

# Study of Woman Attitudes Toward Recreational Sport

## Abstract:

### Introduction and the research problem:

Modern life with its modern inventions as the electric devices and machinery has played a great role in woman's life, either outside house in using cars or lift, or inside it in cleaning or cooking which spares much time, so she remains idle spending her time in watching T.V. All that decrease ladies activity, therefore, they are getting weight and losing their grace. So officials in charge invite woman to allocate some time to practice gymnastic exercises to be graceful and beautiful, to protect her from fats on heart to avoid many diseases like arteriosclerosis and arthritis. Physical exercises are considered one of the keys to agility, grace and the most beautiful body so the Ancient Greeks cared for graceful body, they practiced their exercises and physical games naked to show their beautiful bodies. There is nothing better than complete, elegant and agile body. It is clear also that the result of technological and scientific improvement has revealed many changes in life styles which produced several health, social and psychological problems which affects citizen in different ages. Thus there is a need to use the gymnastic exercises as a vital means to overcome these problems. Via practicing these exercises, different good qualities can be promoted, the individual also can make a balance between his original values and the modern ones which are represented in the social dimensions. Practicing different gymnastic exercises also can help to overcome boredom and routine of this age which is called the machinery age.

The modern woman plays an important role to her family and society, Mother is the first one who puts the first fingerprints in the life of her

sons, she is also the corner-stone in her house in determining her sons' desires and attitudes, her effect on them appears quickly and clear in their life. Practicing exercises has spread among different ages especially men, whereas woman cannot get this chance, so this research is considered a step forward which helps woman to practice the physical exercises as a recreational activity. On her part she can cultivate these attitudes in her kids. Practicing relaxation exercises helps her to overcome routine and boredom in which the modern woman lives, it also helps her to renew her body's vitality. This subject matter, that is about woman's attitudes towards the physical recreation which involves an active meaning towards situations and persons which provides the individual with an active power to behaviour that is known at that time the practical tendencies. Practicing these physical recreational activities acivilized appearance to use the spare-time in a positive way practicing these exercises is also considered as a social, psychological health and physical protective value to woman, it makes her that she is equal to man. It also solves many of health and physical problems which woman may face in different jobs. Practicing these exercises helps her to promote the quality of vital systems and protect them from many social and psychological diseases. It helps her to avoid getting weight and to remain beautiful and gracile which is her main target.

In spite of the clear and real scientific progress in the field of physical recreation and the field of tests and measurements to different sciences, the measurement in the field of physical recreation for women has not taken its right in researches and studies (the researcher's view). Through investigating researches and theoretical studies in the field of physical recreations, we could not know the appropriate number of studies which aim at putting a measurement of woman's attitudes towards the physical recreation. Studying these attitudes leads to know

suggestions and recommendations which can incite the society towards taking care of the physical recreation for woman and supporting it. Examining this measurement to be fit for usage in different feilds related to it is considered apositive step for woman in sport feild.

### **Objectives of the research:**

The research aims at:

- 1- Putting a measurement to woman's attitudes towards recreational sport.
- 2- Studying woman's attitudes towards physical recreation.

### **Research objectives:**

The research aims at the following:

- Build a measurement for woman attitudes toward recreational sport.
- Studying of woman attitudes towards recreational sport.

### **Research hypothesis:**

The researcher used description hypothesis studying to rit the research nature and achieve its aims.

### **Research society:**

The research society includes the woman who lives in Assiut. They all count (860) woman. Their ages are from (30 years to 60). They are classified according to their age, education, social life and their work.

### **This is the classification of the difference in age:**

- From (30-40) their number is (370) women.
- From (40-50) their number is (290) woman.
- From (50-60) their number is (200) woman.

### **About their education:**

- Medium education are (520) woman.
- High education are (340) woman.

### **About the difference in work:**

- The woman who work are (450) woman.
- The woman who don't work are (410) woman.

### **About social life difference:**

- The woman who were married are (610) woman.
- The woman who were not married are (250) woman.

### **Research tools in collecting data:**

To achieve the research aims the researcher used many sources to gain the important information to build a measurement for the woman attitudes toward recreational sport.

These sources are as followed:

- The researcher met some persons from the research society in different places such as sport clubs and social clubs or their work places.
- The research designed a measurement and studied all studying which is joined to the research subject. She also met some of experts in Sychology and Social Science of Reactional Sport.
- After counting treatments the measurement become in its final form consists of these four items which contain inside it (68) singal.

**The measurement truth which is found by the judjments truth and the truth of inside fitting.**

### **The judjments truth:**

This is done by showing the measurement to the experts according to the suggestion sides.

\* The truth according the inside fitting. the researcher counted the inside fitting as a whole.

### **The measurement fix:**

- The research found some lines in the measurement on (200) woman by the way of (Alfa) and (Richar Dison).

**The measurement in its final form:**

- After reliability that the measurement is good toward woman and their attitudes with reactional sport.

**The measurement using:**

- The researcher made the measurement in its final form in (6) and it was use an Sunday 2<sup>nd</sup> of May 2004, until Sunday 16<sup>th</sup> of May 2004 and this on the original par which is (560) woman who are living in Assiut.

**The research introduces the following recommendations:**

- The measurement is true and firm, it also is suitable for using it on another groups.
- Studying the woman attitude toward reactional sport.
- The difficulties of practicing the reactional sport.
- Reaching to the recommendations which help her to practice reactional sport.

## المعالجة الإحصائية :

تمت معالجة النتائج إحصائياً باستخدام الآتى :

معاملات الارتباط - معاملات الارتواء - معاملات التميز والصعوبة - استخدام طريقة التجزئة النصفية - استخراج معامل الفأكرونباخ .

## الاستخلاصات :

- المقياس ثبت صدقه وثباته وأصبح صالحاً لتطبيقه على عينات مختلفة .
- دراسة اتجاهات المرأة نحو الترويح الرياضى .
- التوصل إلى المعوقات التى تحول دون ممارستها للترويح الرياضى .
- التوصل إلى المقترحات التى تساعد على ممارسة الترويح الرياضى .



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