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**PRIORITIES AND LIMITATIONS LEISURE WITH EMPHASIS ON EXERCISE IN  
RETIREMENT EDUCATION**

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**ABSTRACT**

The main objective of this study was to determine priorities. With emphasis on sports and leisure constraints through retirement education is the city of Shiraz. The study was a descriptive - analytic. The population of the study consisted of all retirees Education in Shiraz, In this study, 400 randomly selected sampling and were examined using a standard questionnaire. Analyze data using various descriptive statistics including the mean; frequency and variance were performed using spss software. The results showed that more than half of retirees (53/3 percent) in their leisure time exercise and sports activities are the most important factors in maintaining health is addressing. The results of the study indicated that about half of retirees, (46/5%) do not exercise at your leisure. The results show that pensioners in their leisure time exercise more in order to exercise walking, hiking and jogging are And where they choose to exercise their most parks prefer And also the maximum amount of physical activity per week, for 1 to 2 hours.

**Keywords: Recreation, Sports, Retirement**

**INTRODUCTION**

Leisure as a social and cultural phenomenon in the economic, political and social influences, the common thread of all strata of society. Leisure, due to the specific

characteristics of both the attention of the practitioner education and cultural affairs officials, as well as psychologists and sociologists have. Among adolescents and

young adults are more likely than other segments of society in the spotlight, but unfortunately, the elderly and pensioners, one of the most influential groups of the population, have been forgotten (Kohestani, 1999). Studies around the world especially in developing countries has shown that the physiological characteristics, functional, structural, intellectual and emotional characteristics of young or middle-aged pensioners significantly different. Some of these people are capable of when properly used will have a significant impact on society. For Thorkildsen (1978) for various factors such as age, gender, culture, leisure activities of people affected. Retirement certain conditions that can be effective on leisure activities. After retiring man is forced to do something that others want, but you can do what he wants. Barneh and colleagues in 2012, a study conducted on the changes in physical activity after retirement. 19 Their study was published in 1980 and 2010 were examined. 11 This exercise or leisure physical activity was assessed, 7 study of changes in physical activity and a study in both cases was examined. 11 This exercise or leisure physical activity was assessed, 7 study of changes in physical activity and a study in both cases was examined. 7. Study of changes in physical activity and a study of each case

was examined. The results showed that exercise and physical activity, leisure time increases after retirement but, in the study of physical activity were assessed, The results were inconsistent. So how about a total change in physical activity after retirement requires further studies The study also showed that people who were doing crafts or style after retirement, had less physical activity. Karimiyan and colleagues in a study, conducted in 1389 on how to spend leisure time in Isfahan librarians with emphasis on the role of physical education and its relationship to health was evaluated. The results showed that the highest priority on the causes of personnel problems Prakhtn to exercise, physical exhaustion due to work (29.8%) and the least expensive of Sport (2.9 of up were Karimiyan , 2010). Saberian 2001 for his thesis titled Study of the economic, social, cultural, health and recreation retired Semnan province showed that the majority of men in our study (31.2%) anymore (37.6), Damghan (0.72%), Garmsar, (42.5%), agriculture and women in our study (30.4%) of the free place anymore and Shahrod, (55.5%), Damghan (63.6) and Garmsar (52.6%) are engaged in housekeeping. The greatest amount of social activity in all groups to join the retirement center, and the majority of all groups in their health status as well as

their peers described. Relationship between education and economic status reflects the financial turmoil with lower education. Correlation between the duration of their retirement and health and also show how leisure activities are aging with disability and loss (Saberian, 2001). Given that Iran is a vast country with the largest population living in cities, urban life can be so certain patterns of leisure time displayed. The city has a large population of metropolitan cities in which they live and the natural. The number of elderly people in the cities of central and southern regions than in other cities. Since education is the city of Shiraz, the largest organization. So this time a significant part of the metropolitan city of Education are seniors and retirees can. Organizing large proportion of families living in Shiraz and improve the quality of life of the people is important. The question of priorities and limitations of the present study is that leisure sport among retirees with an emphasis on education are there?

### **RESEARCH METHODOLOGY**

The present research tool, a questionnaire is leisure. Questions are divided into two main sections. A) questions related to demographic

characteristics, b) questions related to leisure which consisted of 13 questions. Face and content validity of the questionnaire was confirmed using the number of academic experts. The reliability was evaluated using Cronbach's alpha measure. In the present study, Cronbach's alpha was 0.74 questionnaire that is acceptable reliability. The study sample consisted of all retirement education is the city of Shiraz in 1393. The population size is based on information obtained from a retirement center in Shiraz city of 20,348 people. Morgan (Table estimating sample size) to estimate the sample size from a population of 20 thousand to 375 people. As the number of retirees education city is Shiraz 20348. The sample of 400 was considered that this number using stratified random sampling method is obtained. After data collection, data analysis, descriptive statistics (frequency, percentage, mean, standard deviation) was extracted and the results were analyzed using spss software.

### **RESULTS**

In this section the results according to the tables of descriptive and relevant research is given.

