

Investigating the relationship between the amount of sports activities and social capital among the workers of selected factories in Tabriz

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Abstract

This research was conducted with the aim of investigating the effect of sports on the social capital of workers in selected factories in Tabriz using a survey method. The statistical population of this research is 190 workers of these factories who were selected by stratified random sampling. To collect data about the social capital variable and physical activity level, a researcher-made questionnaire with a reliability coefficient of 0.81 was used in the Likert format. SPSS software and descriptive and inferential statistical methods were used for data analysis. To describe the qualitative variables, the percentage and frequency distribution were calculated, and to describe the quantitative variables, the central and dispersion indices were calculated. Pearson's correlation coefficient, path analysis and multiple regression have been used in connection with inferential statistics and hypothesis testing. The results of the research showed that the average social capital of the workers is low, and there is also a significant, positive and direct correlation between social trust, social support and overall social capital with the amount of sports activities. This means that people who have a regular schedule for exercise have high social capital.

Keywords: Social Capital, Sports Activities, Workers

1. Introduction

In today's world, health perspectives have gained a wider perspective and special attention has been paid to the non-medical determinants of health. Each of these determinants by itself or by influencing each other strongly affect the health status. Meanwhile, social capital is one of the social determinants of health that has attracted a lot of attention (Rezaei et al., 2013). Social capital refers to forms of relationships and communication that are obtained through formal and informal ties with family members, friends, school and community members. Robert Putnam believes that social capital is various aspects of social organization such as trust, norms and networks that can improve the efficiency of society by facilitating coordinated actions (Putnam, 1995). Today, the concept of social capital is known as an influential variable in the growth and development of societies, and after the 1980s, this concept has created a special place in scientific circles, and every day it plays a greater role in understanding society's problems and developing progress and development plans. or to fix the backlogs, he is responsible. Coleman (1988) considers social capital as resources and energy hidden in society, which causes the activation of communication among people. He considers these resources as trust, empathy, understanding and common values that connect the human and social network and enable collective work. According to Coleman, social capital is a resource that can raise the level of individual relationships to the level of social relationships and has two basic elements: one is social construction and the other is the actions of actors. Social capital has dimensions that each of these dimensions have significant effects on mental health. Social support networks provide tangible assistance that reduces anxiety and reinforces health-related norms. Meanwhile, trust has significant effects on mental health. One of the important issues that can affect the development of

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workers' sports is providing the basis for preparing and formulating a strategic plan in workers' sports. It is considered a major and initial step to organize wide and diverse challenges in different fields of sports at the provincial level and even some fields at the national level (Pehlan Yili et al., 2019). The role of sports in identifying, modeling, socializing and accepting the norms of teenagers and young adults is undeniable (1401, Fahim Devin, Hassan; Ehsan Asadollahi). Exercise reduces stress, anxiety, depression, increases self-confidence and strengthens self-image, which is the core of the personality of young people, and it can be said that today, exercise has a high status as a factor for ensuring the mental health of members of the society (Tasdeghi, 1390). The labor society and the future of Islamic Iran need healthy workers. Workers who are productive and the welfare, comfort and peace of the society today and tomorrow depend on the health of these workers, and these workers and human resources must have full physical and mental health so that they can be useful and effective in the economic cycle. Therefore, identifying, evaluating and measuring them in terms of mental health, the amount of social capital and encouraging them to exercise can help them to be aware of their physical and mental health as well as their physical fitness and if necessary According to the obtained results, they should take appropriate measures regarding their physical condition. Also, this work will encourage them to exercise and follow a proper diet, and as a result, they will be physically and even mentally healthy and strong, and the risk of contracting dangerous diseases such as cardiovascular diseases, diabetes, skeletal abnormalities, etc. they will keep away from themselves and in addition to reducing and preventing the huge costs of treating the disease, they will perform their dangerous duty in Kakhanjat completely and sufficiently and with extra energy.

2. Methodology

The approach of this research was quantitative and survey was used as the main method. Based on the time criterion, the present study is a cross-sectional study. SPSS 21 software was used to analyze the data. The statistical population of this research is selected Tabriz factory workers, who were 960 people based on the statistics announced by the industrial park management and were selected based on the Cochran formula using a random stratified sampling method. To collect data on the social capital variable and the level of physical activity, a researcher-made questionnaire whose validity has been confirmed by sociology professors was used. To measure the reliability of the questionnaire, Cronbach's alpha test was used for most variables, and the alpha value was more than 0.7.

