Factors associated with physical activity and leisure with the theory of planned behavior in high school students in Tehran

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ABSTRACT: Nowadays, with the development of technology and urban life, completely changing their lifestyle. The lack of participation in physical activity and increased sedentary and inactive lifestyle put all of society at risk. In the health field, such as the theory of planned behavior is used to explain health-related behaviors that four variables attitude, subjective norm, perceived behavioral control and behavioral intention to predict actual behavior provides a stronger will. able to predict behavioral intention and perceived behavioral and leisure physical activity in middle school girls are? Or not. The purpose of this thesis was to develop a questionnaire with the sample number of 425 questionnaires were randomly assigned to the distribution of high school students in After collecting the data, using SPSS software through descriptive statistics and multivariable regression analysis was performed to analyze the data. That show a strong correlation between these variables before (attitude, subjective norm and perceived behavioral control) and landowner (the tendency of behavior and activity level) and behavioral intention (leisure activity), respectively.

Keywords: Theory of planned behavior, leisure physical activity, attitude, subjective norm, perceived behavioral control.

INTRODUCTION

As a matter of health -enhancing physical activity and prevent or delay chronic diseases and premature mortality are. There is also evidence that regular physical activity, promote mental health, reduce depression and anxiety, life satisfaction and quality of life (Ajzen, 2001). Regular physical activity is effective in reducing the risk of cerebrovascular disease (Feldman & et al, 2003).

in order to overcome barriers to physical activity, physical activity has a positive and significant relationship. It should be noted that the phenomenon of social, leisure physical activity due to special attractions that are within your target audience enjoys the most. the high school students have learned and opportunities for creative expression is one of the characteristics that make the sport more appealing and attracting the best people will be (Duncan & et al, 2011). Sport binding is very tight and hard with a set of institutions and social structures. The results of exercise and physical activity can be considered a general index. The word Wrappers or free in colloquial and popular literature, has several different meanings: one meaning, Farr G, being an unemployed graduate. Spare parts since it is bound to demand a life and livelihoods no living person can take the form of free and voluntary choice to engage in experiences, but exhilarating action game that has not been pre-determined goals will be free to (Gazizadeh, 2003). It is said that all three phenomena leisure, recreation and play are overlapping. In other words, enjoy the heart of all three phenomena play, recreation and leisure is (Fishbein & et al, 1975), to describe each of these concepts, is used to repeat the following words: Availability:

This word game is free expression, freedom of choice and freedom of choice in leisure entertainment.

1. self-expression: present and express himself to anyone interested.
2. Quality of experience is important for everyone.
3. satisfaction: satisfaction in doing the cleaning will be played by the recreation and leisure time, there are varying degrees of satisfaction.
4. Lack of necessity: the game is not mandatory. The implication is that leisure time in fun, but not when there is no necessity of laws is needed.
5. Humor: The game itself is fun, but the risks are.
6. No Timing: Although there is play and fun for the whole time but not in terms of leisure time on the little knowledge (Cnner & et al, 2003).

Leisure time of graduation has intrinsic value, completely isolated from leisure time and leisure time, has intrinsic value (Caspersen & et al, 1985). is a function that requires four leisure leisure sociological and psychological studies: 1, break; 2, creativity; 3 - 4 social participation - recreation (Brujin & et al, 2009) just for the fun of it but cannot spare the life of the individual and society can play an important role. The lack of participation in physical activity and increased sedentary and inactive lifestyle has entire population at risk. In this regard, researchers have sought to identify factors associated with participation in physical activity have emerged. Was to review the research shows that many factors determine the level of participation in physical activity is. Studies on the behavior of physical exercise (Cable & et al, 1987; Ajzen & et al, 1980; Bandura, 1986; Ajzen, 1985) and diet (Connor et al, 2003), the efficiency of the theory of planned behavior in the field of health-related behaviors are supported. For example, in a longitudinal study in the United States of America, the theory of planned behavior to explain physical activity levels of students and the results indicated that the subjective norms, perceived behavioral control variables and attitudes toward physical activity been able to predict students’ interest and willingness to participate in physical activity behavior, physical activity level, the student is expected to (Brazil, 2001). Do not answer that leisure physical activity attitudes, subjective norms, perceived behavioral control and behavioral intention to predict physical activity in leisure is high school girls?

**METHODOLOGY**

In a descriptive study design and survey method using correlation method for the purpose of leisure physical activity approach theory of planned behavior in high school girl students in Tehran, Iran, has been done. Since the required data field using a questionnaire distributed at a time (from 1390 to 1391 academic year) is collected, so the cross-sectional method was used in this study. They describe. Performance can be purely descriptive research to better understand the situation or to help in the decision making process is. In the present study, the researcher tries to examine the characteristics of individuals or communities, to ascertain the relationships between them. Survey of the present study is to investigate the distribution of feature classes in a population, the survey method used.

This type of research can be used to answer the research questions of the following type is used:
• What is the nature of the situation?
• What is the relationship between events?
• What is the current situation?

