SPORT FOR ALL AND LEISURE

*Mohammad Reza Parsamehr¹, Hadi Shahraki² and Alireza Rahbar Kahkha Zhaleh²

¹Department of Sport Management
²Islamic Azad University in Zahedan

*Author for Correspondence

ABSTRACT

The present study, entitled as sport for all and leisure, reviews the role of sport for all (collective exercise) in the social-cultural institutions, scientific recommendations, and Islamic Foundations that pursues its importance in the path of leisure and adjusting effective programs more than ever. Looking at the internal and external histories that took place, and emphasizing the role of family, gender, and policies proposed by the state planners in the direction of decline in sport for all and their adverse effects are evident on the public health situation, and the tendency of adolescents and youth to malicious programs in leisure, and increase the importance of this issue. Results show that sport in developed countries has a significant relationship with development indices, and the country that claims for development must take steps in the sport indices as the best means of managing leisure and social justice index. It should not be forgotten that sport activities have a huge psychological effects that the reduction of psychological, social and communication pressures are some of them.

Keywords: Sport for all, Leisure, Sport

INTRODUCTION

Nowadays, it has been determined that the role of sport can be studied as a main element in the leisure of billions of people, who live on earth, and an important position is considered for it. The fact that all people need to properly spend their leisure and considering the important role of sport in cultural, social, and economic construction of the country, recognition of its status and the effective factors that they have in the leisure are one of the very important issues in our present society that is considered by many experts.

Living in apartments in the cities along with increasing the use of technology and automation of tasks have a significant effect on people's physical activity, and movement poverty has gripped the urban life. Thus, sport can take an important step in solving this problem. Great management tendency to championship sport and the lack of attention to sport for all that can have an important role in line with the public health, are one of the fundamental and structural problems of sport in our country. In the meantime, the view of people to exercise is toward the championship due to the attractiveness of championship sport and its mass media. Therefore, not much success has been achieved in the discussion of culture making for exercise (Ahmadi Mozaffari, 2005). In today's stressful world that human beings always feel tired because of their busy schedule, the importance of leisure is not secret. Leisure pattern can have a positive impact on people's lives and their enjoyment of life (Poursmaeel, 2006). All people in a society need to properly spend their leisure, but the youth, need to be studied more accurately in this regard due to their critical and constructive role in the cultural, social, and economic construction of the country. Regular physical activity is the key component of a healthy lifestyle. The amount of sport and physical activity with a moderate intensity (at least five times a week for thirty minutes) and with a low intensity (at least three times a week for twenty minutes) for adults, is very effective in reduction of heart disease, preventing and delaying hypertension blood and metabolic syndrome, reducing the risk of osteoporosis, some cancers, and mental health (Vatten, Nielsen and Holman, 2006).

The emphasize of the Supreme Leader in the New Year of 2010 for universalization of sport considering the removal of the sport for all Deputy from the Physical Education Organization, make it necessary to conduct a comprehensive research in order to more attention to the issue of sport in the new ministerial structure. Identifying the barriers of sport for all has a great importance in Iran, because it determines the priorities of physical activity promotion programs at the community level, and shows the group that...
should be more focused on them, and helps effective planning and implementation of sport for all (Shahbazi et al., 2013). Considering the necessity of spending leisure and identifying appropriate solutions, the present study aims to investigate the relationship between sport, particularly sport for all with spending leisure in the society, and it expresses its research question in such a way that is there any relationship between sport for all and leisure?

**Literature**

Tondnevis (1996) in his doctoral dissertation aiming to determine the amount of leisure of male and female students at Iranian universities during a semester and summer vacations and their favorite leisure activities and also, the time and place of leisure and the role of sporting activities at this time, expresses in the results of his research that the amount of students’ leisure is 3 to 4 hours during a semester and 3 to 8 hours in the summers. TV, studying, talking, and sport are four leisure activities, and sport, studying, and computer are favorite leisure activities. The position of sport in leisure is in the third place for boys and the ninth place for girls.

