The Role of Social Physique Anxiety in leisure time Physical activity of Youngers

Seyed Mohammad Ali Gouya¹, Mohsen Zahedinia², Homeira Mirdar³ Zahra Bozorg Zadeh⁴

¹,². Ms.c of sport management in Islamic Azad University of Sari
³. Ms.c of sport physiology in Islamic Azad University of Kerman
⁴. Ms.c of sport management in Islamic Azad University of Tehran

Corresponding Author email: z.bozorgzade@gmail.com

ABSTRACT: The purpose of this study was to determine the relation between social physique anxiety and the leisure time physical activity behavior in Youngers. The researchers embarked on a descriptive survey design and employed the questionnaire method during the data collection process. The sample consisted of 150 students (Female=78, male=72). The sample completed the Social Physique Anxiety Scale (SPAS) and Scale of measuring adolescents’ leisure time physical activity behavior (Reis et al., 2009). The data were assessed for normal distribution by using the Kolmogorov–Smirnov test. Then, the Pearson correlation test, independent t-test were used. Finding revealed that there were a negative significant relation between social physique anxiety and leisure time physical activity behavior (r =0/63, sig=0/001), and also there were significant difference between men’s and women’s leisure time physical activity behavior (sig =0/01, t=2/53). Moreover, there were a significant difference between men’s and women’s social physique anxiety (sig=0/001, t=2/84). In sum up, these results suggest that people with higher social physique anxiety have less participation in leisure time physical activity.

