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A Description of Environmental Status of Tehran Municipality Sport Complexes and Its Relation with the Level of Citizens' Cooperation

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ABSTRACT

Objective: The current research aims at studying the relation between the environmental statuses of sport complexes with the level of cooperation of athletes in physical activities. It is a descriptive correlation research. Pearson correlation coefficient was used to measure the relation between the research variables in %5 significance. **Results:** The results indicated that Tehran municipality sport complexes are not in desirable environmental conditions, and this has led to decrease of individuals' cooperation in sport places. **Conclusion:** Therefore, we will have a still society and unhealthy citizens, bringing in many negative effects for people and the society and imposing high costs to the government in near future.

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INTRODUCTION

Today, sport has been vastly extended to all societies, and the number of people doing sports professionally or as a recreation is increased every day. All these sport activities are done in places called sport complexes (Bahmanpour, 2004) in the recent years, environment and sport have been focused widely. The latter has been recognized as a tool to achieve the stable development principals. Specifying a decade to training environmental issues (2005-2015) by United Nations Organization, severe environmental pollutions in Iran metropolitans (specially Tehran), negative environmental effects of exercise in outdoors or polluted indoors on the athletes' health, the necessity of precise and professional studies in order to identify the main risks and zoning the pollutant centers in the city, the significance of observation of hygiene principals in sport complexes and effectiveness of this factor in attracting the operators (Cheryl *et al.*, 2011; Jason *et al.*, 2011) the position of green space and parks in physical activities, specially the public sports (Pascal's, 2009; Jason *et al.*, 2011) and environmental status of stadiums and sport complexes effects on the people's attendance in physical activities. Ideal environmental status of the sport complexes increases their cooperation in sport activities (JalaliFarahani, 2011; Sallis, 2011; Tucker, 2009; Hsua *et al.*, 2009) The air pollutants are some environmental tension makers influencing mainly on the respiratory and cardiovascular systems. These air pollutants may cause tumults and as a result, increase the security structures in the blood. In sport concept, inspiration of carbon monoxide and its effects on physical exercise was first showed in 1941, when Chiodi *et al* declared that high density of CO in blood hemoglobin, %40-50, makes the examinees incapable of routine laboratory activities, even the easy ones. Even with low amounts (%3.3-4.3) of CO in hemoglobin, they complain the considerable increase of exercise time, exhaustion of the legs, and perception of efforts. On the other hand, brimstone dioxide which is a very acrid gas, mainly affects the upper respiratory tract, causing feeling of irritation and ailment there. Inspiration of this gas stimulates vagus nerve in throat gorge area, behind the tongue, making the bronchial tube too tight. The tightness of the bronchus results the increased resistance against air flow. Interestingly, the resistance is more while taking relax; when the volume of blown air is increased. Exercising at dispose of 0.4 unit of ozone per million for two hours and being at dispose of 0.08 unit of ozone for 6.6 hours, both end to biomedical changes in the body (Tucker *et al.*, 2009).

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Despite more inhalation of air while exercising, the air taken in is not fully filtered. Constant aspiration through mouth damages the nose air filtration mechanism. As a result, more air particulates will enter to the lungs and respiratory tract volume decreases, of which the respiratory diseases and even cancers are the final effects. As “American Lung Council” researches showed, jogging for 30 minutes in polluted urban areas equals smoking a whole packet of cigarettes (Sallis, 2009). Considering the above issues, conducting the present research seems to be essential. Thus, the researcher seeks to study the environmental status of the municipality sport complexes in Tehran metropolitan and measure its relation with the level of athletes’ cooperation.

Motodology:

It is a descriptive correlational research. The population of the research, the 22 regions of Tehran from which 150 sport complexes have been selected via random cluster stratified sampling. The environmental status of these selected sport complexes was measured by the standard environmental scale after visiting them. Kolmogorov-Smirnov test was applied to measure the normal distribution of the data. The calculated figure declared that the data distribution was normal (environmental status =0.238) Also, Pearson correlation coefficient was used to measure the relation between the research variables in 5.05 Alfa significance. All analysis has been done through Spss 18.

Results:

Table 1: The points of Environmental and Hygiene status of Tehran 22 regions

Area	Environmental Status	Area	Environmental Status
12	2.47	7	3.00
20	2.44	8	2.99
14	2.38	4	2.91
16	2.34	1	2.82
13	2.32	2	2.79
21	2.22	11	2.69
17	2.19	6	2.67
22	2.53	3	2.64
18	2.00	10	2.60
19	2.48	5	2.58
15	2.48	9	2.55

Table 1 indicated that ten regions had statuses under average. Regions 1, 4, 8, and 7 were the best regions of Tehran in terms of environmental status

Table 2: The relation between Environmental Status of Tehran Municipality Sport Complexes and the Citizens’

The relation between Environmental Status of Tehran Municipality Sport Complexes and the Citizens’		
Area	Coloration	P value
1	0/190	0/168
2	0/537**	0/001
3	0/259	0/061
4	0/181	0/204
5	-0/170	0/904
6	0/047	0/703
7	0/011	0/936
8	0/113	0/420
9	-0/101	0/472
10	/0/264**	0/001
11	0/049**	0/001
12	0/299**	0/028
13	0/190	0/017
14	0/196	0/161
15	0/146	0/291
16	-0/078	0/575
17	0/037**	0/006
18	0/006	0/202
19	0/063	0/657
20	0/063	0/667
21	-0/042	0/768
22	-0/209	0/137

Cooperation According to the findings of table 2, the relation between cooperation and the environmental status in regions 2, 10, 11, 17, 12 is more than other regions.

Conclusion:

There is a significant relation between the environmental status of sport spaces and the level of Tehran citizens' cooperation in physical activities. These are compatible to the findings of Bono (2011), Cheryl Mallen (2010), Janson (2010), Pascual (2009). The reason to compatibility of the findings with those of the previous researches is that sport and environment are in a tight relation. The importance of this is so that the Olympic Charter was revised in 1994; the environment pillar was added to it after sport and culture (Bahmanpour, 2005). Therefore, the environmental risks can have many effects on the living creatures' health.

These risks may differ in terms of the type, intensity and amount, depending on how much the people are at their disposal. For many people, sport is in a close relationship with the environment where they are doing exercises. Presence at a natural environment often helps people enjoy and feel happy while doing exercise. In an ecological destroyed region, doing some certain exercises will be hard, if not impossible. Besides hurting the athlete, an unhealthy environment is also a barrier to personal motives for priority preference of sport exercise. If the environment is not suitable for sports, it will have negative effects on the exercises; such as jogging in cities polluted by smoke fog or canoeing in bacteria polluted waters (Pascual, 2009). Achieving the developmental and environmental agenda 21 requires a tremendous volume of new and extra financial resources to be transferred to the developing countries in order to cover the additional costs they should spend when encountering the international environmental problems and progress of stable development. People can have a very important role in preservation of the environment and society stable development through attending the healthy recreation activities and, especially, free time recreation sports.

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