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An analytical study of reality community empowerment according to obstacles Basrah women participation in women's fitness and sports centers in Basrah governorate

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Abstract

It is clear that woman's to enter field of fitness after inactivity that afflicted her as a result of little muscular effort that she makes in her work today and high number of women who are obese as a result of reducing muscular effort, which made her based on practicing physical fitness in order to reduce weight or alleviate percentage of fat in body or to collect lost agility and beautify textures, as it seeks to achieve itself by exercising sports and restoring balance to her body, but re is a society that often rejects women's practice of sports activities. ability to socialize if they are associated with societal problems for women to practice sports activities come As a result of interaction of personal and environmental factors of conservative Iraqi society, which sometimes objects to societal values and standards, as women's exercise of sports activist was not within a long period of time until after fall of regime and opening way to fitness and fitness centers to practice work. Researchers used descriptive approach in field of field survey, whose suitability was nature of research problem, and researchers chose two samples for building community empowerment scale according to obstacles to Basrah women's participation in women's sports centers in Basrah Governorate and second to apply this scale to research sample and determine levels. Scale was applied to sample building sample and sample application of question scale and most important recommendations were:

1. Adopting scale to measure societal empowerment according to obstacles, participation of Basrah women in slimming and sporting fitness centers in Basrah Governorate, from and towards practice of sports activity.
2. Conducting comparative studies between athletes on basis of gender, age and experience.

Keywords: Community empowerment: fitness and sports centers

Introduction

Exercise of sports activity has many health, psychological and social benefits for all individuals, as it usually helps to raise level of fitness for better health, longer life and more activity, as it helps to reduce risk of heart disease, diabetes, back and obesity pain in addition to developing related knowledge aspects Health, nutrition, and developing positive trends towards exercising. Modern concept of personal health of individual is no longer limited to absence of infectious diseases until individual is considered healthy, but exceeded so -called deficiency diseases. Advanced societies have realized importance of physical fitness for its members. Decree diseases have become obesity, back pain, and health problems caused by shabby. Physical fitness constitutes an obsession that worries se societies, especially rich ones, due to availability of elements of comfort, luxury, abundance of food, and so on. woman's participation was keen to enter fitness battle after inactivity that affected her as a result of little muscular effort that she makes in her work today and high number of women who are obese as a result of reducing muscular effort, which made her based on practicing physical fitness in order to reduce weight or alleviate percentage of fats In body or to collect lost agility and beautify textures, it thus seeks to achieve itself by exercising sports and restoring balance to her body, but re is a society that often refuses women to practice sports activities.

Ability to socialize if associated with societal problems for women to practice sports activities comes as a result for interaction of personal and environmental factors of conservative Iraqi society, which sometimes objects to societal values and standards, as women's exercise of sports activist was not within a long period of time until after fall of regime and opened way for fitness and fitness centers to carry out work, but re is almost an agreement between m on important role played by practice Women for sports activities in moving and directing behavior. physical fitness of women that was rejected recently for women and development of obstacles that made it to practice fitness at home and away from eyes of people or knowledge of customs and traditions that were present in society, which is a defect, but today it is available outside house and only inside it But within a scope that is not enabled to it and not enabling it to practice it significantly by opening many sports facilities and halls that are physical fitness for women (private sector) where y were raised Restrictions on women and enabled them something to make reality to societal culture that we live today. Here lies importance of current research in knowing level of social empowerment and clarifying obstacles and societal problems that hinder women's exercise of sports activities in Basra Governorate and work to clarify and explain treatments.

Research Problem

Physical fitness has become a basic requirement for average individual in face of risks resulting from lack of movement as a result of human dependence on machine in many requirements of modern life in both sexes male and female, which led to spread of many sports that work to achieve physical fitness. departure of women to exercise outside home is very complicated in light of customs and traditions that do not allow such a matter, which considers this a topic that strikes core of prevailing culture in a conservative society such as Basra Governorate, but spread of women's centers that work to develop physical fitness for women in Iraqi provinces and demand of women On se centers, researchers called for breaking in identifying social empowerment according to obstacles and societal problems that hinder women's exercise of sports activities in Basra Governorate according to determinants of society and its social traditions that visual society and problems of women exercise sports are committed athlete, despite cultural and social heritage opposing this, and a number of studies have indicated that problems of women's practice of sporting activities differ from one society to another, so problem of research is answer to following main question: Does women have ability to socialize within society and what are social problems according to customs And social traditions that impede participation and practice of women for fitness in physical fitness centers in Basra Governorate.

