

## Needs Assessment of Participators in Sport Exercises of Health Stations in Tehran

<sup>1</sup>Sara Kazemi, <sup>2</sup>Ali Zarei, <sup>2</sup>Abbas Khodayari, <sup>3</sup>Sardar mohammadi

<sup>1</sup>-Master of physical Education management Karaj Branch, Islamic Azad University, Karaj, Iran

<sup>2</sup>Department of Physical Education, Tehran Markaz Branch, Islamic Azad University, Tehran Iran

<sup>2</sup>Department of Physical Education, Karaj Branch, Islamic Azad University, Karaj, Iran

<sup>3</sup>Faculty Member of University of Kurdistan (PhD), Department of Physical Education and Sport Science, Assistant professor of sport management, University of Kurdistan, Sanandaj, IRAN

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**Abstract:** This study aims at analyzing the needs of participants in health stations at district 5 of Tehran. The statistical sample comprises the participants at the health stations, divided into 101 male and 117 female subjects, coming to 218 subjects. Research method is descriptive and practical aim-wise. Research tools include a researcher-developed questionnaire the copies of which were distributed to the statistical population once its validity was tested by experts and specialists, and after these copies had been collected, its reliability was tested using the cronbach's alpha ( $r= 0.899$ ). The copies of the questionnaire were distributed in 2012. Research findings suggest that the citizens rated the tools' safety as weak. Users have more expectations vis-à-vis appearance, safety, variety, presence of the specialist trainer, distribution of brochures, etc. Moreover, they considered the level of their satisfaction with health stations to be medium and low, and the higher the number of people attending the health stations, the lower the level of satisfaction with them, and no significant difference was observed between men and women. They mentioned lack of opportunity, inactivity of the stations during the four seasons, and lack of diversity at the station as the obstacles to and limitations of people' participation in sports activities. Given the management's commitment and authorities' performance at this region, the Municipality should retain people and raise the number of participants in the health stations by satisfying the citizens' needs and fulfilling its commitments better.

**Key words:** Needs Analysis, Participants, Sport Activities, Health stations

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### INTRODUCTION

The needs assessment has been considered since a long time ago as one of the main pivots of contexts dealing with planning and goals prediction. The needs assessments applied for the purpose of rendering health, cultural and social services are important significantly. Being aware of the needs as the main factor for rendering various services and executing varied plans for the public welfare and comfort caused extensive researches and studies to be applied on the position, importance and styles to specify the needs. The countries that succeeded to publicize the sport and healthy recreations relied on physical activity among the citizens have formed their sport services providing based on the needs declared by the people and whereas the needs due to the continuous changes in the social, cultural and political structures in the society are developed, it is necessary to proceed with needs assessment plans, revise the plans and preserve its coordination and consistency with the developed needs for ever. Physical sport and activity is an appropriate tool for promotion of qualitative level of life and increasing the spirit, vivacity and cheerfulness (Atghiya, 2007). Different studies indicated that the taxpayers every year reimburse a heavy cost for benefitting from a sedentary lifestyle. Living in the current century is mechanized, technology advancement and its effect on the human life has encountered the man to the motional poverty. Today, the sport as an accepted social phenomenon has been welcomed appropriately. The physical activity may improve the quality of life at all ages, thus it is necessary, the conscious societies through enforcing the proper and significant economic, social and cultural policies, establishing the facilities, services, providing the spaces and applying the persuasive methods to prevent the waste of leisure times and help its productivity in order to increase the scientific and cultural wealth of the society. Participation in sport recreations provides plenty of physical benefits and causes the increase of the peoples' ability, long-term life, and health promotion, upraising the hope to life and reducing the probability of infecting by cardiovascular diseases. Lack of physical activity triples cardiovascular diseases. Azimzadeh *et al* (2011) in their study on collective sport development in parks of Tehran concluded that the first expectation of audiences from the station is to have a safe and suitable area. Norouzi Seyed hosseini *et al* (2011) in a study titled "needs assessment of collective sports for women of Tehran and presenting strategies" concluded that the needs declared by the women include general bodybuilding and group sports, special exercises, corrective movements etc., respectively. Mohammadi *et al* (2011) in their study on description of citizens' satisfaction with and attention to sport furniture concluded that the citizens are somewhat satisfied with sport furniture. The citizens