Sabbagh Langeroodi (1998) in his research entitled "the leisure of boy students in Isfahan University with an emphasis on sport activities" determined the amount of leisure of students and their regular activities and their favorite activities in their leisure. He also expressed the students' attitudes toward sport activities, and the reasons for doing sport or doing incorrect activities and their reason, their satisfaction rate of leisure, and the amount of academic achievement in completing this time, deficiencies related to sport in the university, economic status of parents, sports history, and marital status with the satisfaction of students from spending their leisure. The obtained results show that 26 percent of students have 3 to 4 hours a day of leisure, and sport activities are in the first priority among the regular leisure activities. These findings are true in the case of providing all types of other leisure facilities, and students interested in the sport.

Shoaei (1998) states in the report of his research results entitled "evaluating the relationship of spending summer leisure and the amount of interest in girl adolescents with their demographic characteristics in high school girls of District 11 of Tehran City" that the ratio of girls that had sports, arts, entertainment, and studying activities in their summer leisure were 6.69, 6.74, 7.82, and 1.81 percent, respectively, and those, who were interested in sports, art, entertainment, and studying activities were 9.37, 2.37, 8.53, and 7.28 percent, respectively. Safa Nia (2001) has performed a research entitled "the way of spending leisure by female students of Islamic Azad University with an emphasis on sporting activities", and expressed the role of sport in passing this leisure. The results indicate that the leisure average of the students in the country's Islamic Azad University is 287 minutes that its highest percentage is devoted to 17 o’clock later. Furthermore, the average time of sporting in leisure was 127 minutes a week that the regular sport fields of these female students according to available facilities are walking, climbing, running, and body building, respectively. Amirtash (2004) has done a research entitled "extra-curricular and leisure with an emphasis on the sport activities in Tarbiat Moallem University of Tehran from the perspective of managers, faculty members, and its employees emphasizing on sport". The research findings suggest that despite the interest and attention of Tarbiat Moallem University employees about the necessity and importance of recreational and leisure activities, there are not enough facilities for practical implementation of these activities. For this reason, people allocate a bit of their time to it.

Delavar et al., (2000) in their research entitles "evaluating the leisure spending of male and female students of Sistan and Baluchestan University n emphasis on physical education" expressed that the impact of youth’s way of spending leisure on their educational, cultural, and social progress is a proven issue. Then, he has concluded that the leisure activities of young people are heavily affected from both sides. One of them is presence or absence of suitable and useful facilities to make these activities more productive and the other is presence or absence of issues that occupy the young people’s minds, which generally have sweet, cute, and attractive appearance, but they are actually harmful.

Sabourin and Irvin (2008) have evaluated the social impact of sporting activities among the youth in their research. Then, they stated that the reason for sporting activities during leisure, as well as other activities related to health is shaped at the end of childhood and the beginning of the youth. However, regular
sporting activities form a natural part of children's life, but these activities are decreased during the youth period, especially among girls. The results show the important factors that have a major impact on sport activities, and the fact that the participation of girls in sports at the youth period is particularly affected by social factors such as boyfriends, girlfriends, and classmates are boys and girls. Also, the role of parents and other factors on physical activities should not be forgotten.

**Theoretical Foundations of the Research**
Leisure means comfort and relaxation, and it is usually used against daily occupation and conflict (Mahalati, 2009). In Persian, recreation is often used instead of leisure that means joy and happiness (Behnam, 1968). Leisure is the French translation of loisir, and includes the length of time that a person does not work (Paply Yazdi and Saghaei, 2006). Leisure is a set of activities that an individual performs with his complete consent, or for relaxation, or for recreation, or in order to non-profit develop or train or voluntary social contributions, after being released from the occupational, family, and social requirements (Saeid Rezvani and Sineh Chi, 2007).