Research Aims

1. Measurement of social empowerment in accordance with

social problems and obstacles that impede participation and practice of women for fitness in physical fitness centers in Basrah Governorate.

2. Knowing most contributing factors that face possibility of community empowerment according to problems of women practicing sports activities and fitness of fitness in women participating in fitness centers in Basrah Governorate.
3. Providing a "realistic assessment of problems of women's exercise of sports activities behind women's fitness in physical fitness centers in Basrah Governorate.

Research Fields

Human Field: Participants in fitness Marks in city center of Basrah Governorate

Time Field: From 1/3/2022 to 1/9/2023.

Spatial Field: Physical fitness centers in Basrah Governorate.

Research Methodology

Process of selecting curriculum that researchers follow is one of first tasks and procedures that he performs through which it can collect data and information related to topic of research and thus test it and infection in its depths to obtain useful results of topic of research and this is called method of research followed, which can be defined as art of correct organization of many series of ideas in order to reveal truth (Abdel -Rahman Badawi: 1977) ^[4] used descriptive approach in field of field survey that is nature of research problem.

Research sample

Subject of study chosen by researchers is imperative to define groups of society from which it will take information necessary to solve research problem and thus determine a certain percentage of original community and make it as a suitable sample to study subject of research, which must take place according to rules and conditions for choosing right samples. As a result, researchers chose two samples, first to build community empowerment scale according to obstacles to visual women's participation in fitness and women's sports centers in Basra Governorate, and second to apply this scale to research sample and determine levels of m, which are as follows:

First

Setting sample

It included a number of experts and specialists in sports sociology and a sample of women participating in agility and slimming centers in Basrah Governorate.

A number of experts and specialists in field of psychology, educational guidance and general and sports sociology, who number (8) experts and specialists. Table (1)

Table 1: Names of experts who were offered to scale

No	Expert name	specialization	college	University
1	Dr. Firas Hassan Abdel Hussein	Sports Sociology	College of Physical Education and Sports Sciences	Basrah university
2	Dr. Haider Ofi Ahmed	Sports Sociology	College of Physical Education and Sports Sciences	Basrah university
3	Dr. Abdul Kazim Jalil Hassan	Sports psychology	College of Physical Education and Sports Sciences	Basrah university
4	Dr. Qahtan Muhammad Houbar	Sports Sociology	College of Physical Education and Sports Sciences	University of Misan
5	Dr. Kazem Habib Abbas	Sports psychology	College of Physical Education and Sports Sciences	Basrah university
6	Dr. Haider Odeh Ahmed	Sports psychology	College of Physical Education and Sports Sciences	Basrah university
7	Dr. Najm Abbas Edm	Sports Sociology	College of Physical Education and Sports Sciences	Basrah university
8	M. Mohamed Abdel -Reda	Sports Sociology	College of Physical Education and Sports Sciences	University of Misan

A sample of women participating in agility and slimming centers in Basrah Governorate, which numbered (10), in order to conduct an exploratory experience.

Second: sample application of scale for a questionnaire: a sample of women participating in agility and slimming centers in Basra Governorate, which numbered (150) joints.

Information collection means

1. Arab and foreign scientific sources.
2. Personal interviews with those with specialization and experience in field of study.
3. Scale shown on research sample and experts participating in fit.

Steps to Design Scale and Field Procedures

Preparing initial formula for scale

Preparation of scale must go through a set of correct steps and procedures that are guaranteed to build it and are based on correct foundations and with approved results so that it can be used in field of scientific research and that first steps of this scale prepare its initial formula and researchers prepared by survey scale table (1) that was presented to a number of experts and specialists in psychological and social field of sports and number (8) and that we got (5). Reads represent some obstacles when women practice sports activity in agility and slimming centers, not only this, but researchers resorted to scientific sources on subject of research.

View initial formula to experts

Researchers presented standard formulas in its initial form to a number of experts and specialists in field of sports psychology and sports sociology, who numbered (8) tables (1) in order to show validity of paragraphs for purpose for which it was set and adjust some of them properly It is able to distinguish problems of women's exercise of sports activity in Basrah Governorate, and researchers consider it a good paragraph at limits of this high percentage, and thus formulas of scale are ready for application to complete rest of procedures for preparing statistical scale.

Statistical Analysis of Paragraphs

Statistical analysis of paragraphs is one of necessary steps in building standards of personality, because logical analysis (opinion of experts and specialists) may not reveal sincerity of paragraphs accurate after that, total scale level was calculated and each scale is separately according to places placed.

