

Identification and Prioritization of Strategies to Tackle the Barriers of Youth Engagement in Public Sports and Health Based on ANP Method in Mashhad

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Abstract

Introduction: Public sport as a low-cost and fun but effective tool can be part of the daily life plan of the people that can function for the general public in terms of individual and social characteristics, and, in particular, contribute significantly to the promotion of physical, psychological and social health of the youth.

Methods: In this causal-comparative study, experts in the field of public sport and health were consulted. 30 public sport and health activists including coaches and staff of the sports board as well as university professors and 10 professors of physical education and health were selected through interviews.

Then, the data obtained were analyzed by Lambda method and the design of matrix tables for paired comparisons of final weights of barriers and sub-barriers, using the AHP method and the ranking of barriers and sub-barriers by ANP method at the level of $p < 0.05$.

Results: Financial-facilities barriers for men with a weight of 0.622 and social-cultural barriers for women with a weight of 0.737 had the most important and most limitation for participation in sport ($p < 0.03$). Among the proposed solutions for economic barriers were the highest priority for government and parliament to allocate land and natural resources to sport and to enter the private sector in public sport and health for men and women ($p < 0.02$).

Conclusion: Among the proposed solutions for management barriers, the decision to approve the plan by the deputies was the first priority for the Ministry of Health and Treatment to create sports spaces. Among the solutions presented for social-cultural barriers, the agreement to exchange media coverage of women's sports activities and increase knowledge and awareness were first and foremost for women and men. Also, parents' justification of positive effects of exercise and health on improving mental performance for personal-familial barriers was given the priority.

Keywords: ANP, Identification, Prioritization, Sport, Health, Youth

Introduction

We- as human beings- are all born for the purpose of moving forward, growing and excellence in the direction of Allah, and as sports are cultural activities with a physical and skillful tool for the growth and excellence of all aspects of the human existence, we can claim that we have been created to exercise in all of our existential dimensions (1). Staying more active promotes the essential fitness

behaviors and it has been shown that these behaviors increase the longevity of the human being (2). Physical education and sports science are one of the areas of human learning, and public sport is one of its branches which has a special place in providing health and mental health (3). Nowadays, public sport is highly regarded by the scholars of physical education and sports science in terms of the scope of inclusion, applicability in different

situations, low cost, and availability and ease of implementation for all the different ages of the community. On the other hand, public sport and its education are the foundation of sporting championship and a good basis for selecting and fostering sport talents (4). Sport for all (public sport) is a kind of sport in which all people can freely participate (5). Also, being easy and inexpensive, all people in cities can benefit from it. This sport is based on the goal of increasing the participation of all social groups and providing sport pluralism, strengthening championship sports, competitive sports, and healthy recreational sports; however, public sport depends on regional, geographical, and cultural-social conditions. It includes all organized, unorganized sport activities, and local games, and it is open to the public (6). Global changes in contemporary life categories have made physical education and sport an inevitable necessity (7). Research on motivational factors for participating in sport activities shows that the participation rate varies according to gender, age groups, education, and socioeconomic status. In this regard, Nourbakhsh *et al.* (2010) showed that women, like men, are particularly interested in sports activities, although education and socioeconomic status are important variables for exercise activity (8). Eslamee *et al.* (2013), reported increasing people's awareness of mental health and well-being as well as having shortened working hours in most developed countries as a factor in the tendency of people to exercise and conduct public sports activities (9). Roshandel (2006) concluded that 37% of the changes in the institutionalization of public sports in the country were related to the media and 63% of the rest were related to other factors (10). Razavi *et al.* (2009), with a survey of socioeconomic status of people participating in public sport activities in Mazandaran province, concluded that there is a meaningful relationship between the amount of participation in public sport and the economic situation of the participants;

