful relationship between satisfactions of the quality life of elderly people with doing exercise. Results of research was consistent with results of Borzo et al [54], Kargarfard et al [55], Bdriazarin et al [56], Hojati et al [5], Rios et al [57], Bdiizarin et al [56], Hodakawa et al [58] and Riong Song and Ran Song [59]. Although based on conducted studies, in the view of the seniors of different countries cultural differences of the important reasons is the difference in quality of life but by controlling the health status and age, the role of cultural differences faded. In other words, although several studies have pointed out the role of health on quality of life, it should be noted that the health status affects the understanding of elderly people to the importance gives to the various aspects of their quality of life thus if the health status of the elderly people be better his understanding toward the problem of quality of life and its different aspects will be better [60].

Relative improvement in quality of life and create more social welfare provides appropriate thinking and finding the better ways form living [50] quality of life measured...
as an essential indicator and since different aspects such as physiological comprises the performance and existence of an individual, considering it is very important [61]. The results of various studies show that, as adults, to learn more about the importance of achieving physical fitness, they try more to achieve them. Now by existence abundant and valuable information, people realized that a healthy lifestyle truly is the golden key to success and having regular exercise is a necessity for healthy living [24].

The attempt to institutionalize the culture of circulation and exercising can lead to improve the health status and lifestyle of the elderly people. The findings of this study showed that leisure recreational sports play an important role in the value of satisfaction of leisure time and life satisfaction in older adults and should be considered moderate exercise and fun in their leisure time. Thus with planning about removal of barriers to seniors development including the creation of sports - recreation places, In line with the development tendency of elder people authorities in Hamadan province have a serious revision. Review the leisure time of seniors in comparison with the other cities of Hamedan, recommends leisure sport of elderly people as family, leisure and sports with an emphasis on specific diseases of the elderly, policies of the state about exercise and leisure time of elderly people.

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