



Investigating the tendency of citizens of Salah al-Din Governorate to exercise in the morning and its obstacles

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Abstract

The purpose of this study is to investigate the willingness and obstacles of morning exercise among the citizens of Salahuddin province. The descriptive research method is a survey. The statistical population of this survey includes 1401 citizens of Salah al-Din province, of which 384 people from Samarra and Tikrit were selected as samples through cluster sampling. The information was collected using a questionnaire of 40 questions made by the researcher and its validity and reliability were confirmed. To analyze the data, Kolmogorov Smirnov, Levin, T tests, analysis of variance and confirmatory factor analysis were used in Spss22 and AMOS15 software. The results show that economic barriers, legal barriers, infrastructural barriers, personal barriers and environmental barriers have an effect on the willingness of citizens to exercise in the morning in Salah al-Din province, and the average status of the willingness to exercise in the morning varies from person to person. Gender, education, occupation and marital status of respondents. The legal barriers section had the lowest average score (2.28). And "environmental obstacles" with an average rating (3.74) had the greatest impact on the tendency of the citizens of Salahuddin province to exercise in the morning. Based on the results obtained from this research, it can be said that removing the obstacles can help the development of morning exercise among the citizens of Salahuddin province.

Keywords: morning exercise, environmental barriers, infrastructural barriers, individual barriers, legal barriers, economic barriers.

التحقيق في اتجاه مواطني محافظة صلاح الدين لممارسة الرياضة صباحا وموعقاتها

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خلاصة

تهدف هذه الدراسة إلى التعرف على مدى استعداد ومعوقات ممارسة الرياضة الصباحية لدى مواطني محافظة صلاح الدين. منهج البحث الوصفي هو المسح. يشمل المجتمع الإحصائي لهذا المسح 1401 مواطناً من محافظة صلاح الدين، تم اختيار 384 شخصاً منهم من سامراء وتكريت كعينات عن طريق أخذ العينات العنقودية. تم جمع المعلومات باستخدام استبانة مكونة من 40 سؤالاً أعدها الباحث وتم التأكد من صدقها وثباتها. وتحليل البيانات تم استخدام اختبارات Kolmogorov Smirnov ، Levin ، T وتحليل التباين والتحليل العائلي التوكيدي في برنامج Spss22 و AMOS15 أظهرت النتائج أن المعوقات الاقتصادية، المعوقات القانونية، معوقات البنية التحتية، المعوقات الشخصية والمعوقات البيئية لها تأثير على استعداد المواطنين لممارسة



الرياضة صباحاً في محافظة صلاح الدين، ومتوسط حالة الاستعداد لممارسة الرياضة صباحاً. يختلف من شخص لآخر. الجنس والتعليم والمهنة والحالة الاجتماعية للمستجيبين. حصل قسم الموانع القانونية على أقل متوسط درجات (2.28). وكان لـ "المعوقات البيئية" بمتوسط تقييم (3.74) الأثر الأكبر في ميل مواطني محافظة صلاح الدين لممارسة الرياضة صباحاً. وبناء على النتائج التي تم الحصول عليها من هذا البحث يمكن القول أن إزالة المعوقات يمكن أن تساعد في تطوير ممارسة الرياضة الصباحية لدى مواطني محافظة صلاح الدين.

الكلمات المفتاحية: التمرين الصباحي، المعوقات البيئية، معوقات البنية التحتية، المعوقات الفردية، المعوقات القانونية، المعوقات الاقتصادية.

1 Introduction

The ever-increasing growth of sports in the last two decades has made it the active industry of the century and has undergone major changes in recent years. In general, sports are very important throughout life, it provides people with a suitable place to spend their free time, participation in sports can improve physical and mental health, improve health, prepare for defensive activities, gain pleasure and enjoyment. To bring professional and job responsibilities. It has a great impact on their success in life and for this purpose physical activity is the best (Sefania and Nik Bakhsh, 2018). One of the problems we face today in this field is the obstacles to participating in sports. (Andam et al., 2011).

Citizens cooperate with each other to reach a common goal and somehow increase the social capital of the society, thus making the society a better environment for everyone's life. Therefore, the development of sports requires the participation of citizens. Today, due to the increase in demand for morning exercise, not much effort has been made to investigate the important factors of its establishment (Khoda Panahi, 2015). Therefore, the degree of application of success factors in the construction of this system in sports organizations is examined and the importance of these factors is examined, it is necessary for the success of its implementation. This research tries to turn it into an epidemic area by examining the gap between the perceived importance and applying the effective factors in increasing the participation of the citizens of Salahuddin province in morning exercise and reducing the existing obstacles in the tendency to exercise. It is expected that these results should be used to better understand and guide the process of making sports. In this chapter, while examining the statement of the research question, the importance and necessity of the research has been discussed, then the goals and assumptions of the research have been evaluated with a little reference to the key definitions of the research. Research methods.

Due to its connection with culture, economy and politics, sport was first affected by social changes and now it has become one of the influencing factors. Sports competitions are the only opportunity that athletes, regardless of their economic,



social and cultural status and away from racial, religious, ethnic and sexual discrimination, can participate (Iraghi and Kashif, 2013) and one of the most important aspects of sports is global Being it, in other words morning exercise. Morning exercises were created to increase the participation of all social groups and provide sports diversity, strengthening championship sports, competitive sports, health recreation and recreational sports (Savari et al., 2014).

According to the definition of morning exercise, it can be concluded that morning exercise and leisure time exercise is a type of sports democracy; It means that anyone can exercise at any time, any place, with anyone or with any group, with any intensity. Vitality, physical and mental health and moral capacity to develop their abilities easily and at the cheapest price. Behavioral, social and emotional growth (Gudarzi et al., 2011). One of the issues that has plagued many societies today is health. After oxygen, food and sleep, exercise is the fourth food that the body and soul need (Abdavi and Mehdizadeh, 2014). According to public statistics, more than 41% of the causes of death are related to five diseases, three of which occur due to inactivity. (Carvalho et al., 2013). Therefore, the development of morning exercise in a strategic way in the society promotes citizenship culture and strengthens social capital, as well as increasing people's participation in physical activities, and as a result, reducing diseases caused by physical inactivity, such as obesity, type 2 diabetes, cardiovascular diseases, etc. in the social population. In addition, morning exercise has good functions in society, such as increasing empathy, strengthening solidarity and social participation, strengthening relationships and social bonds, and it also helps the socialization process of people (Lopez Wascott, 2015). Therefore, expanding and developing morning exercise is one of the effective options in the field of developing exercise and physical activity among different classes of people and society.