therefore, it seems participants in such sports are mostly from the middle and middle to lower classes; therefore, planning to remove obstacles to increase the participation of the lower classes and attracting the attention of the middle and upper middle classes who do not actively attend such events, in order to improve the level of health care, participation of people in public sports seems necessary (11). Regarding public sport, Mashhad physical education department is faced with weaknesses such as undeveloped culture of sport and mobility in the community, the cost of location and sports facilities, lack of long-term and short-term plans, lack of attention to public sports for women, the disabled and villagers, low budget allocated to public sports and a strong financial dependence on the government, financial and cultural challenges and right planning. Among the threats of public sports in Mashhad, financial problems, successive changes of managers and reduction of the leisure time of the people for earning a livelihood could be named as some. (11). The importance of physical and recreational activities is clear for maintaining and promoting physical and mental health of individuals and society. One of the ways that helps to make this happen is to look at the causes or factors that influence people's attitudes towards this issue. From among these factors, one can name the type of motivation of individuals to participate in public sports which shows their attitude towards it; and some effective factors can be social and financial status (12). In recent years, the tendency towards measuring attitude in the field of motor activity and sports has provided sports scales (13). Although championship sport is a major part of every nation, the importance of this is that the growth of the championship sport depends on the widespread participation of the public and its growth in the society (14). On the other hand, health or well-being means providing full physical, mental and social security (15). Today, the importance of developing public

health for social justice in the health field is not hidden by anyone. Exercise and sports activities play a significant role in the physical and mental health of individuals. As Megan *et al.* (2018) concluded in their study that women, through empowerment of government, sports, social organizations, and health organizations, which provide these conditions in their design, can overcome the social, historical and hygienic conditions women have against men, and thus see more of their participation in sport and henceforth increase in the physical and mental health of women. The ANP method allows to present and decide about issues without worrying about what is first and what comes later. ANP is a nonlinear structure, while a linear structure has a hierarchy with a goal at the highest level and options below it (17). In this way, the best solutions will be chosen with respect to the obstacles. The effort made to promote sports and health in different countries of the world has led us, as a member of this great sports community, to identify some of the barriers, check the existing strategies, and have a contribution, though small, in developing sports in our country. Regarding the youth population and that the country would be in their hands in the future, it was aimed to identify and prioritize the barriers of youth sports. In this vein, the present research is based on the following fundamental questions: What are the strategies to tackle barriers of young people taking part in public sports in Mashhad? And how are the strategies prioritized from the viewpoint of professors?

Methods

The research method was exploratory in nature and an interview was also conducted. In order to do this research, the criteria and sub criteria were extracted based on the research background and experts' opinions. Using the experts' opinions, each of the criteria and sub criteria was weighed. The study population included 30 public health and sports activists (coaches and staff of the public sports board as

well as university professors and 10 physical education instructors) who were associated with relevant research. It should be noted that since the population was made of experts and technicians, the size was limited and the census method was used to select statistical units. Data collection was also carried out in the form of interviews, distribution of questionnaires, and the observation of individuals and events used in field surveys. Studying the relevant literature to identify barriers, design matrix tables for pairwise comparisons for determining the final weight of obstacles was done by using the AHP method, the ranking of barriers was done by using the ANP method which was divided into three types: open, half closed and closed. In this research, the data was gathered through a special questionnaire for network analysis technique. Finally, the criteria and their subcategories were prioritized using lambda and Excel and R softwares, and findings were analyzed at the level of $P < 0.05$.

Results

To achieve reliable results, data had to be categorized and analyzed using appropriate statistical techniques. The research consisted of two stages of research, the first step of which was to identify the barriers and their solutions, and the second step was to prioritize the solutions. The sample for the first stage included 30 sports trainers, public sports staff and the General Directorate of Sport and Youth of the province, as well as several physical education instructors who have carried out research in the field of public health. In the second stage, ten elite university professors were selected to prioritize the strategies and the Analytic Network Process (ANP) was obtained by conducting an initial interview and distributed among these 10 people. Descriptive results of the study showed that 3.59 % of the participants in the study had a bachelor's degree. The highest age group was in the age group of 46 to 56 years

old with 33.7%, and the lowest age group was 35 -45 years with 40.7%.

Research question 1: What are the barriers for young people to take part in public sports?

Considering the research conducted and the opinions presented by the professors, based on ANP, the current barriers and limitations of public sports are: 1. Socio-cultural barriers 2. Financial barriers and lack of facilities 3. Management barriers. Each of these barriers is based on the criteria listed in the following. Table 2 presents the geometric mean of the scores given by the research samples, in which the main barriers are compared in pair, and the weight of each one is obtained. Given that the values are acceptable, the Cr obtained (0.14) indicates that the comparisons are compatible. Considering the weights presented in Table 3, the financial barriers and lack of facilities with a weight of 0.622032 are the most important, Management barriers with a weight of 0.252,119 are in the next priority. The socio-cultural barriers with a weight of 0.125849 are in the last priority. According to the obtained weight in Table 4, socio-cultural barriers of 0.737115 weight are the most important, the financial-barriers with a weight of 0.153585 are in the next priority. The personal family with a weight of 0.1093 is placed in the last priority.

