

2022

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Recommended Citation

Almudaires, Norah (2022) "A Proposal for Activating the Saudi Women's Participation in Sports Activities and Events," *Information Sciences Letters*: Vol. 11 : Iss. 5 , PP -.

Available at: <https://digitalcommons.aaru.edu.jo/isl/vol11/iss5/17>

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A Proposal for Activating the Saudi Woman's Participation in Sports Activities and Events

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Received: 3 Mar. 2022, Revised: 20 Mar. 2022, Accepted: 29 Mar. 2022.

Published online: 1 Sep. 2022.

Abstract: The present research aims to identify the reality of the Saudi woman's participation in sports activities and events as well as the relevant obstacles, suggest the mechanisms that activate woman's participation in sports and present a proposal that activates this participation. To achieve the research objectives, the author adopted the descriptive analytical method and a questionnaire was adopted as a tool. The results showed that woman's participation in sports activities and events was poor. Moreover, the percentage of the reality was low rated (55.6%). Furthermore, the percentage of the obstacles was high rated (75.7%). All suggestions were of high agreement. The research recommends renewing, developing and diversifying sports activities to keep pace with the continuous changes and developments, promoting the quality of the goals and content of sports activities and developing them according to the desires and needs of the different age groups (i.e. children, teenagers and the elderly).

Keywords: Proposal, Participation, Saudi woman, Sports activities, Sports events.

Introduction, Theoretical Framework, and Literature Review

Currently, sport is a feature of development, so several studies address it. The sports field has become more extensive in terms of concept and importance. It requires systematic activities based on particular rules and fundamentals. It is also a life requirement for every person, gender and age. Thus, all types of sports participation have become a manifestation of prosperity and progress of nations and a global language that transcends all customs and differences among human and between both sexes because it symbolizes spiritual and cultural values as well as provides a better life because it strengthens the body and refines the soul. Furthermore, it has various physical, health, social and psychological effects.

Hajj Sadouq and Shamani (2014) states that sports participation characterizes modern peoples, who appreciate, support and develop sports because of its psychological, motor, social, physical and mental importance. It also reinforces the ones' social system of individuals, so they grow and interact positively. Accordingly, there is a correlation between sports and health. Moreover, the community members practice sports because they know that a healthy mind is based on a healthy body (Al-Jayor & Al-Atrash, 2017). The changes of the Saudi community,

due to the impact of technology, have caused a noticeable change in the lifestyle associated with laziness and lack of movement.

Some changes of the fields of the Saudi society and its connection with the outside world as well as the invasion of technology in all fields positively affect life, while others negatively affect it, which caused a noticeable change in lifestyle that depends on inactivity and lack of movement. Progress of societies is measured by several criteria, including sports participation which reflects the awareness and development of persons and peoples. According to the data of the World Health Organization, inactivity is ranked the first cause that results in death globally, with a percentage of (6%). It is also a major cause of colon and breast cancer, with a percentage of (21%-25%); diabetes, with a percentage of (27%); and heart disease, with a percentage of (30 %) (Abdullah, 2017).

Sports activity is as an educational method that includes guided practices which help satisfy one's needs and motives. Moreover, it leads the one through muscle activities, development and adaptation, provides the appropriate circumstances for natural growth and helps heal and resist fatigue (Boumaraf, 2014). Types of sports activities involve the recreational one which the person invests in in his/her free time. It provides good health, psychological satisfaction and social harmony, delight,

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emotional stability, better performance, fitness, self-realization, development of personality and consolidation of relationships and friendships. Second, the competitive type where a competition requires the athlete to extremely use his/her abilities as well as mental and physical processes to achieve the best level, which contributes to raising attention, perception, recall and conception. Third, the educational type which is an integrated and comprehensive system that does not aim to prepare the one physically, teach him/her some motor skills or provide opportunities for recreation, but teaches him/her good manners and optimal education in a sound social framework that prepares him/her for a prosperous, successful and effective future (Abdelkhalek, 2012; Al-Ghamdi, 2012).

