The Survey Of The Role Of Sport In Leisure Time In Blind Women

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A B S T R A C T

**Background:** Physical activity that is one of leisure activities has main role in both body and mental health. **Objective:** The purpose of this study was to describe the and determine the relation between women role of sport in leisure time of blind education, marriage status, age and vision status with amount of doing physical of Tehran selected randomly and questionnaires nemow blind278exercise. distributed and collected. The research method used in this study was descriptive and correlation methods. **Results:** The finding showed that the leisure time of blind was 3-5 hours a day and most of this time was at afternoon and evening. women Most of them had been spending their leisure time in home or dormitory. The place of sport or physical activity in current leisure time of them was in the 12rank. 32.4% of them didn’t do exercise and half of them did exercise less than 20 minute, two days in a week. The reasons of doing sports were reaching to happiness and enjoyment, reduction of mental pressure andssentif . Daily life problems, lack of sport facilities and physical and motor problems, lack of suitable facilities ,leisure time of blinds were physical and motor problems and financial problems. So suitable transportation facilities, recreational and sport financial aids are the most important factors that should be noticed and prepared for them. Significant relation was found between education, marriage status, and age and vision status with amount of doing physical exercise \( p \leq 0.05 \).

**Conclusion:** According to my results, is suggested that managers and directors should built particular leisure and leisure facilities for blind women where they live, should design accurate plan for beginning and developing group trips, should provide transportation services for going to sport places and backing from that, and should help them to do exercise at home.

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I N T R O D U C T I O N

From many years ago, leisure was the consideration issue in the world. Previous researches showed that humans continually tried to remove these problems about that. Nowadays, not only this attention no decrease but also the gravity of leisure time increases [1]. Participation in leisure activity is a fundamental human right and is one of the main factors in quality of life. It seems that this activity is not only specific for high level of society or rich people but also is a common stir for all of the people [2].

In Iran country, there are 250,000 to 300,000 blind people [3] who should have the same right to spend leisure time, to do sport and physical activity, and to use whole sport and leisure facilities.

As studies have been shown, there were three reasons for importance of Physical education and sport activity in blind women including deficiency of social skills, high level of skeletal disorder, and low level of physical fitness [4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, and 23].

Previous surveys also have been found that physical activity is not only pleasure and treatment stirs in blind women but also is a cause in development of abnormal mental and body [24]. Furthermore, Physical activity that is one of leisure activities has main role in both body and mental health [25].

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Blind women like other people can do physical activity in good condition of society and profit from leisure activities. Regular exercise and physical activities can improve or remove some common diseases and problems in blind women such as cardiovascular disease, depression, overweight, anxiety, and little sleep, spasm of muscles, bad breath, and making friends [26]. Although physical activity is a leisure or fun stir for healthy people, it is a consideration activity for blind people [27]. These activities are so powerful that prepare blind people for independent life. Moreover, physical activities can improve abilities for whole dimension of social life.

Sharifian and et al. have conducted a research on 216 incapable women in Tehran of Iran and have found that primary problems of this group of people were educational, engagement, getting married, and leisure activities. They also reported that principal demanding of incapable women included engagement, financial aids for using leisure and sport facilities, specific places for using them, education requirements, and rehabilitation services [92%, 85.7%, 84%, 83.6%, 58%, and 56% respectively] [28].

Jafari who conducted a study about the role of sport on social development in blind and visually impaired students has shown that the amount of cooperation and assist of athlete students is more than non-athlete students. She also has reported that physical activity has significant effects on development of social skills, confidence, responsibility, group working, and relationship [8].

Rimmer and et al. in a study which patterns of physical activities in American and Africa women who suffered from severe disabilities have been surveyed resulted that there was low level of exercise and physical activity between these groups. Moreover, they found that only about 8.2% of these subjects have been participated in physical action of leisure activity and 10% of subjects have 15 minute aerobic exercises for three days in a week. They reported that some activities such as farming, trade, and working at home were seldom. Furthermore, there were not high satisfactions about spending leisure time in this study [2]. Results of Santiago and Coyl [2004] study on leisure physical activities and secondary activities between 170 incapable women have been shown that there was a moderate level deficiency in activity; women had involved twice-weekly in physical and leisure activities; however, 39.4% of subjects did not participate in these activities because of physical disability. After controlling reaction between the intensity of physical activity and secondary positions, the results showed that there was a significant correlation between these secondary activities and the seclusion and also there was a significant inverse correlation between these activities and the amount of physical activity in leisure time. Therefore, Authors have suggested that to increase health for incapable women, we should use controlled activities [29].

