

## عنوان مقاله:

Investigation of Individual and Social Factors Affecting Sports Participation of Police staffs

## محل انتشار:

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## خلاصه مقاله:

Background: Numerous factors may affect the sports participation of people. The present study aimed to investigate the factors affecting sports participation of Police staff. Methods: This descriptive-analytical cross-sectional study was conducted on ۳۵۰ executive male police staff in Iran in ۲۰۱۷. Data were collected through random sampling using a questionnaire including Sports Activities, Factors Affecting Sports Participation, and demographic information. Data analysis was performed by descriptive statistics and t-test using SPSS ۲۲. P-values less than ۰.۰۵ was considered significant. Results: ۴۸% of participants, were in the age group of ۳۵-۴۴ years and ۳۳% had a diploma. The mean score of sports participation in Police staffs was  $8.01 \pm 2.61$  (range ۰ to ۲۰). Some individual factors such as attention to health ( $P=0.002$ ), motivation ( $P=0.012$ ), body image ( $P=0.001$ ) and awareness ( $P=0.045$ ), and some social factors such as feeling secure and confident ( $P=0.004$ ) and positive experience ( $P=0.048$ ) had an impact on sports participation of Police staff. Conclusion: It is recommended to Police sports managers to promote the individual and social factors according to the results of this study, to enhance the sport participation and thus, improve the physical and mental health of Police staffs.

## کلمات کلیدی:

Sports Participation, Police Staff, Individual Factors, Social factors

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1221260>

