EXAMINE THE RELATIONSHIP OF SOCIO-ECONOMIC STATUS (SES) WITH LEISURE TIME SPENDING OF GIRLS EMPHASIZING SPORTING ACTIVITIES

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Abstract:

The objective of this research was doing an examination about the relationship of socio-economic status (SES) with leisure time spending in the girls of Sanandaj city emphasizing sporting activities. The method of research was descriptive-correlated and has been done as field research. The population of the research consisted of all young girls of Sanandaj aged between 15-29 years old which 384 samples were selected by using multi-stage cluster sampling. The tools of research were Godrat Nama SES questionnaire (2013) and free time questionnaire of Kolsomzade (2011) with the reliability coefficient of 0.86 and 0.88 respectively. Descriptive Statistics and Kolmogorov-Smirnov test inferential statistics, Pearson correlation and regression were used for analysing of data. Results indicated that there is a positive and meaningful relationship between socio-economic statuses, income, economic class and father's education with spending leisure time of participants. But there was not found a meaningful relationship between mother's education and housing situation with spending leisure time of participants. Also in the simultaneous regression model, Beta coefficient indicated that the components of income (2.531), economic class (2.485) and father's education (2.182) have positive effect on the variable of spending leisure time of the young girls of Sanandaj city. In general, it can be concluded that improving the economic situation of the family and promoting literacy can have significant impact on the spending leisure time of young girls.

Keywords: socio-economic status, leisure time, girls, sporting activities

Introduction

Mankind throughout his life has always faced with numerous and varied issues and has done so many attempts for resolving them. Numerous facilities that nowadays human has owned are a result of efforts and even sacrifices of past generations. But today's human have some challenges that is not less than past generations issues in terms of diversity and complexity. And the same issues have been considered further in the last two decades. Scientists and experts have been analysed and adjusted matters and each offered their strategies from their views. Spending leisure time is a matter that is a concern which by social developments and the progress of science and technology as a serious and effective issue (Wuest and Bucher, 2008). Man realized the importance of time, its passing, and its impact on his fate and tried to use it consciously. Thus, preventing of social, moral and physical deviations had been important by planning (Nanus & Harvey, 1993).the necessity and important of using leisure time such involved nowadays human that has committed to establish the leisure time organization beside other organizations. Today, leisure is not a lateral phenomenon but it is one of the most important areas of modern civilization that has changed quantity and quality of cultural production by its expanding (Shariati, 1381). Leisure activities had been means as entertainments, recreations and activities that is done by interest and enthusiasm after daily activities and its main functions considered refreshment, entertainment, recreation, growth and prosperity of the human personality (Hunnicutt, 2013).

Leisure activities for a youngster are as conditions for trial and error and social experiencing that equips him .her for entry into the community and responsibility for the future (Fokohi and Ansari, 2003). Doing appropriate leisure activities plays an important and effective role in the forming dynamic, enthusiastic and joyful intellectual power personality of a society. Thus achieving this important goal requires planning, enrichment and organizing resources for ideal spending leisure time. And neglect or inattention has bitter and harmful results. Perceptions of how to spend their leisure time in terms of leisure and social and historical conditions is different according to historical and social conditions and life cycle. In the modern era the human does not enters directly from childhood to adulthood but it has a period in his life that is equal to lack of responsibility and leisure time has a great distribution in it. Special attention and providing opportunities for spending leisure time of women and girls can have an effective role in the shaping their personality and also structuring community (Azevedo et al, 2007). Among leisure activities sport significantly decreases mental pressures and raises a person's social adaptation (Aldana, 1996). It should be noted that several factors

affect how people spend their leisure time. Among the factors affecting leisure activities we can refer to socio-economic status and its indexes including salary, education level, household density, age, marital status etc.in the leisure time socio-economic status creates boundaries and differences (Beenackers et al, 2012). Human communities economically and socially divided into different classes. Everyone is belonged to a certain socio and economic class depending on the profession and some economic and educational standards (Al-Kholi, 1996) Analysing the role of leisure time in the modern era and its relationship with socio-economic status indicates the increasing importance of leisure in contemporary society. Experts about effects of socio-economic status on spending leisure time say that family environment and social-economic status of family has effects mental attitudes on toward how people spend their leisure time (Lotfizadeh, 2012). The research shows that students with the average and higher than average economic status are more active in spending their leisure time due to family awareness of the benefits of leisure (social category) and emotional and financial support (economic class). But families with low economic status because of unawareness of family (social class) and lack of emotional and financial support (economic class) have not attention to spending leisure time (Dalman & Livyaiz, 2010).