Since "morning exercise" means the tendency to exercise in the morning, it is one of the desirable behaviors and has positive and extensive functions in the society, and it is necessary, certain and inevitable to maintain the vitality, well-being and health of the society. Therefore, the systems related to morning exercise should be regulated and established in such a way that dealing with morning exercise among the members of the society is not a sectional, case-by-case and scattered phenomenon, but as a spontaneous phenomenon at all levels and dimensions of society and among all It should be active and continuously followed up so that as a result, morning exercise is institutionalized in the society (Moidhhakmat, 2015). Meanwhile, there are many factors that affect the development of people's morning exercise. The researchers identified several individual, social, cultural and economic factors for all ages. These factors can be different for every country with different cultures. Also, some factors cause limitations in this matter. Obstacles or limitations



weaken the path or process of progress towards the goal. Constraints are a series of interdependent things that weaken the movement towards the goal in a chain mode (McQueen, 2013). The problem that should be considered in the morning exercise session is the effective barrier of people to exercise. Considering that people's needs change with cultural, political and social conditions, a bottom-up approach was adopted in addition to the top-down approach to plan the development of morning sports in the community. This means that the values, norms, cultures, traditions and needs of different social groups should be taken into account in planning. Therefore, systematic planning that is in sync with global development processes and aligned with local values will bring vitality and sustainability to sports.

(Visia et al., 2015).

Most of the researches conducted on the topic of leisure time and morning exercise have been done without mentioning the subject of morning exercise. However, some researches contained materials that could be useful for the current research. In the following, some of these researches are briefly mentioned.

Sawari et al. (2014) in a research titled "Description of morning sports situation in Khuzestan province and drafting of its development strategies" factors of "drafting of morning sports development strategic plan", "development and promotion of sports culture through media" and "changing the structure of morning sports" " as the most important strategies necessary for the development and progress of morning sports in Khuzestan province. Iraqi and Kashif (2013) by conducting a research entitled "Challenges for the development of morning sports in Iran and its strategies" identified the most important obstacles to the development of recreational sports in the order of "lack of facilities", "lack of awareness", "cultural problems". and social" and "economic problems". They also found that the lack of experienced coaches in morning sports showed itself more than in other sports fields. Also, Shahbazi et al. (2013) and Shabani et al. and its development.

Seyed Ameri and Mohammad Alaq (2013) in their research entitled "Explanation of ways to attract and increase participation of citizens in morning sports and entertainment programs" show that "gaining energy and pleasure", "maintaining fitness" and "maintaining health" One of the most important reasons and motivations for the participation of Urmia citizens in morning sports and leisure programs. Also, in this research, the cases of "too much work", "lack of necessary facilities" and "laziness and impatience" were declared as the most important obstacles to the participation of Urmia citizens in recreational morning sports programs. Mohammadi and Attarzadeh Hosseini (2013) found the factors of "getting vitality and happiness", "strengthening the body and mind" in a research entitled "Explaining the attitude and tendency of the people of Kurdistan province towards



sports and sports activities" and "losing weight" as the most important motivations. Participating in movement and sports activities and the causes of "not having a habit", "falling behind in daily tasks", "laziness and boredom" and "disinterest" are among the most important factors of not participating in movement and sports activities according to people. They gave an example. On the other hand, Dehestani et al. (2012) stated that "improving health and increasing resistance to diseases" was the most important motivation for the participation of the sample of their research in recreational morning sports.

The growth of morning sports and the success in realizing this ideal is due to the principled and correct management in the organizations in charge of sports in Salahuddin province, because sports are one of the categories that all ages and classes benefit from and are related to it in some way. are One of the issues that can help in better planning in this field is to examine the effective obstacles in the tendency of the citizens of Salahuddin province to exercise in the morning. According to the study background and what was said, little research had been done in the field of morning exercise and its obstacles, therefore, considering the existence of a research gap, the researcher should investigate this issue in Salah al-Din province. Therefore, the question arises as to what obstacles exist in the tendency of the citizens of Salahuddin province to exercise in the morning.

2 The importance and necessity of research

Today, sport is an integral part of culture, education and science all over the world. This social phenomenon grows, develops and evolves rapidly in different societies. This is important because of the acceptance and trust of public opinion on the role of sports and full awareness of its efficiency and positive effect by most people, providing physical and mental health as a general aspect and gaining a platform for heroes as a hero. aspect. Not doing morning exercise is a very important issue that Mm

Can have unpleasant consequences in the future. On the other hand, morning sports have more emphasis on free time and have two very qualitative and quantitative aspects, in both aspects, healthy entertainment is at the top. At the same time, some factors are effective in attracting people to exercise in the morning. Increasing the level of health, preventing disease-causing factors, increasing the level of social and even economic relations are effective factors in attracting people to do sports activities. Formulating policies and programs for the development of morning sports at the country level, carrying out necessary coordination, research and research to identify obstacles to the development of morning sports and providing solutions, providing arrangements and providing necessary guidance, supporting and developing morning sports. Sports and subordinate executive bodies, including



municipalities, banks, etc., participate in the development of morning sports and make the necessary arrangements and supervise their performance. The secretariat of councils and legal meetings related to morning exercise, institutionalization and development of morning exercise culture in villages, holding national, regional and international festivals and conferences are among the areas that this morning exercise board is at the head of. Its work is based on the objectives of the Sports Education Organization of Salahuddin Province, the development and expansion of physical training and sports in the field of educational sports in an educational and healthy way, public sports in a healthy and socially dynamic way, a method that increases the performance of sports at the global level. The method becomes status. Considers professional sports as economic instead of planning, organizes, coordinates, directs and supervises the development activities of physical education and sports of the country in the implementation of the approvals of the Supreme Council and other relevant authorities. Morning sports have grown and developed with the increase in people's demand for general and simple sports activities and not sports in professional and championship dimensions. Especially, the factors that influence people's attraction have been given a lot of attention. Paying attention to this aspect of sports will probably create deep effects at the country level and its specific consequences will affect all aspects of the society.

