

Recognizing and ranking the factors effecting the Khuzestani sports women's resignation from the athletic sports

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ABSTRACT

The present research tends to recognize and rank the factors which influence the Khuzestani sportswomen's resignation from the athletic sports. The statistical society of the research includes all the athletic sportswomen of Khuzestan from various sports ranging from country club level to the international level who had resigned from the athletic sports. From among the intended statistical society 72 individuals were chosen as the statistical sample through the snowball sampling methods. The research results showed that the most important reason of the sportswomen's resignation is underestimation of the women sports. Also the results indicated that the family problems and issues cannot be considered as an important factor which may influence the sportswomen resignation from the athletic sports, so this can be assumed as a strongpoint for women's athletic sports. This strong point is indeed the fact that the Iranian families have accepted the women's athletic sports and, through supporting it, have prevented the family problems from disturbing and interrupting the procedure of the women's athletic sports.

KEYWORDS: resignation, athletic sport, sportswomen, Iran

INTRODUCTION

Health of the women, who comprise half of the society's active force and the future generations' mothers, is one of the most important instruments and goals of the society's growth and excellence. In the family structure, women play a key role in promoting the health culture and thus the women's athletic sport can pave the ground for the sportswomen's capability improvement and health growth and also can persuade other people toward sports through patterning. Moreover, athletic sports can provide the ground for the skillful human force's development in any course and lead to honors for the country (Akbar Abadi, 1388). Regarding the fact that the domain of the women's athletic sports in many courses, due to our society's valued standards and criteria, cannot pass the national borders and participate in the international competitions, the women's athletic sports can achieve the opportunity for participating in the international competitions only through continuation and development of the Islamic countries' women's competitions and tournaments. In addition to prevent the negative side effects which often occur in the margin of the athletic sports especially in hero-making, we should try to provide the ground for growth and dynamism of this aspect of the women's sports (IRIB research site, 1390, qf Hamidpoor, 1392).

A method for reinforcing the women's athletic sports is to recognize the factors which prevent them from the athletic sports and also to find out that why they resign from the athletic sports. Since in previous researches always the male heroes and athletes have been studied as the target society, the present research is aimed to recognize and rank the factors influencing the women athletes' resignation from the athletic sports and thereby help to resolve the problems of the women's athletic sports.

Reviewing the previous researches we found out that no research has been performed on this issue in Kuzestan; therefore, it seems necessary to investigate the reasons of the women athletes' resignation from athletic sports and, after recognizing these reasons and factors, to specify the athletes' consultative needs during their retirement.

The general goal of the present research is to recognize and rank the factors which influence the Khuzestani sportswomen's resignation from the athletic sports.

RESEARCH METHOD

The statistical society of the present research included all the Khuzestani athletic sportswomen of various courses, ranging from country club level to international level, who had resigned from athletic sports. From among

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this statistical society 72 individuals were recognized and chosen as the statistical sample through the snowball sampling method.

Variables related to the tested people's personal specifications:

Age, sports course, athletic background and level, education level and course of study, job, marital status, number of children

Variables related to the factors influencing the resignation from athletic sports:

a) Predictive variable: factors influencing the sportswomen's resignation in form of a 45-question questionnaire.

b) Benchmark variable: resignation from athletic sports.

In the present research we will use the following statistical method for data analysis:

- Statistical-descriptive methods for calculating the average, standard deviation, frequency, percentage;
- One-sample t-test for determining the degree of effect of the factors on resignation from athletics sports;
- Friedman ranking non-parametric test for ranking the factors which influence resignation from athletic sports;
- Chronbach Alpha method for calculating the reliability coefficient.

In order to analyze the data and drawing the tables and charts we will use computer and the SPSS, v.17 software. Besides, a $p < 0.05$ meaningfulness level (significance) has been assumed for all the questions.

RESULTS

Table 1: frequency distribution of the respondents in terms of age

	Frequency	Percentage
15-20	4	5.6
21-25	6	8.3
26-30	24	33.3
31-35	19	26.4
36-40	9	12.5
41-45	3	4.2
Above 45	6	8.3
Without response	1	1.4
Total	72	100

As it can be seen in table 1, the respondents ranging from 26 to 30 years old (33.3%) and the respondents ranging from 41 to 45 years old comprise, respectively, the most and the least volume of the sample.

