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**SEMNA NCITIZEN VIEW ABOUT PUBLIC EXERCISES COOPERATION RATE
INFLUENTIAL FACTORS**

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1, 2: Semnan Training and Treating organization

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ABSTRACT

The main purpose of present research is to evaluate the cooperation rate in public exercise from the Semnan citizen views. The recent research operation method is practical and experimental. About the data gathering; it is of field researches type and the research method is measuring. Therefore the questionnaire has been used. The statistical society in this research contains all men and women from adults and elders from 15 to 31 years old to 50 years old that 400 of them were selected randomly as sample. 200 of them were men and 200 of them were women. As mentioned before the research tool is the questionnaire that is included of two parts, the first section is related to citizen population specification and the second party is related to the citizen view about the public exercises. To analyze obtained data the descriptive statistics (percentage, average and amplitude and etc.) and deductive statistics (student T test in independent groups for intergroup comparison) and SPSS software was used in this level. In Semnan citizen view, people general view about public exercise, authorities views to public exercises, institution effect in people cooperation in public exercises, media roles, family condition, individuals public view about life, view about the exercise authorities, public exercises effects in social relation and familiarities with facilities and exercise activities in order are considered as the most influential factors in citizen participation in public exercises. The obtained results from this research show that some of respondents have limit access to facilities and exercise apparatus. In average respondents are fatalists. In family condition variable this result was provided that most of families encourage their children to participate in public exercises, the view variable on the exercise authorities will motivate us to this result that all questioned features from the citizens view has been evaluated middle low. More than half of respondents believe that media is effective in public

exercises, also high percentage of respondents agreed on the positive and effectiveness in participation in public exercise, in institutional effect variable about the people participation in public exercises it was observed that the respondents assume the maximum institutional effect on people participation at public exercises for the youth and sport organization and municipality.

Key terms: Cooperation, public exercises, Semnan citizen

INTRODUCTION

Today the sport and training is considered as one of the inevitable necessity and a main fundamental need for all countries and societies. And it is taken in to attention visibly and increasingly by many people. Of positive effect of this phenomenon could be named as the physical and mental health and sanitation and reduction of treatment costs and increase in production and citizen application, 6. Sport as a multi-dimensional tool with vast effects, has important status in economy, people health, safe entertainment time and interesting fantastic enjoyment, people training specially to youth and making social relation between people and protection toward illnesses and avoiding social corruption and moral deviation which is increased in society and many other applications are become obvious in this field. In other word all people in every age should do general exercises or expressional public exercise to have safe physic and joyful soul.

Generally human recent life includes 4 main sections that are, body needs

provision as sleep, food, and similar matters and daily duties or individuals responsibilities toward family and friends and entertainments or remained time for thinking release, 2. In this time one of the free time positive application cases is safe entertainment and one on the safe entertainment is sport. The safe sport is a form of free time passing in which the activity selection and its result are due to the individual himself, 4.

The history also declares the human internal interest to physical activities. In primarily societies or I ancient culture of east land, there was no any organized training programs but the physical activities are the inseparable part of modern life and safe and trained bodies is the appearance specification of people in this time and the physical activities for hunting, attempt have been limited to provide food, making sanctuary and protecting family from dangerous environment. Modern technologies development and civilization is accompanied with phenomenon called (movement poverty). As the result moving

poverty and low little activity has caused that different physical and mental and social aspects are influenced. To be free of present condition suitable and competent tools about sport activities as a multi-dimensional tool with many sanitary, economical and social and training sport activities especially in youth and juveniles will be influential in avoidance of much social corruption and obliquity avoidance that is considered as the practical use of this phenomenon. The sociology culture and safe entertainment is defines as any activity in free time, it should be joyful and free and motivating not to be done by price and it is not provoked by external matter,⁷. If we assume that the people spend their free time in sport activities we can evaluate the public exercise as a part of free time. As the result all upheavals about the entertainment time definition and influential criterions as working and daily life also are effective on public sports. Sport especially the public exercising is considered as one of the society health increasing factor because it enhances the hope to life. Regardless of this fact, public exercise in a society has proper application as increase of sympathy, relation strengthening and social cooperation, social relation empowering and also assistance to sociability will be achieved, ⁵.