Walseth & Strandbu (2014) indicated that girls with a history of migration participate in organized sports less than other young people. In this study obstacles related to culture and religion has been expressed as the most important obstacles in the women participation in the sport activities. Results of Vandendriessche et al research (2012) indicated that socio-economic status is depended positively and meaningfully with sport participation and membership in sports clubs for both men and women. Also Binacress et al (2012) founded that in the most performed researches there is a positive relationship between high economic status with high levels of active participation in leisure sports.

Asorika and Mayer (2012) have examined in a research different types of participation of Indian women in the leisure activities in comparison with Australian women. They resulted that those origin Indian women and other ethnic minorities (immigrants) in comparison with Australian women because of social and cultural exclusion do not have the opportunity to participate in sports and recreational activities. They indicated that by promoting and diversify in the social and cultural aspects in the sport it can be significantly increase the interest and participation of origin Indian women to the leisure sports. Also Laakso et al (2008) in a research with title "*Process leisure time physical activity among young people in Finland between the years 2000-1977*" stated that during recent decades examination of leisure time physical activity between Finnish boys and girls shows that participation of people in the

organized sport from the state has increased significantly which this is more for girls in comparison of boys.

Sabourin & Irwin (2008) has performed a research with the title "*Promoting enough exercise among college parents*" which resulted that in youngsters participation of girls in sports has specifically influenced by social factors such as friends and classmates also considered the role of parents important in the physical activities. Robertz (2007) in a research has examined inhibiting factors of women Sport. Results showed that economic factors constitute 80 percent of the most important inhibiting factor in the sport activities. Then cultural and personal factors were ranked in next classes. The most important personal factors that prevent women from attending sports activities related to married women and women that have children. They due to the responsibilities relating to household and childcare in many cases were unable to participate in sports activities and enjoy it. Bari & Petosa (2006) in their article with the title "*The impact of sports and leisure activities planning for high school students in Ohio (America)*" resulted that planning for students has increased the level of physical activity outside of class. Also with clear influences of leisure sports activities on the student's achievements the physical activity of students especially students with low mobility has increased.

Young girls because of social and biological properties and social and tradition conditions of Iran community need to some leisure programs different from the boys. One of the major cause's different patterns of women and men, including their leisure time is due to the difference in their moods. Shortage or lack of leisure activities suitable for women and young girls causes to reducing efficiency at work, education and family and depression and perhaps causes the destruction of human relations in the field of social and family (Sarokhani and Malekian, 2011). By looking at current condition of women in Iran in various fields, we see that they have tried to show their abilities. In this respect, it can be referred to significant increase of girls entering higher education institutions in the recent years. Today's young girls who are the future mothers of Iran are required leisure time for reflection. And researches about leisure time of this generation can clarify shortcomings of this field. Therefore, the current research has been done with the purpose of investigating relationship of socio-economic with spending leisure time of girls in the city of Sanandaj.

Materials and Methods

The current research was descriptive – correlation which data gathering has been done through field studies. Cluster sampling method was used considering the magnitude

and extent of the research community and lack of access to the complete list of all members of society. For this purpose and considering geographic areas of Sanandaj it was divided into 4 regions South, North, East and West and in each region two neighbourhoods were randomly selected and the questionnaires were distributed among young girls 15-29 years old and then gathered. Based on Morgan table the numbers of samples were determined 384 people. For gathering data the standard questionnaire of socio-economic status (SES) was used that has been designed by Ghodratnama (2013).this index is a compound of income, economic level, father's education level, mother's education level and housing situation. The reliability coefficient of the questionnaire was calculated during one pilot study over 10% of mentioned sample size in the 4 regions of Sanandaj city through using Cronbach's alpha 0.86. Kolsomzade questionnaire (2011) was used for leisure time which consisted of 18 items and its validity was confirmed by a number of specialists and its validity coefficient was calculated as 0.88. Kolmogorov-Smirnov test and descriptive Statistics were used for data analysing and for normal measurement and inferential statistics in meaningful level 0.05 .the software version is SPSS 20 edition.

Findings

For providing research findings first table describing the demographic variables is given and then the results are presented.

Table 1: Descriptive statistics of socio-economic status and leisure times

index ⟋ variable	mean	Standard deviation
Socio-economic status	0.511	3.82
Leisure time	0.406	3.42

According to obtained results of table 1 the average of socio-economic and leisure time is higher than average level (average level=3)

Table 2: Results of correlation test related to relationship between socio-economic status, income, and economic class, father and mother's education level and housing status with leisure time of participants

index variable	Pearson correlation coefficient	Meaningful level
Socio-economic status	0.243	[**]0.002
income	0.189	[*]0.221
Economic level	0.301	[**]0.001
Father,s education level	0.294	[**]0.001
Mother,s education level	0.041	0.311
Housing status	0.072	0.441

Table 2, indicating positive and meaningful relationship between socio-economic status, economic level and father's education level with leisure time activities of participants but there was not found a meaningful relationship between mother's education level and housing status with spending leisure time of participants.

