

Designing a Model of Strategies to Overcome the Limitations of Dealing with Leisure Time with an Emphasis on Physical Activity

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Abstract

Purpose: The current research was conducted with the aim of determining the indicators of barriers to leisure time with an emphasis on physical activity and providing a qualitative model of strategies to overcome it.

Methods: The research method is qualitative. The community studied in the qualitative part of this research was made up of the staff managers of the Ministry of Sports and Youth of the Islamic Republic of Iran and the heads of sports federations related to public sports. The snowball sampling method continued until theoretical saturation (17 interviews) was reached.

The qualitative data analysis process was carried out based on Strauss and Corbin's systematic model in three stages: primary coding, central coding and selective coding. At the end of the three stages of coding, the layers of the final research model were presented individually and schematically, and finally, the final research model was presented by combining these layers.

Results: Based on the results, 100 concepts (codes) were extracted from the interviews, which were included in the subset of 21 components and finally formed the sub-branches of the foundation's data model with the Strauss and Corbin approach.

Conclusion: The results showed that the model is influenced by various factors. Therefore, when the mechanism of the effect of these factors is correctly identified and diagnosed, we can witness the reduction of restrictions on active sports leisure activities and the increase of participation in active sports leisure activities and the facilitation of negotiations.

Keywords: Keywords; Leisure time, physical activity, public sports, restrictions.

Introduction

Changes in the social and physical environment have been taken as a way to promote physical activity. These changes include changes in the living environment that can influence physical activity behaviors because living in an environment conducive to walking has been associated with more physical activity (Peterson et al., 2020). The environmental conditions of the place of residence is an indicator affecting the physical activity of people, the evidence also indicates that the physical activity of people is directly affected by the geographical conditions of their place of residence, and finally physical activity increases the energy level of people, morale, health and Health, the quality of family relationships, the ability to deal with stress and the productivity of people (Biswas et al., 2018). As a result, it can be important and effective to use strategies such as equipping people's living environments with facilities for physical activity, such as building gyms and wellness or access to playgrounds and pleasant places for physical activity. (Getzel et al., 2014). Also, strategies are supported by conceptual models that show that participation in physical activities is not only influenced by personal, behavioral and social factors, but also by environmental factors. These environmental factors (access to facilities that encourage physical activity) may create limitations in behavior and perception that make participation in physical activities easier or more difficult (Biswas et al., 2018). This is the reason that in recent years physical activities in people's daily affairs have been greatly reduced and sports activities have been emphasized a lot by scientists. However, it is generally believed that the expansion of sports activities in free time can bring freshness and health as well as create conditions for the growth of people. This is why the governments put a lot of emphasis on public sports and encouraging people to do physical activities in their free time.

One of the most useful ways of enriching free time is to have physical activity (exercise), which provides physical and mental health of people in the society. Physical activity during leisure time can be defined as "activities performed at a time when the individual recognizes that they increase energy consumption" (Amirault and Godin, 2015).

Leisure-time physical activity is associated with numerous health benefits, such as reduced risk of cardiovascular disease, depression, and increased cardiorespiratory fitness (World Health Organization, 2018). This shows that predictive modeling of restrictions and negotiations for leisure time physical activity can generate knowledge and awareness to increase this type of activity and maximize its benefits (Kono et al., 2020).

On the other hand, the issue of sports participation has long been considered one of the basic concerns of physical education planners. With the spread of desk jobs and mass media and virtual social networks that encourage people to be inactive, this need is felt more than ever. Sports participation has an impact on various dimensions of the society and provides the basis for the existence of a healthy and dynamic population. The role of sports participation in the health of society is undeniable. In addition, sports participation has social benefits such as improving people's social abilities, people's initiative and innovation, a significant reduction in crime and vandalism, reducing social deviations, increasing social capital and cooperation, increasing solidarity, creating employment and income, and a significant increase in the production of It is a way of increasing the level of physical and mental health of the workforce (Drahaki et al., 2018). For this reason, in recent decades, the limitations of leisure time participation have become one of the important areas in leisure studies (Skinder, 2016).