Actually it is the physical activity and sporting that if we want to have save society and if we want to be safe and relatively to have safe parents and save children, we should take the sport and exercise significantly in to consideration and never regard it as vague and useless tool to waste the free time rather we should know it as influential training tool for physical, mental and thinking training, ⁶. Peyerisor in believes that the public sport will make vicissitude in imagination and social behavioral balancing and make a mutual correspondences between the thinking and practical operation and therefore it will affect the prevalence and progress of sport to the point the public exercise among all types of sports will be changed to the greatest and maybe this issue will lead to other type of sports types reformation.

The public exercise in countries since 1900 to now has been taken in to consideration by different motivation as the physical and mental health provision, free time proliferation, social relation development and take distance far from machine life and return to nature and increase of practicality and providing suitable beds for championship sports progress and doctors advices. Planning for free time and sport since late 50 decade and beginning of 60 decade became the main challenge for

government due to globalization and communication gradual progress, 3. In recent years public sport has been issued as one of the modern societies' phenomenon which is requested by citizen. Government and public institution also provide proper facilities to obtain this request. In Iran also establishing public exercising station in big and small cities is to respond this request. In other word and in sociology language, social condition has not provided the accessibility condition or the use of public facilities application according to expectation. Of important subjects in public exercise development requires serious attention, realization and understanding effective factors in people tendency toward sport activities also is significant. The main purpose if this research is realization of social fields about how to make requirements and public exercise requests in Semnan citizens. According to citizen role limitation in recent research, ideas and theories from citizens who are the main attendants of civil sport services are obtained for public sport. The citizens' tendency rate to public sports and entertainment and the type of interest and their requirements actually represents the public request for sport activities is the main factor in policies edition and public programs. Studies show that even in many countries as Iran attention to public

exercises and giving priority to them has changed to a regulation but why in our country comparing to other countries a considerable percentage of people don't participate in these sports is not clear and up to now the national conditional assessment are not performed about public sports to clarify what the reason of people tendency was, while from the structural and organizational series, public exercise in country after the Islamic revolution from a simple office level has been augmented to the general organization and then to public exercise federation and recently in country general system of public sport organization. Therefore it is felt in this condition to perform this research and effective factors that influence Semnan citizens tendency rate in this sport type will be evaluated and their view about present condition, quality and quantity of each programs and how to operate future plans should be assessed to realize their requirements and open a clear prospect about future activities in accordance with citizens actual requirements for public exercise activities programmers for Semnan citizens.

RESEARCH METHODOLOGY

This research is practical and experimental type and information are gathered in the field, statistical society include all women and men and elders 15 to 30 years old and 31 to 50 years old whose number is about

156570 people (Semnan province statistical data base) in 1391, category sampling method has been used in accordant to volume without substitution, in recent research according to the society sample amplitude through sampling section by the use of Morgan table, the number is calculated. Hence each category or age group has regarded as a stage and to reduce the questionnaire returning rate effect 400 questionnaires are gathered randomly in both age groups. The applied tests in this research in statistical section are average amplitude tables, standard deviation, percentage and graph and in deductive statistical section and for research hypothesis test, the student T test has been used. In order to measure the research variable two researchers made questionnaire have been applied. The Cronbach's alpha test also has been used for the questionnaire stability assessment.

FINDINGS

The obtained results from this research show that due to married citizens condition with amplitude of 223 people equal to 55.75%, in educational level up to diploma with 171 individuals and equal to 42.75% and about occupation with 188 individuals equal to 47%, and in living condition about citizen who have home with 267 people amplitude equal to 67.25 and for citizens who are the family caretaker with 258

people equal to 64.5% was more compared to other citizens. Also the results show that the public view about public sports, authorities view to public sport and institutional effect in people cooperation in public exercise, role of media, family condition, people public view about life and view of sport authorities and public sports effect in social relation and familiarity with facilities and sport activities has been of influential factors in cooperation rate in public sports from the Semnan citizen view, table 2. After realization of effective factors in cooperation rate in public exercises from the Semnan citizen view, a comparison is made between the factors of age groups from 15-30 years and 31-50 years old that it was clarified the realization variable has considerable differences with sport activities and facilities, family condition, view toward authorities, role of media and authorities view about the public exercises compared to men in 15-30 years old and men 31-50 years old, the public view variable about public sports and institutions effect in people participation in public sports comparing to women ideas in 15-30 has differences with women 31-50 years old. The familiarity variable with sport activities and facilities, family condition, public sport effect in social relation and authorities view about the public sport

compared to men idea has differences with women of 31-50 years old, the public view variable about life, media role and authorities view about public sports comparing to men and women of 15-30 years old, the familiarity variable with activities and facilities, family condition,

authorities view about sport and public exercises and institution effect in people cooperation in public exercise and public sport effect in social relation compared to men of 15-30 years old has differences with women of 31-50 years old considerably.