Discriminatory Power

Discriminatory force means "ability of paragraph to distinguish between people with higher levels and those with

View and Analyze Results

Table 2: Shows sequence of vertebra According to degree of, weighted medium, percentage of community empowerment scale according to obstacles is visual participation of women

Paragraph sequence degree of intensity	Paragraphs	Estimation scale			degree of intensity	
		Applies to me	Neutral	Not apply to me	Weighted Medium	Weighted Percentage
1	Absence of community security and life safety within society	124	8	18	2.82	95.55
2	Women's preoccupation with home and social works and lack of time available to achieve women's desire to participate continuously in fitness centers	120	10	20	2.80	95.44
3	Sovereignty of clan habits and societal values that violate practice of sports activities	117	11	22	2.78	93.42

minimum levels of individuals in relation to feature to be measured" (Scannal: 1975) ^[9] researchers used law of its discrimination factor Good for discrimination laboratories, it can give accurate and correct results according to opinion.

Calculating Truth and Stability of scale

Factors of sincerity and stability of scale for standards and tests are one of most important characteristics that must be available in psychological and social standards and whatever purpose of its use In this regard also (Allawi) asserts that in order to use applications of measures and tests, it was necessary to provide scale quality arbitrators "honesty - stability" This is to ensure ruling on its validity and what was set for its measurement (Muhammad Hassan Allawi & Muhammad Nasr al -Din: 2000) ^[7].

Sincerity of Scale

Apparent honesty is considered one of most important types of honesty required in building physical, psychological and social tests. Researchers have achieved this honesty through arbitration of experts and specialists for scale vertebrae and assertion that y represent paragraphs and phrases that reside and measure what was placed for it. (Eble: 1972) ^[8].

Scale Stability Account

Stability coefficient is one of psychological characteristics that must be provided in psychological and social standards, and stability is defined as consistency of results, and scale is considered fixed results in results when it is -applied to individuals and under same conditions (1), and re are several ways to calculate stability of scale, most important of which is method of re -testing and this method is to apply scale to sample of what players and thus re -apply it to same sample after a period of time and thus researchers calculate link simple for Person between results of first test and second test. Researchers applied this test to a sample of college students (15) joints, and it became clear that value of correlation coefficient amounted to (0.87) and when compared to tabular value it turned out that scale has a high stability factor and it indicates stability of total scale when it is applied more than once on members of research sample.

Statistical Means: 1) Centennial ratio 2) weighted medium 3) Celsius 4) Cronbach Alfa 5 laboratory. Data has been processed computer with SPSS statistics program.

Application of Scale

After researchers completed all procedures for building supplementary scale (3), scale was applied to a sample of women participating in grace and slimming centers, which number (150).

4	Lack of gyms specialized women's gyms	109	14	27	2,73	92,74
5	Lack of transportation and distance from centers from house	101	18	31	2,65	90,31
6	Religious belief within society towards women practicing sports activity	94	19	37	2,42	88,48
7	Absence of mimetically facilities and financial cost of value of participation in fitness centers	85	22	43	2,01	85,51
8	Inferior friends 'view of exercise and its reflection on continuous desire of partnerships within fitness halls	78	25	47	1,88	83
9	Lack of female specialized cadre within fitness centers	73	28	49	1,74	65
10	Effect of parents and family members and refused to participate in it	69	33	48	1,56	61,33

It is clear from Table (2) that paragraphs have been included and have arranged descending and according to degree of severity (weighted medium- centenary), where we note that paragraphs of (1-7), which formed (70%) of total scale paragraphs, reached highest midfield (2,82) and a percentage weight (95,55) and lowest medium of most likely (2,01) and a weight (85,51) (85,51) (85,51) (85,51) Thus, we find that se paragraphs are achieved in this field.

Discuss Previous Results

We notice from two tables (2) that researchers may achieve most important topics in scale, to achieve high resolution results, which is to verify objective response to test, where we note that research sample has focused its responses towards problems of exercising sports in women's fitness centers.

First absence of security and safety

Concept of security: It is feeling of individual or group with reassurance, and rumor of trust and love between m, by not betraying individuals to each or, and eliminating corruption, by removing everything that threatens stability and living, and meeting physical and psychological requirements; To ensure ability to continue life safely and safely. Thus, this paragraph is most important of all paragraphs disabled for participation of women in slimming and fitness centers. researchers find that it is normal in light of unstable circumstances from time to time, for participants to have a state of instability or possession of real motivation to participate in centers of upgrading and grace and in ways by asking to departments of sports centers about number of subscribers. In beginning of reasons, extent of security and societal stability where we notice from time to time variation of preparation for participants in se centers, so work to stabilize security conditions Social within community will have its consequences on high and low numbers of participants in centers.