Keywords: Social Physique Anxiety, Leisure Time, Physical Activity, Youngers

INTRODUCTION

Youth is the most important human asset. Youth is combination of enthusiasm, emotions, thought and tendency to different activities. Leisure time is an appropriate time to deal with tasks desirable for youths. The word “leisure time” has different meanings in folklore. One of them is being free without doing a special work. Leisure time is when person is not working and earning a living and he/ she can deal with chosen experiences freely and voluntarily (Tondnevis, 1999). According to Afroz, leisure time is the most valuable, fruitful and sensitive time in human life. It resembles a two-edged sword: one edge can be a bed for creativity and art and the other is a factor for tendency to crime and social vulnerability (Tond Nevis 1996). Tasai (2005) stated that cultural values and social, physical and leisure time environments may limit cognitive processes that are a bed for active participation in entertainment. Leisure time depends on several factors such as age, job, education, interest, income status, living location and other variables. By settling fatigue, leisure time activities can compensate for psychological and physical vulnerabilities resulted from continuous agitations of job and social tasks. Entertainment avoids boredom resulted from uniform routines and it is an opportunity to grow mental, psychological, physical and emotional faculties (Abkar, 2009). In addition, role of sport in quality of leisure times is evident for everybody. The main goal of sport programs and activities in society is to help growth and development of moral, psychological, socio-cultural aspects of individuals in addition to filling leisure times of youths. Because youths are assets of the country and in long term, this asset can be used valuably by growing and guiding them towards safe paths. Recent findings show that physical activity has positive and significant effects on physical, socio-psychological health of people in all living periods and it is an efficient tool in promotion of life quality of different groups (Kamarudin & Omar-Fauzee, 2007). In the study titled as place of sport in leisure time of students, Tondnevis found that sport is in the sixth rank of leisure activities of young students. Football and swimming were in higher ranks. In the study done by Farajollahi with aim of investigating place of sport in leisure time of female students of Tehran university in 1994, he found that mean leisure time has been 3.5 hours and only 21% of females participated in extracurricular activities (Farajollahi,
In 2002, Mojtahedi and Delavar stated that tendency of boys towards the sport is higher than girls and half of the sample under study does not have a regular program for sport and studying. Also, 25 percent of teachers have no positive attitude towards the sport (Mojtahedi and Delavar, 2002). The causes of lack of tendency to the sport are absence of equipment and facilities, condition of parents, principals and other teachers, stricture about girls, shyness, and lack of experience in sport. Leisure time includes four functions such as rest, creativity, social participation and entertainment (Safaieian, 2000). Factors affecting sport behavior are divided into two personal and environmental factors. Personal factors include demographic variables (such as job, gender, education, income and so on), cognitive variables (such as health perception, physical fitness, self-motivation and so on) and behaviors (such as physical activity in childhood and adolescence, presence in past sport programs). Environmental factors include social environment (past effects of family, social support of friends, peers, social support of co-workers and coach), physical environment (weather condition, season, availability of real and perceptual facilities, equipment inside the home) features of physical activity (perceptual effort, group program and characteristics of the coach) (Vaez Mosavi and Mosalebi, 2011). It is evident that perception and attitude of people towards obstacles and advantages of participation in physical activities are factors affecting their decision in participation in regular and health-oriented activity. Therefore, evaluation of perception and attitude of people towards physical activity has a special place in applied researches (Deflandre et al., 2004). Effect of attending in physical activity on individual attitude, the difference between attitudes due to different personal characteristics, different requirements, discrepancy in taking advantage of effect of sport activities and generally combination of social and personal lives are factors that show importance of attitude and highlight social and inevitable effects of physical activities (Ramezani Nejad, 1997, Matthys & Christopher, 1998; Saunder & Mummery, 1990; Terry, 1996). Individual attitude towards physical activity rooted in social class and expectation of people (Nauslar, 1992). Here, the important point is focus of researcher on attitude of adolescents and youths. Most of them think that adolescence and youth are periods where attitudes are grown and in addition of its formation, a bed is provided to change them (Tolson & Cherrette, 1994). As seen, one of functions of leisure time is social participation or social interactions. But for most people the important thing in social interactions is body image, appearance and quality of relation with others. Apparent form of the physique has been always important in social interactions. Social psychologists found that people combine apparent attraction with personal features such as intelligence, qualification and social acceptance. Also, it has been known that there is a relationship between attractive physique appearance and high self-esteem and perceptual social adequacy. Schwerin et al. in 1996 reported that the higher the individual score in test of body image, he will be placed in better level socially and efficiently (Schwerin et al., 1996). Having regular exercise is one of main factors in protection of psychological and physical health (Arent et al., 2000). Despite such finding, lack of or reduction of physical activity is seen in different social groups. It is while that recent findings in Iran have shown that only 5 percent of people participate regularly in public sport activities (Ghorrah and Shaji, 2006). Social anxiety is the inhibitive factor meaning a certain fear from one or more social and functional situations and the person feels that he/she is subjected to unknown people or he/she is being scrutinized by others. Therefore, he will become ashamed (American psychiatric association, 1994). This concept is considered as a quite new domain in researches of sport science and psychology but it is very interesting for many people. For example, the relation between social physique anxiety and sport behavior and motivation, participation motivation, fitness motivation, perfectionism, bulimia and dissatisfaction with body shape has been studied for several times (Yousef, Hassani and Shokri, 2009). Social physique anxiety is one that people experience as a result of observations or evaluation appreciated from their body in social environments (Hart, Leary & Rejeski, 1989). As a subset of social anxiety, this type of anxiety imply on negative evaluation of person from his/her body and it is considered as an internal ability for showing physique to others in social environments (Frederick and Morrison, 1996; Lantz, Hardy and Ainsworth, 1997). In their study on social physique anxiety and physical activity, Brunet and Sabiston (2008) found that social physique anxiety affects directly satisfaction and indirectly motivation of sport activity and behavior (Brunet & Sabiston, 2008). Signs of abnormalities resulted from anxiety are appeared as social-emotional, physical and behavioral indications (national institute of mental health, 1999). Also results indicated that leisure time activities affect directly people especially their classification based on interest, tendency and requiring to do a certain group of activities including securing physical health, securing mental and spiritual health and securing intellectual health (report of national youth organization, 2001). In a study done by Attarzadeh and Sohrabi on men and women in 2007, it was observed that hilarity and happiness are considered the most important causes of participation and delay of daily routines is the most important obstacle for not participating in physical activities. They also observed a significant difference between attitude towards physical activity in people with different ages, marital/single, number of family members, type of occupation, tendency and lack of tendency to physical activities. It is while that there is no significant difference between physical activity and gender, education, monthly income,
household cost, monthly sport expense, number of exercises per week, time duration of exercise per session, safety and welfare of the sport place and sport background or experience (Attarzadeh Hosseini and Sohrabi, 2007). Therefore, it seems that social anxiety especially social physique anxiety affect considerably life quality and leisure time regarding physical activity. Considering researches done on necessity of leisure time and researches that confirmed effect of social physique anxiety on physical activity, it is necessary to study role of social physique anxiety in leisure time. The present research is aimed to study the relation between social physique anxiety and leisure time physical activity behavior in youths.