Table 1: 15- 30 years' old women and men ideas comparison in Semnan citizens

Factor	T student test rate	Meaningfulness level	Results
Familiarity to sport activities and facilities	-0/72	0/494	Not meaningful
People general view about life	2/227	0/013	Meaningful)p<%5(
Family condition	-0/371	0/7	Not meaningful
View about sport authorities	1/832	0/051	Not meaningful
Mass media role	1/978	0/043	Meaningful)p<%5(
Public view about public exercise effect	0/14	0/885	Not meaningful
Public exercise effect in social relations	-0/581	0/544	Not meaningful
Authorities view about public sports	-0/865	0/327	Not meaningful
Institutions effect in people participation at public sports	-2/208	0/017	meaningful)p<%5(

Table 2: 31-50 years' old men and women ideas comparison in Semnan citizen

Factor	T student test rate	Meaningfulness level	Results
Familiarity to sport activities and facilities	-2/297	0/001	meaningful)p<%1(
People general view about life	0/552	0/294	Not meaningful
Family condition	-1/559	0/001	meaningful)p<%1(
View about sport authorities	1/413	0/101	Not meaningful
Mass media role	0/801	0/417	Not meaningful
Public view about public exercise effect	1/084	0/229	Not meaningful
Public exercise effect in social relations	-1/888	0/005	meaningful)p<%1(
Authorities view about public sports	0/018	0/001	meaningful)p<%1(
Institutions effect in people participation at public sports	0/589	0/746	Not meaningful

Table 3: men of 15-30 years old idea comparison with men of 31- 50 years old ideas in Semnan citizens

Factor	T student test rate	Meaningfulness level	Results
Familiarity to sport activities and facilities	-2/126	0/026	meaningful)p<%5(
People general view about life	-1/675	0/12	Not meaningful
Family condition	-2/93	0/003	meaningful)p<%1(
View about sport authorities	-2/686	0/002	meaningful)p<%1(
Mass media role	-2/119	0/029	meaningful)p<%5(
Public view about public exercise effect	-0/028	0/997	Not meaningful
Public exercise effect in social relations	-0/836	0/42	Not meaningful
Authorities view about public sports	-3/445	0/001	meaningful)p<%1(
Institutions effect in people participation at public sports	-0/208	0/836	Not meaningful

Table 4: women of 15-30 years old ideas comparing with women of 31-50 years old ideas in Semnan citizen

Factor	T student test rate	Meaningfulness level	Results
Familiarity to sport activities and facilities	-2/126	0/026	meaningful)p<%5(
People general view about life	-1/675	0/12	Not meaningful
Family condition	-2/93	0/003	meaningful)p<%1(
View about sport authorities	-2/686	0/002	meaningful)p<%1(
Mass media role	-2/119	0/029	meaningful)p<%5(
Public view about public exercise effect	-0/028	0/997	Not meaningful
Public exercise effect in social relations	-0/836	0/42	Not meaningful
Authorities view about public sports	-3/445	0/001	meaningful)p<%1(
Institutions effect in people participation at public sports	-0/208	0/836	Not meaningful

DISCUSSION

The recent research results showed that familiarity to activities and facilities from the Semnancitizen view is influential in their cooperation rate. Other finding in this research showed that in each group of 15-30 years old and 31-50 years old, men and women assume this factor in high extend, although according to 15-30 years old men average distribution scale compared to other age group paid more attention to sport activities and facilities, table 2. The research results are confirming the Khaki Afarinesh 1384 and Ramezani Khalil Abadi 1373. The use of other tools as regional case games is not influential because with regional games many of respondents had very low information. Providing space and required facilities for public as parks and equipping them could provide the tendency to public cooperation in exercise, hence in this research this issue was evaluated and 34% of respondents had limit access to parks and 40% middle and 26% had high and very high accessibility. The findings of

this research had conformity with Azarniya 1384, Jalaly 1373, Ramezani Khalil Abady 1373, QHara Khanlo 1367, Mehd pour, 1374, Qhafouri 1382, Ehsani 1382, King 2000, and Colman 2006. Approximately in all performed project especially inside the country have presented the instrument paucity and sport equipment and in performed researches in this field the maximumreports have mentioned lack of adequate facilities for public sports as the main reason of ignorance to this issue and also they ask for increase of sport facilities from authorities. The recent research result showed that the public view about life from the Semnan citizen view about their cooperation in public exercises is influential. Other finding of research in this direction showed that in each age group of 15-30 years old and 31-50 years old, men and women assume this factor influential in high level. Although according to diffusion index women of 15-30 years old compared to age group of public views, people regarded much more importance about life,