In examining the importance and necessity of participating in morning sports, there are many documents - both from the religious, cultural and social dimensions - that should be cited to inform and make the communities to do sports. Sports with its various functions and effects, on the one hand, plays a central role in general vitality and its high contribution to leisure time and has a deep impact on mental health, on the other hand, the participation of the whole people is one of the important aspects and fields of management. It is a city. Planning exercise in people's free time reduces irregular behavior and stabilizes their personality more. Having a healthy body means being healthy physically and mentally and requires physical activity.

Awareness of the beneficial effects of physical activity on different body systems has caused an increasing desire to formulate policies and programs and carry out the necessary coordination for the development of public and recreational sports in the country, research and surveys to recognize the importance of public . and the development of recreational sports, obstacles and providing solutions, providing the necessary arrangements and facilities to guide, support and develop public and recreational sports, coordination and cooperation with executive bodies and subordinate bodies, including municipalities, banks, etc., participation and the development of public and recreational sports, the necessary arrangements and supervision of their performance, carrying out the affairs of the secretariat of councils and legal meetings related to public and recreational sports,



institutionalizing public and recreational sports and developing the culture of public sports in villages, holding festivals and National, regional and international conferences. Jobs that sports teams should prioritize.

According to the goals of the sports organization, the development and expansion of sports in the field of educational sports through education and health, public sports using health and social vitality, championship sports through health and social vitality to improve performance. Sports in the global and professional arena should implement the position it considers in sports in the Supreme Council and other relevant authorities. The development and growth of public sports is due to the increase in people's demand for general and simple sports activities instead of professional and championship sports activities, especially the factors that affect the attractiveness of people are more and more attention day by day. Focusing on this aspect of sports can have far-reaching consequences at the national level, and its objective consequences affect every aspect of society.

It seems that the examination of the activity levels as well as the barriers to sports participation and non-participation of people with social, environmental, organizational and individual status and the level of culture is special and considering the continuous change of these situations and especially the developing country of Iraq, the examination These obstacles are permanent. In general, most of the studies in this field have examined the reasons for participation or non-participation, and the studies related to physical activity, barriers to participation are very limited and few. The existence of this gap in the study of barriers to physical activity also confirms the necessity of conducting the present research

Therefore, considering the importance of morning exercise and the existence of obstacles in the tendency of citizens to exercise in Salahuddin province, the researcher tried to overcome these obstacles.

3 Research objectives

3.1 General purpose

Investigating the tendency of the citizens of Salahuddin province to exercise in the morning and its obstacles.

3.2 Partial objectives

- 1) Investigating the economic obstacles in the tendency of the citizens of Salahuddin province to exercise in the morning
- 2) Examining the legal obstacles in the orientation of the citizens of Salahuddin province to exercise in the morning



- 3) Investigating infrastructure obstacles in the tendency of citizens of Salah al-Din province to exercise in the morning
- 4) Examining individual obstacles in the tendency of citizens of Salahuddin province to exercise in the morning
- 5) Investigating the environmental obstacles in the tendency of the citizens of Salahuddin province to exercise in the morning
- 6) Comparison of the average state of tendency to exercise in the morning according to the gender of the respondents
- 7) Comparison of the average state of tendency to exercise in the morning according to respondents' education
- 8) Comparison of the average state of tendency to exercise in the morning according to the employment status of the respondents
- 9) Comparison of the average state of tendency to exercise in the morning according to the marital status of the respondents

4 Research hypotheses

- 1) Economic barriers affect the tendency of the citizens of Salahuddin province to exercise in the morning
- 2) Legal obstacles affect the tendency of the citizens of Salahuddin province to exercise in the morning
- 3) Sports infrastructure obstacles have an effect on the tendency of the citizens of Salahuddin province to exercise in the morning
- 4) Individual barriers are effective in the tendency of the citizens of Salahuddin province to exercise in the morning
- 5) Environmental barriers influence the tendency of the citizens of Salahuddin province to exercise in the morning
- 6) The average state of tendency to exercise in the morning is different according to the gender of the respondents
- 7) The average state of tendency to exercise in the morning is different according to the respondents' education
- 8) The average state of inclination towards morning exercise is different according to the employment status of the respondents



9) The average state of tendency to exercise in the morning is different according to the marital status of the respondents.

Participation in morning exercise

5 Definition of sports

The word practice is a Persian word, grammatically it is the infinitive noun of the verb to practice, and it is usually used to mean repeating an action, doing things one after the other, practice and practice. But the word sport refers to a set of organized activities that are done in order to acquire skills, improve abilities and create sports competition. Movement in Nafisi culture means custom, command, habit, work, work, action, attribute, effort, effort, interest, benefit, avoidance, avoidance and asceticism, and in the term it means math and exercise. They do special exercises every day to build strength for physical activity. In "Cultural Victory" he defines sports as vibrating weights that tame and nurture. In some cultures, exercise is regular physical exercise to improve physical and mental strength (Diani, 2012).

Sports are institutionalized activities that require participants to exert intense physical force using complex physical skills, stimulated by internal and external factors. This definition refers to organized physical activity. Schneider and Spreitzer (1989) defined sports as human physical activities that are performed under codified rules.

The definition of Vander Zwaag (1988) in more precise terms: sport is a type of competitive sport that uses special equipment and facilities and has a single space-time dimension, and trying to get a record is very important.

The European Commission defines sport as: "All forms of physical activity, with organized or unstructured participation, to develop or improve physical beauty and mental well-being, and to create social relationships at all levels of competition or achievement of results, primarily completion be accepted as a sport

». (Parasamehr, 2015).

Also, the "Australian Sports Commission" defined sport as: "Human activity that requires physical strength or skill to achieve results and is competitive in nature." In medieval French it was used in various forms such as "Deport.Deppors.Desport" or se-. "Far away" which means absolute relaxation and fun. In the past, this way of thinking that sports is one of the educational methods of physical training was accepted by most people, but nowadays, sports as a cultural phenomenon is included in the collection of the culture of life, whether it is competitive or competitive. Non-competitive, both defined as a social phenomenon that involves physical activity. (Diani, 2012).



