

## **Sports practice for all and its relationship to life satisfaction for elderly people in Dakahlia governorate**

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### **Research Summary**

In this study, the researcher aims to identify the relationship between the sport for all practice and life satisfaction of the elderly in Dakahlia Governorate. The researcher used the descriptive approach. The questionnaire of sport for all practice was prepared by the researcher; the scale of life satisfaction was prepared by Magdy El-Desouki as tools for collecting data. The study has been applied on a sample of (358) of the elderly for the primary experiment and (50) for the pilot experiment. The most important results were the interest of most of the elderly in the practice of sport for all activities, which are dominated by team sports performance, keenness of the elderly to achieve the practice goals (physical, social and psychological) in order to develop physical, mental and psychological health which achieves psychological balance.

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### **Introduction and Research Problem**

In the modern era, there are many social and technical changes which are unprecedented in terms of their size or direction, which have a great impact on the lives of individuals and groups as they have been manifested in the lack of movement and increase in developing leisure time as well as the exposure of individuals to stress, tension and psychological anxiety, so there was an impelling need for the activities and programs of sport for all, which have

become in the contemporary society an educational and social system that works to form and develop the personality of practitioners of various physical and athletic activities(Saeed: 2000).

sports for all is a term that includes the provision of opportunities for all to practice the various forms of kinetic and physical activity in accordance with their preferences and abilities without imposing any restrictions or considerations on age, gender, physical, skilled, social or economic

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level for the purpose of better life for practitioners(Al-Hammami: 1997).

Sport for all represents one of the most popular sports recreation areas to be practiced by most individuals of all ages. Sport for all has a great place in the social, political and economic systems that shape the society. It aims to develop individuals in a comprehensive and balanced manner and achieve a better level of physical fitness and the development of public and psychological health as well as upgrading the society(Fathy : 2003).

Thus, the value of sports for all and its place where it enables practitioners to satisfy their needs and tendencies and desires and also helps them to achieve psychological balance and renewal of vitality and activity of the body resulting from this life satisfaction .

life satisfaction is one of the important topics that indicate the extent to which the human person is passionate about life and having the desire to live it, and the feeling of satisfaction or dissatisfaction in one or more aspects of life that the individual lives is linked to many factors which contribute

to the achievement of the individual's happiness and personal and social adaptation and the formation of his personality and a sense of tranquility and psychological stability and his conviction of the life he lived. Perhaps the most important factors are methods and techniques of spending and utilizing leisure time (Fattouh : (2017).

According to elderly people often face many problems and pressures, in which they feel the loss of the real role in life and the resulting anxiety and loss of self-esteem, leading to nervous breakdown, especially if their new life imposed on them a new method of behavior they did not know before and they do not find in themselves sufficient flexibility for the speed of adapting with it if they didn't prepare themselves for this change and if they felt that they are individuals undesirable and useless(Mayada : 2017).

Thus, the problem of research is crystallized. Since life satisfaction is a major factor in the consent of the elderly and their acceptance of the events and attitudes of life in the family and society, the

sense of life dissatisfaction has a negative impact on the personality and life of the elderly and their social relations and adaptation in the environment in which they live. Since sport for all is a source of happiness, enjoyment, joy and the desire for life, where practice sport for all activities of its different kinds and types with self-desire and personal motives and without forcing or pressure from one, the practice of the elderly for sport for all may be a reason for the change of life where it is working to protect the elderly from the manifestations of physical weakness as well as reducing the symptoms of health and psychological deterioration, as well as help in achieving social roles in a balanced and effective manner, which is reflected positively on the lives of the elderly and their satisfaction. Thus, it becomes clear the importance of studying this problem and the need to stand before it, which led the researcher to study the practice of sport for all and its relationship to the satisfaction of life for the elderly in Dakahlia governorate.

### **Importance of the research and the need for it:**

The importance of research is highlighted in the following points:

- It is the beginning of more studies concerned with sport for all and its correlation with some variables of life satisfaction of the elderly and the addition of new qualitative information serving this group in society.
- It addresses an age group that may suffer psychologically, socially and economically because of the feeling of physical collapse and the sense of exposure to diseases of aging and therefore need to focus on recreational care and attention to them through more scientific efforts and field studies.
- Assisting officials in renewing sports programs for all the elderly with activities aimed at developing a sense of social interaction and life satisfaction.