**Table 1: Frequency and percentage distribution of respondents according to age**

Percent	Abundance	Index Age
13	52	40 to 50 years
60/25	241	51 to 60 years
20/75	83	61 to 70 years
6	24	71 to 80 years
100	400	Total

**Table 2: Distribution of respondents according to gender**

Frequency	Abundance	The indicators	Row
2	4	The night	1
24	53	Afternoon	2
18	38	Am to noon	3
50	106	Early morning	4
6	13	Unknown	5
100	214	Total	

**Table 3 Distribution of respondents according to the amount of exercise or lack of it at leisure**

Percent	Abundance	Index
39	156	Sex
61	244	The woman
100	400	The man

**Table 4: Distribution of respondents according to place sports**

Frequency	Abundance	The indicators	Row
32	69	1 to 2 hours	1
18	38	2 to 3 hours	2
13	27	3 to 4 hours	3
16	35	4 to 5 hours	4
21	45	Up to 5 hours	5
100	214	Total	

Table 5: Distribution of respondents according to the level of physical activity and exercise during the week

Frequency	Abundance	The indicators	Row
63	135	Hike	1
19	40	Mountaineering	2
4	9	Fitness	3
0	0	Push ups	4
2	4	Chess	5
0	0	Tennis	6
0	0	Shooting	7
10	22	To run	8
0	0	Basketball	9
0	0	Futsal	10
2	4	Volleyball	11
100	214	Total	

Table 6: Distribution of respondents according to the chosen time physical activity

Frequency	Abundance	The indicators	Row
30	63	House	1
10	21	Sport facilities	2
52	113	Park	3
8	17	Mountain	4
100	214	Total	

Table 7: Distribution of Drsdpaskh Guyana on the type of exercise performed at leisure retirees

Percent	Abundance	Index
53/5	214	Exercise or lack of it
46/5	186	Positive
100	400	Negative

Table 8: Ranking Factors in addressing physical activity in leisure retirees

Rating (high priority)	Score	The indicators
1	4/78	Maintaining Health
2	3/96	Belief in the usefulness of the exercise and the need to exercise
3	3/91	Cause happiness and joy
5	3/2	Fitness
6	3/02	Interest
4	3/45	Along with friends

Table 9: Ranking barriers tend to perform physical activity in leisure time after retirement

Ranking obstacles	Abundance	Major obstacles to the implementation of physical activity in leisure time after retirement
1	163	Financial Problems
3	55	Lack of sports facilities
2	57	Physical and motor problems
5	33	Priority issues
7	15	Personal reasons
4	35	The lack of appropriate places
8	13	Fear of injury during exercise
6	29	Lack of interest in sports

## CONCLUSION

The findings showed that nearly 47 percent of retirees after retirement in addition to the 53 percent who do not exercise sports activities 32 percent in the week 1 to 2 hours just to go out that this amount does not have much impact on the physiological and psychological aspects. So, in fact, about 80 percent of retirees in their spare time or do not exercise or activity is minimal. This result is somewhat disappointing results Barnh in 2012 is consistent with the results of the study showed Barneh leisure time physical activity increases after retirement. Perhaps it may be due to the lack of physical activity contributed to the research population aging and aging-time search. Retirees about their leisure time physical activity are the results showed that most of the parks are active It looks at the construction sites should pay particular attention to the needs of the people.

When he retired from daily physical activity and sports, findings showed that 68% of early morning until noon choose According to the findings of research on youth and adult evening to night Appropriate leisure activities such as exercise have reported (Abkar, 2009). The obstacles tend to perform physical activity during leisure after retirement, the results showed that The highest priority is the financial problems that the results are

Countercurrent Karimiyan and colleagues about the staff, they have concluded their investigation into the The highest priority problem is the lack of staff in the field of exercise, physical exhaustion due to work. That even when the employee pension funding problems have to do sporting activities in their leisure time The highest priority is the financial problems that the results Karimiyan and colleagues about the Countercurrent staff, They concluded that the highest priority in their investigations into the causes of problem employees exercise, physical exhaustion due to work. That even when the employee pension funding problems have to do sporting activities in their leisure time Is controversial because it seems the staff after years of work, at least some of their money better. If this is probably not enough awareness of the importance of physical activity in older financial difficulties raises the In principle there. However, except for the fact that bitterness can be outlined Education is a retired staff that due to the nature of the training activities should be aware of the problem Is their salary until retirement daily life is not the first priority? If so, then we can understand that these people fail in their retirement will lose half of their rights To engage in activities they encounter financial difficulties.

According to research in the field of leisure, retirement, we can conclude that knowledge of the conditions, characteristics and ways of doing recreational sports and to create conditions and facilities to suit the tastes and trends, including the important tasks for managers and those involved in the category of leisure. It is also essential that the plan seriously and work culture, society in particular the positive impact of leisure and recreation retirees informed and they pushed further into these activities. In this regard, the Department of Education of the results of these research retirees can fill in the leisure retirees who is helpful and efficient use. Research findings on how to spend their leisure time suggests that retirees typically your leisure activities such as: Worship and desirable, reading books and newspapers, spent sleeping and watching TV. Tovir research results, an increase in the TV at more than twice the retired men showed this increase was seen in women but it was not statistically significant. The results of the study in 1389 showed that most Karimiyan librarians leisure time activities, watching television and going to the movies was the lowest. According to research in the field of leisure, retirement, we can conclude that awareness of the condition, But it was not statistically significant. The results of the

study in 1389 showed that most Karimiyan librarians leisure time activities, watching television and going to the movies was the lowest. According to research in the field of leisure, retirement, we can conclude that awareness of the condition, In this regard, the Department of Education of the results of these research retirees can fill in the leisure retirees who is helpful and efficient use.

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