5.1 morning exercise

Morning exercise, which is a form of physical activity or regular participation in physical activity, can improve physical and mental health, shape social relationships, or lead to triangulated outcomes. The book "Health and Recreation Management" states: "Recreational sports generally refers to indoor sports, health and recreation projects, physical activities in the natural environment, recreational activities, or fitness projects." A collection of simple, inexpensive, informal, fun. and enjoyable physical activities that provide opportunities for participation (Ghadimi, 2015).

Morning exercise, which is a form of physical activity or regular participation in physical activity, can improve physical and mental health, shape social relationships, or lead to positive outcomes. People do morning exercise for fitness, health, freshness, pleasure, freshness, energy and fun. The activities at this level are very diverse and by people of different social classes, men and women, employees and workers, they become temporary, ephemeral, occasional and perhaps lifelong recreational habits. At the level of recreational sports, active participation and spontaneity are very important. In today's world, the preference of groups, different social classes and individuals for public sports has increased a lot (Hazar et al., 2016).

"Morning exercise" is a set of self-conscious, self-centered, enthusiastic physical activities, including a part of daily life, for the purposes of health, improving the physical condition of the body, and making good use of free time. The term originated in Western Europe along with terms such as lifelong exercise and morning exercise.

In other words, this term is considered as one of the important issues in the topic of social welfare in order to maintain health and improve the standard of living with the unhindered participation of all sections of the society, regardless of gender, age, social class, race. and religion Due to the wide range of practical applications of morning exercises, they are divided into different words. The first criterion is the athlete's age. Based on this, children's sports, youth sports, youth sports, adult sports, middle-aged sports, and elderly sports make up the vocabulary of morning sports.

The second criterion is the specificity of the athlete, women's sports, para-sports, etc. In addition, depending on the sports place, morning exercises are divided into home exercises, neighborhood exercise and office exercise. Finally, based on the center providing related services, morning exercise can be named as public exercise, private exercise, and occupational exercise (Brickman et al., 2016).

Recreational exercise is synonymous with morning exercise and refers to a set of simple, low-cost, informal and enjoyable physical activities that everyone can



participate in. Jiaomin (2002) defines morning exercise as: "Morning exercise means pleasure, satisfaction, relaxation, balance, mastery, success, excitement, happiness, friendship, familiarity, fair play, perception, growth and development, health, physical fitness. And it is happiness." (Jiomin, 2002).

6 The function of morning exercise in improving the quality of life

In today's era, sports as a multi-dimensional tool has wide effects in various fields. Today, sports play an important role in people's health, spending healthy, pleasant and enjoyable free time, education especially among the teenage generation, creating healthy social relationships in society, preventing diseases, preventing many social corruptions and moral deviations. Exercise is one of the ways that people overcome the physical, mental, psychological and social stresses of life in today's hectic and stressful world. Studies have shown that people who exercise regularly have fewer cardiovascular problems, experience less nervous stress, and have more self-confidence than others. These people are also more optimistic about life and less depressed (Keshkar Veslimani, 2011).

In fact, the people of the world today are not motivated to participate in physical activity to achieve higher ranks and achieve the Olympic slogan (faster, higher, stronger), but to gain health, happiness, vitality, social connections and avoid disease. An excellent reason to exercise. Therefore, the more people use natural and recreational public spaces, the more fruitful their free time will be in all aspects, the more relationships and interactions they will have, and the more physical and mental health they will have, which will ultimately lead to It affects their quality of life. Life (Lis, 2016).

6.1 Social functions and crime prevention

One of the most important social functions of morning exercise is social cohesion and positive and constructive interaction between participants. Participation in public sports brings together different social groups and thereby strengthens social cohesion and promotes integration and integration of social minorities. Sports provide an active lifestyle for young people, help them develop themselves and prevent social anomalies such as alcohol, drug and smoking abuse, aggression and violence. Physical activity teaches a person to live properly and healthily and strengthens his teamwork (Ramazani, 2017).

Exercise can improve a person's social adjustment and self-confidence level, which shows the importance of exercise and physical activity for mental health and social adjustment. Elliott points out the benefits of participating in an exercise program. He claims that exercise has the following benefits:

- Experience energy, joy and excitement as well as personal work



- Creating friendship opportunities and developing social, organizational and leadership skills
- Feeling of sports success, active learning and impact on learning in other areas of life
- Develop personal skills and behaviors that lead to self-confidence and self-esteem
- Develop different movement skills in sports mode
- Acquire skills such as judging and grading (grading) the work of others.
- Understanding how to manage the demands of competition and voluntary cooperation in sports
- Learn to tolerate the differences in your abilities and those of others (Nartens, 2018).

6.2 Economic functions

Until a few decades ago, sports policies in many countries were focused on championships and professional sports, a trend that continues in some countries, including Iran; This is also seen in sports budgets. The financial logic of investing in championship sports is that short-term and medium-term expenses in this sector can generate direct and indirect financial income and contribute to the international promotion and national pride of the country. For this reason, in such economic and political contexts, governments consider investing in morning sports as a waste of money, and perhaps for this reason, they pay less attention to morning sports; Unaware of the fact that without the social development of the culture of fluidity and dynamism, championships and professional sports will not have much success and will be a "community of athletes" rather than a "group of athletes". (Andam et al., 2018). Strategic and forward-looking, it reveals the necessity and importance of morning exercise consumption. In the long run, the cost of morning exercise can be seen not only as an expense, but also as a main source of income, especially through the economic savings resulting from the prevalence. considered social mobility and vitality (Woods, 2014).

7 Factors preventing participation in sports activities

7.1 Individual inhibiting factors

There are factors that deal with a person's mental state and affect their preference for free time, but are not involved in the relationship between preference and participation, such as stress, depression, anxiety, religious tendencies, kinship and lack of kinship of people who express their attitude. social preferences for participating in specific leisure activities, understanding the level of personal skill,



evaluating the appropriateness or availability of various leisure activities (Nam et al., 2017).

