

# The survey of effective social factors on the trend to karate in female karate players of Tehran City

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**ABSTRACT:** The purpose of this study was to survey the effective social factors on the trend to karate in female karate players of Tehran city. Statistical population of this study is all female karate players (N=693) who have 2-5 Dan in Tehran that 250 people were selected as statistical sample by Cochran formula. The subjects were tested by a researcher-made questionnaire that it was validated about effective social factors on the trend to karate. The data of this study were analyzed by multiple regressions and Pearson correlation coefficient. The results of this study showed that there was a significant difference between the lack of social security, a sense of militancy, masculine behavior, social class, family attitude, and gender patterns. Also the trend to this sport increased with the increasing of age, education, and income.

**Keywords:** Social factors, female, trend to karate, Tehran.

## INTRODUCTION

Sport is along with the functions such as health, recreation, identification, and economic welfares as a secondary institution of modern society. Physical activities such as other phenomena are affected by social and cultural factors in the society as much as researchers consider sport as a cultural and common language for the global communication (Laker, 2002). Today, people tend to activities by the effects of several factors. These factors are the same motivations that are divided into physiologic and social motivations. Social motivations arise through the result of learning so these motivations are affected by a society that the individual has grown within it and those form in every society in accordance with the culture of that society (Ghasemi, 2010). However the women's participation has increased in sport activities among all social classes in parallel of social transformation, health and body awareness in past years. This process that is welcome almost from every side is understandable in connection with the economic, technical, social, and political developments of the recent decades. Sport is one of developments that have changed the culture of advanced industrial societies. It reflects these changes as a microcosm of the whole society (Weiss, 2010) and it requires studies in this field. Women's opportunities are not comparable with men in the field of sport. So the recognition of the causes of women's participation in sport activities is one of the most important issues in the sociology of sport (Anvar el-khooli, 2002). Woman has not found the enough opportunity throughout history to prove her competence for active participation in sport because the borders have been established against women that her social roles as feminine have designed these borders (Anvar el-khooli, 2002). Giddens believes that our perceptions of sexual identity and gender perspectives and trends related to those shape early so that we assume self-evident them but sex is not something that it can not exist on its own. Sociologists believe that we actualize gender in our daily interactions with others and we reproduce it during the thousands of daily small actions. Bem states in his gender schema theory that individuals who pay attention to the kind of gender classify sports according to the gender more than individuals who do not pay attention to the kind of gender. Thus their participation is related to sports that are appropriate for each sex in their recognition (Mohebi, 2000). Women's exercise is often associated with stereotypical beliefs. These beliefs create rigid definitions of women's sport especially individual sports such as martial arts for example a strong body and physical strength are not decisive elements of their gender identity (Weiss, 2010). Women choose the sports that do not hurt their identity as a woman according to the expectations that that

