

Sports Participation Among Young Professional Women: The Pivotal Role of Social Factors

المشاركة الرياضية لدى النساء الشابات العاملات في المهن الحرة: الدور المحوري للعوامل الاجتماعية

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Abstract

This research paper aimed to investigate the impact of certain social factors on women's participation in sports. A descriptive survey methodology was employed, and the sample consisted of 54 women participating in vocational training centers in the municipality of Setif. These women were selected randomly. A questionnaire was used as the data collection tool, covering five areas: (reasons related to athletic capabilities, psychological factors, health factors, social factors, and religious factors). The results concluded that:

- There are statistically significant differences in the level of women's participation in sports among the participating women based on their place of residence.
- There are statistically significant differences in the level of women's participation in sports among the participating women based on their socioeconomic status.

Keywords: Sports Participation, Young Professional Women ,Social factors

المخلص :

هدفت هذه الورقة البحثية إلى دراسة تأثير بعض العوامل الاجتماعية على مشاركة المرأة في الرياضة. استُخدمت منهجية المسح الوصفي، وتألّفت العينة من 54 امرأة ملتحقمة بمراكز التدريب المهني في بلدية سطيف. تم اختيار هؤلاء

النساء عشوائيًا. استُخدم استبيان كأداة لجمع البيانات، غطى خمسة محاور: (أسباب تتعلق بالقدرات الرياضية، عوامل نفسية، عوامل صحية، عوامل اجتماعية، وعوامل دينية). خلصت النتائج إلى ما يلي:

- توجد فروق ذات دلالة إحصائية في مستوى مشاركة المرأة في الرياضة بين المشاركات بناءً على مكان إقامتهن.
- توجد فروق ذات دلالة إحصائية في مستوى مشاركة المرأة في الرياضة بين المشاركات بناءً على وضعهن الاجتماعي والاقتصادي.

الكلمات المفتاحية: المشاركة الرياضية، الشابات العاملات، العوامل الاجتماعية.

Introduction

Physical activity in sports education is considered among the most important programmed educational activities, as it is a fundamental element and an effective indicator in building the individual, fostering their socialization, and ensuring their psychological and physical balance throughout their various life stages. Among its objectives is the development of a socially and emotionally well-adjusted citizen. It is an integral part of general education, as the educational process aims to achieve human performance through a medium: selected physical activities. Physical activity in sports education enriches the social environment, facilitates social and educational processes, and promotes self-discipline. Hassan Hussein views physical activity in sports as a field within education in general and physical education in particular, and considers it an effective element in preparing the individual by providing them with experiences and motor skills that guide their physical, social, and moral development in a positive direction, serving both the individual and society (Dahmani Mohamed Fouad, Ben Amrouche Slimane, 2023, p. 203).

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However, the realization of these educational ideals, particularly regarding sustained sports participation, encounters significant sociostructural complexities. Empirical research underscores that an individual's athletic trajectory is shaped by a dynamic interplay of multi-level factors. At the micro-social level, primary socialization agents like family and peers establish foundational attitudes towards sports, the influence of which can persist into adulthood (STUDENT DEVELOPMENT, 1978). These personal inclinations are subsequently filtered through meso-level cultural systems, where media representations and prevailing gender stereotypes critically enable or constrain participation opportunities for women, as evidenced across diverse societies (Ahmadi & Molana, 2024). Ultimately, these interactions are framed by macro-structural barriers, including institutional inequities in resource allocation, access to facilities, gender-based wage gaps, and societal pressures anchored in traditional role expectations (Yenilmez, 2021; Khan et al., 2024). This complex nexus often impedes the translation of personal interest into sustained athletic engagement.

This gap between the normative educational value of sports and the constrained reality of participation is acutely relevant within specific, under-researched training contexts. Preliminary field observations at several vocational training institutes revealed a conspicuous lack of dedicated sports facilities and pedagogical support for physical activities. This infrastructural deficit, coupled with anecdotal reports of reluctance among female trainees, suggests that the broader sociostructural barriers identified in the literature may be manifesting in

pronounced ways within this particular environment. Vocational trainees—a group navigating the transition to professional life—represent a critical cohort where sports participation could significantly impact wellbeing and social development, yet their experiences remain inadequately examined.

Therefore, synthesizing the established theoretical importance of sports, the documented influence of multi-level social factors on women's participation, and the contextual gap observed in vocational settings, this study aims to conduct a systematic investigation. Its central objective is to examine the impact of specific social factors on sports participation among female vocational trainees. This leads to the following primary research question: To what extent do specific social factors influence sports participation among female vocational trainees?

Derived from this main query, and grounded in the conceptual framework outlining micro, meso, and macro influences, the study seeks to answer the following sub-questions:

-Are there statistically significant differences in the level of women's participation in sports among vocational trainees attributable to the environmental variable (place of residence)?.

-Are there statistically significant differences in the level of women's participation in sports among vocational trainees attributable to the marital variable (standard of living) ?.

2. Methodology

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Research Methodology:

Given the nature of our research topic, we have chosen the descriptive approach for our study.

