

Muslim Women's Motivation for Physical Activity

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Abstract : The aim of this study was to comparatively study the motivations of women to physical activity in Iran and selected Arab countries Based on individual, social and Islamic components. The present study was a descriptive comparative study that was performed by field method. The statistical population of the study included female athletes in Iran and Arab countries. A total of 184 people from Iran and 179 people from Arab countries (Iraq, UAE, and Jordan) were selected through available sampling as a research sample. The research tool included a questionnaire. The validity of the questionnaire was confirmed and its reliability in a pilot study was 0.95 through Cronbach's alpha. The questionnaire was translated into Persian in Iran and translated into Arabic for the selected countries and was provided to the participants electronically and through cyberspace. Finally, 363 questionnaires were collected. Manova multivariate analysis of variance using spss22 software was used to analyze the data. Findings showed that between Iranian women athletes and women athletes in selected Arab countries in the components of intrapersonal motivation ($p = 0.009$ and $f = 6.978$), interpersonal motivation ($p = 0.050$ and $f = 3.875$), There is a significant difference between social motives ($p = 0.001$ and $f = 27.619$) and Islamic motives ($p = 0.001$ and $f = 11.339$). And this difference is significant at the level of $p < 0.01$ and $p < 0.05$. In other words, in the component of intrapersonal motivations, the average of this component in Iranian female athletes ($M = 59.77$) was higher than female athletes in selected Arab countries ($M = 55.53$). In the interpersonal motivations component, the average of this component in Iranian female athletes ($M = 26.87$) was lower than in female athletes in selected Arab countries ($M = 28.62$). In the component of social motivations, the average of this component in Iranian female athletes ($M = 33.08$) was lower than female athletes in selected Arab countries ($M = 39.64$). In the component of Islamic motives, the average of this component in Iranian female athletes ($M = 21.55$) was higher than female athletes in selected Arab countries ($M = 19.04$).

Keywords : athletes, motivation, women, Islamic

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