7.2 Interpersonal inhibiting factors

Interpersonal factors are the results of interpersonal actions or the relationship between the individual characteristics of people that spouses bring to marital relations and thus affect joint participation in certain leisure activities or are obstacles that are the result of spouses' relationships and interactions. come forward Obstacles of this type may affect both preference and participation in joint leisure activities and companionship in leisure activities (Nam and colleagues, 2017).

7.3 structural inhibiting factors

Structural factors act as intervening factors between leisure preference and participation, such as family life cycle status, family financial resources, season, weather, work schedule, access to opportunities (and awareness of this access), and attitudes of people who They comment on the appropriateness of certain activities. These factors can be considered as external inhibiting factors (Khouli, 2017).

8 Study background

8.1 Internal investigations

Ghorbani (2019) in examining the relationship between social factors and sports participation among female students of Shahid Bahonar University in Kerman, showed that among the independent factors used, there is a significant relationship between the variables of social capital, social support, sports socialization, sports costs, perception There is body and social trust with sports participation. Also, the results of the regression equation showed that the variables of social capital, social support and sports socialization explain the highest percentage of variance, i.e. (0.711%).

Kazemi (2019) in examining the relationship between participation in recreational sports activities and the mental health of female teachers in Jajarm city, showed that there is a relationship between participation in recreational sports activities and the components of disorder, depression, physical and mental health symptoms of female teachers in Jajarm city.

Khaledi Fard et al.(2019) in the study of the factors and barriers to participation in morning and recreational sports in Turkic, Kurdish and Lernshin provinces of Iran showed that "the existence of vitality in sports", "its compatibility with age and health" and "sports in "Natural environment" as the most important factors, as well



as "lack of time", "lack of sports facilities" and "lack of motivation" respectively as the most important effective obstacles to engage in sports according to the sample people. It seems that despite the economic problems and the threat to people's health caused by mobility poverty, the government should allocate a greater share to recreational morning sports in these provinces, which can play an effective role in improving the health of the society.

Basri (2018) in the investigation of the factors affecting the participation of youth and teenagers in Shahrood city in sports activities, the results showed that the factors of access to attention and the role of scientific, cultural, educational, motivational, financial and human resources on the greater participation of youth and teenagers in Shahrood city in sports activities Sports has a significant effect. The access factor is the factor that has the highest average rating, and then the scientific, educational and cultural factors are ranked second with an average rating of 3.15. Also, the motivating factor with an average rating of 3.14 is in the third place, the role factor of the officials with an average rating of 2.56 is in the fourth place, and the existence of sufficient financial and human resources is in the last place with the lowest average rating.

Sharaf Mobarakeh (2018) in the study of the relationship between participation in sports activities with the psychological well-being and general health of Mobarakeh municipality employees showed that there is a correlation between the psychological well-being of employees and the component of participation in sports activities with a coefficient of 0.455 (significance smaller than 5 percent) between There is a correlation between general health and the variable of participation in sports activities with a coefficient of 0.650; Therefore, it can be said that there is a relationship between these two variables. (significance less than 0.5 percent).

Nakhai Niazi et al. (2018) in investigating the motivations and obstacles of morning exercise among students of public universities, Payam Noor and Islamic Azad University of Mashhad, they stated that enjoyment of exercise and physical and mental relaxation, motivations of people to do physical activities, socializing and It is socializing. Health effects are part of the motivating factor. Nine variables such as lack of sports information, behavior and daily problems are not an obstacle for people to participate in physical activity, but the lack of access to sports facilities is the main obstacle to participating in physical activity.

Khorrami Khorramabadi et al. (2018) in investigating the motivations and obstacles of morning exercise among students of public universities, Payam Noor and Islamic Azad University of Mashhad, they showed that the pleasure of exercise and physical and mental relaxation is a motivation for physical activity and social interaction of people. And the health effect is not one of the motivations. Variables such as lack of



sports information, behavior and daily problems are not an obstacle for people to participate in physical activity, but lack of access to sports facilities is the main obstacle to participating in physical activity.

Abedini and Talebi (2016) in the study of socio-cultural factors related to the degree of willingness to exercise in the morning among the citizens of Khalkhal, showed a positive correlation between variables such as family support, body self-image, social capital, culture, etc. Citizenship capital and economic capital and their willingness to exercise in the morning ($P \leq 0.05$).

8.2 Foreign research

Mustafa Natiq (2020) in his study investigated the barriers to participation in sports activities of female students of private universities from the point of view of teachers and students. The results showed that there are obstacles related to administrative aspects, including the lack of supervisory institutions (expertise), especially the supervision of women in sports activities and the usual administrative or technical methods that are followed when participating in sports activities. It can be There are obstacles related to the studied aspect, the control of the scientific aspect and the lack of specific time to do sports activities, especially that sports activities are in addition to the lack of cultural and sports awareness of teachers and students and their lack of belief in the importance of sports activities in the educational process. , is not subject to evaluation in the scientific curriculum. There is also a lack of previous vision and lack of long-term sports planning in university budgets.

Al-Badiri (2020) in the investigation of the effective factors in increasing the participation of Iraqi students in physical activities showed that the effective factors in increasing the participation of Iraqi students in physical activities are higher than the average, so they are in a favorable situation. Also, there is a significant difference between the prioritization of the effective factors in increasing the participation of Iraqi students in physical activities, so that attitudinal, economic, sports facilities and equipment, social and cultural, and managerial factors are ranked first to fifth. The structural model of the research also had a favorable fit.

Costa (2020) in a research examining the barriers to participating in recreational physical activity, it was found that social factors, health, facilities and facilities, economic factors, individual factors and time are among the barriers to participating in recreational physical activity as well as gaining vigor and vitality, physical fitness are. etc. psychological factors, gaining self-confidence and having good behavior and morals have been introduced as the most important reasons and motivations for participating in physical activity.



Shin et al. (2019) in the study of barriers to sports participation showed that the level of participation in sports and physical activity increases with increasing social and economic status and decreases with decreasing access to sports facilities.

Amy et al. (2019) in the study of factors affecting sports participation showed that sports participation is not determined exclusively by individual social factors at the micro level. Rather, infrastructure factors such as the availability of sports facilities and sports programs at the macro level can also play an important role in this field, and apart from the micro level factors, the availability of swimming pools and parks is especially important for residents' sports activities.