table 2. From the attendants view condition evaluation about their life, 19.5% of respondents feel that they don't have high dominance in their life events, 40.5% agreed to some extent and 40% totally disagree or disagree only. 36.75% of respondents were totally pessimistic and 29.5% are partially pessimistic and 33.75% are optimistic. All days for 22.75 % of respondents are the same and 43% are not the same. For 34.2% of respondent all days are the same partly. 57.75% of respondents with statement " I regret that I have lost many opportunities in past" totally agree or agree, 30.75% stated I agree to some extent and 11.5% I disagree or totally disagree and 44% mentioned that they are 9in trouble more than their expectation and merit. Number of people who did not have such idea is equal to 20.75% and 35.25% believe this issue to some extent.

Also it was clarified that the Semnan citizen view about family condition is effective in their public exercise cooperation rate. Other findings in research showed that in every group of 15-30 years old and 31-50years old men and women assume this factor influential in high extent. Although according to men average diffusing scale, men 31-50 years old compared to other age group pay more attention to life condition, table 2. Knowing people family condition for programming

and presenting better strategies is essential. In this research also this necessity has been taken in to consideration. By adding statement and questions in family condition variable, their family condition scale is constructed. The research results in this case showed that 50.5% of respondents had democratic family and few numbers had free family equal to 10.25 and 38.75% had arbitrary family, the result of this research had conformity with KASHEF 1376, Qharakhanlou 1367, Tondnevis, 1375, Masaru 2001, Knoper 1382, Berstend 1996, Schnider & Sprotiz 1973, Green Durfrolokur 1378 and also it did not have conformity with Amirtash 1376, Saidty 1390, Jalali 1373 findings. In order to assess this variable, different criterions are considered, this variables are combination of positive and negative variables. The maximum rate of parents' item which encourages their children for public exercise agreed with 56.75 %. Result of this research did not have conformity with families in this issue that in Jalali findings high percentage of families force their idea to their parents, if more than half of perfect families are democratic and encourage their children to participate in public exercises. Evaluation of these results directs us to this way that most of families have valuable role in human life and try to encourage their family member especially their

children to get its benefits. From other hand, people idea about sport organization authorities from Semnan citizens has been influential in public exercise. Other findings in this research showed that in each group of 15-30 years old and 31-50 years old, men and women assume this factor effective in high extent. Although according to men diffusing average of men in 31-50 years old, compared to other age group, they regarded the view to exercise organization authorities more important, table 2. People view to exercise organization authorities' especially responsible agents who participate in public exercise very significant. To assess the reliance on staff and sport authorities' eight exercise agents was regarded and prepared for respondents and they are asked to evaluate all questioned features sport organization in rate of very high to very low. The research result showed that questioned features are evaluated in citizen idea from middle to low; "respected behavior with people" with 28.25% as highest agreement and "having skill and enough experience in sport affair" with 13.25% agreement, the lowest authorities feature and organization has been analyzed. Also 33.25% of respondents have relied in middle rate to this issue and 47.75% do reply in very low or low percentage. While high confidence or very high reliance to

this people is 20% of respondent that unfortunately high percent of sample people have reliance to sport authorities very low that is in improper condition, although sport authorities do not desist their attempt for public exercise development, but there should be more afford in this field to attract citizen attention.

The role of media from the Semnan citizen view is influential in public exercise. The research results showed that in each age group of 15-30 years, men and women assume this factor very effective. Of course based on the average diffusing scale in men of 31-50 years old idea compared to other age group, the group media role has more significant, and table 2. In this study to evaluate the group media role different criterions have been assumed in different items and provided for respondents and they are asked to declare their agreement or disagreement for each item. The important point which should be mentioned about these items is that all items faced with agreement in partially high level and more from respondents. In this case the (television and radio) item- the media, leads increasing people awareness about sport and 49% had the highest agreement. According to this issue, about half of respondents' idea in media has been positive, based on the group media role from citizen has been informed effective

and brilliant, so there should be more attention to this issue and sending related messages about public exercises should be done by transmitters which have more similarity with receivers.