In this regard, (Jackson, 2000) defines leisure time restrictions as "factors that limit leisure

time preferences or prohibit or prevent participation and enjoyment of leisure time". . Leisure constraints are classified into three groups: Intrapersonal constraints are psychological qualities of the individual (such as personality traits) that shape the individual's leisure preferences (for example, lack of interest, stress). interpersonal barriers are barriers such as lack of companionship and friends, social interactions with friends, family and others that interfere with leisure preferences and participation. Structural constraints are also external conditions in the environment (for example, lack of time, money, or facilities) that prevent the formation of recreational preferences in leisure time to prevent actual participation in leisure time (Godby et al., 2010). However, more recent research has shown that from a cultural perspective, limitations can be seen in a more diverse range of personal issues, lack of money, family issues, quality of leisure services and lack of time, transportation, stress. and better understood lifestyle (Ito et al., 2018). Therefore, leisure time constraints are the factors that prevent participants from being active and enjoying leisure activities, while negotiations for the limitation are the strategies that people use to overcome this limitation. They use Constraint negotiation is defined as "people's attempts to use behavioral or cognitive strategies to facilitate leisure participation despite constraints" (Skinder, 2016). Some researches have identified these structures as the background of participation in leisure time, along with other factors such as motivation and self-efficacy (Stanis et al., 2009). In Iran, the social and economic environment, especially in the big cities, are relatively dry environments for people, where there are almost no recreational programs prepared by the relevant institutions, and in other words, leisure time and recreational and sports activities have a place in people's lives. Does not have. On the other hand, based on the top documents of the country, including the

third principle of the Constitution of the Islamic Republic of Iran, which is introduced in 16 clauses, and some of these clauses are directly or indirectly related to the provision of leisure goals and needs, and also based on clause 2-2 Article 106 based on the enrichment of leisure time, paragraph C, Article 7 based on the construction, completion, equipping of spaces, places and development of public sports and Article 94 regarding the allocation of credit of 0.27% of the total 9% value added tax for the development of public sports, development Women's sports and rural and nomadic sports of the sixth development program and paragraph 15 of the vision document of the Islamic Republic in the horizon of 1404 AH, which directly enriches the leisure time of young people; The problem of enriching leisure time and public sports is one of the basic strategies of the country, which unfortunately has been neglected in government organizations, which seems to facilitate this problem and the problem of identifying obstacles, as well as effective negotiations. To solve these limitations; It is the missing link that is felt about the active leisure time of the people in the organizations and the academic field. Therefore, the upcoming research is based on the model of restrictions and negotiations of leisure time with an emphasis on physical activity, and it is hoped that by discovering this missing link, it will be possible to achieve the high goals listed in the country's upstream documents.

Materials and Methods

The current research is a qualitative research that uses the grounded theory approach with Glazer's (1992) approach, which is conducted in the form of interviews and content and structural analysis of the interviews.

The statistical community of this research in the qualitative part was formed by the staff managers of the Ministry of Sports and Youth of the Islamic Republic of Iran and the heads of sports federations related to public sports,



which includes about 200 people. The snowball sampling method continued until theoretical saturation was reached (17 interviews).

Semi-structured interview: "Semi-structured formal interview is one of the main methods of data collection in grounded theory and in some researches it is the only method of data collection (Adib Haj Bagheri, 2015). Therefore, semi-structured interviews were used in this research to collect data.

The validity of the questionnaire was first checked through face and content validity with

a survey of 15 experts in the field of sports management, and then to check the construct validity of the questionnaire from the confirmatory factor analysis approach, convergent validity from the average variance extracted from the constructs, and composite reliability and divergent validity from By examining the Fornell index and the index of the ratio of the single-valued feature to the multi-valued feature, it was used. Then, in order to check the reliability, the reliability of the questionnaire was evaluated by Cronbach's alpha coefficient.

Demographic characteristics of people participating in the research

Row	Type of Activity	Age	education	gender	Area and trend
1	Staff management of the Ministry of Sports	42	Ph.D.	Man	National and comprehensive plans for youth
2	Staff management of the Ministry of Sports	50	Ph.D.	Female	Politics of women's sports
3	Management of sports federation	45	Ph.D.	Man	Rural sports and native and local games
4	Management of sports federation	46	Ph.D.	Man	Strategic management of sports
5	Staff management of the Ministry of Sports	52	Ph.D.	Man	Leisure management
6	Management of sports federation	55	Ph.D.	Female	Strategic Management
7	Staff management of the Ministry of Sports	46	Masters	Man	Public sport
8	Staff management of the Ministry of Sports	57	Masters	Man	Village sports
9	Staff management of the Ministry of Sports	55	Ph.D.	Man	Championship sport
10	Staff management of the Ministry of Sports	36	Ph.D.	Man	Public sports leisure time
11	Staff management of the Ministry of Sports	33	Ph.D.	Man	Public sports leisure time
12	Staff management of the Ministry of Sports	37	Ph.D.	Female	Strategic Management
13	Staff management of the Ministry of Sports	36	Masters	Female	Politics of women's sports
14	Staff management of the Ministry of Sports	48	Ph.D.	Man	Strategic Management
15	Staff management of the Ministry of Sports	50	Ph.D.	Female	Politics of women's sports
16	Staff management of the Ministry of Sports	53	Ph.D.	Man	Strategic Management
17	Staff management of the Ministry of Sports	50	Ph.D.	Female	Women's sports planning