society expect them. Those sports are more appropriate to women's nature and role when there is the interpretation of health and aesthetics such as gymnastics and ice skating (Weiss, 2010). In addition, the learned physical techniques in martial arts clubs affect on athletes' identity and body like a weapon defends individuals' identity (Spenser, 2009). Karate as one of martial arts is cruel from the perspective of sport society. However, aggressive is an action that has mental and physical damaging and it has deliberate aspect and it is not accidental. Ferrom called all actions that cause harm to a person, object or other animals and happen with this intention calls aggression (Rahmati, 2002). Freud states the destructive energy discharge through licensed social activities such as games and sports activities and or focus on others through aggression (Myers, 1994). This issue also applies to women. But some families do not know karate as an appropriate sport for women due to the gender perspectives in the society that those consider women are weak and delicate and due to the population gender socialization. On other hand, it should be noted that the social effects affect on sexual identity through a wide variety of channels (Giddens, 2010). In this regards, Chyu , (2013) examined the effects of martial arts exercise on body composite and quality of life in overweigh premenopausal women. The results of this study showed that 12 training sessions and intervention had significant effects on body composition and quality of life in premenopausal women. Moody (2012) studied the effects of martial arts on bullying in children (N=223). The results showed that there were a significant difference between the groups and indicated a reduction in the incidence of children being bullied and a strong indication in a reduction in the child's tendency to bully others after extended martial arts training. Ruiz and Youri (2003) examined athletes' self perception of optimal states in karate: an application of the izof model. The results of this study showed that optimal states were determined with positive cues (trust, calm) and negative (anxiety, anger). Karate players perceive their energy in dynamic state and use it in different situations. According to these three studies, it seems that the more precise and comprehensive research that has an approach of different effective social factors on the karate women's trend can present more complete and accurate information for us. Women's health as educator of future generations to play individual, social, and family role is very important because they are half of the country population. However some female athletes have demonstrated p that the general believes about the women's weakness and failure are more on the basis of ideology than the reality (Weiss, 2010). But value and normative system is still in favor of men so women are less interested in exercise. More conducted studies have examined the effective dimensions of sport in physical and psychological dimension but have paid less attention to women presence and the reasons of this presence. The reason of trend to sport may be beyond of biological dimension and it incudes the social factors such as gender stereotypes, feeling of insecurity, social protection, class. Also there are negative attitudes about women's sport activities and the existence of subcultures, beliefs, and family prejudices are examples of these problems (Imani, 2011). Karate is not only a sport but it is a way for physical health, mental refinement of anti-human contamination, and the achieving to a better and relaxing life. It means that a person become a more complete human and with high personal character through man building training of karate. Karate is a philosophy of life that is active parallel in physical and mental dimensions (Tabatabaei, 2013). Therefore the main purpose of this study was to survey the effective social factors on the trend to karate in female karate players of Tehran city.

## MATERIALS AND METHODS

### **Method**

The method of this study was descriptive and survey.

### **Participants**

The statistical population of this study was all female karate players (N= 693, M<sub>age</sub>=30) who have 2-5 Dan in Tehran city. 250 people were selected as sample by Cochran formula.

### **Instruments and Tasks**

The instrument was a researcher-made questionnaire with 28 items and Likert scale about effective social factors on the trend to karate ( $r = 0.895$ ) and its validity was confirmed by a numbers of sociology experts.

### **Procedure**

The purpose and the process of study were explained to subjects. The participants were assured that their data will be kept confidential and those will not be available to anyone. Then all subjects completed a consent form to participant in this study and they attended with the complete satisfaction in this study. The researcher distributed the questionnaires among the subjects. The subjects complete the questionnaires without name due to the subjects, security sense.

**Data Analysis**

The collected data were classified by descriptive statistical methods and were analyzed by multiple regressions and Pearson correlation coefficient. The SPSS software (version 20) was used for data analysis ( $\alpha \leq 0.05$ ).

**RESULTS AND DISCUSSION**

**Results**

The results of table (1) show the descriptive statistics of subjects' age and age of activity start

Table 1. The descriptive statistics of subjects' age and age of activity start

Index	Age	Age of sport starting
Mean	30.56	15.70
Median	30.00	15.00
Mode	27	12
Minimum	14	6
Maximum	51	36

**According to table 2, it is observed that**

- There is a significant relationship between the lack of social security and women's defensive power and the trend to karate ( $r=0.386$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of the lack of social security.
- There is a significant relationship between sense of militancy and aggression and the trend to karate ( $r=0.79$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of the sense of militancy and aggression.
- There is a significant relationship between friends, family, and coach's encouragement and the trend to karate ( $r=0.763$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of friends, family, and coach's encouragement.
- There is a significant relationship between media and general attention ( $r=0.560$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of media and general attention.
- There is a significant relationship between gender patterns and choosing of karate in women ( $r=0.866$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of gender patterns and feminist views.
- There is a significant relationship between family attitude and choosing of karate in women ( $r=0.788$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of family attitude to this sport.
- There is a significant relationship between age of sport starting ( $r=0.788$ ,  $P=0.000$ ). Also women's trend to karate increases with the increasing of age of sport starting.

