

# Affecting Factors on Development of Sports Participation in the Leisure Time of Veterans and Disabled in Iran

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## ABSTRACT

**Aims** By accepting the absolute rule of non-disability in society and the lives of these people as part of society, it is necessary to pay attention to their needs, especially the need for exercise and physical activity and the optimal use of their leisure time. This study aimed to identify the factor affecting the development of sports participation in the leisure time of veterans and disabled persons in Iran.

**Participants & Methods** The present study followed an interpretive paradigm and a qualitative approach using in-depth interviews with participants who were selected purposefully and selected by snowballs. At interview 17, theoretical saturation was obtained and continued until interview 19 for reassurance. Data analysis was performed by content analysis and coding methods.

**Findings** The 49 non-duplicate extracted initial codes were classified into 15 sub-categories and 4 core categories (socio-cultural, economic, political-legal and technological-environmental).

**Conclusion** The institutionalization of participatory sports for veterans and the disabled increase community health, reduce health care costs, and increase community productivity.

**Keywords** Disabled Persons; Effective Factors; Leisure; Sports; Veteran

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## Introduction

According to the World Health Organization, 15% of the world's population, numbering more than one billion, or 1 in 7, experience some form of disability [1]. Of course, the global prevalence of disability is estimated to be higher than the predictions of the World Health Organization [2]. Due to the increasing age of the population and the higher risk of disability in the elderly, and the global increase in chronic diseases such as diabetes, cardiovascular disease, cancer, and mental health disorders, the number of people with disabilities is increasing [3]. Unfortunately, in the eight years of the holy defense, Iran has faced a large group of disabled and wounded in the war, whose number reaches about half a million people [4]. Disability is a person who is disabled due to illness, accident, or old age. His independence and performance in some basic or constructive daily life activities are limited [5]. Disability includes disorders, limitations in Activities, and restrictions on partnerships. A disorder is a problem in the function or structure of the body. Restriction on activities is a problem that a person faces in performing a task or action.

On the other hand, the participatory limitation is a problem that a person with disability experiences in life situations. Thus, disability is not just a health problem but a complex phenomenon and reflects the interaction between a person's body characteristics and the characteristics of the community in which the person lives [6]. The level of participation of individuals in various aspects of life will depend on the state of personal health, which requires intervention and improvement, especially in the veterans and the disabled [7]. Leisure time is the period when a person is free to pause, rest, have fun, or grow according to his or her needs and desires, and whatever the ability to evaluate this time is conscious, planned, and logical, the probability is The benefits will be greater [8]. People decide to engage in enjoyable activities outside of work or other commitments in their spare time. It is also a personal activity that can be meaningful, enjoyable, and rewarding for people with disabilities [9]. Suppose the positive and negative functions of leisure for veterans and the disabled are well defined. In that case, the necessary grounds for better planning and efficiency of how they spend their leisure time to achieve a suitable model will be provided [10]. Participatory sport is a set of activities performed by people with and without disabilities and, of course, with various disabilities. Individuals can increase their capacity based on equal opportunities and active participation through flexible rules that respect the nature of individuals [11]. Experts believe that exercise to move the body and prevent boredom, especially the veterans and the disabled, not only brings vitality and vitality to veterans and the disabled but also plays a very important role in improving the physical and mental

condition of these people [12] Because veterans and the disabled are at risk of inactivity. As a result, the risk of death among them increases, participation in sports can increase their self-confidence and self-esteem [13].

Failure to pay attention to veterans' leisure time and mobility needs and the disabled will have high costs for communities. Due to the increase in the number of disabled people and the increase in global statistics in chronic diseases, and the lack of comprehensive studies on the development of sports participation in the leisure time of veterans and the disabled in Iran, the need for research in this area seems necessary. Therefore, the researcher seeks to answer the question: what are the effective factors in developing sports participation in the leisure of veterans and the disabled in Iran?

## Participants and Methods

This qualitative study was conducted in 2021 on 19 academics and managers experts in Iran. Participants in the study were experts in the field of leisure of veterans and the disabled who were purposefully selected through the snowball method. Participants from Isfahan, Tehran, Khorasan Razavi, Kerman, and Fars provinces who have been active in the federation and sports delegations of veterans and the disabled, the blind, the deaf, and special patients, as well as several participants in research activities and in-depth study, were used as research participants. In conducting interviews, the researcher entered a purposeful dialogue with diverse and selected participants of both sexes in different age groups with a bachelor's degree and executive and managerial psi research and at least five years of relevant experiencing in e.

Interviews were used using open-ended questions as a means of data collection. The interview questions were based on the core values of the motivator, the factors affecting the participation of individuals, the bedrock factors to facilitate and assess the need for implementation of sports participation in the leisure time of veterans and the disabled. The interviews were recorded in a calm environment for 40 to 70 minutes with the prior consent of the selected individuals, with their full consent. It was in a calm space with a full focus on telephones and in person. After the full implementation of the interviews and the extraction of key sentences, in cases where the interviewee needed further explanation, the expert was referred to twice.

The interviews and data analysis were performed simultaneously, 17 theoretical saturations were obtained in the interview, and the interviews were continued until the 19th interview to be more reliable. Experts participating in the research were selected purposefully and snowballed. The criterion for selecting the experts was to have knowledge of the subject literature and aristocracy over the

community to observe the central phenomenon of the research.

