The Impact of the Structures of Planned Behavior Theory on Social Vitality of the Participants in Sports Aactivities

Ahmadreza Askari[1*] , Hamid Mohammadi[1] , Hamid Zahedi[1] , Hosein Shahnazi[2]

[1] Department of Physical Education, Najafabad Branch, Islamic Azad University, Najafabad, Iran

[2] Faculty of Health, University of Isfahan, Isfahan, Iran

Abstract

Background. Happiness and vitality are among the essential spiritual and psychological needs of human beings. The main purpose of this study was to present a model of participation in sports activities with the level of social vitality and the moderating role of awareness based on the theory of planned behavior.

Methods. In terms of methodology, the presnt study was a descriptive correlational study which adopted survey method for data collection. The present study's population consisted of 120,000 males and females who participanted in group and individual sports activities and introduced by Municipality of Isfahan. A total of 384 participants including 247 females with an average age of 42±14.1 and 137 males with an average age of 46±10.66 were selected through stratified random sampling as our final sample. In order to collect data, the questionnaires of Oxford Argil Happiness (OHI) (2001) and Planned Behavior of Karimi et al. (2012) were used. Correlation coefficient, regression and structural equations were conducted through using SPSS and Amos softwares version 22 for data analysis.

Results. The results showed that there was a significant positive relationship between willingness to do work and planned behavior of participation in sports activities, planned behavior of participation in sports activities and social vitality (p ≤0.05).

Conclusion. It can be concluded hat by informing people of the beneficial effects of sports, it is possible to plan to establish people's participatory behavior in sports activities and consequently to to promote and maintain social happiness and vitality of people.

Extended Abstract

Background

Social vitality refers to the dynamism and positive activity in a community that makes citizens important to the community and to each other. Exercise is one of the basic factors in creating vitality and dynamism in a society. From this perspective, the country is not in a favorable situation. In order to identify the factors affecting social vitality, the theory of planned behavior can be used. In this theory, in addition to the direct behavior of the individual, behavioral intent can be measured. In this study, the meaning of planned behavior was behavior change that was created in citizens through educational programs and awareness about the effects of participating in sports activities.

Accordingly, the main purpose of this study was to present a structural model of participation in sports activities with a level of social vitality and a moderating role of awareness based on the theory of planned behavior.

Methods

In terms of methodology, the presnt study was a descriptive correlational study which adopted survey method for data collection. The present study's population consisted of 120,000 males and females who participated in group and individual sports activities and introduced by Municipality of Isfahan. A total of 384 participants including 247 females with an average age of 42±14.1 and 137 males with an average age of 46±10.66 were selected through stratified random sampling as our final sample. In order to collect data, the questionnaires of Oxford Argil Happiness (OHI) (2001) and Planned Behavior of Karimi et al. (2012) were used. The target population roughly included 77,000 females and 43,000 males from five regions: central, north, south, west and east. In each region, an appropriate number of questionnaires were completed by the clients of 15 stadiums in Isfahan, 3 stadiums in each region. It is necessary to explain that distribution of the questionnaires was done after obtaining permission and ensuring the willingness of the samples to answer the questions and also reassuring them that the information would be kept confidential. The questionnaires were initially evaluated and the individuals whose participation rate in the sports activities was less than three months or at least less than 12 consecutive sessions were excluded from the study. The distribution of the questionnares continued until the specified volume of statistical data was collected. Cranach's statistical test, Kolmogorov-Smirnov test, and structural equation modeling were used to calculate the reliability of the

questionnaires, the normality of the data, and the relationship between the variables, respectively. Data analysis was performed using SPSS and AMOS statistical softwares version 22 and the significance level was considered 0.05 for all tests.

Results

The results showed that 35.7% of the respondents were male and 64.3% of them were female with the age range of 15 to 55 years. As the coefficients of skewness and elongation of the variables were all in the range of -2 to 2, and the significant value of Kolmogorov-Smirnov test was found to be more than 0.05 for all variables, it was revealed that the data were normal.

