

Research Article

PREVENTIVE FACTORS OF PHYSICAL ACTIVITIES OF THE FEMALE NURSES IN SHAHID-BEHESHTI UNIVERSITY OF TEHRAN

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ABSTRACT

Undoubtedly, solidity and durability of a dynamic and healthy society depend on the healthiness of each and every member. Sport is an important factor in physical healthiness and the physical healthiness has positive effects on mental and spiritual healthiness of individuals. Today, Sport is considered to be one of the important factors which affects the healthiness and vivacity of societies, but unfortunately there's little inclination to take part in it among different levels of the society, especially female nurses. Therefore, this research, in an aim, studies the preventive factors of physical activities of the female nurses in Shahid-Beheshti hospital of Tehran. From an entity and method perspective, this research is of survey-descriptive type which is performed publicly. In order to collect data, standard questionnaire called "physical activities hurdles" has been used, that was provided by Carol and Alexandria based on the pyramid model of hurdles and contains 29 questions ($\alpha=0.85$). Statistical universe of this research are female nurses of Shahid-Beheshti hospitals of Tehran which are under the surveillance of this university each of these 24 hospitals with the approximate capacity of 2805 people. From the statistical samples, 338 people were selected using Morgan table and Random Cluster Sampling technique. Data analyses were carried out in two levels of descriptive and deductive statistics via the SPSS19 software. There is a meaningful relationship between the rate of participation & age and preventive factors in the society under study having an eye on the correlation coefficient obtained. There was no meaningful difference in the rate of preventive factors of physical activities based on the level of education in the society under study. Motives average was obtained respectively from major to minor in the following order: lack of partner with 3.47 was the highest average, next, lack of time with 3.22, lack of facilities with 2.98, lack of access with 2.74, individual/mental problems with 2.32, lack of interest with 2.26, and finally, the lowest amount is related to the lack of awareness with 2.18 average. Motives average was obtained respectively from major to minor in the following order: lack of partner with 3.47 was the highest average, next, lack of time with 3.22, lack of facilities with 2.98, lack of access with 2.74, individual/mental problems with 2.32, lack of interest with 2.26, and finally, the lowest amount is related to the lack of awareness with 2.18 average.

Keywords: *Preventive Factors, Physical Activities, Nurse, Female*

INTRODUCTION

Stability and durability of a healthy and dynamic society undoubtedly depends upon individual members. Exercise is an important factor in physical health and physical health has a positive impact on mental health. In other words, exercise reduces stress and increases self-confidence and improves the quality of sleeping and nutrition and strengthens the muscles and bones (Lovell *et al.*, 2010).

Addressing to exercise in a scientific and systematic way, leads to intellectual and individual developments which in addition to healthy body, creates positive changes in individual personality. Sociological surveys show that from 8700 hours of each person during the year, 6830 hours spent for working and providing biological needs and 1930 hours remains in the year which these times are of utmost importance as a leisure time. Exercise can be a good way to fill the leisure time. Therefore, recognizing annoying factors and fix them on one hand and recognizing stimulus factors and strengthen

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them on the other hand can increase individuals' participation in exercise in leisure time (Tehard *et al.*, 2006).

To understand more on the content and continuation of the research, we explain about variables and technical words in a brief but accurate and complete way

1. Physical Activities: Is defined as any movement in daily life such as work, leisure, sport and practical activities. In fact, physical activity is included a wide range of activities with different intensities such as walking, running, jumping and sport activities. Moderate physical activities can be used by everyone in everyday life and can be done without any cost and expenses.

2. Inhibiting Factors: Factors that prevent reaching the intended preferences, or decreases participation and enjoyment of physical activities.