### **Purpose of the study**

The research aims to identify the relationship between practice for all and the satisfaction of life for the elderly in Dakahlia Governorate by answering the following questions:

- 1- What is the level of sport for all practice of the elderly?
- 2- What is the level of life satisfaction of the elderly?
- 3- What is the correlation between the sport for all practice and life satisfaction of the elderly in Dakahlia Governorate?
- 4- What is the significance of differences in the sport for all practice and life satisfaction, which is attributed to (gender, forms of practice and number of times of practice)?

### **Study procedures**

The researcher used the descriptive method with the survey method due to its relevance to the nature of the research.

### **Research Population and Sample:**

The research population consists of the elderly practicing sport for all in Dakahlia governorate.

The researcher randomly selected the sample of the sample, which consisted of (358) older persons for the basic sample and (50) for the exploratory sample from the elderly and from outside the basic sample.

### **Data collection tool:**

The sport for all practice scale consists of (58) items distributed over (4) dimensions – prepared by the researcher. The life satisfaction scale consists of (29) items distributed to (6) dimensions – prepared by Magdy El-Desouki.

### **Steps to design a scale of sport for all practice and life satisfaction of the elderly in Dakahlia Governorate:**

Through the theoretical readings, reference studies and surveys of (7) experts in the recreation, attachment (A), the researcher has prepared a scale of sport for all practice and has a scale of (4) dimensions, namely: sport for all concept, sport for all activities, sport for all goals, the challenges facing sport for all practice. The measure of life satisfaction was prepared by Magdy El-Desouki on (6) dimensions: (happiness, sociality, reassurance, psychological stability, social recognition, conviction).

The initial image of the proposed scale was presented to the experts to ensure that the dimensions were appropriate and (4) dimensions of the sport for all practice scale were reached, Attachment (b).

In the light of the experts' agreement on the dimensions of the scale of sport for all practice consisting of (69) items and the items belonging to each dimension, after excluding (1) respondent in the first dimension, and (2) items in the second dimension, (2) items in the third dimension, and (1) respondent in the fourth dimension, thus the number of items of the scale in its final form is (58) items distributed to (4) dimensions and they are sport for all concept (14), sport for all activities (15) sport for all goals (16), the challenges facing sport for all practice (13), attachment (d), the score of each dimension is determined separately and the total score is determined by a triple scale (yes= 3 score- to some extent = two scores- no = one degree) and then calculating the total score of the scale.

The internal consistency reliability was carried out on the scale of life satisfaction consisting of (30) items. (1) item of the scale was deleted (1) in the second dimension. Thus, the number of items of the scale in its final form is (29) items distributed to (6)

dimensions and they are happiness dimensions (7) items, social recognition (4) dimensions, reassurance dimension (6) items, psychological stability dimension (3) items, social recognition dimension (6) items, conviction dimension (3) items, Attachment (E), the score of each dimension and the total score was determined according to a quintuple scale (5 scores = Fully applicable - 4 scores = Applicable - 3 scores = in between – 2 scores = Not applicable – 1 score = Never applicable), then calculating the total score of the scale.

The scientific coefficients for the scale of sport for all practice and the measure of life satisfaction of the elderly in Dakahlia Governorate

#### **Field study**

After the reassurance of the reliability and validity coefficients, the researcher applied the scale of sport for all practice and the scale of life satisfaction of the elderly in Dakahlia Governorate on the basic study sample of (358) of the elderly practicing sport for all in the period from (16/09/2019) to (31/10/2019), and after the completion of the application of the two scales,

the data have been entered in preparation for the appropriate statistical treatments.

### **Results presentation and its discussion:**

#### **- What is the level of practice for all the elderly in Dakahlia?**

#### **1- Frequency and percentages of the dimension of the sport for all concept**

It is clear from Table (8) that the majority of the elderly are aware of the sport for all concept as the first item was (the right to practice physical activity for all individuals and those who have different tendencies and abilities) of the highest items of (83.80%) this may go back to the awareness and perception of the elderly of the sport for all concept, which includes the provision of opportunities for individuals to practice sports activities in all their types and forms freely and according to the abilities, tendencies and capabilities of the individual and his physical preparations. It is in line with the study of (El-Sayed:2012) in the presence of a good understanding of the elderly for the sport for all concept, and the importance of utilizing it in sports practices, both individually and collectively.