According to Table 8, the results of multiple regression analysis related to relationship between different aspects of socio–economic status with spending leisure time of participants simultaneously indicated that the linear combination of variables in the meaningful level of 0.05 is meaningful because *05>002.0*.. and determination coefficient is 0.12 it means that 0.12 of dependent variable changes (leisure time of young girls) is explained by predictor variables(aspects of socio-economic status)

Table 3: Beta coefficient and variable dimensions between socioeconomic status and leisure time

Predictor variables	B	BETA	T	Meaningful level	Determination coefficient
Fixed amount	24.878	-	3.002	0.003	0.12
Income	7.658	2.531	3.25	0.021	
Economic class	6.710	2.485	2.70	0.000	
Father's education	5.326	2.128	2.44	0.000	
Mother's education	0.107	0.219	1.445	0.311	
Housing status	0.041	0.134	0.77	0.441	

According to table 3 we can see that in the meaningful level of 0.05 beta coefficients indicate that income component (2.531) economic level (2.485) and father's education

(2.182) has positive effect over the leisure time of young girls. The regression equation is as follows:

$$Y = 878.24 + 658.7(\text{income}) + 6.71(\text{economic level}) + 5.326 \text{ (father's education)}$$

Discussion and Conclusion

In recent decades the speed of industry improvements of human has been dramatic such that it influenced so many aspects of human life and also has converted human life to machinery life. That is why life in modern world has taken rapid innovation from human and makes him poverty in the motor and to follow the motion of poverty made him so many physical and psychosocial problems. From the other hand as a result of the spread of civilization and industrialization although we are witness the increase economic growth and prosperity control and automation technology in human life but parallel to this growth the man's role as an agent of growth has decreased such that instead of human, designer and programmer machines are used which results in reduced use of manpower and working time and increasing leisure time. While the increase in leisure time can be positive or negative .since it may be at this times the human will be drawn to the social moral and physical abnormalities. And that this time should be used in a positive way. The role of physical activity in healthiness of human life is undeniable. Especially this issue is more important about girls and women that are effective in health and education of children. Thus sport as one of the active leisure activities has a determinant role in the maintaining mental and physical health in turn this issue is also important for women because so many of them due to issues such as culture and religion spend more of their time at home. And lack of attention to this issue can cause psychological – mental problems.

In general it was found that there is a significant correlation between socioeconomic status and leisure time young girls in Sanandaj city. That is consistent with results of Vnden drish et al (2012), Asorika and Mayer (2012) and Binakres et al (2012). Findings of Binakres et al (2012) indicated that there is a correlation between socioeconomic and all types of leisure time. Such that the higher the socio-economic base these people are more willing to spending leisure time. In the Asorika and Mayer (2012) this result is obtained that origin Indian women and other ethnic minorities (immigrants) because of social and cultural deprivations have no opportunity to participate in the sports and recreational activities in comparison with Australian women. They showed that by promote social and cultural diversity in sports can significantly stimulate the interest and participation of women and other immigrant women. It can be generally stated that socio-economic status directly affects the amount

and type of participation in leisure sports activities. Also the findings show that there is a significant relationship between income level and spending leisure time. In fact, it should be stated that one of the most important components of social status is income level. Therefore, people with high incomes may be higher in social class and those with low incomes are classified in social class. And since that exercise and physical activity in leisure time in many cases needs to spend money and costs families located in the lower economic classes of society less able to participate in these activities. This result is actually overlaps with other results obtained. In other part of research the results indicates existing significant relationship between class economy and leisure time. It seems that whatever family income increases children fewer pay attention to issues that poor people of society dealing with. And hence they spend their time to leisure activities such as recreation and exercise. There is a meaningful relationship between father's education levels and spending leisure time but there isn't meaningful relationship between mother's education level and spending leisure time. The result may be due to traditional and patriarchal forms of life in Iran. As this type of culture could influence the type of leisure activity of the children since in Iran the fathers are responsible for livelihood affairs thus they can support the active participation of their children in sports or preventing them. Therefore result obtained seems logical.

According to results obtained from this research it is recommended to planners and policy makers of leisure time that in the culture field especially for leisure time make policies and programming. Also according to positive relationship of education level of parents with how to spend leisure time of children and probability of parents' lack of familiarity with benefits of Spending leisure time it is recommended that aware parents with this issue in order to encourage them to make possibilities for their children to spend their leisure time effectively.

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