3. Discussion and Conclusion

Today, exercise is a tool to improve the level of well-being and comfort, as well as a way to reduce stress and health risk factors in society. There are countless consequences of sports in terms of personal (physical and mental) and social health, some of the most important of which are: providing mental health and strengthening physical ability to deal with hardships and consequently reducing health costs, Cultivating the psyche and creating grounds for personality independence and self-control against disorder and social deviations, adjusting emotions, achieving freshness and vitality, and creating opportunities for friendship and developing social skills. The above positive effects are important in all stages of a person's life, from childhood to old age, and are not exclusive to a certain period of life. Since sports is one of the most important means of achieving the above goals, both addressing it is an individual task and providing the necessary grounds for its development and expansion is considered a national task.

Examining the findings of the research as well as the findings of the path analysis model shows that the most important factors of the desire for sports activities are age, marital status, education and social capital, each of which has a certain contribution in explaining workers' tendency towards sports activities. have played sports In this regard, many researches have been conducted. The results of the researches of Abedini and Talebi (2016), Visia et al. (2015), Eslamnejad et al. (2015), Mohammadi and Maleki (2014), Eslami Marzan Kalate et al. (2013), Sipel (2016), Tanter (2015) , indicating that the present research is in line with the results of the research. However, complete alignment has not been observed in the results of some variables. According to the path analysis model, regarding the significant relationship between the amount of sports activities and social capital, it can be said that

social capital is associated with social frameworks in a person such as family, friends and colleagues and membership in sports clubs. which arouses a person's interest and enthusiasm for proper management of his body and his tendency to exercise.

Therefore, based on this point of view, the amount of sports activity is determined by habits (tastes, lifestyle), combination of social capital (family, friends, membership in associations, etc.), economic (income and assets), cultural skills. , determines education and having free time. Since among the social functions of sports; Increasing communication and social participation, acquiring social skills and forming the social identity of people are the sub-branches of the structural dimension of social capital in Putnam's view, Therefore, according to the research findings and based on Putnam's theory, sports participation and interaction and membership in sports associations can be considered among the factors influencing sports activities. Therefore, the full familiarity of the workers with sports and the authorities' more attention to this matter increases the willingness of the workers to do sports.

It seems that more research should be done in the field of spreading sports culture among the working and young generation, so that sports have a high status among this group and as a result, more young people are encouraged and encouraged to these sports activities. Giving importance to sports makes youths and families grow and excel. The more people have physical and mental health, the stronger the family will be, Looking at the studies, it is clear that social capital has a positive effect on health in most cases. Considering the positive impact of social capital on mental health, it is important and necessary to address this issue. Because when a person can establish strong relationships and bonds with others and thereby increase his social capital, he can enjoy group support. This in itself provides the basis for reducing stress and psychological pressures, and thus the individual can enjoy better mental health. When workers, these constructive strata of society, have higher mental health, their ability to cope with workplace pressures and stresses increases and they will enjoy psychological peace and comfort. As a result, they can identify their talents and creativity with complete peace and confidence and release their latent energies for progress and construction. In fact, social capital can be used to promote individual health, increase psychological resistance, and strengthen the defense mechanism against stress. The results of this study showed that workers who have higher social capital, because they receive support and trust from friends and relatively homogeneous groups, and have a tendency to maintain group identity and establish strong and solid relationships among themselves, can benefit from mutual trust, social, psychological, financial support, a sense of belonging, and dependence in various aspects of social life, which improves health and allows for better control of life. Therefore, it can be said that by improving the attitude of workers and their families towards sports activities, through family support and also creating a space to increase social capital through sports programs that managers of workshops and factories directly at the factory level and holding inter-factory sports competitions and activities, as well as establishing two-way communication with sports and non-sports institutions and organizations from other workshops and factories and labor organizations, including the Workers' House, financial institutions and service complexes, the Social Security Organization, as well as the Industrial Estates Organization and municipalities, can plan for it. Through educational programs, holding workshops, etc., workers can be encouraged to establish strong and solid bonds with friends and acquaintances, which provides the necessary basis for increasing social capital by providing teamwork and forming voluntary groups among workers.

4. References

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