Second: lack of time available

It is true that work that is recognized at home is not obligated by wife just because of contract in terms of jurisprudence. Her husband and home, which is varied, including what was narrated from Messenger of God (may God's prayers and peace be upon him and his family): "One of you in her home is aware of work of sake of God (2) It is worth noting through personal interviews with some participants that time limited time may be caused by an increase in number of members of Iraqi family. In statistics of Iraqi Ministry of Planning, researchers reviewed that rate of members of Iraqi family ranges between 4-7 people and y are in fact in a custody of more within family, which makes time a narrow that does not allow to continue with long periods of period If enough times are available to women, y would be continuing to participate in se centers without interruption with availability of or circumstances (Firas Abdul Hussein: 2017) ^[6].

Third: Tribal habits and societal values and view of sports

There has been a change in social system in Iraq after 2003 from restriction to chaos, and under name of freedom led to a change in perception of feminist sport, which was seen as a symbol of intellectual and social development. In eastern societies, we find a special place for male, but Arabs in pre - Islamic era were making girls of girls for fear of shame, and in that, Almighty says: (And when one of m is preached with female, his face is shadowed, and it is a shadow from {58 of day/58} He grabbed him on authority of it, or he tucked him in dust, that what y judge {bees/59}. preparation of society and family, and this role began to grow up and stand out, and woman took a respect and acceptance, and even sometimes she took initiative, for example, we mention wife of Messenger (PBUH) Khadija Al -Kubra, who played a great role in spreading teachings of Islamic religion, as her money spent in service of Islamic call and even in our present time we find that women started taking leadership and leaderships and this indicates that woman is effective And upbringing due to its role in upbringing and preparing generations and its proximity to child is beginning of his upbringing, and here we focus on women have rights and duties, and we have opportunity to take her role in all areas of life (Hanan Abdel Hamid: 2015) ^[2]. Importance of sport for women in terms of psychological and physical aspects, it is still socially rejected, especially if it wants them to be practiced publicly. Society's view is negative to feminist sport by virtue of customs and traditions that see women inferior to men, and he added by saying that re is a positive view of women's sport among educated families, because of belief in right to equality in society. To a negative view of feminist sport of society. Pre-phenomenon in Iraq is one of most dangerous social issues that must be read in isolation from any emotion or any biases. And to read scientifically without any political, ideological, or authoritarian interventions, but this phenomenon must be studied as it has endured some positive and negative effects and its impact on all fields of life and from us practice of sports activities at feminist component, but we see this day. Hand of his movement at all people of both sexes, and Iraqi society is almost unique to such a "phenomenon" among societies of region, despite its presence in Jordan, Syria and Palestine. To some extent, as it is an Iraqi phenomenon that is not subject to disappearing quickly or returning strongly, it has its cases and extensions not with Arab population according to Kurds and Turkmen to a large extent, as it puts us today in front of a real dilemma of chaos of Iraqi values, but chaos of social evaluation and societal civilization and a serious disease and your girl in society, and it cannot be accepted as it collides with values of modernity and progress In social values in Iraq, Iraqis have not yet realized meaning of "tribalism" in society, and even most dangerous invasion of tribal values and norms of ancient Iraqi urban societies. Also, one of pests that Iraqis afflicted with, that majority of m today believe that all tribal values are valid, positive and noble without reading or side of such a "phenomenon" against life extension of twentieth century with all imprints of society and

wonders, as well as negative practices that are incompatible with modern values in building any modern society, and therefore, variables of that "revolution" have never eliminated phenomenon, but crystallized in new cases that harmed and advanced Iraqi society. It was one of reasons for its decline and delay to this day!

Fourth: Lack of presence of specialized women's gyms

Lack of support and lack of government material capabilities and limitation of establishment of fitness and slimming centers on private sector stood up to participation of women in slimming centers and women's fitness, so we find that number of se centers in Basra Governorate despite increasing population is almost a little in residential areas, and even some residential complexes do not have such centers due to high possibility that y need from providing places Familiar and equipping it with latest sports tools in addition to providing a swimming pool and sauna, this is naturally expensive, which may not be available at most of time for investors, so type of project, and here we find that this reason leads us in fact to not develop women's sport in general despite good level of many women's teams in some sports, especially chess and martial games, and this in turn has created a kind of frustration among many girls and reluctance to practice (Ali Hashem: 1994) ^[5].