Vikrohamkaran (2019) in the study of ways to develop people's participation in sports showed that addressing the basic levels of sports is associated with a feeling of participation and motivation to act, which leads to the development of sports and increasing the health of society and the context Increasing the presence of people in sports spaces, their awareness of sports processes, provides health promotion and the continuation of more active behaviors.

Rimro colleagues (2018) showed that "lack of sports knowledge", "difficulty of doing sports", "fear of injury" and "lack of experienced coaches" were among the most important factors preventing sports activities.

In the research conducted by Guin (2018) on women and girls aged 23 to 62 in the United States and Mexico, the results were as follows: women's lack of motivation in doing leisure sports activities has been the most important, and lack of skills, fear of injury It has been seen that the fear of injury has not been a big obstacle for women and girls to participate in sports activities, and it has also been found that Mexican women and girls spend less time in sports activities than American women and girls. They have participated in free time.

In a study conducted on 360 middle-aged Chinese women (30-59 years old), Xin Ji (2018) investigated the motivation of women to participate in sports activities and their motivation to participate in sports activities was to achieve health and well-being and It is also mentioned to have physical fitness.

Driver and Collett, (2014) mentioned the motivation of "maintaining health and physical fitness" in Australian adults more than other motivations.

Nana, Sanderson and Goodhead, (2012) announced the motivations of "preventing mental stress caused by retirement" and "reducing the costs of treating adults" among the reasons for doing morning sports activities by athletes in this field.



Carvalhovira et al. (2013) in a research in Rio de Janeiro, Brazil titled "Analysis of suitable public spaces to encourage people" reached the conclusion that the presence of suitable and accessible public spaces will encourage people to do physical activities, especially These spaces provide a suitable opportunity for the low-income sections of the society who are unable to pay for sports and recreation, and the necessity of such spaces is especially felt in socially vulnerable areas.

9 Research method

The present research is applied in terms of purpose and descriptive-correlational in terms of its nature and implementation method. Also, this research is based on the inductive approach, which is conducted in a survey way.

9.1 Statistical community of research

The statistical population of this research included all the citizens of Salahuddin province in 1401. which were chosen from among the cities of this province, Samarra and Tikrit

9.2 Research sample size

Sampling was selected from participants in morning exercise. Considering that the number of participants was not known, this number of the community was considered unlimited with the help of Cochran's formula.

The sample size is based on Charles Cochran's formula, which was based on:

n = number of statistical samples

Z = value of the unit normal variable corresponding to the confidence level $(1 - \alpha)$

P = probability that the participant in the sport has

$$n = \frac{Z^2 P(1 - P)}{d^2}$$

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he amount of permissible error to be 5% compared to the parameter and sample error.

As a result, the number of samples was calculated as 384 people according to the mentioned formula and according to the following calculations

$$n = \frac{1.96^2 \times 0.5 \times 0.5}{0.05^2} = 384$$



10 Sampling method

In this research, the samples were selected using proportional cluster sampling (PPS). In this way, first the neighborhoods of the cities of Samarra and Tikrit were considered as the main clusters, and in the next stage, the main streets and squares of each neighborhood were considered as blocks for the clusters, and in the last stage, a number of each neighborhood was randomly selected. were chosen.

11 Research tools

11.1 Questionnaire

The most important methods of data collection in this research are library studies and field research. To collect information in the field of practice, field research and questionnaires have been used.

The questionnaires are designed in three sections:

The first part explains the purpose of collecting data through the questionnaire and the necessity of the cooperation of the respondents to provide the required data. For this purpose, the importance of the data obtained from the questionnaire is emphasized so that the respondents can answer the questions correctly. It is also mentioned that the data obtained from the questionnaire is confidential and will not be used for purposes other than statistical purposes.

The second part of the questionnaire, socio-demographic questions, includes the general status and demographic information of the respondents, including gender, age, education, and occupation.

The third part of the questionnaire includes the operational questions of the research, the number and numbers of the questions related to the components are given in table (1-3). In this regard, a researcher-made questionnaire was used to measure and measure the factors that hinder participation in morning exercise. Previous studies and opinions of scholars in this field were used to prepare the questionnaire. And the barriers to participation were prioritized based on the ideas of thinkers.

The questionnaire used was a 40-question questionnaire made by the researcher, which was determined in 5 economic barriers (9 questions), legal (6 questions), infrastructure (8 questions), individual (7 questions) and environmental (10 questions), with a five-point Likert scale and on a continuum. It was set from 5 (completely disagree) to 1 (completely agree).

(A sample of the questionnaire is in Appendix 1



Table 3-1- Details of operational research questions

Number of questions	Number of questions	Variable
9	Questions 1 to 9	Economic
6	Questions 10 to 15	legal
8	Questions 16 to 23	Infrastructure
7	Questions 24 to 30	Individual
10	Questions 31 to 40	environmental

12 Confirmatory factor analysis of economic barriers

The confirmatory factor model related to economic barriers is shown in Figure (1-3) which shows the effect coefficient of each item.

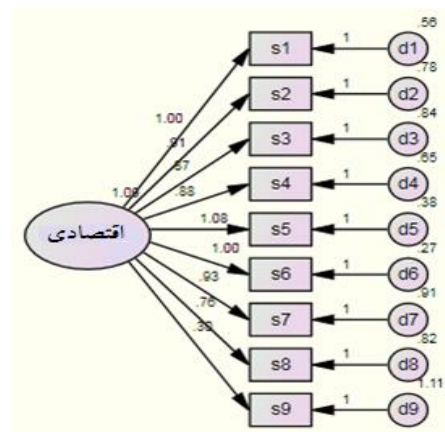


Figure (1-3) the graph of coefficients resulting from the calculation of confirmatory factor equations

The general indicators of the fit of the measurement model related to the index of economic obstacles are presented in table (2-3), which indicates that the measurement model has a good fit, and in other words, the indicators of this case confirm that the data support the model well.