Table 2: frequency distribution of the respondents' sports course

Course	Frequency	Percentage	Course	Frequency	Percentage
Physical fitness	1	1.4	Karate	4	5.6
Badminton	2	2.8	Swimming	1	1.4
Basketball	1	1.4	Taekwondo	13	18.1
Track & field	2	2.8	Tennis	2	2.8
Aerobic	1	1.4	Archery	1	1.4
Futsal	20	27.8	Volleyball	10	13.9
Gymnastic	3	4.2	Wusho	10	13.9
Handball	1	1.4			
Total	72	100			

As table 2 shows respondents from futsal course (27.8%) comprise the most volume of the sample.

Table 3: frequency distribution of the respondents' athletic background

	Frequency	Percentage
Under 5 years	18	25
5-10 years	25	34.7
11-15 years	19	26.4
16-20 years	3	4.2
Above 20	1	1.4
Without response	6	8.3
Total	72	100

As table 3 indicates, the respondents with 5-10 years of athletic background (34.7%) comprise the most volume of the sample.

Table 4: frequency distribution of the respondents' athletic level

	Frequency	Percentage
Country club	6	8.3
Provincial	17	23.6
Countrywide	35	48.6
National	8	11.1
International	5	6.9
Without response	1	1.4
Total	72	100

According to table 4 the respondents mostly (that is 48.6%) have got countrywide athletic level.

Table 5: frequency distribution of the respondents' main course

	Frequency	Percentage
Physical education	38	52.8
Other than physical education	34	47.4
Total	72	100

As table 5 shows, those respondents whose main course was physical education (52.8%) comprised the most sample volume.

Table 6: frequency distribution of the respondents' education level

	Frequency	Percentage
Under diploma	1	1.4
Diploma	12	16.7
Associate degree	14	19.4
BA	28	38.9
MA	17	23.6
PhD	0	0
Total	72	100

As it can be seen in table 6 the respondents with MA degree (38.9%) comprise the most sample volume.

Table 7: frequency distribution of the respondents' marital status

	Frequency	Percentage
Single	35	48.6
Married	36	50
Without response	1	1.4
Total	72	100

As it is observed in table 7 most of the respondents have been married.

Table 8: frequency distribution of the respondents' number of children

	Frequency	Percentage
No children	42	58.3
1	15	20.8
2	11	15.3
3	2	2.8
More than 3	1	1.4
Without response	1	1.4
Total	72	100

As table 8 indicates, most of the respondents (58.3%) have had no children.

Table 9: frequency distribution of the respondents' job

	Frequency	Percentage
Self-employed	1	1.4
Unemployed	21	29.2
Teacher	15	20.8
University students	2	2.8
Referee	2	2.8
Clerk	9	12.5
Instructor	1	1.4
School student	2	2.8
Coach	19	26.4
Total	72	100

As table 9 shows, the respondents have mostly been unemployed (29.2%).

Table 10: frequency distribution of the respondents' athletic income

	Frequency	Percentage
No income	14	19.4
Under 500 thousands	47	65.3
500thousands-1million	5	6.9
1-1.5million	5	6.9
Above 1.5million	1	1.4
Total	72	100

According to table 10, most of the respondents (65.3%) have had less than 500 thousand Tomans income.

Table 11: frequency distribution of the respondents' continuing as coach after resignation from athletic sports

	Frequency	Percentage
Yes	53	73.6
No	19	26.4
Total	72	100

As table 11 indicates, most of the respondents (73.6%) intended to continue as a coach after resignation from athletic sports.

Table 12: frequency distribution of the respondents' mental & psychological problems after resignation from athletic sports

	Frequency	Percentage
Yes	22	30.6
No	50	69.4
Total	72	100

As it can be seen in table 12, most of the respondents (69.4%) had encountered no mental & psychological problem after resignation from athletic sports.