MATERIAL AND METHODS

The present research is correlative-descriptive. Research population is all young people participated in leisure time physical activity in sport centers of Tehran. Therefore, they were chosen from districts 6, 12, 22, 20 by cluster sampling. Among these districts, 150 persons were chosen randomly (78 female and 72 male) and research instruments were given to them.

Scale of measuring leisure time physical activity behavior (Ries.et.al, 2009)

Scale of measuring leisure time physical activity behavior includes 43 items under 5 subscales of appreciated physical qualification, parents’ physical activity, appreciated supportive resources, attitude towards physical activity and appreciated support of parents. The scale is scored based on 4 value scale. Its validity and reliability has been studied and confirmed by Ries.et.al (2009) and Cranbach alpha of its subscales has been reported from 0.69 to 0.95. In order to use abovementioned scale in present research, acceptable 0.79 Cranbach alpha was obtained after being translated by sport psychologists and it was studied on 45 people.

Social physique anxiety scale (SPAS)

Motl &Conroy has been used including 7 items graded in Liker range (1 means not at all and 5 means very much). This scale measures anxiety experienced by a person about his/her body shape in a social situation. Item 5 of the scale contains inverse scoring. Total score was between 7 and 49. Higher score shows higher social physique anxiety. Yousefi.et.al (2009) studied factorial structure in both genders and stated an acceptable internal reliability (85.0 for women and 81.1 for men).

Method of gathering data: data were statistically analyzed after gathering data of present research by descriptive and inferential statistics and SPSS software version 16.

RESULT

After performing the research, obtained data were statistically analyzed. 78 persons were female and 72 persons were male. Mean age of participants was 24±2.53. In this section, results of inferential statistics were studied. Statistical tests will be referred to in following.

Table 1. correlation of social physique anxiety and subscales of leisure time physical activity behavior

<table>
<thead>
<tr>
<th>Variable</th>
<th>appreciated physical qualification</th>
<th>Parents physical activity</th>
<th>appreciated supportive resources</th>
<th>Attitude towards physical activity</th>
<th>Parents' appreciated support</th>
<th>social physique anxiety</th>
<th>Leisure time physical activity behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>appreciated physical qualification</td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parents' physical activity</td>
<td>** 0.51</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>appreciated supportive resources</td>
<td>**0.62</td>
<td>** 0.41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attitude towards physical activity</td>
<td>** 0.61</td>
<td>** 0.72</td>
<td>** 0.38</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parents' appreciated support</td>
<td>** 0.32</td>
<td>** 0.59</td>
<td>** 0.35</td>
<td>** 0.28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>social physique anxiety</td>
<td>** - 0.60</td>
<td>** - 0.59</td>
<td>** - 0.59</td>
<td>0.16</td>
<td>** - 0.32</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leisure time physical activity behavior</td>
<td>** 0.51</td>
<td>** 0.41</td>
<td>** 0.53</td>
<td>** 0.37</td>
<td>** 0.39</td>
<td>** - 0.63</td>
<td></td>
</tr>
</tbody>
</table>

p<005
At first, normalization of data distribution was studied by Kolmogorov – Smirnov test. Then Pearson correlation test has been used to study the relation between social physique anxiety and leisure time physical activity behavior based on normal data distribution. As seen in table (1), there is a negative significant relation between social physique anxiety and leisure time physical activity behavior ($r=0.63$, $sig=0.001$). Independent t test and F ratio in one-way covariance analysis was used to study existence of significant difference between research variables in men and women. Table 2 shows that there is a significant difference between men and women regarding leisure time physical activity behavior ($sig=0.01, t=2.53$). Also, as seen in table 3, there is a significant difference between men and women regarding social physique anxiety ($sig=0.001, t=2.84$).