Table (2-3) fit indices for factor analysis

AGFI	GFI	RFI	IFI	CFI	NFI	RMSEA	X2/df	Economic barriers index
>0/9	>0/9	>0/9	>0/9	>0/9	>0/9	<0/07	<3	Acceptable amount
0/65	0/79	0/74	0/83	0/82	0/82	0/02	7/11	Calculated values

In the following, taking into account that the confirmatory factor equation model of economic barriers has been confirmed, standard coefficients, critical values and significance levels are examined.

Table (3-3) coefficients, critical ratios and significance level of the structure of economic barriers

level meaningful	number meaningful	error Standard	estimate Non- standard	Variable
			1	Economic obstacles
0/000	10/206	0/089	0/913	<--- Question A
0/000	9/668	0/090	0/867	Economic obstacles <--- Question 2
0/000	10/524	0/083	0/877	Economic obstacles<--- Question 3
0/000	13/191	0/082	1/083	Economic barriers <--- Question 4
0/000	14/305	0/084	1/001	Economic obstacles<--- Question 5
0/000	9/812	0/094	0/926	Economic barriers<-- -- Question 6
0/000	8/885	0/086	0/760	Economic obstacles<--- Question 7
				Economic obstacles<--- Question 8



0/000

3/486

0/086

0/399

Economic
obstacles<---
Question 9

13 The method of collecting information

The method of this research is quantitative and a standard questionnaire is used, and a survey method is used in order to investigate the barriers to participating in morning exercise. At this stage, the statistical population, which includes all the citizens of Salah al-Din Province, Iraq, is determined, and two cities, Samarra and Tikrit, are selected from the cities of this province by cluster sampling method. To distribute the questionnaires, first the questionnaires were prepared and after the final approval of the professor, they were distributed among the citizens of Samarra and Tikrit and the data were collected for the final analysis.

14 Data analysis methods

In this research, two methods of descriptive statistics were used to analyze demographic information and inferential statistics to check research hypotheses. At the descriptive level, descriptive statistics methods are used: mean, standard deviation, frequency and percentage distributions. At the level of inferential statistics, to test the research hypotheses, the Kolmogorov Smirnov test is used to ensure the normality of the sample distribution, and the Levine test is used to ensure the homogeneity of the variance. Confirmatory factor analysis is used to check the validity of the questions, and one-sample t-test and Enova are used to check the hypotheses. The above statistical methods are performed using SPSS22 and Amos software.

15 Examining the demographic characteristics of the participants in the study

In this part, the demographic characteristics of the respondents, including gender, age, education, etc., are discussed

Table (1-4) distribution of respondents based on gender

Frequency	Abundance	gender
52/6	202	Man
46/1	177	Female
1/3	5	no answer
100	384	Total

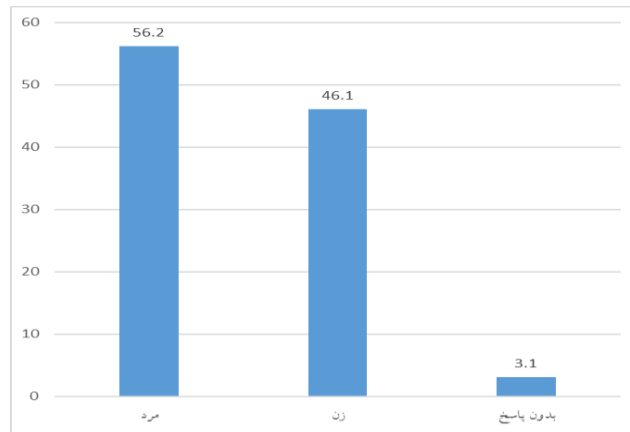


Figure (1-4) distribution of respondents based on gender

Table (2-4) distribution of respondents based on marital status

Frequency	Abundance	marital status
0/57	219	Single
0/43	165	married
100	384	Total

The distribution of the respondents based on their marital status is as described in Table (2-4) and it shows that (43) percent of the respondents are married and (57) percent of them are single.

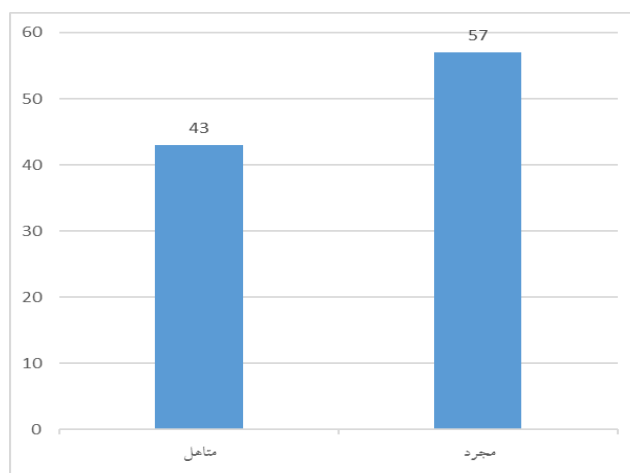


Figure (2-4) distribution of respondents based on marital status



16 Conclusion

16.1 Discussion

16.1.1 The first hypothesis

Economic obstacles have an effect on the tendency of the citizens of Salahuddin province to exercise in the morning

According to the results of table 10-4, economic barriers were effective in the tendency of the citizens of Salahuddin province to exercise in the morning, according to the average obtained, this effect was less than average.

In line with these results, Elgiani et al. (2011) showed that the examination of activity levels as well as barriers to sports participation and non-participation of people specific to each country is related to the economic status and level of specific culture. Shin and colleagues (2019) show that participation in sports and physical activity increases with social and economic status and decreases with decreasing access to sports facilities. Costa (2020) showed that social factors, health, facilities and facilities, economic factors, personal factors and time act as barriers to participating in recreational sports activities. Al-Badiri (2020) shows that attitude, economy, sports facilities and equipment, social and cultural factors and management have the first to fifth ranks.

In explaining this hypothesis, it can be said that economic factors indicate the problems, problems and limitations of people's personal lives that affect their participation in such activities. From the point of view of the study participants, this factor ranked second and partly determined their barriers to participating in morning exercise. Believe that people are not interested in participating in physical and sports activities due to the high costs of sports facilities, and if the costs match people's income, more people can be pushed towards sports. Therefore, it can be said that by allocating a budget for morning sports by the government and providing free facilities for the general public and reducing additional costs related to sports activities, people will become more inclined towards such activities.