Table 1- Theoretical coding (optiona)

Optional code	Code oriented	source
Restrictions on leisure time with an emphasis on physical activity	Family issues and problems	p10-p1-p5-p3-p6- p7-p1-p8-p10-p15- p14- p11-p9-p4- P16-P17
	Issues and problems in infrastructure	
	Issues and problems of society	
	Individual issues and problems	
	Psycho-physical issues and problems	
Leisure talks with an emphasis on physical activity	Issues and problems at the macro level	p14-p7-p8-p10 p3- p2-p6 p9-p13-p14-p9-p4- p12-P17-P16
	Improving the status of leisure time in society	
	Behavioral modification and revision	
	Development and improvement of infrastructure	
	Institutionalization of leisure time in society	
	Contingent conditions of leisure time for sports	
	Changing individual procedures	
	Revival of sports leisure time	
	Enjoying the beauty of nature	
	More attention and effort from the authorities	
Consequences of leisure time with an emphasis on physical activity	Individual knowledge and awareness	p9-p4-p5 p8-p4- p13-p7-p10 p1-p3-p14 -p15-p6- p7-p2-P16
	Improving and improving community health	
	Improving and promoting individual-social health	
	Improving and promoting physical and mental health	
	Improving and promoting individual-social foundations	
	Improving and promoting the position of sports and physical activity	

After knowing the sub-themes of all the interviews, a total of 226 sub-themes were created. Some of these codes that were similar and were repeated in different interviews were removed so that 100 independent codes (internal themes) were created in the analysis stage. Based on the results of the central coding and the common concepts between the desired categories, 21 categories are called family problems and problems, problems and problems in the infrastructure, society problems and problems, individual problems and problems, psycho-physical problems and problems, problems and problems at the macro level, promotion of the place of leisure time in society, behavioral modification and revision, development and improvement of

infrastructures, institutionalization of leisure time in society, necessary conditions for sports time, changing individual procedures, revitalizing sports leisure time, enjoying beauty. The nature, attention and efforts of the officials, individual knowledge and awareness, improvement and promotion of community health, improvement and promotion of individual-social health, improvement and improvement of physical and mental health, improvement and promotion of individual-social foundations and improvement and promotion of the position of sports and physical activity in the matter of design of limitations model - leisure negotiations with emphasis on physical activity were identified.