In the Islamic culture, leisure does not mean unemployment, idleness, and laziness. Muslim man cannot spend his time in vain. Our supreme God told the Prophet Muhammad (Qur'an, verses 6, 7, and 8): verily, ease and comfort are associated with hardship; thus, if you had leisure, occupy yourself with other works and do not be lazy and self-indulgence, go toward God and his consent. What should be noted is that leisure is decent and healthy in the Quran and it is not laziness and unemployment (Alavizadeh, 2007: 69).

It is said about the importance of time in the life of Muslim human beings that Muslim human acknowledges his best investment i.e. his life, and does not waste it in vain and fruitless, even spending it in bad things and disobeying God. Prophet Muhammad (pbuh) in his commandments to Abuzar Ghaffari says: Abuzar, be stingier about spending your life than spending dinar and dirham, and do not lose it for free "(Bihar al-Anwar, vol. 77, p. 78). It is said the tradition of Prophet Muhammad PBUH that he be very diligent and hardworking so that his companions protested him. In particular, he put himself in hardness in the hours that he devoted for worship and liturgy. One of the parties objected to him, he said: Shall I not be a grateful servant? About the value and importance of time, it is enough that Imam Ali said: human considering his potential talents, needs, and his wishes that their fulfilling lead to his growth and perfection, and after understanding the value of time and life, it is necessary to know how to spend his life in order to grow his existential dimensions harmonious and balanced, because excess or wastage in each of the dimensions prevent him from the path of happiness and virtue (Nahjolbalagh, p. 724). No one understand the value of life residual unless Prophet and a saint of his companions (Ghorar Al-Hekam, pp. 365 and 848). Imam Baqir (PBUH) said in a hadith: the Prophet Moses (pbuh) as the prayer said: My Lord! Who are the most hatred servants? He said (Safeenat Al-Behar, p. 368): those, who are unemployed in day and night like a murder. Of course, in the words of Imam Sajjad (PBUH), it is leisure s about a kind of leisure, which is "patron leisure". He asks God to taste him the sweet taste of this leisure in the expansion of provision (Sahifeh Sajadieh, p. 355).

Reviewing the proposed comments about leisure suggests that the study of "Stanley Parker" is the best-known theory in the field of leisure. Parker claims that the nature of leisure is understandable only in relation to work. There is no leisure without work, and leisure activities of an industrial society develop the leisure activities. According to his opinion, work can be converted to leisure to the extent that can reform the person's attitude towards work in addition to considering as the continuation of the work. If dissatisfaction be felt in work, leisure finds a restorative aspect (Tavasoli, 2007). Various factors can play a role in the pattern of leisure. Environment and social and economic conditions of residents are one of the major reasons in this field. The results of various studies show that space and conditions have an important role in people's behavior patterns. Thus, it can be said that the behavior of each individual is the function of particular temporal and spatial conditions, which lives in it (Rafipour, 1985).

In total, leisure has various functions that their most important functions are as follows:
Rest and refreshment, physical and psychological damage compensation caused by the continuous excitement of work, recreation of human from illness caused by the monotony, temporary abandonment
of everyday tasks, providing physical and intellectual development of personality and talent (Ziyari et al., 2009). Leisure is one of the most important issues of today human that ignoring and wasting this time prepares the fields for occurring a series of anomalies and enables individual and social problems. While, this time can be used efficiently and properly without wasting by a careful and deliberated planning and enriching this time. Because, many of the discoveries, inventions, and psychological and personal developments have been created in the rational and proper use of leisure. However, training and allocating funds and significant capital to provide facilities and space to spend this time should not be ignored, especially for children and adolescents (Rajae, 2004).

