

Motivations and to identify its relationship with socioeconomic conditions of male and female participants in public exercises in the city of Tabriz

Mohammad Tagi Aghdasi [1], Golamreza Mazaher [2]

[1] University Of Tabriz

[2] University Of Tabriz

ABSTRACT

This study was conducted in order to determine motivations and to identify its relationship with socioeconomic conditions of male and female participants in public exercises in the city of Tabriz. To do this, a sample containing 200 people was selected by simple randoming from statistical population. To collect information, we used SMS-6 Malite cliford et.al questionnaire for recognition of motivational factors. We also used another questionnaire which comprised of demographic features of testable samples. We used statistical methods of Spirman correlation coefficient, and t test and mann-whitney u , with error rate of $\alpha \leq 0.05$, which resulted in following findings: Most of participants in morning exercises were belonged to range of 20-40 years old people , and least of them to 60-80 ones. Educationally, most participants, 33.5%, were belonged to people who had diploma. Housewives were also the ones who had most participation, 30.5%, in morning exercises. Most important motivations of athletes in doing exercise included : felling of inner sprightliness and happiness, and lack of sadnees feeling. there was a meaningful relationship between the age and motivations of people, but this relationship was not meaningful in their income and motivations. Also there was no meaningful relationship between educational level and motivation of people. It was observed that there is meaningful relationship between male and female motivations, as well as married and single people. Thus, we can point out finally that doing exercise has meaningful relationship with same demographic features of people, which should be considered in our planning's.

Keywords: *Motivation, morning exercise, demographic features.*

INTRODUCTION

The public sport among the countries since 1900, with different motivations, is including: providing physical and mental health, enrichment, recreation, development of social relationships, living away from the machine, return to nature, the layout of work areas for growth doctors athletics and has been considered [3]. For example, research results showed that Denmark was to motivate people to participate in sports, to reach high levels and achieve the Olympic motto (faster, higher, stronger), but the health, vitality and social relations, an important reason participation in sports has been [9]. The Shfard, (1994) after

the general health and fitness motivation, motivation for joy, happiness and sense of belonging to a group are same priority with six of sport centers in the city came after British Lykstr physical health, motivation for comfort, fit and sense organs were successful [12]. Malte and Fltz, (2001) with the motivation of young people participating in recreational and competitive sport, showed that both skill development, physical fitness and competition are the order of priority [5]. The Sasakava, (2001) Japan's motivation in sport, business is healthy [8]. Smith (2002) investigated the motivation for participating students revealed that women are superior to men on the physical environment [10]. kilpatric, Herbert and Bartholomew, (2005) compared with the internal and external motivation of young athletes were Participate in physical activity and exercise, motivation, internal motivation, such as joy and happiness on external motivation is superior. They found that students with internal motives such as pleasure and joy in sports activities. If the motivations of female students are often motivated to participate in exercises such as keeping the outer physical environment, reduce stress and weight control [2]. Iran in this regard, the results of kashif (2000) show that the health of the participants in the sport [3]. Ramezani Khalil Abad (1993) concerning the motives of people participating in public events in Tehran came to the conclusion that: Internal motivation for such joy and pleasure, Beneficial and positive effects of touch and the benefits of exercise, self-belief, feeling the need for physical activity, mental health and reduce the stress of having more than 80 percent of the subjects involved Belong to groups such as the need for external motivation and satisfaction, body weight Vtnasb, entertain, advertise and get bonus material media On average, about 84 percent of affected subjects [6]. Tagavi Takiar, (2006) in their study to examine the social conditions - economic incentives for participants in sports and public addressed the city of Rasht, Results showed that motivation for health and fitness, enjoyment and happiness from the perspective of subjects is a priority [11]. So in this study with regards that people's motivation has a wide range about the participation in the morning exercises, we try to study its relationship with their socioeconomic conditions.

METHODS

The methodology of this study is survey or description field. In this study, samples selected randomly from different parts of the city Tabriz athletes who were paid to the morning exercises (N = 300). The required data was collected by two types questionnaire:

1) Motivation Questionnaire: A questionnaire to identify triggers sms-6 Mallet Keliford taxes and colleagues (2007) [4] with 24 buoy and the following six groups: no incentive, external control, Interjected regulation, a comprehensive monitoring, control and identification of intrinsic motivation that the following four groups were used to buoy.