Table 2. Pearson correlation coefficient between variables of social factors and women's the trend to karate

Variable	Statistics Index	women's the trend to karate
the lack of social security	Pearson correlation coefficient	0/386
	Significant level of two domain	0/000
	N	250
Sense of militancy and aggression	Pearson correlation coefficient	0/79
	Significant level of two domain	0/000
	N	250
Friends, family, and coach's encouragement	Pearson correlation coefficient	0/763
	Significant level of two domain	0/000
	N	250
Media and General attention	Pearson correlation coefficient	0/560
	Significant level of two domain	0/000
	N	250
gender patterns	Pearson correlation coefficient	0/866
	Significant level of two domain	0/000
	N	250
family attitude	Pearson correlation coefficient	0/778
	Significant level of two domain	0/000
	N	250
Age of sport starting	Pearson correlation coefficient	0/238
	Significant level of two domain	0/000
	N	250

Table 3. The survey of difference between women's trend to karate according to level of education, income, and occupation

Change source	Total squares	df	Mean square	F	Sig
Between group	4274.171	4	1068.543	5.655	.000
Within group	46297.205	245	188.968		
Between group	50571.376	249			
Within group	7864.643	5	1572.929	8.860	.000
Between group	40656.404	229	177.539		
Within group	48521.047	234			
Between group	987.474	2	493.737	2.287	.105
Within group	33033.674	153	215.906		
total	34021.147	155			

Table (3) shows the results of difference between groups in women's trend to karate according to level of education, income, and occupation.

Table 4. Regression and its equation

correlation coefficient	The square of the coefficient	The square of the correlation coefficient	The square of the adjusted correlation coefficient	Standard Estimate	Error of
.871	.758	.755		14.091	

According to table 4, it is observed that the amount of correlation between variables is 0.87 and at a high level. Also coefficients show that the 75 percent of dependent variable changes of trend to karate is covered by independent variables.

Table 5. The results of ANOVA

	Total squares	df	Mean square	F	Sig
Regression	49148.540	5	9829.708	1685.681	.0000
Remaining	1422.836	244	5.831		
Total	50571.376	249			

According to table 5, the regression model and independent variable that can predict the changes of independent variable is confirmed. (F=1685.681, Sig=0.000).

Table 6. The coefficients of the independent variables in terms of standard and non-standard values

Independent variable	Unstandardized coefficients		standardized coefficients Beta	T	Sig
	B	standard error			
Fixed amount	18.680	2.430		7.686	.000
the lack of social security	.5384	.503	.240	1.070	.025
Sense of militancy and aggression	.9093	.553	.581	1.643	.001
Friends, family, and coach's encouragement	2.020	.577	.376	3.499	.001
Incidence of Masculine behavior and Trying to cover the Feminine weaknesses	2.362	.462	.247	5.112	.000
gender patterns	.4972	.753	.626	.660	.010
family attitude	.6303	.417	.562	1.511	.031
Age of sport starting	1.576	.331	.210	4.757	.000

According to table 4, the correlation between independent variables and trend to karate is 0.87 and coefficient is 0.75. The rate of Beta variable of gender pattern is 0.626 in prediction of independent variable as the greatest amount of effect and age variable has the lowest effect coefficient (Beta=0.21).

**Discussion and conclusion**

The purpose of this study was to survey the effective social factors on the trend to karate in female karate players of Tehran city. The results of this study showed that there was a significant difference between the lack of social security, a sense of militancy and aggression, acquiring defensive power, friends, family, and coach's encouragement, media and general attention, social class, family attitude, age of sport starting, and gender patterns subscales and the trend to karate. These results about the lack of social security, a sense of militancy and aggression, acquiring defensive power, friends, family, and coach's encouragement, are consistent with the results of Ghasemi's (2010) study. The reason of this consistent can be due to subjects' gender and type of martial arts. These results