Boumaraf (2016) reports that sports activity raises the person in a balanced manner; provides several opportunities for moral and social formation as it develops social qualities, such as cooperation with others, self-control as well as belonging and devotion to the group; appreciates the importance of investing leisure time usefully; provides the person with motor skills and abilities that are based on sports and health rules that build a healthy body; raises the level of physical competence by developing the body; keeps healthy body; provides opportunities of pleasure; relieves stress by self-expression; helps get rid of tension and discharge emotions and exhaustion and provides social adjustment, self-realization, acquisition of desirable psychological sufficiency, such as self-confidence, self-esteem and emotional balance that controls tension, reduces aggressive changes, and develops the social aspects of personality by helping the person to adapt to the requirements of the community and providing him the spirit of cooperation and sportsmanship to accept others regardless of individual differences, social and ethical systems and standards.

Moreover, it plays a major role in the person's formation: Physically, it raises the efficiency of vital organs, improves the general health of the body, increases fitness; and psychologically, it calms and teaches the person perseverance, strong will and self-reliance (Hussein & Suleiman, 2014). Allawi (2018) claims that a motive for participating in sports activities is recreation, spending free time, gaining physical and health fitness, combating depression and reducing weight.

Al-Houri (2016) proposes that regular and continuous practice of sports activities helps achieve psychological adaptation, as it creates different situations that satisfy the need for appreciation, success, self-realization and security. Thus, it brings pleasure and helps get rid of tension or nervous exhaustion. Katarzyna and Konrad (2016) aimed to identify the motives for participating in sports activities and indicators of mental health among the visitors of sports clubs. The results showed a significant negative relationship between the motive for improving physical performance and depression symptoms.

Kim, Heo, and Kim (2014) conducted a qualitative study in Korea to examine the benefits of group sports activity. The results showed various social, health and psychological benefits of these activities. Hajar and Ismail (2014) reported that participation in sports activities improves the person's health and psychological, mental and social state. They also illustrated that obesity is a problem that most people suffer from, especially women. It causes anxiety and fear, so they do sports activities regularly to get rid of excess fat and keep their health. Donnelly and Lamboume (2011) addressed the relationship between sports activities and obesity, fitness and cognitive abilities. The results showed the impact of sports activities on improving students' fitness and increasing their cognitive effectiveness.

Landers, Rethorst, and Wipfli (2009) claim that sports activity eliminates anxiety and depression and increases feeling of happiness due to the secretion of endorphins and serotonin hormone. This feeling encourages woman to participate in sports activities.

The study asserted that sports activities create psychological balance, prevent anxiety and depression, improve mood, provide agility, and help the body secrete chemical elements and mood-stimulating hormones, i.e. happiness hormones, such as acetylcholine, melatonin, endorphins, dopamine and enkephalin which combats depression.

The Saudi Vision 2030 asserts that a healthy and balanced lifestyle is a foundation of life quality. However, the present opportunities are insufficient, so more sports facilities will be established in collaboration with the private sector. It also encourages all types of sports to achieve sports excellence locally and globally (Kingdom Vision 2030, 2018).

On the other hand, women have received great attention from researchers in the last era in terms of their athletic physical formation. No one denies the importance of sport in one's life as its health, psychological and recreational benefits are numerous and its practice is a necessity that all social groups should adhere to. Woman strongly needs sports because she performs several roles that require much effort and her participation in sports raises the level of physical fitness for better health and a longer life. It also develops her social and psychological aspect and makes practice fundamental. Hence, effective participation in sports activities and events helps her best perform work.

According to Mishnaf and Boukhatam (2017), woman's participation in sports has the following benefits:

- Exercises help her reduce and watch weight and so be in shape.
- Exercise benefits both the body and soul because it improves the mood due to the brain's secretion of

the hormone of happiness (endorphins).

- Sports activities protect against the risk of heart disease, diabetes, high blood pressure, breast cancer, osteoporosis and depression.
- Sports activities provide patience and endurance by training the body to be more flexible and mobile using less energy.

Woman has to do sports activities to avoid obesity and osteoporosis, which most women are exposed to at an early age, laziness, diabetes, blood pressure and heart disease. Moreover, her physiological and mechanical nature empower her to practice diverse sports, such as gymnastics, swimming, aerobics, diving and any activity that requires muscle flexibility, agility as well as muscular balance and compatibility (Molanorozi, khoo & Morris, 2015).