Research Variables:

- Independent Variable: Social factors are considered the independent variable for this study.
- Dependent Variable: It is worth noting that women's participation in sports is identified as the dependent variable.

Research Population and Sample:

Our research population consists of a group of young women enrolled in vocational training centers. The research sample was randomly selected and consists of (54) young women.

Research Scope:

- Human Scope:

Female women enrolled in vocational training centers.

- Spatial scope:

Vocational training centers across the Setif province

- Temporal scope:

The period required to complete this research was from February to March 2023

Data collection tools:

We used a questionnaire as a tool to collect information and achieve the research objectives. After reviewing previous references and studies related to the topic, and relying on a questionnaire as a data collection method, the questionnaire consists of 27 items across 3 levels, where we assign 3 marks for "agree," 2 for "neutral," and 1 for "disagree." It should be noted that some items reflect a negative aspect of the trait, in which case the scoring is reversed.

In our study, we chose this tool, which we deemed most suitable. Therefore, we developed a questionnaire covering five areas: (reasons related to athletic ability, psychological reasons, health-related reasons, social reasons, and religious reasons).

Psychometric properties and modifications made to the questionnaire:

Table 1. Reliability coefficient of the instrument under investigation.

	Steadfastness	Honesty
Psychological factors	0.72	0.84
Athletic capabilities	0.81	0.90
Health-related factors	0.69	0.83
Social factors	0.87	0.93
Religious factors	0.76	0.87

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3. Results

-Analysis of the results of the test for the significance of differences in the level of women's athletic practice among professional girls, attributed to the environmental variable (place of residence)

Table 2. represents the calculated and tabulated(Chi-2) values and the (sig) values for the study domains.

	Location of residence		Calculated Chi-2	Tabulated Chi-2	Sig	Statistical Significance
	City	Village				
Psychological factors			12.95		0.000	Significant
Athletic capabilities			5.14		0.02	Significant
Health-related factors	36	18	8.91	3.84	0.009	Significant
Social factors			16.27		0.000	Significant
Religious factors			2.38		0.121	Not Significant

The results obtained in Table (3), which shows the responses of working girls in the aforementioned areas, indicate that the calculated chi-square (χ^2) values were (12.95), (5.14), (8.91), and (16.27) in the areas of (reasons related to capabilities, psychological reasons, health reasons, and social reasons), respectively. These values are greater than the critical chi-square value of (3.84) at a significance level of (0.05) and one degree of freedom. This statistically indicates a significant difference between working girls based on their geographical location, whether they live in the city or the countryside.

The results also indicated no significant difference between working girls residing in the city and those residing in villages in the area of (reasons related to the religious aspect), where the calculated chi-square value was (2.38), which is less than the critical value.

- Analysis of the results of the test for the significance of differences in the level of women's athletic participation among professional girls, attributed to the variable of social status (living standard).

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Table 3. represents the calculated and tabulated values of the squared values and values in the study areas.

	Standard living	of Poor	Calculate d Chi-2	Tabulate d Chi-2	Sig	Statistical Significanc e
Psychologica l factors			21.37		0.000	Significant
Athletic capabilities			11.36		0.007	Significant
Health- related factors	22	32	15.34	3.84	0.000	Significant
Social factors			10.23		0.04	Significant
Religious factors			7.024		0.003	Significant

The results obtained in Table (3), which shows the responses of the working girls in the above areas, indicate that the calculated chi-square values were (21.37), (11.36), (15.34), (10.23), and (7.024) in the areas (reasons related to capabilities, reasons related to the psychological aspect, reasons related to the

health aspect, reasons related to the social aspect, and reasons related to the religious aspect), respectively. These values are greater than the critical chi-square value of (3.84) at a significance level of (0.05) and a degree of freedom of (1). This is statistically significant, indicating a significant difference between working girls with a good standard of living and those with a poor standard of living.

4. Discussion

-Discussion of the first hypothesis:

- In light of the previous results in the table, which confirmed the existence of statistically significant differences between female athletes residing in cities and those residing in villages, specifically in the area related to athletic capabilities, as confirmed by the study (Emad Sadr El-Din et al., 2016), who considered this to be one of the main obstacles preventing female athletes from participating in sports.

- Considering the results in the table, which confirmed the existence of statistically significant differences between female athletes residing in cities and those residing in villages, specifically in the area related to psychological and health factors, as confirmed by the study (Emad Sadr El-Din et al., 2016).

-Considering the results in the previous table, which confirmed the existence of statistically significant differences between working girls residing in the city and those residing in villages, this is in the area subject to reasons related to the social aspect. There are many members of society who forbid this for girls, even in

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societies where religious restraint is weak and failing, as confirmed by the study (Amal Mahdi Kadhim and Widad Yousef Muhammad, 2013). -The results of the same table confirmed the absence of statistically significant differences between working girls residing in the city and those residing in villages, this is in the area subject to reasons related to the religious aspect. This contradicts the study (Hardman & Marshall, 2002), cited by Amal Mahdi Kadhim and Widad Yousef Muhammad, 2013, as it is not permissible for a girl to expose her private parts in front of women in public baths, and her entire person must be protected from the gaze of men, even if she is fully veiled according to Islamic law. Some consider sports movements to be indecent and lewd.