Ways of spending leisure time in the country can be divided into two types: individual and collective. Among these, the way of spending individual leisure can be divided into active and passive that the individual does not have participation in leisure time in a passive way. In this way, the individual spends his/her leisure in front of a television and other mass media. Our view of leisure is different from the view of western countries. Western and industrial countries have a material view on it and provide entertainment and leisure facilities for their students and youth. But, our view is an Islamic view with training and dynamism in the activities, and a view with Islamic rule and thought. The criterion for our action in explaining leisure programs is the golden triangle of edification, education, and sports that the Supreme Leader emphasized on it in a meeting with the member students of Islamic Association (Sobhani Nejad et al., 2009). Physical Education and Sport Sciences are one of the areas of human knowledge, and sport for all is one of its branches, which has a special place in the safety and physical and mental health of human beings (Barandoust, 2002). Sport for all was first raised in the Council of Europe in 1996. From the Council of Europe's view, sport for all is free, voluntary, and optional physical activity, which is done at the leisure time of people. There is the possibility for everyone to do it, and its goal is not competition and victory, but also, its main goal is recreation, development, and improvement of people (Javadipoor, 2011).

From the perspective of the International Olympic Committee (2003), sport for all is the exercises that can be done by all the society regardless of age, gender, race, and social class. The World Health Organization (2003) considers sport for all as exercises that are available for all people in the society with the lowest cost. The purpose of this exercise is to promote health and physical and mental health of the community. From the numerous definitions that have been provided for sport for all, a general definition can be achieved: sport for all, is an exercise for all in every age and race with the lowest cost with the aim of improving the health and lives of people. It, in fact, is a physical activity that converts the stored energies in individuals to power and creates incentives in people for exercising to have an active leisure.

Sport for all like any other system requires developing its macro goals and strategies and operational plans to avoid any kind of duplication, going astray and wasting financial, human, physical, and informational resources, while knowing the movement path (Javadipoor et al., 2013). As a fundamental principle and priority, "sport for all" has been accepted during the last three decades as a sport slogan in most countries of the world. To realize this universal slogan, many public and private companies and non-sport organizations have started and implemented codified and organized programs with high costs for participation of all social groups and providing equal opportunities in recreation exercise and a variety of physical leisure activities. The main purpose of these activities and programs is improving the quality of life styles, increasing the fun and vitality and health promotion with the emphasis on various sport programs (Mcintosh, 1990).

One of the most difficult and fundamental issues in exercise participation is improving and developing motivational tools. Coaches and sports managers perform some motivational programs with the aim of continuing participation and improving performance. But, developing the practical pattern from the motivation for sport participation and its continuation needs to understand the motives and assumptions of people to participate in exercise (Welford, 2001).

In not very distant past, movement poverty was very low among the population. For example, in an agricultural society, working on the farm requires a lot of physical force. In the urban life transportation to work, occupational activities, travel, and etc. required largely physical activities in the absence of
technology, but with the advent of technology, transportation became mechanized and also, communications had less need to spend physical power and endurance long distances with the revolution in media. The mentioned factors along with living in apartments faced our life with movement poverty, and this movement poverty caused many problems in urban life. For this reason, attention to fitness and health has become more important in discussions of urban sociology (Fox, 1997).

Undoubtedly, today, exercise has become a global phenomenon. In the early years of the twentieth century, exercise has been concerned as an art as well as create a healthy society (Alkholi, 2002). Increasing the tendency and more presence of people due to the awareness and enjoyment of its benefits such as positive physical, psychological, social, and economic effects caused that governments think about planning and investment in exercise and healthy recreations (Simaye Marg statistics, 2000). There are several reasons for planning and investment in sports and leisure. First, exercise is an important part of social life, which leads to developing leadership skills and opportunities for creativities, and helps friendships and relative ness in the community. Second, participation in exercise activities increases the level of public health and prevention of disease and the involvement of the society in a dynamic life (Isfahani, 1996).

The issue that should be concerned in the section of sport for all is the priorities of people in exercise. Researchers predict that this century is not the century of the current exercise, but also the time to engage in activities that are performed in nature. Physical activity in the present century has two main features of being voluntary and enjoyable (Frankish, 1998). In fact, the motivation of people to participate in sports activities is not achieving a high degree and access to the Olympic motto (faster, stronger, above), but also, health, vitality and social relationships are the important reasons to participate in exercise (Isfahani, 1996).

