



A phenomenological study of Challenges facing single women to participate in sports activities in rural areas of Kurdistan

Poster Presentation

1Mosa Bandak * ; 2Mozhgan Khodamoradpour; 3Ameneh Golalipoor; 3Kambiz Simorgh; 4Habibolah Ghadermarzi

¹Department of Psychology, Faculty of Education and psychology, Tehran Shomal Branch, Azad University, Tehran, Iran (mossabandak@gmail.com)

²Department of Physical Education and Sport science, Sanandaj Branch, Islamic Azad University, Iran

³MA of Psychology, Tehran Shomal branch, Azad University, Tehran, Iran

⁴Department of psychology, Faculty of Education and Psychology, Farhangian University, Iran

Abstract

Introduction: In most societies, participation in sports has been primarily a male realm. Nonetheless, women in sports advocates have proven that women are also capable and have a place in the sports world (Sandoz & winans, 1999). Participation rates among women and girls are much lower than among men. Understanding sport participation, including retention and drop out at all ages across the lifespan, is vital to inform policies and strategies to promote lifelong participation, priorities of both sport management and public health domains (Australian Sports Commission, 2014).

Methods: This study aimed to identify the challenges of women's participation in sports activities. The present study was qualitative research with a phenomenological approach. Participants in the study included all single women in rural Kurdistan who were selected by purposive sampling method. The interview data collection tool was semi-structured. Thematic analysis was used to analyze the data.

Results: The results of the analysis of the interviews led to the identification of four themes: cultural barriers, expensive equipment, and facilities, lack of suitable sports facilities, lack of motivation.

Conclusion: Despite its necessity, women's activities have always been influenced by cultural stereotypes about participating in social activities, especially women's sports activities. According to Nixon, Maresca, and Silverman (1979), women athletes have been hypothesized to experience gender role conflict, especially if they engage in sports traditionally regarded as more masculine, because society is still more comfortable with women who participate in sports that emphasize traditional feminine characteristics such as grace and beauty.

Keywords

Participation in sports activities; single women; phenomenological study

Subjects

Sport Psychology

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