Table 13: frequency distribution of number of years for respondents' adaptation with conditions

	Frequency	Percentage
Under 1 year	24	33.3
1-2 years	23	31.9
2-3 years	8	11.1
Above 3 years	5	6.9
Without response	12	16.7
Total	72	100

According to table 13, most of the respondents (33.3%) could achieve required adaptation with new conditions after resignation in less than one year.

Table 14: frequency distribution of the respondents' satisfaction from the time spent in athletic sports

	Frequency	Percentage
Yes	50	69.4
No	19	26.4
Without response	3	4.2
Total	72	100

As it can be seen in table 14, most of the respondents (69.4%) were satisfied about the time they had spent in athletic sports.

Table 15: frequency distribution of the respondents' idleness in athletic sports

	Frequency	Percentage
Yes	18	25
No	52	72.2
Without response	2	12.8
Total	72	100

As it is seen in table 15, most of the respondents (72.2%) believed that they have not idled their time in athletic sports.

Table 16: frequency distribution and percentage of the responses to the questions' choices

No	Question		Too many	Many	Partially	Few	Very few	Without response
1	Physical damage	Frequency	8	11	18	16	19	0
		Percentage	11.1	15.3	25	22.2	26.4	0
2	Physical fitness reduction	Frequency	5	12	16	20	18	1
		Percentage	6.9	16.7	22.2	27.8	25	1.4
3	Aging	Frequency	1	9	15	18	29	0
		Percentage	1.4	12.5	20.8	25	40.3	0
4	Mental & psychological problems	Frequency	2	4	9	16	40	1
		Percentage	2.8	5.6	12.5	22.2	55.6	1.4
5	Sense of fatigue	Frequency	3	3	12	15	37	2
		Percentage	4.2	4.2	16.7	20.8	51.4	2.8
6	Repetitive lifestyle	Frequency	7	2	18	12	32	1
		Percentage	9.7	2.8	25	16.7	44.4	1.4
7	Lack of motivation	Frequency	9	13	15	11	24	0
		Percentage	12.5	18.1	20.8	15.3	33.3	0
8	Marriage	Frequency	8	3	8	5	43	5
		Percentage	11.1	4.2	11.1	6.9	59.7	6.9
9	Pregnancy & parenting	Frequency	8	4	9	3	42	6
		Percentage	11.1	5.6	12.5	4.2	58.3	8.3
10	Sport's non-accordance with women's duties	Frequency	2	11	10	12	37	0
		Percentage	2.8	15.3	13.9	16.7	51.4	0

No	Question		Too many	Many	Partially	Few	Very few	Without response
11	Family problems resulted by keeping old parents	Frequency	1	6	8	5	48	4
		Percentage	1.4	8.3	11.1	6.9	66.7	5.6
12	Family's disagreement	Frequency	1	5	8	5	51	2
		Percentage	1.4	6.9	11.1	6.9	70.8	2.8
13	Family's over-control	Frequency	6	1	5	11	48	1
		Percentage	8.3	1.4	6.9	15.3	66.7	1.4
14	Being far from husband & children	Frequency	5	11	6	7	37	6
		Percentage	6.9	15.3	8.3	9.7	51.4	8.3
15	Lack of culture of accepting the women by society	Frequency	7	11	6	6	40	2
		Percentage	9.7	15.3	8.3	8.3	55.6	2.8

	& family							
16	Being as reserve player in most of the matches	Frequency	0	5	7	19	38	3
		Percentage	0	6.9	9.7	26.4	52.8	4.2
17	Not achieving athletic goals	Frequency	11	13	16	10	20	2
		Percentage	15.3	18.1	22.2	13.9	27.8	2.8
18	Non-systematic exercises	Frequency	8	8	13	12	31	0
		Percentage	11.1	11.1	18.1	16.7	43.1	0
19	Injustice	Frequency	25	19	10	8	10	0
		Percentage	34.7	26.4	13.9	11.1	13.9	0
20	Lack of future employment warrantee	Frequency	27	17	7	12	9	0
		Percentage	37.5	23.6	9.7	16.7	12.5	0
21	Lack of financial support	Frequency	33	15	7	6	10	1
		Percentage	45.8	20.8	9.7	8.3	13.9	1.4
22	Financial problems	Frequency	18	9	14	4	24	3
		Percentage	25	12.5	19.4	5.6	33.3	4.2
23	Better job opportunities	Frequency	16	16	12	10	16	2
		Percentage	22.2	22.2	16.7	13.9	22.2	2.8