### **2- Frequency and percentages of the dimension of sport for all activities**

Table (9) shows the ranking of sport for all activities according to the opinions of the elderly. In the first rank of (85.57%), because it is one of the most popular and favorite sports for the elderly as it can be practiced in various places. In addition, it does not require expensive capabilities or tools when practicing it. This is consistent with the study of (Cha, Yu-Jin :2018) the interest of most of the elderly in the practice of various sports for all activities, especially outdoors.

#### **3- Frequency and percentages of the dimension of sports for all goals**

Table (10) shows the ranking of the goals of sport for all according to the views of the elderly, where the item (renewal of activity and vitality of the body) in the first order (76.07%), may be due to the awareness and recognition of the elderly to the importance of revitalizing the body and restoring vitality through participation opportunities in sport for all programs, which in turn contribute to improving the level of physical abilities and thus resistance to diseases

and prevention. It is in line with the study of (Chang, Wu :2014), where physical and psychological aspects are one of the most motivating goals for the practice of most of the elderly of sports for all activities.

#### **4- Frequency and percentages of the dimension of the challenges facing the sport for all practice**

Table (11) shows the ranking of the challenges facing sport for all practice according to the opinions of the elderly. The first item (Sport for all programs don't include new forms and activities for sport for all) was ranked first of (78.40%), this may be due to the repetition in implementing some sport for all programs that are set by some sports clubs or youth centers without change or modification in their activities or taking into account the timing of the practice in proportion to the numbers of practitioners of the elderly. It is in line with the study of (Mohamed :2012) that it is necessary for the State to reduce the challenges and difficulties faced by most of the elderly in their practice of sports activities.

#### **- What is the level of life satisfaction of the elderly in Dakahlia Governorate?**

##### **1- Frequency and percentages of the measure of life satisfaction**

Table (12) shows the level of life satisfaction according to the views of the elderly. The item (I feel my life is bright and full of hope) was ranked first of (85.47%). This may be due to the feeling of the majority of the elderly and their feeling of satisfaction due to positive participation in some sport for all activities which improve the aspects of their physical, psychological and social life. (Al-Hamami :1997) points out that participation in sport for all programs and activities contributes to the sense of personal happiness and helps to develop the physical, psychological and mental health of the elderly, which inspires them the spirit of optimism and then enjoy leisure time, thus achieving life satisfaction.

##### **2- What is the correlation between sport for all practice and life satisfaction of the elderly in Dakahlia Governorate?**

**Table (13)**

**Correlation coefficients for the scores of sample respondents  
between sport for all and life satisfaction for the elderly in  
Dakahlia Governorate (n = 358)**

Dimensions	Scale of sport for all practice for the elderly				
	Concept	Activities	Goals	Challenges	Total score
Scale of life satisfaction	Happiness	*0.674	*0.670	*0.894	*0.541
	Social	*0.834	*0.649	*0.647	*0.624
	Reassurance	*0.509	*0.745	*0.838	*0.531
	Psychological stability	*0.747	*0.619	*0.794	*0.739
	Social recognition	*0.684	*0.539	*0.683	*0.769
	Conviction	*0.530	*0.521	*0.724	*0.649
	Total score of the scale	*0.754	*0.563	*0.763	*0.743
Total score of the scale					

Tabulated "R" value at significance level (0.05) = (0.065)

Table (13) shows that there is a statistically significant correlation between sport for all practice for the elderly and life satisfaction. This may be due to the fact that sport for all practice is a source of life satisfaction of the elderly as the individuals practice the activities with intrinsic motives, freely, without coercion or conditions in search of comfort, leisure and investing their leisure time especially after reaching retirement age. This is consistent with the study of (Mikhail and Asma'a :2014), as there is a correlation between participation in sports activities and life satisfaction for the elderly, where sport for all

practice gives a higher value for life satisfaction and a sense of happiness.