Since, sport for all easily accessible and cheap, all the people in the cities can benefit from it. This exercise aims to increase the participation of all social groups and providing sport pluralism, strengthen athletic sports, competitive sport, health recreation, and recreation sports (Roshandel, 2007). However, sport for all depends on geographical and socio-cultural conditions, and includes all the organized and unorganized recreational sport activities and traditional-local games, and its audience is general (Atkinson, 1981). Failure of Iranian’s approach to sport for all is based on organizational shortcomings, lack of facilities, lack of modern strategic planning, lack of studying about desirable sports for a community, and reluctance to sport for all. On the other hand, the low share of entertainment costs in the basket of household spending (2.54 percent) compared to tobacco (3.3 percent) reflects the lack of attention and interest of the sport and recreational in Iranian families (Seyf, 2013). It seems that development of sport for all in leisure requires increasing the awareness through education, and also, proper planning and management and appropriate facilities. On the other hand, school and university have been considered so far as twin pillars of society to promote education, culture, and sport, and any action to promote a culture in the society without these two pillars is almost impossible. Consequently, initially, it should be known about issues and limitation as the first step to solve the problems (Rahman et al., 2006).

One of the most difficult and yet the most fundamental issues in sport participation is developing the motivational tools. Coaches and sports managers perform some motivational programs with the aim of continuing participation and improving performance. But, developing the practical pattern from the motivation for sport participation and its continuation needs to understand the motives and assumptions of people to participate in sport (Welford, 2001). Incentives of people to participate in sport programs are associated with important factors such as economic status, socioeconomic status, cultural origins and family attitudes, personal needs, education, and advertisement. Of course, the impact each of these factors varies on increasing or decreasing the participation (Richard, 2002).

Individuals’ ability, childhood education and sports-oriented lifestyle concept are closely associated with the proposed concept of Bloch as a health-oriented lifestyle. The concept of sport-oriented lifestyle in our desired definition goes far away from professional sports, and it refers to the ways that citizens dispose to sport (sport for all) to preserve their health. In this definition, sport is not considered as a profession, but
also, it is raised as a need and necessity in life to enhance the citizens' health. Thus, it can be said that according to Giddens’s view in the formation of sport-oriented lifestyle, a transformation of modernity and the entry into the modern era appears, and traditional customs and habits are replaced by new habits (Moein Al-Dini, 2012).

It can be said that citizens can learn sport as an important component to preserve health and fitness in interaction with others, and choose their life style based on sport-oriented lifestyle. The structure of social relations plays a critical role in this regard. In the process of globalization and the formation of values and emerging needs of the people, attention to sport and judgment of the community about fitness and body management are very important. But, its citizens do not have opportunities to choose the sport-oriented lifestyle, they will not be able to choose this lifestyle for themselves. The opportunities that are provided for individuals can create cultural, economic, and social capital based on choosing sport-oriented lifestyle according to the approach of opportunities (1998: 24) (Moein Al-Dini, 2012).

**Conclusion**

Leisure planning cannot be an independent and unconnected thing with the rest of the time, but also it should be useful and helpful along with the macro plan of life. One of the methods that can cover people's leisure time and treat and resolve a lot of physical and mental weaknesses and deficiencies is exercise and healthy entertainment. Apart from the compensation of weaknesses and maintenance of subjects’ health, physical education, and sport prepare them for life, efforts, and goals. Using games in leisure time provides an opportunity for progress. The relationship between leisure and sport industry has an underlying that the foundation of all championship is the sport for all. If we could prepare the necessary platform for the leisure time, which is sport for all, we move in line with the Physical Education Organization for the health of people and the institutionalization of sport in society.