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**Corresponding Author:** Dr Abbas Khodayari, Department of Physical Education, Tehran Markaz Branch , Islamic Azad University, Tehran Iran  
E-mail: khodayariabas@yahoo.com

stated that the presence of a physical education specialist as the instructor beside these equipments may be very useful. As well as, the users have more expectation to the appearance, beauty, safety, diversity and guidance labels of equipments. Fekrou, Kiden (2001) has assumed that lack of time, lack of interest in sport, physical weakness, age, disability, working business, and having no companion include the factors for non-participation in physical exercises. Lopez. F (2010) has applied a study on the causes of non-participation of women in sport exercises and understood that who do sport and physical activity have better self-reliance than who don't sport. The polls show that the main cause for lack of women's tendency to physical exercises may include time limitations due to the familial obligations, inaccessibility to safe and suitable areas, lack of a place for taking care of the children, lack of skill etc. Vilkoča. S. (2011) in a study titled "sport for fat women in the poor quarters" concluded that the low socioeconomic status in the city may lead to the increase of health risks. Tehran municipality as a social institution should provide an efficient and effective management for citizenship sport and plan, organize, lead and control course of actions, according to the society needs, for leisure times and sport recreations in order that the interested people attend the sport stations. Hence, the extant paper investigates the needs assessment of participators in sport exercises of health stations in Tehran Dist. 5.

#### **Methodology:**

The method of this study is descriptive which has been applied as a survey study. The statistical population consists of people attended in health stations of Tehran Dist. 5 in 2012. By virtue of the available collected statistics, about 2018 persons refer to this station at different morning and evening hours. Therefore, the sample size has been assumed equal to the statistical population including 117 women and 101 men and altogether 218 samples. At first, the parks have been identified out of parks located in 7 zones of Tehran Dist. 5, therein morning and evening sports were exercised. The respective stations were selected by means of random-cluster sampling. The data was collected by researcher-made questionnaire including two parts as follows:

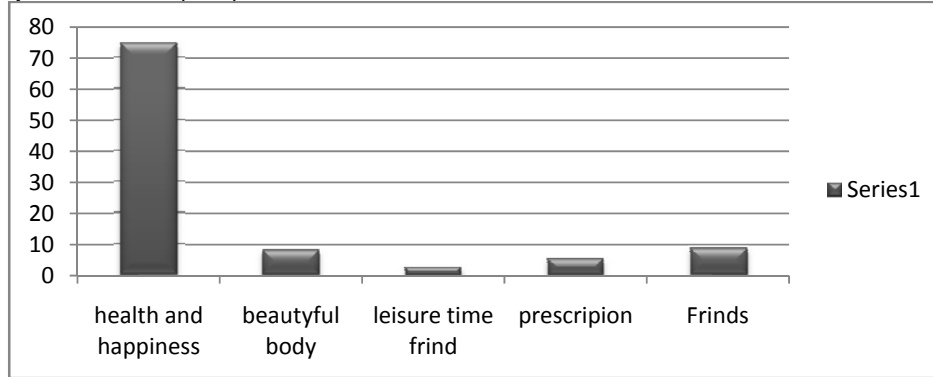
First part includes the personal particulars of the participators in sport exercises of health stations in Tehran comprising age, gender, educational degree etc., and the second part includes the research questions in connection with the people needs, expectations and barriers of participators in sport exercises of health stations. The questionnaire validity has been certified by the physical education professors. In order to accept the reliability, 30 questionnaires for Pilot were distributed among the participators in sport exercises of health stations and after collection thereof, Cronbach's alpha coefficient was obtained equal to 89.9%. Descriptive and inferential statistics were used to test the hypotheses. Mean value, schema and intermediate data were used to collect the descriptive statistics and nonparametric Yeoman Whitney test for inferential statistics in order to compare the viewpoints of men and women.