Research question 2: Is there a difference between boys and girls in terms of facing barriers to participate in public sport?

One of the most important factors in sport is gender. While many sports have a masculine state and men's attitude toward these sports is in a way that these activities are considered masculine, nevertheless in the twentieth century women's efforts to enter men's sports fields have been very impressive. With all efforts, women are far behind men in outdoors sports. On the other hand, women tend to do lighter sports, which is of course influenced by managers' attitudes (who are mainly male) towards women's athletic activities. The effective barriers for participation of women in

sport have several dimensions such as socio-cultural, personal-familial and financial factors as well as lack of facilities, which can affect women's participation in sports. The barriers in women's participation from the viewpoint of professors based on ANP are listed in Table 5. Table 6 indicates the geometric mean of the given scores by the research samples, in which the main barriers of women's sports are compared in pair, and the weight of each one is obtained. Given that the values are acceptable, the obtained Cr (0.023) indicates that the comparisons are compatible. Also, Table 6 shows that socio-cultural barriers with a weight of 0.737115 have the greatest impact on women's sports.

Research question 3: What are the strategies to tackle the barriers for the youth to take part in public sports?

The strategies presented by the professors for each of the barriers were stated, regarding the importance given by these professors to these strategies, several solutions that were of less importance were removed. Table 7 provides strategies and solutions for each of the barriers.

Discussion

The development and dissemination of scientific findings, as well as the increasing growth of culture and awareness of the effects of exercise on health have brought physical activity into attention of the people and caused the emergence of a phenomenon called "public sport".

One of the issues in the current studies is that there are barriers for the participation of young people in public sport. In the previous studies, three barriers of managerial, socio-economic, and socio-cultural factors were mentioned for men, and three personal-familial, social-cultural, and financial barriers and lack of facilities were mentioned for women.

Table 1. Financial, management and socio-cultural barriers for young people to take part in public sports

Financial barriers and lack of facilities	Management barriers	Socio-cultural barriers
1. Lack of land ownership for sports 2. Lack of affordability 3. High cost of sports and lack of financial ability of individuals 4. Low amount of public sports per capita due to the young population of the country 5. Unfair distribution of places in different urban and rural areas	1. Not giving priority to public sport in the programs of the Ministry of Sports and Youth and Ministry of Education, Seminary and Sports Media 2. Lack of construction of sports facilities in proportion to population growth 3. Lack of integrity in planning and management of public sports in the country 4. The absence of supportive laws to ensure the uniformity of the management of the public sport 5. Ignoring general practitioners and experts in planning of affairs	1. Reducing the effectiveness of sport training at universities 2. Lack of attention of the university sports science professors to the valuable effectiveness of the seminary in educating people's decision making 3. Lack of sports planning required in the seminary 4. Failure of the Friday Prayer Imams and the clergies to respond to the needs of the public sports 5. Mayors not paying attention to the generalization of sport 6. Lack of necessary attention of the government and the Islamic Consultative Assembly to the needs of sports for people and not allocating enough budget to sports 7. Changing people' lifestyle

Table 2. The geometric mean scores given by the research samples based on AHP

	Socio- cultural barriers	Financial barriers	Managemen t barriers	Sum	Weight	Lambda	Cr
Socio-cultural barriers	1	0.20	0.64	1.85	0.12	3.31	0.14
Financial barriers	4.82	1	3.32	9.15	0.62	3.32	
Management barriers	2.40	0.30	1	3.70	0.25	2.94	
				14.71	1	3.32	

Table 3. Barriers to the presence of men in public sport and health

	Weight	Financial barriers	Management barriers	Socio- cultural barriers
Financial barriers	0.62	0	0.67	0.49
Management barriers	0.25	0.54	0	0.39
Socio- cultural barriers	0.12	0.35	0.22	0

Table 4. Barriers to the presence of women in public sport and health

	Weight	Financial barriers	Personal- familial barriers	Socio- cultural barriers
Financial barriers	0.15	0	0.67	0.49
Personal-familial barriers	0.10	0.54	0	0.39
Socio- cultural barriers	0.73	0.35	0.22	0