16.2 The second hypothesis

Legal barriers are effective in the inclination of the citizens of Salahuddin province to exercise in the morning.

According to the results of Table 12-4, the legal barriers were effective in the tendency of the citizens of Salahuddin province to exercise in the morning, according to the average obtained, this effect was less than the average.

In line with these results, Al-Badiri (2020) showed that attitudinal, economic, sports, social and cultural facilities and equipment are ranked first to fifth. Mahmoudi (2015) showed that the factors of "lack of social support" and "organizational and



job" had the greatest effect in explaining the barriers to sports participation with a factor load of 0.75 and 0.68 respectively.

The presence and incidence of inhibiting factors refers to the obstacles and problems that occur in meeting the needs of people to acquire and perform physical activity. Barriers to physical activity include problems and limitations that prevent people from performing physical and physical activities or limit their commitment to continuing previous activities.

The results of the study show that one of the reasons for the stagnation of sports and the reluctance to participate in sports in leisure time should be due to the lack of attention to sports planning and the low quality of sports programs (Karimeh and Tenavis, 2013). Also, the lack of planning and weak links between managers in extracurricular and physical education departments is considered one of the main obstacles to the development of sports (Ghafouri Rozbahani and Hamtinejad, 2012). On the other hand, the results of the research show that holding public sports programs is one of the ways to promote and develop public sports. With this account, it can be said that having a suitable and practical strategic and operational plan in public sports can be the basis for its development; In this regard, the use of specialized and committed forces is very effective and beneficial.

Another finding of this study was that the studied sample felt that the public sports law is insufficient and ineffective in implementing the rules of morning sports, the current state of public sports is inappropriate legally and organizationally, and pedestrians determine the legal incentives as insufficient. Public sports is an obstacle to the development of public sports. The incentives and requirements of the law and the legal status of public sports contribute to its development. When the necessary protective laws are not implemented and some of the existing laws are not implemented properly, the development of public sports will definitely face problems. In this context, the legal obligation of people to exercise is one of the ways to promote and develop exercise for everyone (Hemtinejad, 2011).

Based on the findings, officials lack knowledge and understanding of the importance of morning exercise, lack of positive attitudes and beliefs towards public sports activities, lack of understanding of how public sports work, and lack of trust in public sports activities. The emphasis of some managers on public sports has hindered its growth. In this context, some research findings indicate that one of the reasons for the stagnation of sports and the lack of desire for physical activity is the inattention of those responsible for physical education and sports (Mehdipour, 2013). Also, the authorities' inattention to women's sports in the society is one of the obstacles to participating in sports. Distrust of the cadres, especially those at the top of the work, to the morning exercises hid their support for this activity and made them neglect



the morning exercises. If managers have a strong belief about morning exercise and its effects and benefits, they are likely to work hard for the development and expansion of morning exercise and consider the development of morning exercise in their policies and programs, and vice versa. Therefore, it was pointed out that if the authorities realize the importance of sports and physical activity, or in other words, their sports programs, they will plan and try to develop sports programs and sports facilities. According to the results of Table 24-4, according to respondents of different ages, the average tendency of citizens to exercise in the morning was the same and there was no noticeable difference between their opinions.

According to the researcher's studies, no research was found that can be compared with the findings of the present study. In the explanation of this assumption in accordance with the obtained results, it can be acknowledged that according to the respondents with different jobs, the existence of obstacles causes the lack of inclination to exercise in the morning in the citizens of Samarra and Tikrit. The samples under investigation believed that the lack of places and necessary equipment for public sports and the lack of necessary spaces to engage in public sports, the unusability of the existing equipment and spaces for morning sports, and the lack of up-to-date and modern sports facilities and equipment. Everyone prevents voluntary participation in morning exercise. The role of sports facilities and equipment, such as the lack and weakness of sports facilities and equipment, is one of the obstacles to development and one of the important factors of non-participation in physical activity and morning exercise. According to the results of Table 26-4, according to respondents with different marital status, the average tendency of citizens to exercise in the morning was the same and there was no noticeable difference between their opinions.

According to the researcher's studies, no research was found that can be compared with the findings of the present study. In the explanation of this assumption in accordance with the obtained results, it can be acknowledged that, from the point of view of the single and married respondents, the lack of possibilities and some obstacles cause the lack of inclination to exercise in the morning in the citizens of Samarra and Tikrit.. To remove some obstacles, one of the good solutions is It can be the organization of internal and external sports competitions and festivals, which will probably increase the desire and motivation of the society for physical activity and participation in morning sports programs.

17 Research proposals

1) Therefore, it is suggested that research similar to this study be conducted in other cities of Salah al-Din province and its results be compared with the findings of the present study.



2) The use of self-report scales was another limitation of this research. Therefore, if possible, it is suggested to use other data collection methods such as interview and observation to obtain more complete and accurate information.

17.1 Practical suggestions

1) Considering the impact of environmental barriers on the participation of citizens in morning exercise, it is suggested to develop a strategic plan for the development of morning exercise by creating a suitable platform for the participation of community members in morning exercise through organizations including education and higher education. and the development of sports culture in the society through the media, the compilation of ethnic sports program documentation, and remove the existing obstacles

2) Considering the effect of economic barriers on the participation of citizens in morning sports, it is suggested to solve this problem by controlling the participation costs for all sections of the society, and providing financial support for morning sports and allocating funds.

3) Considering the impact of environmental barriers on voluntary participation, it is suggested to the guardians of morning exercise in the country to create suitable grounds for morning exercise and provide suitable facilities for morning exercise by informing and creating culture in the society. Take steps to promote it.

4) Considering the impact of infrastructural obstacles in the participation of citizens in morning sports, it is suggested to use efficient human resources at the macro and micro levels, increase the quantity of executive manpower, enter specialists in morning sports, and develop morning sports centers in this sport.

5) According to the effect of individual obstacles in the participation of citizens in morning sports, it is suggested to increase the motivation of participation by increasing the presence of sports people in the family, and also by creating a suitable sports environment, increasing people's interest in sports and with various sports programs. To increase the motivation of all people in the tendency to participate in sports.

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