#### **Results and findings:**

The findings of this study indicated that out of 218 persons, the most people referred to health station are housewife (30.3%) and pensioners (28%), as well as the people educated lower high school diploma (32.6%). 49.5% thereof come to the health station for a period of 2 years and 5% thereof for 1 year to 18 months. 56% of people refer to health station for 4 sessions or more and 6.9% for 2 sessions per week. Also, the findings showed that 49.1% completely agreed to post the first aids box in the health station and 3.2% weredisagreed. 57.8% were completely agreed to the presence of nutritional counsel and 3.7% were completely disagreed. The examinations indicate that 52.8% completely agreed to the timely and regulated presence of specialist instructor and 6% disagreed. 50% completely agreed to updated and modern facilities and equipments in the station and 3.2% were completely disagreed. Participators in health station completely agreed to presenting the sport awards to the continuous users of station (46.8%), establishing sport groups (31.2%) and providing the guide brochures and leaflets for sport exercises (61%). As well as, 26.6% of citizens have evaluated the safety of sport equipments available in the health station as weak. The reasons for lack of regulated presence of people in the health station may include the station disorder (18.3%), shortage of facilities and diversity (23.9%), and lack of enough time (18.3%).

According to the data of the above table, the hypothesis in rejected within the range of  $p \leq 5\%$  that refers to the significant difference between satisfaction and selection of motivation between two groups and a significant difference exists between the men and women for using the varied colors and designs and municipality supervision and maintenance.

**Table 1:** Priority of motivations for participators in health station



**Table 2:** Comparison between viewpoints of women and men

| Variable                                 | Yeoman Whitney | z      | Significance level | Result of hypothesis     |
|--|----------------|--------|--------------------|--------------------------|
| Satisfaction                             | 5084           | 1.837  | 0.066              | Rejection in range p<5%  |
| Selection of motivation                  | 5788           | 0.339  | 0.734              | Rejection in range p<5%  |
| Varied colors and designs                | 5062           | -1.980 | 0.048              | Acceptance in range p<5% |
| Municipality supervision and maintenance | 1837           | -2.460 | 0.014              | Acceptance in range p<5% |

**Discussion And Conclusion:**

The findings of the study indicate that among the factors for people’s presence in health stations achieving health and vivacity, achieving beautiful and fitted body (style) and friend-finding had respectively more significance. The summary of this study is adapted to the results obtained by Amiri (2011), Maghoul (2011), Hong (2006) and Lachas (2006). The summary of research shows that the safety rate of places is lower than hygienic status. Whereas the low rate of safety in some cases may result in injury and danger, thus the municipality must take precaution actions in order to reduce the injuries and accidents. Summary of this study is corresponding to the studies applied by Sayyah *et al* (2006) and Afroozeh (2011). Based on the findings of this study, course of actions such as providing guide brochures and leaflets for sport exercises and establishment of sport groups, presenting awards to the people who have continuous presence may be very useful for persuasion of citizens. No significant difference was observed in the results obtained on the satisfaction of women and men attended the health stations. These results adapted to the findings of Maghoul (2011) and Salimi (2011). According to the findings of the study, a significant difference exists between the men and women for using the varied colors and designs in the health stations. The women pay attention to the varied colors and designs more than the men; this result is consistent to the summary of studies applied by Hosseini (2011) and Kashaf (2011). Therefore, it is concluded that the relative centers and organizations should take an appropriate measure and policy for providing the areas considered by the women such as sport areas and equipments, local design for cloths exchange, suitable rest-places, safe places, care taking and cleaning. Whereas the safety is one of the raised variables in the environmental characteristics of parks, it is recommended to consider the factors relating safety including safety of equipments and means available in the park, prevention from crime and offense particularly taking care of elders, women and young girls. Hence, factors such as light, guards, areas for women and children should be provided. As well as, in order to persuade and stimulate the people to the further presence in stations and active and dynamic life, awards should be presented to the continuous users of stations.

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