about a sense of militancy and aggression with the trend to sport are consistent with the results of Moody (2012) and Mac Neil & Nosan's (1989) study. Those are conflict with the results of Zarabi's (200) study. The lack of this consistent may be due to subjects' age and the type of questionnaire. We can imply to Bandura's social learning and Bam's gender stereotypes theory about the incidence of masculine behavior and trying to cover the feminine weaknesses and trend to karate. Bandura believes that a child learns through social behaviors and gender roles. The first method is through indirect instruction. The child learns by amplifier factors (conditioning) that child receives rewards and punishment during it. The second method is through imitation that the child imitates older members of family and parent's gender behaviors. The individual determinants of behavior such as belief, attitude, and motivation and the external determinant of behavior such as physical and social reflection are relied in this theory. This theory states that behavior is not only affected by the person's experience but learning is done by the observation of others behaviors too. We can explain the incidence of masculine behavior in women and trying to cover the feminine weaknesses by Bandura's theory. Women have been elaborated in the form of gender stereotypes and masculine ideas from the start. Women have acquired the view that a woman is a poor creature and she should participate in sports that are inherently masculine to become stronger. But deep roots of socialization can be traced in power relations in the society. So the socialization process inspires individuals' attitudes and mental patterns. If this socialization that is based on the certain stereotypes will acquires different social groups and races in terms of gender, ethnicity, and race. So, we can say that gender schemas shape the gender stereotypes according to Bam's theory. These gender stereotypes are beliefs and attitudes about women and men. Thus gender stereotypes in society are this belief that boys are strong and for championship sports but girls are weakness and girly games. According to this view, women can acquire masculine behaviors and characteristics through martial arts such as karate sport. Of course the roots of this thinking should search in the socialization and power relationships in society. But family attitudes to women's sport and friends, family, and coach's encouragement are two motivations that those are surveyed and confirmed in this study. The existence of family sport culture can has a positive effect on other members of family's attitudes about women's participation in sport. The guidance of children by families is the most important encouraging factors to start the learning of different sports. Because it is clear that parent's positive attitude about physical activities encourage children to doing of these activities. The socio-economy class, income, and education are other effective factors on women's trend to sport in this study. The socio-economy state of family is effective on the students' participation in physical activities and sport. The students who have middle and high socio-economic status participate regularly in physical activities due to their family awareness of the benefits of physical activities and their emotional financial supports. Also the rate of sport participation of specific groups is affected by socio-economic status and its indexes. The results of different studies have showed that the groups of people who have high socio-economic class decide consciously about their health and wellness issues in the context of life style due to their information and knowledge. But the groups of people who have poor socio-economic class do not have a good attitudes and behavior about their health. In addition, the results of this study showed that there is a significant relationship between feminist attitudes and the trend to karate in women. According to the feminist perspective, men and women do not have any biological and psychological differences and their formal distinctions have abnormal, social, historical, and training roots. So there is no reason for the person's excellence than women and her rights violation. Also feminist theorists believe that sport has been gender and women's sport is under pressure as an anti-value matter and has been exploited. This idea that the exclusion of social services is rooted in power and social relationships and gender discrimination can be a strong incentive for the trend to sport. We can say that this informative idea shows itself in the hypothesis of age starting of sport so that the increasing of women's awareness of social discrimination in sport or other fields that is related to the increasing of their age can be effective on women's trend to sport. Women's trend to karate increased with the increasing of women's age in this study too. The social awareness can be effective in this area. The results of this study about gender patterns are consistent with the results of Atashzar's (2013) study. Atashzar's (2013) study showed that women's presence in contact sports such as karate change their perception about gender roles and propel to the masculine stereotypes. Also non-contact sports that are more adaptable with female structures increase the perception of women's gender role. The results of this study about social class, income, and education are consistent with the results of Hasanzadeh's (2004) study. Hasanzadeh's (2004) study showed that women who have high social class choose sports such as equestrian, golf, tennis. Women who had the middle and high social class had trend to karate in this study. The results of this study showed that social factors had high effects on women's trend to karate. In addition the gender pattern had high effects and the age starting of sport had lowest effect on women's trend to karate. The results of this study can be useful to develop women's sport culture especially in general sports area.

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