A community, a family, only will be able to pass the progress and development path when it consists of healthy, precious, and pure people. Thus, physical education and sports should be considered by all people in a community, including men and women, large and small as a part of human’s requirements. The role of exercise should be considered for the prevention of organ failure, physical therapy and physical education progress and planning at various levels of public life. The first goal in education is growing various aspects of personality from physical, mental, social, and spiritual aspects. Sport and its educational purpose cause learning behavioral skills. With such a sense, sport is associated with training as a practical help tool. One of the largest and most important parts is attention to sport activities, which should be considered in the construction planning of each community.

Leisure planning cannot be an independent and unconnected thing with the rest of the time, but also it should be useful and helpful along with the macro plan of life. Otherwise, inevitably, some parts of the valuable life of human are lost in the absurdness and fruitlessness and they are spent for vain works. One of the methods that can cover people's leisure time and treat and resolve a lot of physical and mental weaknesses and deficiencies is exercise and healthy entertainment. Apart from the compensation of weaknesses and maintenance of subjects’ health, physical education, and sport prepare them for life, efforts, and goals.

Recreation and spending leisure is an effective means to develop mental, physical, moral power, and personality development and emerging the creativity of individuals, and it is an important factor for preventing anti-social behaviors. Of course, organization and overall planning to occupy the leisure time are the responsibility of organizations such as the Ministry of Interior, welfare, sport, culture, art, and education, but this important issue is assigned to the Ministry of Education in each country so that applying this be known for every individual. There is no way except a precise planning for sport and game to reduce diseases and putting prevention rather than treatment and eliminating harmful addictions and eradication of drug abuse and filling leisure and unemployment time of people with constructive and useful planning.

Games and other types of physical activities give the opportunity to adolescents to have self-esteem and self-reliance and feel the joy of success and participation and collective unity. The positive effects also help to reduce the risks caused by stressful and inactive life methods in today’s adolescents. Doing...
conducted physical activities can foster other health behaviors like avoiding smoking, drugs and violence behaviors, and the children, who have more physical activities, have achieved higher academic results. Regular physical activities help children and adolescents to have healthy bones, muscles, and joints and have proportionate body weight. Physical activity also has a considerable impact on the performance of the heart and lungs. This issue creates coordination and helps to prevent and regulates anxiety and depression.

People should have suitable claims by proper reading. In a glance, it should be said that our organizations’ missions are not defined properly or it be defined properly, we could not implement the missions properly. Sports in developed countries have a significant relationship with the indices of development. The country that claims for progress must be developed in the sports indices. On the other hand, sport development is now known as an indicator of development and social justice. Thus, sport activities have a lot of mental effects that can be used to reduce anxiety, depression, and create protection and cope with mental pressures and increase self-esteem, improve mood and develop mental health. In addition, one of the ways of reducing mental health problems and increasing health and wellbeing is doing sport.

Recommendations

One of the fundamental steps that should be performed is providing readable and training contents so that desirous people understand that what can be done by exercise and what benefits it brings for them. Regarding family exercise, various programs should be considered according to the heterogeneity of social classes in term of time, understanding, literacy, career success, financial condition and the type of training and so on, because these people have different views and a same pattern cannot be considered for all. Preparation of bulletins and periodicals to understand, explanation of sport programs, the way of doing movements, advertisement through the mass media as a training and health factor, introducing various sports to families, creating opportunities in parks, neighborhoods, sport public places to equitable distribution of sport facilities between people is an essential issue and more important is that sports’ culture should penetrate in families.

Thinking and understanding the proper use of leisure should be taught in academic years and it should be concerned by authorities as a valuable part of education to teach people to be effective in the purification of the individual in society. In pre-school, since education is not inclusive and all children are not covered, thus, attention to creating game and exercise in facilities in public places has a special importance. In this case, parks, local clubs, sports facilities, kindergartens, establishment of open spaces in residential complexes and urban development projects should be considered. Given that formation and growth of children are a major factor; in this case, municipalities, welfare, charities, local associations are obliged to provide space for this group.

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