3. Female Nurses: In this study, included all women who work as nurses. Now as says, promoting physical exercise with regard to public health has been one of the main objectives of the government that stems from the fact that prevention of diseases caused by sedentary and sitting behind the desks, promote and reinforce healthy and fit lifestyle, among the objectives that related to the health and quality of individual's life and the government need to achieve those goals. Lack of interest in sport was the focus of study in different societies and is increasing in developing countries for two main reasons: on the one hand, for the advancement of technology or dependence on the technology, urbanization and mechanization of workplace, and on the other hand, due to the fact that physical activity and exercise dedicated to leisure time (Taj Uddin, 2006)

The results of different studies demonstrates that people who encounter more obstacles, have less facilities for physical activities, also it depends on the age and sex. Henderson and colleagues found that female athletes do not consider exercise as leisure activities, and therefore do not participate in physical activities in their spare time, that this matter is due to the wrong attitude of women. Henderson's researches expressed that the population of women in society especially in nursing, physical activity is not in a good position (Jackson, 2000). However, in industrialized societies, sports and physical activities, which are institutionalized in some social and cultural areas. A word of warning, there are factors hindering nurse women's participation in sports activities in their spare time.

Therefore, with recognition of manner of spending leisure time and hindering factors in female nurses' sport activities and other variables related to amount of women participation in physical activities. It is also required to provide them necessary backgrounds for their more participation in physical activities. Exercise and sport activities is a part of the culture of each nation and, on the one side, participation in physical activities can help in managing obesity, joint pain, heart disease, high blood pressure, diabetes and cancer patients (CDC, 2006). Nowadays, sport is considered one of the most important factors affecting the health and vitality of communities, but unfortunately the support of sports among various social groups is low (Lily & Kohn, 2009). Among all the population of society, women tend to be considered as one of the vulnerable groups that are less likely to exercise. Since now more than 80 percent of the country's nurses are women, and according to the above, the necessity and importance of the participation of women and girls in sport and physical education is emphasized.

The problem of not addressing the issue of sports is made more difficult when women's Employment issue comes up, especially in difficult jobs such as nursing.

Nursing is an important part of health care quality and nurses play a vital role in a country's health care system. Nowadays, the planning of public sport, especially for nurses, particularly women nurses, embed them under the cover of these programs should be based on research. For this reason, this study examines the factors inhibiting women from doing physical activities in their leisure time and its aim is to identify deterrent factors that impaired in carrying out such positive activities in the community of nurses. To develop a comprehensive program for physical activities of women nurses, barriers should be identified.

Research shows that women nurses face more obstacles to participate in physical activities (Hubbard and Mannell, 2001). Therefore, the review of these barriers is of special importance. The question arises whether inhibiting factors affect the trend of women nurses in sport activities? Which one of the inhibiting factors had greater impact on women nurses of Shahid Beheshti Hospital in Tehran University

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in participation of sporting activities? So, the overall goal of this research in to investigate Barriers and inhibiting factors in physical activity of female nurses in Shahid Beheshti Tehran hospital.

MATERIALS AND METHODS

Methodology

With regard to the purpose of this research that was the study of inhibiting factors of female nurses physical activity in Shahid Beheshti University in Tehran, barriers to participation in sport activities was studied through questionnaire.

The most appropriate method for doing this research, in terms of the nature and method of study was a descriptive-metrical one. The target population in the study was female nurses of Shahid Beheshti University of Tehran's hospital. There are 24 hospitals under the supervision of the university and the number of female nurses was 2805 who were on duty in the hospital to determine the sample size of this study was used Morgan table which according to population size, the number of 338 people were selected according to cluster sampling randomly.

The instruments measure includes a two-part questionnaire. The first part of the questionnaire, participants were asked to determine their age, marital status, educational level, including their participation in sport activities during the past 12 months. The second part of the questionnaire included "obstacles to physical activity questionnaire" which developed by Carol and Alexander or on the basis of Pyramid model obstacles and contains 29 questions. Validity and reliability of the questionnaire has been measured by doctor Elham Moshkel Gosha in 2005. Also, for calculating the internal reliability of the method Cronbach's alpha coefficient of internal reliability was used, and reliability coefficient was 91/0 for the questionnaire of participation barriers.

Here is internal reliability coefficient for a subset of obstacles to participation in Table 1.

