

Provide a model for the development of children's sports participation and its role in controlling children's weight

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Abstract

The aim of this study was to present a model for the development of children's sports participation and its role in controlling children's weight. The method of qualitative research was grounded theory that the statistical population included professors of sociology and sports management and experts in this field and the method was purposeful sampling and snowball. Semi-structured interviews were used for statistical data collection, which ended with theoretical saturation and 11 interviews were conducted. In order to analyze the interview information, open, axial and selective coding was performed using Maxqda software version 2020. The results show that informing and increasing the sports knowledge of families has an effect on their acceptance of sports and physical activity. Also, propaganda, media, economic, political and cultural conditions of society play a role in the central program of families for their children's sports. It is resulting that by developing children's sports participation, childhood obesity and diseases caused by overweight in adulthood can be prevented and children with a healthy body and mind can be prevented.

Keywords: body activity, children, participation

1. INTRODUCTION

Sport is accepted as a social phenomenon. Currently, sports and physical activity is one of the most important for governments and families for the health of the society as a whole. Meanwhile, regular observation of sports activities is associated with a better and longer life with a reduction in various diseases. Therefore, children and teenagers need sufficient physical activity more than other age groups to achieve sufficient physical and mental development. Many healthy and unhealthy habits are formed during this period and spread to the next periods of life (Asefi & Amoozade, 2017). Therefore, sports participation becomes important, which means regular, continuous and purposeful sports activity (Ruseell, 2018). Meanwhile, the rate of non-communicable diseases has increased due to abnormal health behaviors, inappropriate lifestyle and incorrect nutritional practices. Therefore, it is necessary to change the attitude in the lifestyle with care and hygiene in order to maintain health (Nurian & Jahangir, 2014). But in spite of all the documents and proofs of sports lifestyle in the development of health and well-being, unfortunately in our country, the importance and necessity of sports is still not known among different strata of the society (Zarch & Slehi, 2013). The prevalence of overweight and obesity in people, especially in children, in addition to developed countries, is also increasing in developing countries, which, in addition to the problems it creates for children, also increases the possibility of obesity in adulthood and related diseases. Increasing. In Iran, as a developing country that is facing the phenomenon of urbanization and industrialization, the prevalence rate in recent years is more than expected and it also increases

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with age (Ataie, 2019). Many eating habits and patterns are formed in childhood and remain until the end of a person's life. Nowadays, the industrialization of societies has led to more use of vehicles, elevators, computers, and televisions, and as a result, physical activity and the desire for sports and physical activity in children have decreased significantly (Hang & et al, 2018). Therefore, sports participation is important from childhood. Shams & et al (2021) In a research, they concluded that the driving and inhibiting factors are the main components, and the accelerators include support and encouragement resources, cooperation with stakeholders, and the political platform in speeding up the sports participation of students. In another study Laura & et al (2020) found that a healthy and purposeful lifestyle combined with physical activity has an effect on the recovery of breast cancer patients. Children are the future makers of the country, so paying attention to their health and controlling their weight is very important. Because not paying attention to this is the cause of many diseases in adulthood. Therefore, the development of children's sports participation and the knowledge of factors affecting it have a great contribution to the sports lifestyle and control of weight and obesity in children's adulthood. Most of the research that has been done in the field of children's sports has been related to the benefits of sports, but there has not been any research that deals with the factors involved in children's sports participation in the direction of sports lifestyle. Therefore, the researcher seeks to present a paradigmatic model of children's sports participation by controlling weight and obesity in them.

2. Methodology

The current research is practical in terms of its purpose and it is a qualitative research type, conducted in a systematic and systematic way. The statistical population included professors of sociology and sports management and experts in this field, and sampling was done in the form of a snowball. A semi-structured interview was used to collect, and in the 10th interview, repetition was observed in the received data, but to be more sure, the 11th interview was also conducted, the data was completely repetitive, as a result, theoretical love was reached by conducting 11 interviews. The questions were examined step by step by the experts, so that in several interviews the interview questions were changed at the discretion of the experts. To calculate the reliability of the conducted interviews, the test-retest reliability method is used. Retest reliability for the interviews conducted using the mentioned formula is equal to 92%, which was the appropriate level of reliability of the current interview analysis. According to the theory, the interviews were analyzed in three stages: open coding, central coding and selective coding. Then, the interview data was coded by MAXQDA version 2020 software, and 232 initial codes were found, then the initial codes referring to a specific concept were categorized and 11 subcategories were obtained and open coding was done. Then, the categories with the same semantic load were named under a code, and 7 main categories were identified and character coding was done. In the last one, the researcher dealt with the formation of concepts about the relationship between the obtained categories in the role coding model and selective coding was done and the achievement model was achieved.