According to the general fit indices of the structural equation model, it could be concluded that measurement patterns havd a good fit. In order to test the statistical significance of the hypotheses, two critical minor indices, CR and P, were employed. According to the research results, all hypotheses were confirmed considering their critical value and significance level. In the case of the critical value, hypotheses whose value was greater than 1.96, acritical value of the test statistic at the significance level of 0.05, were approved, and all our hypotheses met this assumption. Regarding the value of P, the hypotheses which gained a value less than 0.05 were confired. Accordingly, as presented in Table 1, all hypotheses were confirmed. It should be noted that the positive regression coefficients show the direct and positive effect of two variables in each hypothesis. The interactive effect of these two variables (Planned Behavior * Awareness) on the planned behavior variable was also measured. If the path coefficient of the interactive variable is significantly different from zero, there is a moderating effect. The f^2 index was used to evaluate the effect of moderator variable, which is calculated using the following formula:

$$f^2 = \frac{R^2_{model-whit-moderator} - R^2_{model-without-moderator}}{1 - R^2_{model-without-moderator}}$$

In this formula, the difference between the coefficients of determination in the main model and the interactive model is calculated to evaluate the overall effect, and the values of 0.02, 0.15 and 0.25 indicate low,

medium and high effect, respectively. In the data, this coefficient was found to be 0.17 indicating an average effect of the modifier variable of awareness on the model; therefore, the third hypothesis of the study was also

confirmed (Figure 1, Table 1). Accordingly, the model will be like the following figure:
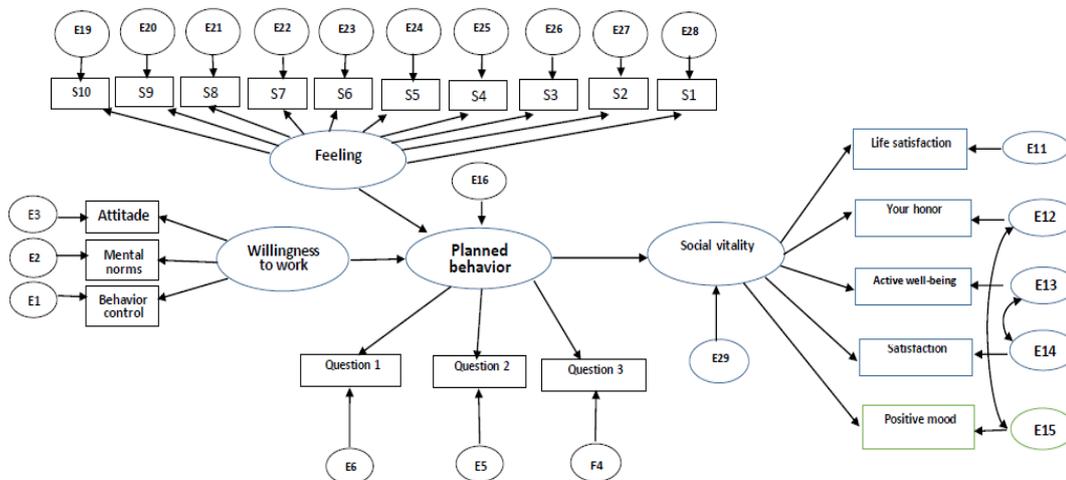

Figure 1. Research model with the awareness modifier variable

Table 1. Statistical data of the test of research hypotheses

Hypothesis	Standard coeffictsien	Critical value (CR)	Significance level (P)	conclusion
Relationship between willingness to do work and planned behavior	0.852	11.210	<0.001	confirmed
The relationship between planned behavior and social vitality	0.482	6.072	<0.001	confirmed
Relationship between awareness and planned behavior	0.322	5.982	<0.001	confirmed

Conclusion

When a person puts exercise in his daily routine to create vitality, fun and optimal use of life, the first and most important consequence of such an approach is the enhancement of social vitality, which has a direct effect on the secretion of pleasant hormones and indirect effect on formation of a desirable attitude towards affairs. So far, other researchers have identified the effects of exercise on physical, psychological and social variables related to humans, which is consistent with the results of the present study.However, the results of this study also showed that by informing people about the beneficial effects of exercise on social vitality and stabilizing their participatory behavior in sports activities, we can plan to maintain and promote the vitality of society, which is one of the important pillars of sustainable development.