Table 5. Barriers in women's participation from the viewpoint of professors based on ANP

Personal-familial barriers	Socio-cultural barriers	Financial barriers and lack of facilities
1. Lack of time for a lot of work	1. Not knowing the valuable effects of public sport on the life of individuals, society and every nation	1. Lack of attention of women to increasing cost of treatment due to lack of exercise
2. Fear of parents of children's sports injury	2. Evaluation of Iranian sport managers based on the color of the medal	2. Lack of access to suitable sports spaces and gyms
3. Parents' fear of their children's academic failure and the priority of their school classes	3. Not encouraging public sports practitioners and executives	3. Assigning the best time of sports salons to the championship sports
4. Economic constraints of families and high cost of using places	4. No broadcasting sports news about public sports on TV and other sports media	4. Lack of investment in the development of suitable women's sports facilities
	5. Attention of media to men's sports as a priority	
	6. Unsafety for women's sports comparing to men's sports in the city	
	7. Fear of harming religious beliefs	
	8. Understanding the physiological effects of public sports on Iranian women	

Table 6. Geometric mean scores on the main barriers of women's sports

	Socio-cultural barriers	Financial barriers	Personal -familial barriers	Sum	Weight	Lambda	Cr
Socio-cultural barriers	1	5.43	5.43	11.87	0.73	2.93	0.02
Financial barriers	0.15	1	1.31	2.47	0.15	2.69	
Personal-familial barriers	0.18	0.57	1	1.67	0.10	3.05	
				16.11	1	3.05	

Table 7. Strategies and solutions presented by professors for each of the barriers

Strategy	Solution
Strategies for socio-cultural barriers	<ol style="list-style-type: none"> 1. Increasing public awareness about the positive effects of exercise and the negative effects of inertia 2. providing drafts and bills by experts and presenting to government officials and parliamentarians 3. Inviting Friday Prayer Imams to accept sports counsel 4. Changing programs and headlines 5. Changing attitude of religious leaders about sport 6. Interaction of university sports professors with clergy men to promote sport and help people make decisions
Strategies for management barriers	<ol style="list-style-type: none"> 1. To approve the plan by the representatives to oblige the Ministry of Health to allocate part of the state budget for building sports spaces. 2. Establishment of the Policy and Planning Council for public sports and the obligation of its acts for all organizations. 3. Justification of authorities and policy makers of the country, in particular the members of the Islamic Consultative Assembly, regarding health claims from Ministries of Health and Sports 4. Creating management training courses for public sports at universities along with apprenticeships 5. Creating the opportunity of recruiting sports science graduates in management of public sports, especially in municipalities, local sports, and rural health centers 6. Establishing a joint planning team for public sport in governorates for an integrated management of public sports 7. Enacting legislation and requiring organizations (Ministry of Sports and Youth, Education, Seminary, and Sports Media) for its enforcement
Strategies for men's financial barriers and lack of facilities	<ol style="list-style-type: none"> 1. Proposing a bill by the government and the parliament to allocate state land and natural resources to sport 2. Paying subsidies and attending the charities in these activities 3. Raising public sport per capita due to the young population of the country 4. Preparing land and making decision on the development of places based on it 5. Using and supporting graduates in sports science in the management of sports halls, parks 6. Construction of multifunctional cultural places in villages and cities (mosque, library, place of sport).

The priorities of these factors were, respectively, financial and lack of facilities, managerial, and socio-cultural barriers for men and socio-cultural, financial and facility-related, and personal-familial barriers for women. The results of this research, which used the experts' ideas on criteria and weighing them, indicated that for men, financial and facility-related barriers with a weight of 0.622032 are the most important; after that, management barriers with a weight of 0.252119 are in the next priority. The socio-cultural barriers with a weight of 0.125849 are the last priority. On the other hand, for women, socio-cultural barriers with a weight of 0.737115 are the most important; after that, the barriers to financial and facility-related barriers with a weight of 0.153585 are in the next priority. And finally personal-familial barriers with a weight of 0.1093 is placed in the last priority. The first question posed in this study was that what barriers young people are faced for participation in public sports. In previous studies, there were three barriers of management, financial and facility-related and socio-cultural ones for men, and in three personal-familial, socio-cultural, and financial and facility-related barriers for women, with the afore-mentioned priority. The environmental and facility-related, social, and managerial barriers were the common points of the results of the present study with the results obtained by Andam and Mahdizade (2014). In their study, they also mentioned some psychological and interpersonal barriers and those resulting from time limitations, which were not stated by the experts of public sports in this study (18). The second question is whether there is a difference between girls and boys in terms of barriers to public sports, the results of this study showed that economic barriers are the most important factor for men and the second most important one for women. From the viewpoint of participants in the research conducted by Andam and Mahdizadeh (2014), the economic factor was in the second rank of priority and would give