Data analysis was performed by content analysis method and coding method. For the validity of the research, credibility, transferability, and confirmability were evaluated so that three people were used for analysis and coding. The variety in the choice of interviewees indicates the credibility of the research. A systematic review of interviews and maximum and non-repetitive extraction indicates transferability in research. Also, the report of all the research process steps and the maximum use of the research group indicate the observance of confirmability in the research. To evaluate the authenticity of the research, 20% of the interviews were re-coded and analyzed during the research and the coding of the two weeks. 0.87, which clarifies the authenticity of the encodings.

## Findings

The interviews were analyzed by the content analysis method after the theoretical saturation of the interviews. The Demographic characteristics of participants are shown in Table 1. After extracting 49 non-duplicate and heterogeneous initial codes, as described in Table 2, they were classified into sub-categories and core categories.

**Table 1)** Demographic characteristics of research participants

Variable	Number
<b>Gender</b>	
Male	10
Female	9
<b>Age (Year)</b>	
30-40	7
41-50	10
51-60	2
<b>Education</b>	
Bachelor	5
Masters	7
Ph.D	5
<b>Position</b>	
Academic-Scientific	4
Managerial-Executive	15

**Table 2)** Core categories and subcategories Central category

Category	Sub-category
<b>Socio-cultural factors</b>	Influence of stimuli Service culture Religious teachings International advertising Harmonization of social flows
<b>Economic factors</b>	International sanctions Internal economic situation Sponsors and volunteers Livelihood status of people
<b>Political-legal factors</b>	Political stability The support of senior officials International attitude Legal protection
<b>Technology-environmental factors</b>	Lifestyle change Attractiveness in content production

- Socio-cultural factors have a broad meaning that includes the social values and norms of human societies and the knowledge, beliefs, arts, laws, customs, abilities, and habits of individuals in a group or community. In this regard, one of the participants with extensive experience in coaching sports for the disabled acknowledges that it is the most important main institution in the family community and will not be effective unless there is support for families to participate in sports.

- Economic factors are one of the main factors affecting the participation of veterans and the disabled in sports leisure. International sanctions and the stability of the country's economy and the livelihood of society and financing by the sponsor are considered. The fifteenth participant, one of the senior managers with a university background, acknowledges that economic issues are the most important factor in the progress or decline of the disabled in sports. Budget always and everywhere comes first. Due to the lack of sufficient funding, sports boards should attract the participation of various sectors to support sports for the disabled.

- Political-legal factors are another influential factor that takes on the aspect of governance. If the society has legal and political support for the participation of the disabled in sports leisure, sustainable development in this area will be facilitated. He argues that in any society, there must be a law for policy-making and that the law can more easily provide the infrastructure for the participation of the disabled, such as enacting a law to adapt urban places, urban furniture, and neighborhoods. Given the existence of the law, the guarantee of law enforcement is also important.

Technology-environmental factors are also very important in creating environmental attractions, diverse and attractive production content, and creating a new lifestyle and living in the age of technology. In this regard, the nineteenth participant of researchers and sports managers acknowledges that despite cyberspace and the expansion of social networks and digital games, poverty has become widespread in society, and people with disabilities need sports activities to reduce physical and mental complications and improve their health. It is essential for a healthy society.

## Discussion

A disability for a disabled person is a loss that results from a disability. It prevents the person from performing his or her natural role depending on age, gender, and social and cultural factors [14]. Optimal enjoyment of sports activities in leisure time promotes the health of body and soul and improves their social relationships [15]. Awareness of teachers and the community about disability helps to

improve the performance of children and adolescents with disabilities in sports and leisure [16]. The study of perceived facilitators and barriers to participation improves interventions and increases participation in leisure activities for children and young people with disabilities [17]. In the interactions and socialization of adolescents with physical disabilities and sports, empowerment is established as a common system between them [18]. The development of sports policies should engage with the perspectives of people with disabilities and provide the conditions for them to gain more strong knowledge in social inclusion in sports [19].

One of the most important strategic plans for developing and advancing veterans' sports is to activate the marketing department and attract financial resources in support of public and championship sports [20]. Also, the critical situation of the inability to make policy decisions can improve the thinking, action, and behavior of policymakers, coaches, and sports managers, which will lead to the more efficient presentation of successful jobs for athletes with disabilities [21].

After examining sports for the disabled, sports policy and management in 19 European countries, the lack of sustained political will inside and outside organizations, and the lack of an agreed overview of what the mainstream is and how to strive to achieve it, the issues of sports networks for the disabled is [22]. Recognizing the growing effectiveness of sport as a tool for the development and importance of disability is a great opportunity to support the implementation of sport for development programs that include people with disabilities. Ensure that people with disabilities do not deviate from the trends and benefits of broad development goals [23]. There are also major differences between the sports systems of the non-disabled and the disabled. And sports complexity helps [24].

Leisure physical activity status is available and prominent online for people with physical disabilities, and newly developed resources are of higher technical quality [25]. Finding accessible information about sports opportunities for the disabled is important and challenging, especially at the local level. This information should be provided through intra-sectoral and inter-sectoral cooperation. This should be supported by government policy and budget and should be informed according to the needs of people with disabilities [13].

## Conclusion

With the institutionalization of participatory sports for veterans and the disabled, non-communicable diseases and obesity due to mobility poverty will be reduced and, consequently, will increase the health of the society and reduce the costs of health and

treatment. Their family members will not be disturbed in their mental and psychological dimensions, as well as their productivity as a member of society, and will increase the productivity of society.

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