As the view about public exercise for Semnan citizen participation rate is influential in public exercises, the research findings present this reality that in group of 15-30 years old and 31-50 years old, men and women assume this factor very effective. Although according to diffusing scale of men citizen average in Kermanshah compared to women had more specific view to sport effect, table 2. In this evaluation the view to public exercise effect with 77.5% of respondents as "I don't think participation in public sport have any effect on me" and only 10% agreed to it. 76.5% of respondents agreed to this question that "participation if public exercise has important role in health saving" and 8.5% disagreed to it. According to this issue 72.25% agreed in high and very high rate about effectiveness of public exercise participation and 21.75% believed this issue to some extent. While those who don't believe these matters are only 7%. Generally in these criteria the citizen general view about public exercise effect is 40.7% and it is hopeful situation that many people agree about positive and constructing role of sport in human life and

also its effect in physical and mental health. The results of this research have conformity with Kashef 1378, Fathi 1389, Ramezany Khalil abadi 1373, Qholi Niya 1383, Qhafouri 1382, viler 2001, Fuksi 1994, Gudin 1987, Lafkin 1991.

The result of this research proved that the public exercise effects in social relation and form the authorities view about public exercises from the Semnan citizen view in their participation rate in public exercises has been influential. The results were stating that in age group of 15-30 years old and 31-50 years old, men and women assume this factor very effective. Although according to average diffusing scale in men of 31-50 years old idea compared to other age groups, these factors have high importance, table 2. About 43% of respondents have social relation in middle range and 53.75% have presented their social relation in high and very high rate. Unfortunately evaluation of social relation variable in sample people was middle to low rate. The results showed that respondents have relation with their neighbors in middle to low range that according to social relation importance in human life this finding is regretful therefore the duty of all society member either those who are authorities in sport activities or those are not responsible in this field should try to provide proper condition and

environment for public exercise and prepare facilities for people to remove this weakness in society because it is not hidden for anybody that the sport leads to social relation strengthening and it assist the self-confidence and increasing high positive sense in people. Finally Semnan citizen assume the institutions role effective in public exercises participation enhancement. The research results actually declares that in both age group of 15-30 and 31-50 years old, men and women regard this factors influential in high rate. Although in men idea of 31-50 years old and documented to their average diffusing scale compared to their age groups the institutions and organizations role in people participation to public exercises is essential, tyable2. The results show that the respondents believe that institutions have highest effect in people participation in public exercise. In police and government respondents' idea are effective in people participation in public exercise in middle range and insurance and working place management have the lowest effect in people participation in public exercise. 58.5% of respondents assume the institutions effect very high and 26.5% middle and 156% low. The evaluation of these results could be very critical and valuable for authorities and public exercise programmers especially

municipalities that are responsible in public exercise recently.

CONCLUSION

The research general results showed that Semnan citizen view about public exercise effect, authorities view affect about public exercise, the institutions effect in people participation in public exercise and media role, family condition, people general view to life, view to sport authorities, public sports effect in social relation and familiarity with sport activities and facilities in public exercise are orderly important and effective factors in citizen participation in public exercises. In research findings it was clarified that 32.5% of people believed in high rate, 37% in middle and 30.5% in low and very low rate that unfortunately high percent of citizens feel that they are surrounded by their destiny and they have low effect in their life health. It seems that by exercise there is possibility to strengthen these people morality and learn them that human could have effective role in his life and he could have control on events occur in his life, the role of exercise in mental health is not hidden for any body and everybody who is in save mentality believe destiny fewer and by courage and avoidance from hopelessness, regards himself as responsible for event happened in his life and put as much effort as he could for

fruitful life. It seems that among effective factors in Semnan citizen participation in public exercises, the people awareness about public exercise is the simplest method to follow and encourage citizen to participate in these sports. Because citizen alertness is important role in tendency toward exercise, the method of presenting information to people should be evaluated to use more effective methods. Hence according to statistical results, radio and television with 37.75% had the highest and magazine with 7.5% had the lowest effect in people participation in public exercise. 20% also became informed about public exercise with advertisement. Also more than half of respondent equal to 55.5% had low or very low information with morning exercise station and only 11.75% had high information that shows the importance and necessity of using effective tools in information presentation and citizen alertness in this field. 59.75% of respondents declared their familiarity low and very low about activities in sport field and only 6.75% had high and very high information about these activities. The middle familiarity rate is 33.5% about this issue. This subject shows the importance of informing through media. The idea of more than 50.5% of respondents' about the role of media in public exercise development

was middle and 42.75% agreed on the media role in public exercise progress.

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