No	Question		Too many	Many	Partially	Few	Very few	Without response
24	Job interference with athletic life	Frequency	10	11	11	14	26	0
		Percentage	13.9	15.3	15.3	19.4	36.1	0
25	Lack of officials' support	Frequency	27	14	14	7	10	0
		Percentage	37.5	19.4	19.4	9.7	13.9	0
26	Boards' weakness	Frequency	29	13	16	5	9	0
		Percentage	40.3	18.1	22.2	6.9	12.5	0
27	Stress of keeping championship	Frequency	9	11	24	9	18	1
		Percentage	12.5	15.3	33.3	12.5	25	1.4
28	Athletes' ethical deviousness	Frequency	17	10	10	15	14	6
		Percentage	23.6	13.9	13.9	20.8	19.4	8.3
29	Stress due to media's reflection	Frequency	4	7	13	15	31	2
		Percentage	5.6	9.7	18.1	20.8	43.1	2.8
30	Shortage of professional coach	Frequency	25	13	15	9	9	1
		Percentage	34.7	18.1	20.8	12.5	12.5	1.4
31	Shortage of sports bases	Frequency	26	21	12	7	5	1
		Percentage	36.1	29.2	16.7	9.7	6.9	1.4
32	Lack of sports equipment	Frequency	25	20	15	6	4	2
		Percentage	34.7	27.8	20.8	8.3	5.6	2.8
33	Lack of program	Frequency	23	15	16	10	7	1
		Percentage	31.9	20.8	22.2	13.9	9.7	1.4

No	Question		Too many	Many	Partially	Few	Very few	Without response
34	Lack of culture	Frequency	29	11	14	9	8	1
		Percentage	40.3	15.3	19.4	12.5	11.1	1.4
35	Lack of insurance coverage	Frequency	20	14	14	14	8	2
		Percentage	27.8	19.4	19.4	19.4	11.1	2.8
36	Lack of information registration system	Frequency	14	18	11	16	11	2
		Percentage	19.4	25	15.3	22.2	15.3	2.8
37	Coach's improper behavior	Frequency	6	9	20	14	22	1
		Percentage	8.3	12.5	27.8	19.4	30.6	1.4
38	Officials' non-criticizability	Frequency	22	18	13	8	8	3
		Percentage	30.6	25	18.1	11.1	11.1	4.2
39	Lack of scientific dealing	Frequency	23	19	10	11	7	2
		Percentage	31.9	26.4	13.9	15.3	9.7	2.8
40	Women sports understatement	Frequency	30	23	10	2	4	3
		Percentage	41.7	31.9	13.9	2.8	5.6	4.2
41	Undesirable relationships with coaches	Frequency	10	15	19	9	17	2
		Percentage	13.9	20.8	26.4	12.5	23.6	2.8
42	Disagreement with	Frequency	11	12	9	11	28	1

43	superintendents	Percentage	15.3	16.7	12.5	15.3	38.9	1.4
	Powerful rivals	Frequency	4	5	22	17	23	1
		Percentage	5.6	6.9	30.6	23.6	31.9	1.4
44	Family's low level attitude	Frequency	11	5	10	18	27	1
		Percentage	15.3	6.9	13.9	25	37.5	1.4
		Frequency	21	6	9	10	25	1
45	Society's low level attitude	Percentage	29.2	8.3	12.5	13.9	34.7	1.4

Table 17: one-sample t-test for measuring the effect of the factors on resignation from athletic sports

Variable	Average	Standard deviation	Test value	Freedom degree	Observed t	Meaningfulness level
Physical damage	2/62	1/32	3	71	-2/39	0/01
Physical fitness reduction	2/52	1/24	3	70	-3/25	0/002
Aging	½	1/11	3	71	-0/86	0/0001