The purpose of this study was description of both spending leisure time and the place physical activity in leisure time and studied the relationship between married state, level of education, age, income monthly, and the visual ability in blind women group.

Method of study:

As the method of this study was descriptive and correlation, the data have been collected through questionnaires. Statistical society of study was 971 blind women who had age above 18 years and lived in Tehran city. 278 of blind women have been selected randomly and the row data has been collected with both research library and. The reliability of questionnaires was calculated 0.76 through chronbach alpha.

In my study, there were 250 questionnaires; 100 of these questionnaires have been completed by my subjects and 150 of them have been completed by my co-workers who have read to blind women. We used descriptive statistics to classify and categorize the data and to determine the arithmetic mean and standard deviation and also used inferential statistics, i.e. Spearman Correlation, to determine the correlation between the variables at 95% level of significance. In addition, both Excel and Spss software were used to analysis of data.

Results:

The amount of daily leisure time of blind women is illustrated in fig. 1. As we can see, 51.1% of subjects had 3 to 5 leisure hours in a day; however, 23.7%, and 25.2% of subjects had roughly 1 to 2 and more than 5 daily hours of leisure time. The results of this study also show that the maximum of daily leisure time was in the afternoon; 92.1% of the subjects spent this time at home, however 3.6% of them went to club sports.
Fig. 1: The amount of daily leisure time of blind women

The sequence of routine leisure activities of my subjects was talking and spending time with family members, studying audio and printed books, watching television, listening radio, visiting relatives and friends, and going to park. However, the rank of physical activity or exercise in the leisure time was dozen. On the other hand, the sequence of interesting leisure activity of this study was going to both trip and park, and talking and spending time with family members, meanwhile the rank of physical activity was seventh.

Fig. 2 shows the amount of daily physical activity; 32.4% of my participants did not have any physical activity; however, 35.3% and 19.4% of them did daily exercise about 10 to 20 and less than 10 minute respectively.

Fig. 2: The amount of daily exercise in blind women

According to weekly physical activity, my findings report that 32.4% of participants did not do any activity, while 43.9%, 7.2%, and 3.6% of subjects had doing exercise 1 to 2, 3 to 4, and 5 to 6 day in a week respectively [fig. 3].
Fig. 3: The amount of weekly exercise of blind women

My results also show that 47.5% of blind women had doing exercise at home. The first motive for doing physical activity was pleasure and delight; while, reducing mental pressure, fitness, health, and confidence in benefit of physical activity were other factors for doing exercise.

Some crucial factors in abandon physical activity were shown in Table. 1. Routine problems of life was the first cause, meanwhile shortage of facilities, lack of schedule in the government, and financial problems were another causes.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Obstacles</th>
<th>Percentage</th>
<th>Rank</th>
<th>Obstacles</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Routine problems of life</td>
<td>28.2</td>
<td>7</td>
<td>Inability feeling</td>
<td>6.7</td>
</tr>
<tr>
<td>2</td>
<td>No sport facilities</td>
<td>15.3</td>
<td>8</td>
<td>Society attitude</td>
<td>3.5</td>
</tr>
<tr>
<td>3</td>
<td>Preference for other activities</td>
<td>11.3</td>
<td>9</td>
<td>uninteresting</td>
<td>3.4</td>
</tr>
<tr>
<td>4</td>
<td>lack of schedule government</td>
<td>8.4</td>
<td>10</td>
<td>Busy time</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Financial problems</td>
<td>7.7</td>
<td>11</td>
<td>Afraid of injury</td>
<td>2.7</td>
</tr>
<tr>
<td>6</td>
<td>Lack of information about benefits of exercise</td>
<td>7.1</td>
<td>12</td>
<td>Slothful and impatient</td>
<td>2.7</td>
</tr>
</tbody>
</table>

The results of this study report that walking is the first exercise in blind women; however goal ball, swimming, callisthenic, running, biking, soccer, and chess were other routine sports. In contrast, walking, swimming, goal ball, chess, soccer, and running were interesting sports respectively.