3. ANALYSIS

At first, phrases from the interview that mentioned a specific concept were named under common codes and 232 initial codes were obtained. Then the primary codes that had the same semantic load were categorized and 11 subcategories were obtained. In this way, open coding was done. Open coding is an analytical process during which concepts are identified and characteristics related to each concept are discovered. Coding continues until the researcher achieves completely separate and independent concepts. These concepts do not have the ability to be placed under another set of codes and are called core codes, which resulted in 7 core

codes or main categories. Then, the central codes were connected to each other in a systematic way, the relationships between them were proved, and at the end, selective coding was done.

Table1. Selective encoding

Selective encoding	Main article	Sub article
Causal factors	Enhancing knowledge	Consciousness
		Active learning
	Protection	External support
		Internal support
Background factors	Individual factors	Individual factors
interfering factors	Environmental factors	Environmental factors
	Cultivation	Media
		Connections
Strategies	program oriented	Program oriented
Consequences	Children's sports participation	Mental health
		Physical health

4. CONCLUSION

Causal conditions refer to the factors that lead to children's sports participation. These factors are knowledge enhancement and support. The family has the main influence in the social and sports education process of the child. Each family member has a different role in the child's sports participation process. Sufficient knowledge and up-to-date information of families about the benefits of sports and the importance of controlling their children's weight and their support in encouraging and accompanying children to physical activity and sports will have a positive effect on children's participation in sports. Background factors have an effect on the adopted strategies and are under control, which in the current model are individual factors such as motivation, desire, intellectual development, awareness, understanding of children and their families about sports in their life path, all of which are under the control of the family. To cultivate the desire for physical activity and sports in their children's minds and to have more free time with their children along with sports and to consider their children's entertainment and games as an opportunity to educate and familiarize the child with sports. Intervening factors are factors that affect strategies and are not under our control. Advertisements from the media and virtual space play an important role in the culture of families and their inclinations towards their children's activities. Also, the economic conditions of families and their financial ability play a role in prioritizing their expenses. Some provinces and cultures consider it essential for children to play sports and consider this as the basis of their child's health, and some provinces of our country are not sensitive to sports and the cost of it, especially for girls, and they do not even care much about their own sports and physical activity. Strategies are actions and reactions resulting from children's sports participation. As a result, by informing and informing through the media and virtual space and creating a correct culture, it can be hoped that families, by planning their daily activities, will include sports as part of their children's constant and continuous activities during the day. Consequences are actually the results of using strategies. With the families' detailed program in their children's sports, both physical health and physical fitness of children are provided, and the nature of continuous exercise will help children's vitality, freshness and control of anxiety and stress. As a result, children's sports participation leads to their physical and mental health. Research by Shams et al (2021) He showed that support, incentive and political context play a role in student sports

participation. The factors mentioned in Shams et al. Are general. But in the present study, all the details of the family were examined and the role of family support, the importance of cultural, political, economic and social conditions in the amount of children's sports participation. Laura & et al (2020) They found that a healthy and purposeful lifestyle combined with physical activity affects the improvement of breast cancer patients. Since in the present study, mental health and physical health is the consequence of children's sports participation, it can be said that lifestyle contains many factors, but highly specialized child sports participation refers to the role of exercise in weight control and obesity. Therefore, according to the results of the previous research and the present study, it can be obtained, given that it was conducted in Corona conditions and was restricted to collecting information, however, the results are significantly superior to other research. According to the results of the research, it is suggested that school authorities have worked on coloring and designing the school yard, consulting with psychologists and making sure the safety of sports equipment should be considered. Parents of a notebook include tables for their child's daily exercise, duration and repetition, and record the child's exercise daily, and awards at the end of one month if they do regular exercise. In addition, it is suggested that parents and families help their children's activities and vitality by filling their leisure time through exercise and accompanying them in sports and games, as well as designing vibrant games. Families also help children's sports interest and awareness by selecting children's poetry books, painting, puzzles, and so on. Also, IRIB and Virtual Sports Networks introduce children's sports institutions and familiarize the community with the benefits and benefits of these institutions. We hope that we have healthy and lively children and that they can have a positive performance in controlling their weight.

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