

The relationship between participation in sports, leisure and quality of life in students of physical education

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ABSTRACT: Introduction: The aim of this study was to examine the relationship between participation in sports, leisure and quality of life in physical education students. **Methodology:** The research method is descriptive - correlational. The population includes all the female physical education students at the Free University in Tehran (900) MA (Sports Management orientation) in the first semester is 90-91, because of the size and distribution of the target population of the University of as free samples, 300 were examined through selected Morgan. In order to collect data from the World Health Organization Quality of Life questionnaire included 26 questions divided into four physical health, psychological health, social relationships and environment domains of physical activity questionnaire consists of two subscales, Beck has 11 items, sports, leisure was used. **Results:** between participation in sports and recreation and physical health of students ($r = 0.143$), mental health ($r = 0.257$), social relationships ($r = 0.310$) and environmental domain $r = 0.250$) There was a significant positive correlation. **Conclusions:** Exercise and physical activity in leisure time is associated with the quality of student life.

Keywords: sport, leisure, quality of life, physical, education.

INTRODUCTION

Assigned to himself, taking his own decision and can freely act of responsibility towards his family and society is important.

Having a healthy life requires mobility and physical activity expressed many times, but this is expressed in various other studies (Jeffrey and Etal, 2007). The notice of favorable effects of exercise on different body systems led to the trend of sporting activities in their leisure time increases by the day.

Research on physical activity in leisure time physical activity and quality of life showed that the more higher quality of life increases (Sanchez and Etal, 2011). With the consent of the person to relax, have fun, develop or acquire knowledge of nonprofit and voluntary community participation need to get rid of the job, family and community that pays. Exercise and physical activity as one of the best and healthiest way to enrich the leisure of people, especially students, are different devices (Castillo and Etal, 2011).

Leisure and the spatial aspects of economic, social and leisure activities in the policy (Batty and Lee, 2002).leisure, personal interests, social group, which includes the following benefits for children and adults, boys, girls, men and women (Galper, Trivedi and Barlow, 2006). He believes there is a time for everyone, but it is important how to use all the power and energy of this time (Taguchi and Etal, 2010). Search Leisure is a form of welfare, yet the truth is pleasure seeking.

Ps ychological, social relationships and environment domains) is associated with physical education students.

MATERIALS AND METHODS

Methods

The research method is descriptive - correlational. The population includes all the female physical education students at the Free University in Tehran (900) MA (Sports Management orientation) in the first semester is 90-91, because of the size and distribution of the target population of the University of as free samples, 300 were examined through selected Morgan.

A questionnaire was used to collect data on quality of life and health are two main sections was designed and developed. First, quality of life questionnaire based on the criteria proposed by the World Health Organization, which is the Persian translation of the site. The questions related Quality of Life and variables that includes four dimensions than the lives and health of 7 questions, mental health 6 questions, social communication 3 items and territory environment 8 questions plus 2 general question about Quality of Life and health. Roland and et al (2006) in Geneva to assess the quality of life questionnaires were used and the results confirm the validity of this questionnaire is to assess the quality of student life. Alpha levels obtained $\alpha = 0.89$ has been reported. Beckie and et al (2004) Quality of life in Australia with students suffering from depression and began to check the validity of the questionnaire, the reliability of the questionnaire, $\alpha = 0.87$ report. The second part of the questionnaire, physical activity is stored. Physical activity and exercise questionnaire consists of two subscales (5 items), leisure (6 questions) that the sum of these subscales is calculated by the amount of physical activity. The questionnaire included 11 questions. Most questions eventually option 5 points will be given three subscales are added together to obtain the level of physical activity. Subset of the main sections of the questionnaire included demographic characteristics, including age. A total of 50 questions in the questionnaire was designed in a scale of five values. Reliability and validity of this questionnaire have been reported by Beck et al in 1982. They sport scale $\alpha = 0.82$, scale leisure $\alpha = 0.80$ validated questionnaire reported in total credits $\alpha = 0.83$ was reported.

Firstly, using descriptive statistics, the average range, and standard deviation were used to summarize and classify data. The Pearson correlation test is used to test the hypothesis.

RESULTS AND DISCUSSION

Results

On participation in sports and recreation and physical health, there is no significant relationship with the students. According to the test results showed that the correlation coefficient ($r = 0.143$) and due to the significance level ($p = 0.002$) is smaller than alpha 0.05 is the null hypothesis is rejected. Thus, a significant positive correlation between exercise and physical recreation there are students (Table 1).

Table 1. Related to participation in sports, leisure and fitness correlation

		physical	Sports activities
correlation coefficient (r)	physical	1.000	0.143
	Sports activities	0.143	1.000
significant level	physical	0	0.002
	Sports activities	0.002	0
N	300		

On participation in sports and recreation and there is no significant relationship between students mental status. According to the test results showed that the correlation coefficient ($r = 0.257$) and due to the significance level ($p = 0.001$) is smaller than alpha 0.05 is the null hypothesis is rejected. Thus, a significant positive correlation between exercise and mental health of students, there is leisure time (Table 2).

Table 2. Related to participation in sports, leisure and psychological correlation

		Psychological	Sports activities
correlation coefficient (r)	Psychological	1.000	0.257
	Sports activities	0.257	1.000
significant level	Psychological	0	0.001
	Sports activities	0.001	0
N	300		

On participation in sports and recreation and there is no significant relationship between students' social relationships. According to the test results showed that the correlation coefficient ($r = 0.310$) and due to the significance level ($p = 0.001$) is smaller than alpha 0.50 is the null hypothesis is rejected. Thus, a significant positive

correlation between sports and leisure activities and social relations staff there is. On participation in sports and recreation and there is no significant environmental realm. According to the test results showed that the correlation coefficient ($r = 0.250$) and due to the significance level ($p = 0.001$) is smaller than alpha 0.50 is the null hypothesis is rejected. Thus, a significant positive correlation between leisure and sporting activities, there are environmental realm.

CONCLUSION

Results showed that between participation in sports, leisure and fitness association exists. social welfare, the right to think and find better ways of living area provides (Laaksonen and Etal, 2002).

personnel in manufacturing organizations is important in all countries of the world. According to the students and how they spend their leisure time as it is important in today's advanced manufacturing organizations, there is a section called the welfare office.

Research on the relationship between physical activity and health-related behavior, inactive in their leisure time and quality of life in adults showed a significant relationship between physical activity and quality of life of adults (Castillo and Etal, 2011). Research on physical activity and health, the subjects showed a significant relationship between these two variables (Bize, Johnson and Plotnikoff, 2007; Shibata and Etal, 2007).

Research on physical activity and mental status, significant correlations were found between physical activity and mental status (Yasunaga and Etal, 2006; White, Wojcicki and Mculey, 2009 and Castillon and Etal, 2011).

Leisure and the spatial aspects of economic, social and leisure activities in the policy (Batty and Lee, 2002). leisure, personal interests, social group, which includes the following benefits for children and adults, boys, girls, men and women (Galper, Trivedi and Barlow, 2006). He believes there is a time for everyone, but it is important how to use all the power and energy of this time (Taguchi and Etal, 2010). Search Leisure is a form of welfare, yet the truth is pleasure seeking.

Research on physical activity and social interaction, a significant association between physical activity and social interaction among people demonstrated (Acree and Etal, 2006 and Taguchi and Etal, 2010). Research on leisure and sports activities has shown a healthy life requires mobility and physical activity expressed many times, but this has been expressed in various other studies. Inform people of the favorable effects of exercise on different body systems led to a tendency to increase sport activities in the leisure day, there is a connection, and sports and leisure activities have a significant and predictable effect on environmental quality students.

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