



Developing a model of sport self-efficacy based on social support and socioeconomic status in female athletes (mediating variable of motivation for sports participation)

Poster Presentation

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Abstract

Introduction: The aim of this study was to develop a model for sport self-efficacy based on social support and socioeconomic status considering the mediating variable of motivation for sports participation in women, which constitutes a broad and effective part of the country. The present study was descriptive survey research and in terms of purpose was applied research.

Methods: The study population consisted of all married or at least one-time married female athletes in Tehran, the sample consisted of 384 (according to the calculated formula of sample size from an unlimited community called Cochran formula) using the multistage cluster sampling method. Data were collected using a questionnaire consisting of Curl et al.'s Sports Self-Efficacy Questionnaire (2007), Phillips Social Support Questionnaire (1986), Ghodrati Nama's Socioeconomic Status Questionnaire (1392), and Hong Yong lin's Sports Participation Motivation Questionnaire (2010). Structural equation modeling was used to test the proposed model using AMOS/18 software. The mediating relationships of the final model were also tested using bootstrap (self-launch test) of AMOS/18 software.

Results: The results showed that social support and socioeconomic status have a direct effect on the mediating variable of sport participation motivation in female athletes. Also, social support and mediator variables of sport participation motivation have a direct effect on sport self-efficacy in female athletes. However, the socioeconomic status variable has no direct effect on sport self-efficacy in female athletes.

Conclusion: Due to the existence of private sports clubs with different tuition fees and the use of these places by groups of women, it is recommended that by holding free or low-cost sports classes, which today are known as bodyweight sports or toolless sports. In municipal cultural centers or all parks and green spaces in general and in groups for all ages or retirement centers for elderly women as socio-economic support of governments, to help this influential group in society.

Keywords

Sport self-efficacy; Social support; socioeconomic status; Sport participation motivation

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