Table 1: The Reliability Coefficients of Questionnaires Barriers to Participation Cronbach's Alpha Indices Obstacles

Cronbach's Alpha	Indices
0.88	Intrapersonal
0.81	Interpersonal
0.86	Structure

According to Table 1, the highest coefficient of internal reliability of subset of barriers to participation, related to the obstacles of intrapersonal with the ratio of 88/0 the lowest ratio was related to interpersonal obstacles with ratio of 81/0 coefficient (Cronbach's alpha for the whole questionnaire = 85%). According to the research goals and work to save time and costs, anonymous questionnaire was used in this study.

RESULTS AND DISCUSSION

Results

To investigate and analyze the raw data obtained, the descriptive and inferential statistics were used. Descriptive statistics to calculate the central tendency, mean and dispersion measure, the standard deviation was used. For the normal distribution of data Kolmogorov Smirnov test, and for comparison of mean post hoc, LSD test was used. To evaluate the relationship between variables Pearson correlation coefficient was used and finally using multiple regression, the impact of inhibiting factors has been measured on the amount of physical activity. All the above data analysis was performed by using software SPSS19.

A summary of the results of the questionnaire of inhibiting factors in terms of mean and standard deviation scores obtained in the different aspects of barriers to participation has been shown in Table 2.

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As can be seen in Table 2, from a total of 338 samples studied, the highest mean score and the resulting is related to lack of mobile barrier, and the lowest mean scores is related to ignorance.

Table 2: Statistical Described Inhibiting Factors

Indices	Barrier	Number	Mean	Standard Deviation
Individual Problems / Mental		338	2.32	1.19
Ignorance		338	2.18	1.56
Lack of Interest		338	2.26	1.32
No Mobile		338	3.47	1.68
Lack of Time		338	3.22	1.08
The Lack of Facilities		338	2.98	1.38
Not Available		338	2.74	1.57

Hypothesis

According to the results of Kolmogorov-Smirnov tests based on the normal distribution, the Pearson correlation test was used to examine the relationship between groups using T-test and ANOVA.

Research Hypothesis

There is a significant relationship between factors hindering physical activity and participation rate in the population under study. Table 3 shows the results of Pearson correlation coefficient between inhibiting factors of physical activities amount of participation. To evaluate whether there is a significant relationship between inhibiting factors and amount of participation in population under study or not, Pearson correlation coefficient was used.

Table 3: Represents the Results of Pearson Correlation Coefficient (021/0 = p and 768/0 = r), and Shows that there is a Significant Relationship between Barriers and Level of Participation (015p ≤)

Variable	N	R	P
Barriers and Level of Participation	338	0.767	0.021

Discussion and Conclusion

The results of the inhibiting factors and participation in physical activity showed that significant relationship exists. Of course, there are interpersonal obstacles derived from their research includes issues of personal / psychological, ignorance, and lack of interest, lack of mental readiness for exercise, not having the necessary physical fitness, lack of necessary skills, fear of damage. If we accept that people with no motivation leave participation early (Fortier *et al.*, 1995), these results suggest that interpersonal barriers may have a negative impact on women's commitment to continue to contribute. Recommendations derived from the research findings.

According to the findings regarding the low level of people with a bachelor's degree among nurses, more attention and priority is necessary to promote awareness and to facilitate their participation in the activities. The study was conducted on women who inevitably results are different in men. Examining the relationship between these variables in men can be considered in future studies. Also it can be used in a

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study to compare the inhibitory factors between men and women in target population which are busy a lot in terms of employment.

Research Limitations

A) *The Extent to which the Researcher has been Applied:*

The target population only is female nurses in hospitals of Shahid Beheshti University of Tehran.

B) *Delimitations of the Researcher*

1. Personal opinions of attendees can affect results.
2. The time and place of participants at the time of completion of the questionnaire is out of control of the researcher.
3. According to the fact that research instruments are attitudinal questionnaires, some administrative considerations may affect participants' responses.
4. The amount of understanding to the questions and accurate answers to them is limited to the validity and reliability of measurement instruments.

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