According to the results about relationship between satisfaction and doing exercise, 43.9%, 24.5%, and 27.3% of the subjects were dissatisfied, low satisfied, and satisfied respectively; however, considering satisfaction of spending leisure time, 38.8%, 33.1%, 23.7%, and 4.3% of my participants were nearly satisfied, low satisfied, dissatisfied, and completely satisfied respectively.

The obstacles of spending leisure time are illustrated in table 2; the first difficulty was movement and body problems. However, shortage of good places, financial problems, deficiency of transportation system, sprite problems, lack of coaches, building and architect difficulties, and thought friends and relatives have been reported by blind women.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Obstacles</th>
<th>Percentage</th>
<th>Rank</th>
<th>obstacle</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Movement and body problems</td>
<td>31.5</td>
<td>5</td>
<td>Sprite problems</td>
<td>6.9</td>
</tr>
<tr>
<td>2</td>
<td>Lack of good places</td>
<td>25.9</td>
<td>6</td>
<td>Lack of coaches</td>
<td>2.4</td>
</tr>
<tr>
<td>3</td>
<td>Financial problems</td>
<td>18.5</td>
<td>7</td>
<td>Building and architect difficulties</td>
<td>1.6</td>
</tr>
<tr>
<td>4</td>
<td>deficiency of transportation system</td>
<td>12.1</td>
<td>8</td>
<td>thought friends and relatives</td>
<td>0.9</td>
</tr>
</tbody>
</table>

Transportation system, leisure facilities, financial aids, good sport facilities, family travels, house, educational classes, sport equipments, studying facilities, art classes, television, library, and suitable job were some causes which should be supplied till the blind women can use well from the leisure time [Table. 3]
Table 3: Crucial factors in spending leisure time of blind women

<table>
<thead>
<tr>
<th>Rank</th>
<th>Factors</th>
<th>Percentage</th>
<th>Rank</th>
<th>Factors</th>
<th>Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Transportation system</td>
<td>25.4%</td>
<td>8</td>
<td>sport equipments</td>
<td>4.3%</td>
</tr>
<tr>
<td>2</td>
<td>Leisure facilities</td>
<td>18.8%</td>
<td>9</td>
<td>studying facilities</td>
<td>3.5%</td>
</tr>
<tr>
<td>3</td>
<td>Financial aids</td>
<td>12.5%</td>
<td>10</td>
<td>Art classes</td>
<td>1.7%</td>
</tr>
<tr>
<td>4</td>
<td>Good sport facilities</td>
<td>11.9%</td>
<td>11</td>
<td>Television</td>
<td>1%</td>
</tr>
<tr>
<td>5</td>
<td>family travels</td>
<td>8.9%</td>
<td>12</td>
<td>Library</td>
<td>1%</td>
</tr>
<tr>
<td>6</td>
<td>House</td>
<td>5.4%</td>
<td>13</td>
<td>Good job</td>
<td>0.8%</td>
</tr>
<tr>
<td>7</td>
<td>Educational classes</td>
<td>4.6%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conclusion:

Amount of leisure time between blind women:

51.1% and 25.2% of this group of people had 3 to 5 and more than 5 hours leisure time daily. These results mean that 75% of blind women have more than 3 hours leisure time in the day.

Time and place for spending leisure time:

Majority of blind women had leisure time in the afternoon. 92.1% of subjects spent this time at home or dormitory; however, 4.3% and 3.6% of blind women passed time at park and sport facilities respectively. Despite the fact that the majority of blind women use the leisure time at home or dormitory, it seems that at first government should abandon blind women from home and arrive at society with regular plan. Secondly, giving good sport equipments and necessary educations are another way which can help blind women to do physical activities at home. Finally, extracurricular activities should be noticed at dormitory of blind women in afternoon and night.

Interesting activities of blind women:

Going on trip was the first interesting activity in this group of people; other sequence of activities were studying, going to park, talking with family members and friends, meanwhile physical activity was the seventh activity. This results were not consistent with the results of Rimer et al., because they reported that farming, buying, working at home, and job were main priorities in interesting activities between American-African handicapped women. Then, according to my and previous results, it seems that the majority of blind people have a tendency to spend actively leisure time at society which should be noticed at planning process for blind women.

