



Identifying Effective Factors in the Participation of Combat Forces in Sports Activities

Poster Presentation

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Abstract

Introduction: Manpower is the main arm in the Armed Forces, and special planning for this resource is one of the most important necessary actions in this organization. This in itself can be useful in enhancing the combat capability of the armed forces (Malm et al., 2019, 127). The sports activities of the Armed Forces and its personnel are essential for the maintenance, growth, health and strength of their bodies at least 30 minutes of exercise per day should be considered a natural part of a worker's life. Therefore, the tendency of military personnel towards sports and the benefits that result from it and leads managers and officials to explore ways to increase participation in sports.

Methods: This research was conducted qualitatively and with an exploratory approach. The statistical population consisted of sports directors of Baqiyatallah University of Medical Sciences. Purposeful sampling was performed with 14 interviews. Semi-structured interviews were used to collect information. To assess the validity and reliability of acceptability, transferability, and verifiability, open reliability of the test was used. The interviews were analyzed using thematic analysis.

Results: Based on the results, 42 sub-categories were obtained, which were divided into 9 main categories. The obtained categories were summarized in 5 main concepts of awareness-raising, structural factors, media advertising, support, and motivational programs, holding competitions, and Olympiads.

Conclusion: It can be said that recognizing the motivational dimensions, increasing awareness, building sports venues according to the needs of the sport of employees, and holding continuous sports competitions, is a useful step for effective participation of employees in sports activities. On the other hand, awareness of the factors affecting sports participation can cause Managers should create the necessary incentives for sports participation by adopting appropriate measures and planning.

Keywords

Sports activity; armed forces; structural factors; qualitative method

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