| Table 2. comparison of leisure time physical activity behavior between men and women |
|---|---|---|
| $F$ | $T$ | $DF$ | $Sig$ |
| 45 | 2.53 | 148 | 0.01 |

| Table 3. comparison of social physique anxiety between men and women |
|---|---|---|
| $F$ | $T$ | $DF$ | $Sig$ |
| 49 | 2.84 | 148 | 0.001 |

**DISCUSSION AND CONCLUSION**

Exercises have many socio-psychological and physical benefits. Regular physical activity reduces risk of death resulted from heart diseases, Colon cancer, Type-2 diabetes and hypertension. It improves glucose metabolism, reduces fatness and increases antioxidants. Also, proper physical activity reduces risk of cancers by affecting hormonal metabolisms. Other advantages of proper physical activity are improvement of muscles and bones health, weight control, reduction of depression, prevention or control of behavioral problems such as smoking, drinking alcohol or other drugs, unsafe diet and violent behaviors in adolescents. Experts believed that if in a society, people are forced to do exercises, self-esteem and physical-spiritual health of people will be increased.

Despite such advantages, many of people in our country especially university students do not participate in physical activities. Concerning increasing inactivity in our society, it is necessary to study factors effective on people motivation for doing exercises, acceptance and protection of active life style. The aim of the present research is to study the relation between social physique anxiety and leisure time physical activity behavior in young people. Results support this hypothesis that people with higher social physique anxiety have low participation in leisure time physical activity. Concerning findings of present research, it can be said that present research agrees with results of Brunet and Sabostin who stated that social physique anxiety can affect individual behavior in physical activity. According to them, social physique anxiety may affect leisure time physical activity. Generally, based on results of the present research, it is inferred that high social physique anxiety associates with reduction of participation in leisure time physical activity. Findings of present research seem acceptable regarding theoretical background. Because as seen, factors such as appreciated physical qualification, parents’ physical activity, appreciated supportive resources, attitude towards physical activity and parents appreciated support play role in leisure time physical activity. Also results indicated that there is a significant difference between men and women regarding leisure time physical activity behavior. Therefore they are in agreement with previous research results such as those of Mojtahedi and Delaver (2002). Several structural factors such as limitation of financial resources and physical infrastructures along with lack of proper cultural patterns for spending leisure times have inhibitive effects on leisure time behavior of young people in the society. But internal factors such as anxiety and depression should not be ignored. Note that these factors especially social physique anxiety have a two-way relation with spending leisure time both in qualitative and quantitative aspects. Proper leisure time with appropriate planning reduces those factors. It seems that one of the things that can be done for people with high social physique anxiety is that they practice to wear loose clothes instead of tight ones in order to reduce social physique anxiety and they have to be encouraged to participate in physical activity in order to increase their tendency for leisure time physical activity. High social physique anxiety has increased tendency of young people to audio-video devices so that there is no need to present in social and sport environments. Therefore, most of leisure time of young people is filled by audio-video devices and their participation in leisure time physical activity is reduced. Leisure time may have effective role in changes of cultural levels and it may associate with intellectual and physical needs of people, social adjustment or non-adjustment, social advancement or regression. Leisure time physical activities can settle fatigue, psychological and physical vulnerabilities resulted from job stresses and individual social tasks. Therefore, boredom is reduced and an opportunity for growth of mental &psychological, physical & emotional faculties is
provided. Therefore, leisure time may either promote or degenerate social culture. As young people require proper job for leaving their energy and faculties, they need leisure time to acquire happiness and to discharge energies resulted from life agitations in order to continue their job and life optimally. Instead of filling leisure time, it should be more qualitative and enjoyable by guidelines such as those mentioned in present research. However, an exact conclusion requires further research in a larger population and other ages. It is suggested that these variables are studied for adolescents because adolescence is time when social physique anxiety is formed and social physique anxiety and leisure time can be guided in a more correct rout.

REFERENCES

Saunders J, Mummery WK. 1993. Determinants of physical activity intention in the elderly: Role of lifetime physical activity, 5th IOC World Congress on Sport Sciences, Australia.
Tondnevis F. 1996. How to spend leisure time of university students with focus on physical activity, PhD thesis for management of physical education, Tehran University.
Tondnevis F. 1999. Place of sport in leisure time of students throughout the country. Harkat publication, No 2.