Amount of doing exercise between blind women:

My results showed that this amount was less than 20 minute daily and was 1 to 2 days weekly. On the other hand, Rimer et al. reported that 8.2% of African-American handicapped women had doing exercise; 10% of them had 15 minute aerobic activity about 3 times a week. It seems that tendency of society and spiritual aspects of blind women are two main reasons which blind women prefer to spend leisure time at home.

Sport places for blind women:

47.5% and 3.6% of blind women have done exercise at home or dormitory and at street respectively. As has been mentioned, at first managements of State Welfare Organization of Iran should design a schedule for leaving blind women from home and entering them at society. In addition, blind women can be helped by giving good sport equipments and useful education in this subject.

Blind women’s motivation for doing exercise:

The first motive was pleasure and delight. Decline of mental pressure, fitness, health, and confidence in benefit of physical activity were other motives for doing exercise between blind women. In this matter, we found no study to compare the results with. Then, my results show that doing exercise has effect not only on body but also on mind and spirit so that it was the first and the second reasons why blind women do exercise.

Obstacles to do exercise between in blind women:

Some main obstacles were including routine difficulties of life; lack of sport equipments, preference other subjects, no planning by government, and financial problems. However, Santiago and koeil have reported that the primary reason was physically problems.

Common sports in blind women:
the first rank of sport was walking, because this activity did not need to any facilities or equipments and blind women walked easily the distance between home and school, university, office, and etc.. Goal ball, swimming, callisthenic, and running were other routine sports.

**Interesting sports between blind women:**
walking, swimming, goal ball, chess, soccer, and running were interesting sports in blind women group. Although there were a lot of sports which they could do, I have chosen some sports that had facilities and equipments in Iran and blind women could do easily. My results showed that walking is a kind of sport not only blind women do it with minimum equipments but also do it without any helping from other people. The memorable point in this study was the rank of swimming and soccer. It is obvious that swimming is very pleasurable and enjoyable. Moreover, soccer which is one of the most popular sports in the world had the fifth rank in the interesting sports of blind women.

**Amount of blind women’s satisfaction in spending leisure time and doing exercise:**
43.9%, 24.5%, and 27.3% of the subjects were dissatisfied, low satisfied, and satisfied respectively; however, considering satisfaction of spending leisure time, 38.8%, 33.1%, 23.7%, and 4.3% of my participants were nearly satisfied, low satisfied, dissatisfied, and completely satisfied respectively. My results were consistent with the study which has been conducted by Rimer and et al.

It seems that the primary reason for blind women’s dissatisfaction was spending time inactively at home and doing repetitive works such as studying, listening to radio, and etc.

**Obstacles of spending leisure time in blind women:**
The first obstacle was movement and physical disabilities. However, lack of good place, financial problems, deficiency of transportation system, sprite problems, lack of coaches, building and architect difficulties, and friend and relative thoughts have been said by blind women.

**Valid factors in spending leisure time between blind women:**
Transportation system, leisure facilities, financial aids, good sport facilities, family travels, house, education classes, sport equipments, studying places, art classes, television, library, and suitable job were some prominent reasons which should be prepared till the blind women can use well from the leisure time.

Sharifian and et al. suggested that principal needs for incapable daughters and women were employment, financial aids for using leisure and sport facilities, existence of particular sport and leisure facilities, education with 58%, and rehabilitation services.

Regarding my results, it seems that transportation system is the main problem and the first request of blind women to spend leisure time. Then, considering to this point is necessary and crucial. In addition, it is important that financial condition, making sport facilities and equipments, leisure facilities, and travels with each other should be noticed for blind women.

**Account of relationship between variables:**
In this study, there were 5 hypotheses which have been tested by used inferential statistics, i.e. Spearman Correlation to determine the correlation between the variables at 95% level of significance.

My finding showed that there was a significant correlation between married states, educational level, and income monthly with doing exercise. Moreover, there was a significant negative correlation between age and the amount of vision with doing exercise in blind women.

According to my results, is suggested that managers and directors should built particular leisure and leisure facilities for blind women where they live, should design accurate plan for beginning and developing group trips, should provide transportation services for going to sport places and backing from that, and should help them to do exercise at home.

**REFERENCES**