Variable	Average	Standard deviation	Test value	Freedom degree	Observed t	Meaningfulness level
Mental & psychological problems	1/76	1/06	3	70	-9/83	0/0001
Sense of fatigue	1/86	1/12	3	69	-8/53	0/0001
Repetitive lifestyle	2/15	1/3	3	70	-5/45	0/0001
Lack of motivation	2/61	1/43	3	71	-2/3	0/02
Marriage	1/93	1/42	3	66	-6/15	0/0001
Pregnancy & parenting	1/98	1/46	3	65	-5/64	0/0001
Sports' non-accordance with women's duties	2/01	1/23	3	71	-6/75	0/0001
Family problems	1/63	1/09	3	67	-10/33	0/0001
Family's disagreement	1/57	1/04	3	69	-11/45	0/0001
Family's over-control	1/68	1/21	3	70	-9/17	0/0001
Being far from husband and children	2/09	1/42	3	65	-5/19	0/0001
Lack of culture of accepting women by family & society	2/13	1/48	3	69	-4/91	0/0001
Being as reserve player in most of the matches	1/7	0/92	3	68	-11/67	0/0001
Not achieving the athletic goals	2/79	1/44	3	69	-1/24	0/2
Non-systematic exercises	2/31	1/41	3	71	-4/17	0/0001
Injustice	3/57	1/42	3	71	3/39	0/001
Lack of future employment warrantee	3/57	1/45	3	71	3/32	0/001

Variable	Average	Standard deviation	Test value	Freedom degree	Observed t	Meaningfulness level
Lack of financial support	3/77	1/46	3	70	4/45	0/0001
Financial problems	2/9	1/62	3	68	-0/51	0/6
Better job opportunities	3/09	1/49	3	69	0/48	0/6
Job's interference	2/51	1/46	3	71	-2/81	0/006

with athletic life						
Lack of officials' support	3/57	1/43	3	71	3/27	0/001
Boards' weakness	3/67	1/39	3	71	4/05	0/0001
Stress of keeping the championship	2/77	1/33	3	70	-1/42	0/1
Athletes' ethical deviousness	3/02	1/51	3	65	0/08	0/9
Stress due to media's reflection	2/11	1/24	3	69	-5/94	0/0001
Shortage of professional coach	3/51	1/41	3	70	3/02	0/003
Shortage of sports bases	3/79	1/24	3	70	5/35	0/0001
Lack of sports equipments	3/8	1/18	3	69	5/63	0/0001
Lack of program	3/52	1/34	3	70	3/27	0/002

Variable	Average	Standard deviation	Test value	Freedom degree	Observed t	Meaningfulness level
Lack of culture	3/62	1/41	3	70	3/68	0/0001
Lack of insurance coverage	3/34	1/38	3	69	2/07	0/04
Lack of information registration system	3/11	1/38	3	69	0/68	0/4
Coach's improper behavior	2/48	1/28	3	70	-3/41	0/001
Officials' non-criticizability	3/55	1/35	3	68	3/37	0/001
Lack of scientific dealing	3/57	1/35	3	69	3/52	0/001
Women sports understatement	4/06	1/11	3	68	7/91	0/0001
Undesirable relationships with coaches	2/89	1/37	3	69	-0/69	0/4
Disagreement with superintendents	2/54	1/52	3	70	-2/56	0/01
Powerful rivals	2/3	1/16	3	70	-5/09	0/0001
Family's low level attitude	2/37	1/44	3	70	-3/69	0/0001
Society's low level attitude	2/83	1/68	3	70	-0/84	0/4

Therefore these factors, too, can be fairly effective on the sportswomen's resignation from the athletic sports in Khuzestan.

Table 18: Friedman test's results for ranking the factors which effect the resignation from athletic sports

Question	Component	Average	Rank	Chi-square	Freedom degree	Meaningfulness level
40	Women sports understatement	33/32	1			
32	Lack of sports equipments	32/53	2			
31	Shortage of sports bases	31/57	3			
25	Lack of officials' support	30/84	4			
21	Lack of financial support	30/8	5			
39	Lack of scientific dealing	30/17	6			
26	Boards' weakness	29/92	7			
34	lack of women's athletic culture	29/91	8			