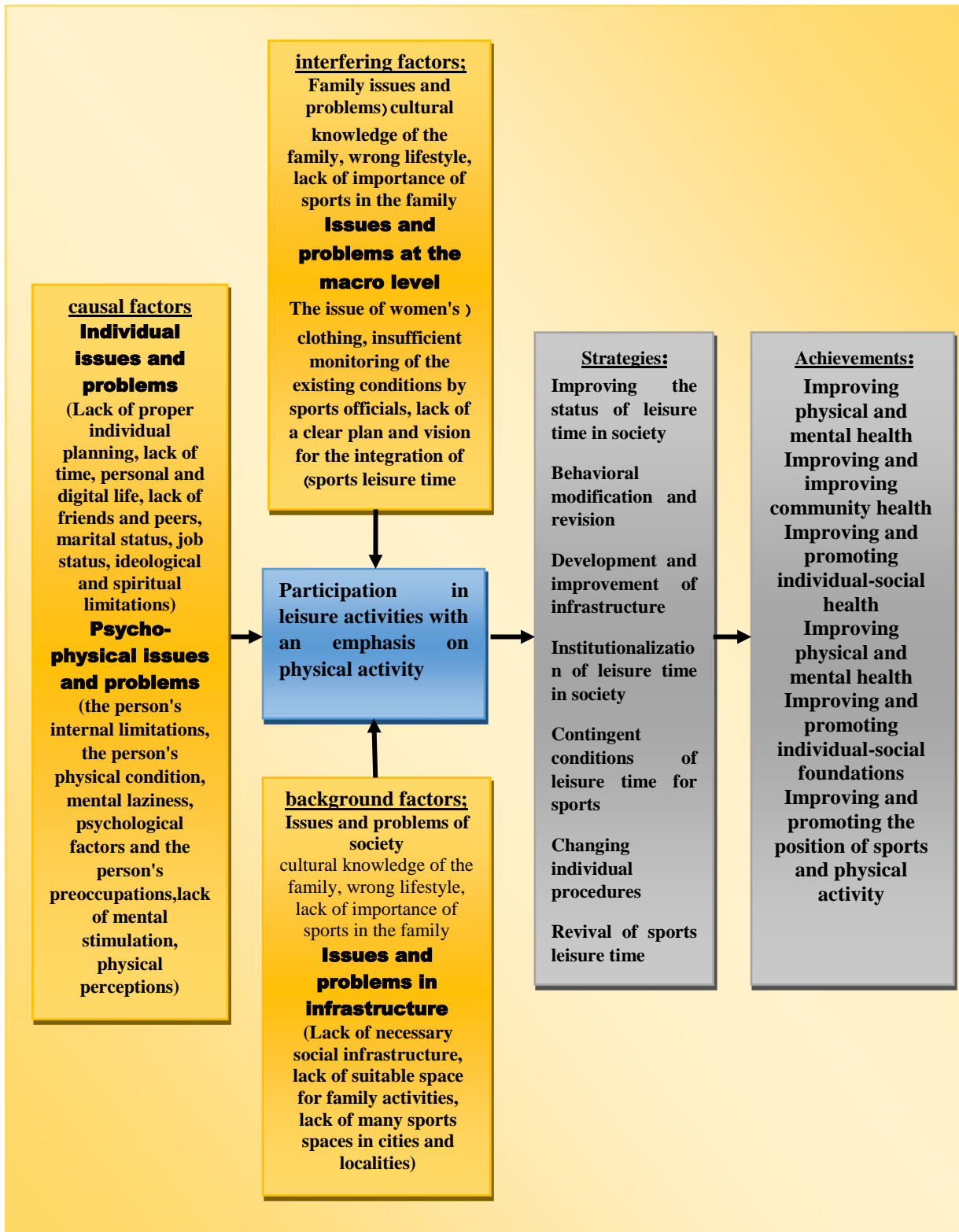
Results

Table 1- Theoretical coding (optiona)

Optional code	Code oriented	source
Restrictions on leisure time with an emphasis on physical activity	Family issues and problems	p10-p1-p5-p3-p6-p7-p1-p8-p10-p15-p14-p11-p9-p4-P16-P17
	Issues and problems in infrastructure	
	Issues and problems of society	
	Individual issues and problems	
	Psycho-physical issues and problems	
Leisure talks with an emphasis on physical activity	Issues and problems at the macro level	p14-p7-p8-p10 p3-p2-p6 p9-p13-p14-p9-p4-p12-P17-P16
	Improving the status of leisure time in society	
	Behavioral modification and revision	
	Development and improvement of infrastructure	
	Institutionalization of leisure time in society	
	Contingent conditions of leisure time for sports	
	Changing individual procedures	
	Revival of sports leisure time	
	Enjoying the beauty of nature	
	More attention and effort from the authorities	
Consequences of leisure time with an emphasis on physical activity	Individual knowledge and awareness	p9-p4-p5 p8-p4-p13-p7-p10 p1-p3-p14 -p15-p6-p7-p2-P16
	Improving and improving community health	
	Improving and promoting individual-social health	
	Improving and promoting physical and mental health	
	Improving and promoting individual-social foundations	
	Improving and promoting the position of sports and physical activity	

In order to draw the final model of the research and after extracting and exploring the main, central categories, concepts according to the presented model which was designed based on

the model of the Strauss and Corbin school, finally the model of restrictions and negotiations of leisure time with an emphasis on physical activity to The figure is below.



Discussion

The results of coding showed that the model is based on various factors. Therefore, when the mechanism of the effect of these factors is

correctly identified and diagnosed, we can witness the reduction of restrictions on active sports leisure activities and the increase of participation in active sports leisure activities and the facilitation of negotiations. In the

following, we will discuss these factors separately and in connection with them; it should be noted that not many related studies have been conducted regarding the current research, so the obtained categories will be discussed in a general way. According to the obtained results, it can be said that in order to pay attention to the implementation mechanism of restrictions and consequences; Considering these things, we can imagine a bright future for leisure time.