**- What is the significance of differences in the sport for all practice and life satisfaction attributed to (gender, forms of practice and number of times of practice)?**

**1- Significance of differences among the respondents of the research sample in the sport for all practice, which is attributed to gender (male - female)**

Table (14) shows that there are statistical differences in the dimension of (the challenges facing sport for all measure) in the scale of sport for all practice of the elderly according to the gender

variable in favor of "males" whereas the calculated value of (T) is greater than its tabulated value, and there are no statistically significant differences in the rest of the dimensions and the total score, since the calculated value of (T) is less than its tabulated value at a significant level of (0.05). This may be due to the nature of most sports activities accepted by the elderly males as these activities are characterized by violence and enthusiasm to some extent and this may require moving from place to place. It is in line with the study of (Chang, Wu :2014) that the methods of promoting sports participation of the elderly are inefficient and insufficient, and the need for the State to provide various facilities necessary for the success of sports for all programs.

## **2- Significance of differences between the respondents of the research sample in life satisfaction, which is attributed to gender (male - female)**

Table (15) shows that there are statistically significant differences in the scale of life satisfaction of the elderly according to the gender

variable in favor of males. The calculated value (T) is greater than its tabulated value. There are no statistically significant differences in the rest of the dimensions and the total score where the value of (T) calculated less than its tabulated value at significance level of (0.05), may be due to the interest of most of the elderly men to seek employment in the government or private sector, while some women may be satisfied with staying at home, working as a housewife and managing the affairs of their home, which may achieve the social status and appropriate social recognition for some women. It is in line with the study of (Hu, Kai-Yang :2010) in which there are differences and variations in support and social assessment of participants in sport activities for all among the elderly.

## **3- Significance of the differences between the members of the research sample in the practice of sport for all of the elderly and attributed to the forms of practice (individual - team)**

Table (16) shows that there are statistically significant differences in the

(sport for all goals) and the total score of the scale of sport for all practice of the elderly according to the variable of the forms of practice in favor of the "team" as the calculated value of (T) is greater than its tabulated value and there are no statistically significant differences in the other dimensions. The value of (T) is less than its tabulated value at significance level of (0.05). This may be due to the desire of most of the elderly and their keenness to participate in sports activities with others and thus their sense of belonging to the community and the increase of their feeling that they are socially desirable and welcome by others. This is consistent with the study of (Mikhail and Asma's :2014) that the practice of sport for all activities gives a sense of happiness and life satisfaction of the elderly.

#### **4- Significance of differences among the respondents of the research sample in life satisfaction, which is attributed to the number of times of practice**

Tables (20) and (21) show that there are statistically significant differences in life satisfaction of the elderly in the

dimensions of (happiness, sociality and social recognition) and the total score of the scale according to the variation of the forms of practice as the calculated value of "F" is less than its tabulated value at significance level of (0.05). The value of L.S.D is statistically significant for the number of times of practice (more than twice a week). This may be due to the interest of most of the elderly in exercising continuously and regularly as the participation in the sport for all programs represents the suitable exit from the routine of contemporary life. This is consistent with the study of (Cha-Yu-Jin :2018) as the elderly have a good awareness and understanding of the concept and importance of sports practice because they positively affect the quality of life of the elderly.

#### **Research Conclusions**

- \* The awareness and recognition of the elderly of the sport for all concept and its importance through the actual practice of its various activities.

- \* Most of the elderly are keen to achieve the goals of the practice (physical, social and

psychological) in order to develop physical, mental and psychological health, which achieve psychological balance.

- \* The most important challenge to the sport for all practice of the elderly is the non-inclusiveness of the available programs of new forms and activities.

- \* There is a correlation between sport for all and life satisfaction of the elderly.

### **Research Recommendations**

- \* The need for the State to support the establishment of sport for all centers serving the elderly.

- \* The need for sports recreational institutions to provide opportunities for the elderly to participate in the preparation and implementation of sport for all programs that commensurate with their needs and abilities.

- \* The need to guide the elderly to the type of physical activity appropriate to their tendencies, preparations and abilities, so as to tend to its practice and achieve their satisfaction with the activity.

- \* The necessity of qualifying the sport for all specialists of supervisors and trainers and enrolling them in training and rehabilitation programs

specialized in how to deal with the elderly.

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