



## The relationship between physical factors and increasing women's sports participation in Tehran

### Poster Presentation

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### Abstract

**Introduction:** Sports activities can promote women's health and prevent many diseases (Shamaei and Tabei, 2014). Creating suitable sports venues for women's health and the availability of these spaces for them can act as an important factor in women's sports participation (Sultan Hosseini et al., 2014). On the other hand, if the distribution of sports facilities has a standard, all sections of society will benefit from it as much as possible and will take an active part in sports activities (Sarai et al., 2012). Therefore, the present study seeks to investigate the relationship between physical factors and increasing women's sports participation in Tehran.

**Methodology:** This research was applied and methodologically descriptive-correlational. The statistical population of the study consisted of all women referring to sports facilities in Tehran Municipality, which finally 455 people were selected as a statistical sample. Data collection tools were two questionnaires of physical factors and sports participation. Pearl and tensile tests were used to examine the normal distribution of data and Pearson correlation test was used to examine the relationship between variables.

**Results:** Based on the obtained information, the average of physical factors was equal to 3.25. Also, the data had a normal distribution at the level of 0.05. According to the results, there was a direct relationship between the components of physical factors (design and architecture of places and ecological factors) with women's sports participation.

**Conclusion:** The construction of sports venues and their expansion can meet the existing needs and gaps by measuring the feasibility and needs of citizens, especially women, and by the cultural atmosphere and texture of regions and neighborhoods. Therefore, strengthening the sports infrastructure and more investments will improve women's sports habits. Therefore, the construction of sports facilities for women should be one of the main issues in public sports policies.

### Keywords

Physical factors; sports participation; Tehran Municipality

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