Although the areas related to financial problems and sometimes family and society problems are inflation and inflation; It prevents people from participating in sports activities in their free time; Individual issues and problems have always been more important, which requires identification, culture building, and the help of families and sports psychologists to overcome these obstacles; Also, elderly or disabled people have special limitations that require special equipment and facilities, and even for others there are issues and problems in the infrastructure that need to be developed, equipped and completed.

Solving problems at the macro level such as incorrect policies, lack of specialized strategies in the field of leisure time requires the special support and attention of high-level managers in the fields related to sports and leisure time at the macro level.

And it is the maximum effort of operational managers and experts to implement policies and programs in the field of leisure and sports. The development and improvement of infrastructures related to leisure activities in the country requires the cooperation of the managers of other organs of the country. In interaction with social institutions, sports managers can promote the status of physical activity and sports in leisure time by adopting strategies aimed at spreading the culture of sports and physical activity in leisure time and developing national leisure time programs.

The results are in line with the theory (Hughton 2019), which stated that leisure time is a process during which people are affected by the self-motivation necessary for action in terms of achieving sports goals and enjoying free time; that individual knowledge and awareness, self-control skills, communication skills, interactions and social interaction, level of education as well as social class have a direct effect on this self-motivation and with research (Perik et al. 2019) that structural models and They considered individual changes to be important and emphasized that behavioral modification and renewal makes it possible to achieve leisure time negotiations; It is aligned. Therefore, sports managers can improve and upgrade individual and social foundations by adopting a policy; strengthen social connections and increase social capital in people, which is directly related to the participation of people in active leisure activities.

Economic problems are always one of the most important problems of the society. Financial issues have always played a decisive and central role in sports participation. But the benefits of exercise and physical activity in free time have led to the reduction of financial problems caused by physical and mental diseases. It can even be mentioned that in order to achieve the high goals of organizations and productivity in the work environment, it is also necessary for managers to take the necessary measures to develop active leisure time, increase awareness, training and empowerment in relation to active leisure time. The human resources of the organization should improve the productivity of the organization and provide a suitable platform to solve their economic problems and thus facilitate negotiations for people.

(Jimenez-Garcia et al. 2020) conducted a research under the title of systematic analysis of sports leisure time, between 2002 and 2019, that among the factors for the development of participation in active leisure activities,



attention to planning, culture the proper construction is security and software services. Due to the fact that the issue of free time is not important in the country, in this regard, not only security services and appropriate software equipment are not provided, even planning in this regard has not been done; The requirement to facilitate leisure negotiations is the need to explain the existing security and software conditions of the platforms for participation in leisure activities and draw the desired situation and finally adopt strategies to reach them and the cooperation of managers and executive experts in the implementation of strategies.

Conclusion

The results were in line with the results of the studies (Vioninski and Sokoska 2020) and (Malcock and Dahl 2020). Wioninski and Sokoska (2020) found economic and equipment cases essential. Financial turnover and profitability are mentioned as a measure for the continuity of activity, efficiency and review of organizations and leisure officials. Today, various sports organizations are trying to maximize the value of leisure time to attract investors. that with the help of the current model, they should direct their resources to the direction that has the most productivity in their free time (Fakhari and Yusuf-Najad 2015). It should be acknowledged that sports, leisure time, even sports events are also important in this regard; Considering that today's sports market is characterized by the process of globalization, which includes media conflicts, dependence on financial sponsors, and the growth of sports-related industries (quoted by Rajab Zadeh, 1392). Therefore, it can be said that profitability is one of the influential factors in sports, especially sports events. software-hardware indicators, structure, economic growth, logistics and amenities, education and management, especially paying attention to modern management and motivational factors, leadership, friendly atmosphere, bureaucracy and appropriate laws.

Conclusion

1- The adoption of the following policies by the staff managers of the Ministry of Sports and Youth and implementation by the general managers of the provinces to achieve the strategy (integrated youth leisure policy-making throughout the country)

- Coordination of policy making in governmental and non-governmental organizations and institutions through the responsible body
- Creating coordinating units for leisure policies
- Creating coordination with the private sector and popular leisure institutions
- Linking private and public sector programs with government policies
- Creation and strengthening of new and existing evaluation and monitoring units
- Covering rural areas
- Covering special groups such as the disabled, veterans, special patients, etc.

Acknowledgement

This research has been done in a comprehensive method to present a model of strategies to overcome the limitations of dealing with leisure time with an emphasis on physical activity. So, the defects of this research would be clear, because of the newest methodology and its results. The research team appreciates the journal and reviewers for helping to improve the quality of this work.

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