

The role of sports in the social resilience of physical fitness athletes in Kerman

Kambiz Sanati *¹, Kamal Javanmard ²

- 1. Department of Sociology of Sports, Islamic Azad University, Tehran Branch. Iran*
- 2. Assistant Professor, Department of Sociology, Quds City University*

Abstract

This research was conducted with the aim of understanding the role of sports in social resilience and the physical preparedness of athletes in Kerman city. The study falls within the category of applied research in terms of objectives and adopts a mixed-methods approach (qualitative-quantitative) in terms of methodology. The research method in the qualitative section is grounded theory, and in the quantitative section, it is correlational descriptive. The population of this study includes two groups: sports experts as the first group, and 1200 athletes from the field of physical preparedness in Kerman city as the second group. The sample size in the qualitative section reached saturation with interviews from 16 athletes, and in the quantitative section, it was determined to be 291 individuals based on Morgan's table. Cluster sampling was used as the sampling method, and the research tool was a researcher-made questionnaire. Qualitative data were coded using MAXQDA version 20 software, and the reliability of the obtained dimensions was 0.77 with the coding agreement coefficient. Quantitative data were analyzed using SPSS version 22 software, and the questionnaire reliability was calculated as 0.78 with Cronbach's alpha. Face and content validity were confirmed by experts.

The qualitative findings indicate that sports, through changing problem-solving approaches, creating resilient habits in athletes, and fostering social cohesion, increase social interactions among athletes. The quantitative results show that among the components, social interactions and cohesion, problem-solving approaches, and the establishment of resilient habits, respectively, play the most significant roles in the resilience of athletes. In conclusion, sports can be introduced as a crucial factor in creating social and psychological balance, providing a suitable solution for overcoming crises.

Keywords: Sport, social resilience, Social Solidarity, Creating resilient habits

1. INTRODUCTION

Sport is an institutionalized activity that requires the use of intense physical force using physical skills that are exercised by internal and external factors; By creating a platform for people to experience different conditions and experiences, exercise increases mental and physical health (Alizadeh and Namazizadeh, 2019: 79).

Resilience is an important issue in sports and it is emphasized and always affects the performance of athletes as a key component (Eliz, 2018: 98) because the conditions of sports are competitive conditions and in heavy sports competitions, resilience can lead to improvement of the condition. become athletes (Walker, 25:2019) also in sports groups, resilience is considered as an important goal by coaches, which makes sports groups try to improve its ability among athletes (Lee, Zhang, Liu Zhang, 2020:68) . But the concept of social resilience means creating the capacity of society to react to changes, it can mean changing to a new state that is more stable in the existing environment, in other words, it deals more with the adaptation and adaptation of societies to events (Danshuri et al., 21: 1400) and is a social product in which a person grows

Considering that in recent years, our country has seen a significant increase in crises and tensions in various economic, social, environmental and cultural fields, and in this regard, the need for social planning to promote the resilience and social resilience of the society is an undeniable necessity; Therefore, this research was conducted to answer the question, through what components does exercise lead to the social resilience of physical fitness athletes?

2. ANALYSIS

According to the main goal of this research, the qualitative approach as a naturalistic approach was chosen for this research. In this approach, understanding the studied phenomenon in the context and environment of the real world is desired; And the researcher is not trying to manipulate the desired phenomenon. Also, this approach tries

* Email: kambizsanati@yahoo.com

to provide an analysis based on context, background and situation. This is an exploratory qualitative study, and the data collection method is fundamental interpretation. In this method, the researcher tries to understand the context of social processes and the subjective nature of the actors. The goal is not to produce a theory; Rather, the researcher seeks to discover indicators from within existing realities; Therefore, the sampling method is purposeful. The statistical population of this research is athletes in the field of physical fitness, and the sample size reached conceptual saturation with interviews of 16 athletes. To start the work, because we needed athletes who have high social resilience compared to other athletes, first the condition of entering the interview was determined. b) Obtaining a score above 60 from the standard social resilience questionnaire (Connor and Davidson) The Connor and Davidson resilience questionnaire has 25 items that were scored on a Likert scale between zero (completely false) and five (always true) after identifying the interviewees in A separate meeting was held with each of them in a suitable place that the interviewees wanted. The open questions of this interview are: Did sports training and physical fitness help you improve social resilience? How did sports help you solve social problems? What behavioral characteristic (mood changes) has it strengthened in you to increase your adaptability in problems and problems? In your opinion, what factors have led to the increase of your resilience? Where is the position of sports? Then the research data were coded with MAXQDA version 20 software, a total of 720 open codes, 29 central codes and 4 selective codes were obtained. In order to validate the codings, they were also coded by two other experts, and the agreement coefficient of the codings was 0.77.

Table No. 1 - coding

Selective coding	Axial coding
Changing the way to solve problems	Change in social conditions and status
	Positive understanding of the situation
	Problem solving ability
	Increase accuracy and concentration
Social Solidarity	social participation
	Conflict resolution skills
	Common goals
	sense of belonging
	Social flexibility
	Formation of social groups
	social support
	Shared experiences
Increase social interactions	Increase communication skills
	Creating formal and informal interactions
	Interpersonal interactions
	Media interactions
	Voluntary activities
	Maintaining social relationships
Creating resilient social habits	Accepting the possibility of inequality
	Sacrifice
	Departmental discipline
	stress management
	tolerability
	Management of emotions
	Ability to recover after failure
	Self Confidence
	Self Knowledge
	Tolerating competitive and disciplinary pressures
Increase motivation	

3. CONCLUSION

He said that sports can develop by creating effective social processes such as social solidarity, here this solidarity was explained based on the contents expressed by the interviewees, which means that solidarity in sports due to the creation of a special social group makes a person feel a sense of belonging to the group and in This group is supported by the members of the group and this feeling of social support makes the person more flexible in the face of the situation because he feels relaxed. Also, by creating common goals, common experiences make this solidarity stronger. On the other hand, because they have common experiences, they are more successful in solving conflicts. Act.

Another indicator is the increase in social interactions. Sports, by creating formal and informal interactions, while leading to the maintenance of social relations, also leads to an increase in personal and media interactions, personal interactions, friendly and close relationships; It is between the sports group of athletes, which may differ from club to club, and the other is media interaction, which is a new phenomenon with the formation of social media, and has led to non-native interactions athletes gaining global interactions. Also, sports expands this feature through two other indicators, which are changing the way of solving problems and creating resilient habits in athletes. Changing the way of solving problems here means increasing the positive view of problems, increasing accuracy and concentration, and changing the conditions and situations that a person is in. It is located.

In the end, it can be said that exercise creates resilient behavioral habits in a person through the creation of discipline and tolerance; Tolerating competitive and disciplinary pressures, the ability to recover after failure; Self-confidence, self-knowledge, as well as understanding and accepting the possibility of inequality in the conditions of sports, which is accompanied by the type of individual sacrifice, to manage one's emotions while also maintaining the athletes' motivations and making them more resilient to stress and social consequences; Therefore, it is suggested to consider the development of sports as an effective institution in reducing social issues.

4. ACKNOWLEDGMENT

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