20	Lack of future employment warrantee	29/86	9			
19	Injustice	29/75	10			
30	Shortage of professional coaches	28/89	11			
33	Lack of program	28/76	12	475/7	44	0/0001
38	Officials' non-criticizability	28/61	13			
28	Athletes' ethical deviousness	28/02	14			
35	Lack of insurance coverage	27/72	15			
36	Lack of information registration system	27/64	16			
1	Physical damage	25/42	17			
45	Society's low level attitude	25/20	18			
23	Better job opportunities	24/51	19			
27	Stress of keeping championship	24/07	20			
22	Financial problems	24/05	21			
41	Undesirable relationships with coaches	23/07	22			
2	Physical fitness reduction	22/06	23			
17	Not achieving the athletic goals	21/70	24			
24	Job interference with athletic life	20/69	25			

Question	Component	Average	Rank	Chi-square	Freedom degree	Meaningfulness level
44	Family's low level attitude	20/26	26			
42	Disagreement with superintendents	20/19	27			
7	Lack of motivation	19/94	28			
9	Pregnancy & parenting	19/89	29			
15	Lack of culture of accepting women	19/56	30/5			
14	Being far from husband & children	19/56	30/5			
37	Coach's improper behavior	19/36	32			
8	Marriage	19/07	33			
29	Stress due to media's reflection	19/02	34			
43	Powerful rivals	18/94	35			
3	Aging	18/09	36	475/7	44	0/0001
10	Sports' non-accordance with women's duties	17/55	37			
18	Non-systematic exercises	17/07	38			
6	Repetitive lifestyle	16/51	39			
5	Sense of fatigue	15/52	40			
4	Mental & psychological problems	13/98	41			
13	Family's over-control	13/70	42			
12	Family's disagreement	13	43			

11	Family problems	12/73	44
16	Being as reserve player in most of the matches	11/98	45

As it can be seen in table-18, regarding the meaningfulness level ($p=0.0001$), there is difference between the factors which effect the Khuzestani sportswomen's resignation from the athletic sports. The "women sports understatement" component with average 33.32 is the most important factor which effects the Khuzestani sportswomen's resignation from the athletic sports while the "being as reserve player in most of the matches" component, with average 11.98, has the least effect on resignation.

Conclusion

The most important factors which influence the sportswomen's resignation, based on their priority, are: women sports understatement, lack of sports equipments, shortage of sports bases, lack of the officials' support, lack of financial support, lack of scientific dealing, boards' weakness, lack of culture of accepting the women's championship as a job in society, lack of future employment warrantee, injustice, shortage of professional coaches, lack of short-term and long-term programs in the management sector, lack of the officials' criticizability, and the athletes' ethical deviousness.

All of these factors indicate that the women's athletic sports are understated by the officials. Of course such problems don't exist only in Iran, but there are many countries where the women's athletic sport is of less importance compared to the men. Sponsors believe that the men's athletic sports are more powerful, courageous, and exciting than the women's thus the women cannot expect a same support unless they can appear in the athletic sports just like the men. Of course it must be noted that in some countries a number of strategies and approaches have been devised in order to resolve such problem and pay more attention to the women's athletic sports. For example, in America "Bill IX" has been established to provide the women's sports with comprehensive and extensive support. Numerous rules and regulations are included in this bill in favor of the women's sports; for instance, it declares that any kind of support, such as cross-border trips, educational fellowships, awards, etc, which is provided for men's sports must be similarly provided for the women's sports too.

Perhaps, another notable reason can be the fact that the female managers in our country, despite having required competencies and capabilities, couldn't achieve higher managerial levels after the "conflation plan", so that after the "conflation plan" there was only one woman as chief of a federation and also at the levels of "board president" in all the provinces the women could only achieve presidency of the "physical fitness board". Moreover, the research results demonstrated that problems such as pregnancy and parenting, athletic sport's non-accordance with the women's household duties, marriage, mental and psychological problems, sense of physical fatigue, keeping old parents, family's disagreement, etc, are not among the factors which can influence the sportswomen's resignation from the athletic sports.

Generally, the family problems cannot effect the sportswomen's resignation from athletic sports and this fact can be considered as a strongpoint for the women's athletic sports. This means that the Iranian families have accepted the women's athletic sports and, through supporting it, prevent the family problems from disturbing the continuance of the women's athletic sports procedure.

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