2) Questionnaire and socio-economic status: This questionnaire is a sport and socioeconomic subjects in the morning to collect the buoy 9.

To find a relationship between variables, Spearman correlation coefficient of the $05 / 0 \geq p$, t-test and Mann-Whitney test was used.

RESULTS AND FINDINGS

Information obtained from this study shows that Morning exercise the highest percentage of participants in age from 20 to 40 years with 47 percent participation rate form And the lowest participation rate of 7% related to the age group 60 to 80 years. If you can see the level of sports participation is reduced with age..

The housewives were employed with 29/5 percent, 8 percent of staff, students and five tenths percent of students with 9/5 percent, respectively, and retired people, unemployed, and seminary students are military. In the other part of results was obtained the negative relationship between the rate of income and the sports participation.

About education, 29/5 percent of people with sub-degree diploma, 33/5 of a degree, diploma and 14 percent above 21 percent with Bachelor Degree and Masters Degree and Doctorate are the only 2 percent. Diploma holders can see the largest number of participants in the form of morning exercise. The results show that married people with the highest participation sport in the morning and single people are the second priority. The results show that 38 percent of people participating in morning exercises with private car and 62 percent are without personal vehicles. According to information obtained motivating factor for most participants in sports Tabriz morning in order were:

- 1) Interjected regulation: it has the root of inner feeling refreshed and alert the person being there.
- 2) Internal motivation: internal motivation includes the psychological needs such as the effectiveness and curiosity.
- 3) Integrated regulation: it forms the factors such as belief in an appropriate lifestyle, good development, consistent with the principles of faith.
- 4) Identified regulation: it includes the best way to develop life, the maintenance of his friends, the easy performance of hard training and the good performance of skills.
- 5) External motivation: its source and effectiveness are in the person's environment (material rewards and other's pressures) and as an external factor, it encourages the individual to do activity.

CONCLUSION

The results of this study showed a significant relationship between the age and the motivation of people's identification. It means that the motivation of people's identification is high with the increasing of age. The motivation of identification has formed from these factors: a good method for useful learning of other dimensions of life, the maintenance of his friends and the performance of hard training and the good performance of skill. The results of this study are consistent with Ramezani's (2009) findings in a study titled "Motivation for sports participation in outdoor public spaces," concluded that the motivation of individuals in different age groups is highly variable, And high motivation of middle-aged and older individuals cannot be found was unknown, The motivation for social interaction, especially those above 60 years and was significantly higher than other groups [7]. The results of the study a significant relationship between income level and motivation of participants was not confirmed in the morning exercise. With the increase in income does not change their incentives.

Top of Form

According to information obtained from this research, there are significant differences in the motivations of men and women, so men than women are Interjected, regulation and motivation and motivation into a comprehensive control and internal motivation in women than men. Interjected, regulation within the control of feeling refreshed, he is alive, feel good about yourself and not feel the sadness and the feeling is bad Comprehensive control of individual motivation and belief in the good life, good growth, consistent with the principles of faith and life are complementary. Rooted in psychological needs, such as the effectiveness of internal motivation and curiosity that in the absence of external sources of motivation to start paying back loans and behavior. And the whole dates back to the engagement in activities for enjoyment and satisfaction from work well done The findings of this research are consistent with the studies conducted by the kashef and Khaledan (2000) [3], Takyar Taghavi (2006) [11], Smith (2002) [10], Kilpatrik, Herbert and Bartholomew (2005) [2], that they reported the difference in the women's motivations with the men. According to information obtained from this study showed a significant difference between married and unmarried individuals are motivated so motivation is identified by single people than married people. Identification of incentives: a useful method for learning other aspects of life, their friends and hold the appropriate skills, training and implementation has been established. Finally, it can conclude that the findings of this study can be explained based on the humanism approach. In addition, each group of the individuals of society turns to and participants in the morning sports based on their socioeconomically characteristics and potion to their age and class. Therefore, the city managers should consider and pay these cases in planning for development of public participation.

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