individuals a great deal of limitation to attend sport activities; so their results are in line with what was achieved in the present study. According to Seyyed Ameri (2012), sport facilities and equipment have the most important role in attracting and increasing citizens' participation in recreational and public sports. In Shahbazi's research (2013), financial and economic issues as well as the quality and quantity of sport facilities and equipment have been the biggest barrier for public sport following manpower shortage.

In the present study, management barriers for men are the second most common restricting factor, which is consistent with the results of the research by Kayli (2006), but are not aligned with the results of the research of Andam and Mahdizadeh (2014). Researchers have shown that officials and sports planners can increase participation of people in public sports by planning and expanding more light and non-competitive sports, identifying sports needs and interests of people, as well as diversifying sports and services provided in public sports and recreational programs. Sports development among societies is considered as a coercive and social duty of governments towards citizens and is considered as one of citizenship rights, and governments should always try to provide appropriate sports facilities to different needs and desires of citizens in their policies and plans (12). In this research, socio-cultural barriers were in the third priority for men while it was the top priority for women. Social barriers emphasized the issues and limitations resulted from social interactions and showed the impact of social relationships on the lack of participation in physical activity. The finding that social factor is the last priority for men is inconsistent with the study of Ehsani and Kashgar (2007) and Mir Ghafouri, Sayyadi and Mir Fakhredini (2009), in which social barriers had a higher priority. Therefore, efforts to create a culture of exercise and physical activity and eliminate some negative attitudes towards participation in such

activities, especially for women, are essential. As a result, physical education officials and sports executives can organize public events (hiking, mountain climbing, etc.) for different occasions to create a positive attitude towards physical activity especially for women to participate with their family (20). In the present study, personal-familial barriers that were less effective than other barriers to take part in public sports reveal problems, issues and limitations in personal life that affect their participation in public sport activities. The low effect of inhibitory factors on personal-familial barriers in this study is consistent with the results of the research done by Andam and Mahdizadeh (2014), from participants' point of view in their research, personal-familial barriers are less effective on participation in physical activities. In the study of Keshgarand Ehsani (2007) and Giorsik *et al.* (2007), this factor was in the second priority (21).

The third question is related to the strategies to deal with barriers of participation of the youth in public sports. Considering the proposed solutions for financial and facility-related barriers and reviewing the results of research conducted by Shahbazi (2013), Andam and Mahdizadeh (2014), the common points are as follows: developing infrastructure and providing people with easy access to sports facilities, subsidies, using facilities of other organizations by the public, using facilities in Basij bases and mosques, and involving private sector. The present study, in addition to the above-mentioned strategies, has identified solutions that have not been mentioned in any of the studies: presenting a bill and a plan by the government to allocate state land and natural resources to sport, carrying out land preparation and deciding on the development of places based on it, raising public sport per capita due to the young population of the country, employing and supporting graduates of the athletic sciences in managing sport halls and parks, creating enclosed spaces for girls and women in all parks, concluding a memorandum with the deputy of physical

education and health of the Ministry of Education, equipping and allocating full-time spaces and gyms of girls' schools to women.

In order to overcome barriers caused by economic problems and facilities, it is suggested that the various credits in the budget be accumulated into the budget of Ministry of Sports and Youth, in order to allow planning and distribution of it among the its relevant organizations. Considering the proposed strategies for socio-cultural barriers and reviewing the results of research carried out by Shahbazi (2013), the common point in his study and the present study is to change the attitude of religious leaders about sport. Eliminating the misconceptions about women's engagement in sports is another one that has been mentioned in Shahbazi's research, but has not been identified in this research. For socio-cultural barriers, Andam and Mahdizadeh (2014) and Tondnevis (2005) proposed a strategy by encouraging friends, relatives and others to participate in sports and emphasized the supportive role of sports media, the role of the media has been identified as one of the strategies in this research as well (22). Considering the proposed solutions for management barriers and reviewing the results of the studies, strategies like forming a policy committee, ratification of the law, and obliging organizations (Ministry of Sports and Youth, Ministry of Education, seminaries and sports media) to involve sport are in line with the strategies mentioned by Shahbazi and Safari (2013). Establishment of a joint planning team for public sport in governorates for an integrated management of public sports, approval of the plan by the deputies to oblige the Ministry of Health to allocate part of the country's health care budget to create sports spaces, creating opportunities for the recruitment of graduates in sport science in public sport management in municipalities, sports local centers and village health centers, the establishment of public sport management courses in universities along with