Fifth: Lack of transportation

Basra Governorate is one of large and important Iraqi provinces, with a population of 5 million, and this population increase in fact needs an expansion of infrastructure and superstition and expanding government and service institutions in all areas near and far from city center. means of transportation and vital nerve that moves wheel of life in population cities and that we find today great expansion of spread of cars in all shapes and types that are led by men's element in a large way, but it started in a non -distant time by spreading among feminist component, which helped feminist component to overcome difficulties of many matters of life, including going to slimming and fitness centers, but not many women are able to buy or drive vehicles or public vehicles Family and societal, and this causes an obstacle to participation of women in se centers, so transportation means great role in achieving most important goal of top scorer in exercise of sports activities inside agility and slimming centers in Basra Governorate, which is almost far from some of role of participants' housing in se centers.

Sixth: Religious belief

Presence of sports is not commensurate with nature of women as well as view of Islam for her, and that sports that serve women and that help her to preserve her health and do not contradict legal ruling such as preserving woman's veil is permissible and permissible, but problem in sports with a men's character that is not appropriate for nature of woman and is vial is easy to break. Manual, n re is nothing wrong with woman exercising sport to adhere to some controls, this is if I speak from my point of view, but I return, I say that I am a legislative person and everything that Islamic law speaks to abide by and re are those who are able to derive legal deduction and y are those concerned. Or that about those that run and exercise ("Muhammad Hassan Allawi: 1998) ^[1].

Seventh: Absence of sports facilities and expensive cost to use

Most important reasons that led to women's reluctance to

practice sport in fitness and slimming centers in Basrah Governorate are lack of cultural awareness in sports side and lack of feminist specialized cadre that plays an important role in spreading fanatical spirit in minds of addition to lack of training staff and lack of exploitation of sports job opportunities by women, and society also has its effect in this aspect, some still believe that practice of sports activity is a wrong phenomenon. opposite in or societies, and it is necessary to urge sport and necessity of practicing it and learning children to it and educating as well as lack of appropriate stadiums and halls for women's elements, after its impact on reluctance of mama tics from practicing sport, which contributed to low level of practice in women's sport. (Firas Abdul Hussein: 2017) ^[6].

Conclusions and Recommendations

Conclusions

1. This research has achieved most important goal of its goals, which is to identify most important obstacles to participation in center of slimming and sporting agility in Basrah Governorate from practice of sports activity.
2. Scale designed by researchers is able to measure what was designed for it, which is measuring societal empowerment according to obstacles to visual participation of women in center of slimming and sporting agility in Basra Governorate from practice of sports activity.
3. That paragraphs were included have arranged descending and according to degree of severity (weighted medium-centenary), where we note that paragraphs of (1-7), which formed (70%) of total number of scale paragraphs, reached highest in most likely (2,82) With a percentage of (95,55), lowest medium is likely (2,01), and a percentage weight (85,51). Thus, we find that se paragraphs are achieved in this scale,
4. As for paragraphs (8-10), y were unreasonable paragraphs, as highest medium is likely (1, 88) with a percentage (83) and lowest in most likely (1, 56) and a percentage weight (61, 33).
5. Scale is an evaluation tool that reveals societal empowerment according to obstacles, Basrah women participation of women, and motives of individuals towards exercising sports activity.

Recommendations

1. Adopting scale to measure societal empowerment according to obstacles, participation of basrah women in slimming and sporting fitness centers in Basrah Governorate, from and towards practice of sports activity.
2. Conducting comparative studies between athletes on basis of gender, age and experience.
3. Conducting studies between problems of participation towards exercising sports and or personal features.
4. Sports awareness and its importance between sports community and role of characteristics of sports activities in sports women.
5. Increasing interest in research in field of sports activity for women in Iraqi society and for all segments of society.
6. Clarifying and spreading awareness about importance of sports activity and its various aspects within teachings of Islamic religion

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Community empowerment scale according to obstacles, Basrah women's participation in fitness and slimming centers in Basrah Governorate

Appendix (1)

No	Paragraph	Effect	To some extent	Not effect
1	Absence of community security and life safety within society			
2	Women's preoccupation with home and social works and lack of time available to achieve women's desire to participate continuously in fitness centers			
3	Sovereignty of clan habits and societal values that violate practice of sports activities			
4	Lack of gyms specialized women's gyms			
5	Lack of transportation and distance from centers from house			
6	Religious belief within society towards women practicing sports activity			
7	Absence of mamatical facilities and financial cost of value of participation in fitness centers			
8	Inferior friends 'view of exercise and its reflection on continuous desire of partnerships within fitness halls			
9	Lack of female specialized cadre within fitness centers			
10	Effect of parents and family members and refused to participate in it			