As indicated by the study of Hamadi Amer and Amraoui Mohamed, women's sports in Algeria do not receive the appropriate and necessary media coverage at various levels and degrees, and suffer from a significant media deficiency from the perspective of the players of the Arab Maghreb Football Club in Djelfa (Hamadi Amer & Amraoui Mohamed, 2020, p. 321). The results also revealed that programs and segments on Algerian television do not pay attention to women's sports, and the lack of media coverage is attributed to the weak interest in it by those in charge of national television (Hamadi Amer & Amraoui Mohamed, 2020, pp. 14-15). In contrast, the players affirmed that media coverage plays a positive role in rebuilding women's sports and giving them the necessary status in Algeria (Hamadi Amer & Amraoui Mohamed, 2020, p. 17).

Discussion of the second hypothesis:

- In light of the previous results in the table, which confirmed the absence of statistically significant differences between female athletes from good and low socioeconomic backgrounds in the area related to athletic capabilities, as confirmed by theoretical studies.
- Considering the results in the table, which confirmed the existence of statistically significant differences between female athletes from good and low socioeconomic backgrounds in the area related to psychological factors, as confirmed by theoretical studies.
- The results recorded in the table, which confirmed the existence of statistically significant differences between female athletes from good and low socioeconomic backgrounds in the area related to health factors, indicate that both female athletes from good and low socioeconomic backgrounds consider health factors to be the most significant obstacles to practicing sports at the center, as confirmed by some theoretical studies.
- The results in the table confirm the existence of statistically significant differences between female students from good and poor socioeconomic backgrounds in the area related to social factors. This means that both groups of girls from good and poor socioeconomic backgrounds consider the social and cultural views of their community to be a reason for their reluctance to participate in physical education classes in secondary school. This was confirmed by the study by Eid Muhammad Kanaan (2010).

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- The results in the table also confirm the existence of statistically significant differences between female students from good and poor socioeconomic backgrounds in rural areas in the area related to religious factors. This was confirmed by the study by Eid Muhammad Kanaan (2010) and by numerous other studies. The implementation of sports activities in open spaces conflicts with the students wearing sports uniforms. The responses of most secondary school students, despite their varying socioeconomic backgrounds, pointed to this issue, indicating that their reluctance stemmed from religious reasons. In this context, it must be noted that the Islamic religion encourages the practice of sports for both males and females.

As shown by the study of Malki Mohamed & Aissa El Hadi (2019), the social changes witnessed by Algerian society had a negative impact on the practice of physical and sports activity in the school environment, as the results confirmed that the majority of teachers believe that the rate of students' practice of physical and sports activity in educational institutions is declining (Malki Mohamed & Aissa El Hadi, 2019, p. 15). The study also found that social media negatively affects the rate of students' practice of physical and sports activity within educational institutions, with a percentage of 76.85% from the teachers' point of view (Malki Mohamed & Aissa El Hadi, 2019, p. 16). In addition, the results showed that parents do not encourage their children to practice physical and sports activity within educational institutions, as the percentage of those who confirmed this reached 72.22% of the study sample (Malki Mohamed & Aissa El Hadi, 2019, p. 19).

The study of Touati Hayat, Berrabah Amer, and Attallah Ahmed (2019) indicated that female students residing in university dormitories at the University of Mostaganem do not practise physical activities to a large extent, as the percentage of those who do not practise sports within the university campus reached 72%, while the percentage of those who do not practise them regularly reached 91% (Touati Hayat, Berrabah Amer, Attallah Ahmed, 2019, p. 10). Although the results showed that the students possess a diverse culture towards practising physical activities in terms of awareness of its importance for recreation and reducing anxiety, this culture was not reflected in actual practice (Touati Hayat, Berrabah Amer, Attallah Ahmed, 2019, p. 14). The study also found that the students' reluctance to practice is due to multiple factors, most notably the religious aspect, academic pressure, and the lack of female trainers and adequately equipped facilities within the university campus (Touati Hayat, Berrabah Amer, Attallah Ahmed, 2019, pp. 9-10).

5. Conclusion

In light of the discussion and interpretation of the results of the sub-hypotheses, the general hypothesis of the research was confirmed, meaning the following results were obtained:

- There are statistically significant differences in the level of women's participation in sports among professional female athletes attributable to the environmental variable (place of residence).

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- There are statistically significant differences in the level of women's participation in sports among professional female athletes attributable to the marital status variable (standard of living).

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Conceptualization K,B and A.Ab; methodology, K,B and A.Ab ; formal analysis K,B and A.Ab; investigation, K,B and A.Ab.; writing - original draft preparation, K,B and A.Ab ; writing - review and editing, K,B and A.Ab.; supervision, K,B ; All authors have read and agreed to the published version of the manuscript.

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