In high school girl students in Tehran were selected population. Thus the statistical population of all high school students in 19 districts of Tehran from 91 to 1390 academic year were considered. According to the Department of Education high school students in 19 districts of Tehran, Tehran, 97,685 cases have been reported. The sample must be representative of the population, otherwise the results may not be representative of the population can not be generalized. Considering the above points, the sample size was determined based on the table of sample volume were distributed. This variable is based on the theory of theory of planned behavior are defined as follows. Predictor variables included:
1. attitudes to physical activity, leisure
2. subjective norms
3. perceived behavioral control
4. willingness to conduct

And criterion variables include the following:
1. tend to be physically active leisure
2. the level of leisure physical activity

**RESULTS**

Validity and reliability is one of the basic characteristics of the study is related to the stability coefficient varies from zero to one. One of the best methods to estimate the reliability, Cronbach’s technique.
As the above table suggests reliability (internal consistency, item) has been measured by Cronbach's alpha of the basic variables. Thus, the coefficient alpha for the attitude of 0.74, the variable subjective norms 0.90, perceived behavioral control was 0.86, 0.81 behavioral tendencies is equivalent to the total of items 0.92 is obtained. Reliability coefficients for all variables of percent is acceptable. However, the high coefficient alpha for the anxiety variable indicates the reliability and consistency of the items is fantastic. The alpha value for all items in the equivalent of 0.92, which indicates the high reliability of a study.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Cronbach's alpha</th>
<th>number of items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitude</td>
<td>0.74</td>
<td>18</td>
</tr>
<tr>
<td>Anxiety</td>
<td>0.90</td>
<td>10</td>
</tr>
<tr>
<td>Perceived behavioral control</td>
<td>0.86</td>
<td>23</td>
</tr>
<tr>
<td>Behavior like</td>
<td>0.81</td>
<td>3</td>
</tr>
<tr>
<td>All items</td>
<td>0.92</td>
<td>54</td>
</tr>
</tbody>
</table>

From the figures above it is concluded that % 12.2 of children less than 30 minutes per session, % 46.1 between 30 to 45 minutes per session, %26.6 between 45 and 60 min, 8 % between 60 75 minutes and % 7.1 have more than 75 minutes of physical activity per session. From the figures above it is concluded that the participation rate of % 6/6 of students in leisure physical activity was very low , % 52.5 low, % 26.8 Average, % 10.4 high, and finally % 3.8 of participation in physical activity and leisure are very high.

In the table above, each of these variables on the dependent variable weighting coefficients for each standard and non-standard are included. Accordingly, the weighting coefficients of the standardized variables, Attitude 0.341 and anxiety equal to 0.137 and behavioral control equivalent to 0.240 is. The t-statistics and p-values indicate significant effect at 0.99 confidence coefficient is constant and all variables on the dependent variable.
DISCUSSION AND CONCLUSIONS

Student participation in leisure physical activity, according to the mean value between the low and medium range. Leisure physical activity of students' behavior tendency toward the mean, between medium and high. Students' behavior and interest in leisure physical activity than the average, between medium and high. Anxiety as well as students of these activities given to approximate the mean is the average. And attitudes of students mean more negative attitude toward physical activity, leisure is neutral.

Increase in the students' perceived behavioral control 0.39; increase in leisure physical activities tend to be students. The increase in students' perceived behavioral control was only 0.13 increase in the rate of participation in physical activity is leisure. However, the increase in leisure physical activity, subjective norms than students in the 0.31 increase in leisure physical activities tend to be students. The increase in the students attitude 0.43 increase in leisure physical activities tend to be students.

The first hypothesis: attitude and willingness to physical activity in leisure there is a significant difference between female students in Tehran. Therefore Anderson et al (1992) showed that younger women tend to have any significant impact participation in physical activity. Also the (Ajzen, 1991) found that interpersonal barriers (lack of interest, lack of awareness, individual psychological problems) and motivated individuals have relations through which individuals can exercise influence on turnout.

Second hypothesis: the tendency to anxiety and physical activity in leisure there is a significant difference between female students in Tehran. This hypothesis was tested by Pearson's correlation test and that the test results in a 99% direct and significant relationship was reported.) is consistent. Studies Baecke & et al (1987) found that subjective norm, will affect the use of IT capability, such users believed that the use of information technology increases the likelihood of obtaining more benefits.

The third hypothesis between perceived behavioral control and intention to leisure physical activity in female students in Tehran that there is a significant relationship. This hypothesis was tested by Pearson correlation test statistic obtained when the relationship was significant at the 99% confidence level and straight.

The fourth hypothesis: between perceived behavioral control and participation of female students in Tehran that there is a significant relationship between physical activity and leisure. This hypothesis was tested by Pearson's correlation test and that the test results in a 99% direct and significant relationship was reported. Perceptual belief is one of the most important variables for people's willingness to exercise. This study found that a perceptual belief (perceived behavioral control) plays an important role in people's willingness to participate in a leisure activity. This result is consistent with the result will become some Feldman & et al (2003) studied the case showed that people tend to perceive the importance of donation shows.

The fifth hypothesis: the desire for leisure physical activity participation among high school students in Tehran in leisure physical activity, there is a significant relationship.

The sixth hypothesis: The tendency of female students in Tehran variables: attitude subjective norms, and perceived behavioral control is explainable and predictable. This hypothesis was tested by regression statistics obtained from the direct relationship was significant at 99% confidence level.

The seventh hypothesis: The level of participation of female students in Tehran's willingness variables and perceived behavioral control is explainable and predictable. The study demonstrated the theory of planned behavior to predict intention to use banking services. The important role of perceived behavioral control, subjective norms and attitudes to predict behavioral intention and desire to participate in physical activity is clearly understandable. Physical activity is a good high school graduation.

Also, subjective norms, perceived control, directly or indirectly through attitude, behavioral intention is predicted in leisure physical activity. Students to engage in leisure physical activity increased. The third hypothesis of this study, we observed that perceived behavioral control and intention to be physically active leisure was a significant relationship between physical activity in their leisure, and thus the perception of physical activity in leisure physical activity they wish to create.

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