apprenticeships, are among the strategies identified in this research which were not previously mentioned. Officials and sports planners can pave the way for the participation of people by planning and further development of light and non-competitive sports, identifying the needs and interests of people in sports, and diversifying sports and services provided in public sports and recreational sports programs.

The last question of this research is about prioritization of strategies to tackle the barriers of public sport for girls and boys. The results showed that prioritizing the strategies for financial and facility-related barriers, provision of a bill and planning of the government to allocate state land and natural resources to sport are in top priority, while in the study of Shahbazi and Safari (2013), the strategy of urban design with an approach to develop public sports is the highest priority. The strategy of land preparation and making decision on the development of places based on it in present study is consistent with the strategy of construction of places in Shahbazi and Safari's research. Among the six proposed strategies for financial and facility-related barriers, subsidy payments in this research is in the final priority. Among the three proposed strategies presented by Shahbazi and Safari, paying subsidies and government funding were in the last priority (19). Employing volunteers in the development of public sport can also be an effective way of avoiding excess costs in order to save; recruiting and supporting graduates in sports science and using them in managing gyms and parks voluntarily and giving them credits can also be effective. The use of volunteer groups and their capacity in a useful way can help promote public sports at community level. Based on the proposed strategies, involvement of private sector is also of high priority. Its involvement in public sports can contribute to its development as well. In this vein, Shahbazi and Safari (2013) stated that utilization of private sector

financial resources is one of the strategies for the development of public sport. To this end, encouraging private sector to manage places and sports programs will provide diverse opportunities for sports and physical activity (19). Among the proposed strategies for socio-cultural barriers, the strategy of changing attitudes of religious leaders in this research, was the second priority in Shahbazi and Safari's (2013) study. Regarding the influence of religious leaders, clerics and Friday prayer imams on the general public, the attention of these leaders to exercise and physical activity can have a significant impact on the active participation of people in public sports. Changing attitudes among religious leaders and senior executives in the country is an approach that most of the instructors in this study have emphasized.

The results confirmed that among the proposed strategies for management barriers, the strategy of forming a policy committee, large-scale public sports planning, and the necessity of its approval, are of high priority for all organizations. The strategy for approving the law and enforcement of sport in all organizations in the present research was the second priority, which is not in line with the results of Shahbazi's (2013) study in which the provision of regulations was the first priority (19). Public sports strategies and policies require the support of government agencies, the health sector and the private sector. Therefore, maximum facilities, resources, manpower and equipment must be employed. This research was accompanied by limitations such as the lack of cooperation of some sports professionals, but was done with the help of respected ones. According to the results of the research, it is suggested that the applicable rules and regulations for the integration of public sports be established for all organizations and institutions, and that laws and regulations for entering the private sector be made to the public sport of the country.

Conclusion

The identification of barriers to public sport in Iran is important because it highlights the priorities of community-based physical fitness programs and helps plan and execute community-based exercise programs. The barriers to physical activity include issues and limitations that prevent individuals from engaging in physical and sporting activities, or restraining their commitment to continuing their earlier activities. In this study, using the opinion of the professors in the public sport section and attention to the obstacles expressed in previous research, barriers were investigated in three dimensions of management, facilities-economic and socio-cultural. Given the results obtained, it can be suggested that a set of clear tasks have to be assigned for all organizations and institutions that can directly or indirectly contribute to the development of public sport. It is also necessary to establish rules and regulations for the entry of the private sector into the public sport, and for integrating community sports into all organizations and institutions of the country. Ultimately, the government is about to pay sports subsidies and financial supports. It is hoped that by removing barriers to public sports and implementing the proposed strategies, we will see the promotion and development of the public sport and youth health.

Ethical issues

No applicable.

Authors' contributions

All authors equally contributed to the writing and revision of this paper.

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