Shtiwi (2017) revealed that psychological motives are substantial for the woman's participation in sports activities because psychological preparation makes the practice process possible and psychological motives encourage her to go to the gym to achieve her personal goals through this exercise. Abu Al-Rub (2016) aimed to identify the attitudes towards participation in sports activities among the students of An-Najah National University and identify the differences in those attitudes according to the variable of gender change. The results showed that the attitudes towards participation in sports activities were high and there were no statistical differences in these attitudes according to the variable of gender.

Al-Najjar (2015) aimed to identify the reality of walking in different regions in the Kingdom of Bahrain to obtain survey information that shows the extent of the spread of this phenomenon and the method of practicing it. The results indicated that (29.7%) of females practiced it four days a week. Moreover, they practiced it to look beautiful. Furthermore, they practiced it because of their friends' motivation. Molanorozi, khoo, and Morris (2015) showed that women, compared to men, participated in sports activities because of their interest in appearance and to improve their psychological physical states.

Booth et al. (2013) aimed to identify the impact of sports activity on academic achievement in a sample of adolescents in the United Kingdom. The results showed that sports activity maximized academic achievement among males and females. Abdeljalil (2005) demonstrated that woman's participation in sports represented a manifestation of progress in all communities and positively affected public health, physical and psychological fitness and family.

What asserts the importance of Saudi woman's participation in sports activities and events is what was included in the International Charter issued by UNESCO in 1978 that the actual application of human rights is associated with the possibility of developing each person's physical, intellectual, moral and moral capabilities freely.

Therefore, participation in sports activities should be guaranteed. It has become clear, especially at the present, that such activities are not only a right, but also a means that can promote democratic principles and social integration, consolidate tolerance and respect for others, ensure peace and security as well as achieve gender equality. These benefits have encouraged the UN Women's Rights Committee to urge governments and civil society to make all efforts towards developing woman's sports because of their positive effects on health, physical fitness and psychological state (Brahimi, 2019).

Participation in sports activities is necessary because it raises the one's physiological, mental, social and behavioral aspects. Although laws have provided the Saudi woman several rights and gains, various social, economic, political, cultural, personal, health, academic, and professional obstacles impede woman's participation in sports activities in her community. Thus, strategies and measures have to be developed to eliminate the obstacles and challenges that impede their progress. This research stems from the functional structural attitude which looks at the society in a constructive methods as the general system contains sub-forms, including sports. If each sub-format fulfills its function, the general function of the system is fulfilled. When sport accomplishes its role, the other systems are affected and the society gets balanced. However, functional obstacles, such as customs, traditions and legacies that assert masculine values in the patriarchal society, impede woman's participation in sports activities and events, which affects other systems. Accordingly, we conceive that sports play a major role in the functional and normative integration of other social systems. The hypothesis of normative integration conceives that sport present symbols and means that support social principles and values. Hence, it is considered as a method that encourages cohesion and solidarity with that amount of harmony necessary to establish an integrated social system (Al-Husseini, 2016).

The obstacles to woman's participation in sports activities and events can also be explained according to social cognitive theory, which highlights the relationship between cognitive, behavioral and environmental factors that affect the person's choices, including those related to the behavior of sports activity. These three factors are interrelated and affect the activity choice. Women are greatly influenced by numerous elements, such as families and peers. Moreover, it is certain that the interaction between all three factors and their influence on the favorite behavior is more evident at the youth level as adolescents begin to consolidate their attitudes and beliefs towards sports activity (Jenkinson & Benson, 2010).

With reference to the obstacles and difficulties that hinder woman's participation in sports activities and events, Brahimi (2019) indicated that some Arab countries participated in international competitions after the threats of the International Olympic Committee, which insisted on sending some female athletes to London 2012 Olympics.

However, they had no remarkable achievements. Although they received encouragement and media attention in the West, they were criticized and insulted by many citizens in their communities. Mishnaf and Boukhatam (2017) demonstrated that these obstacles do not result from the difference in the morphology of men and women, but from the cultural difference. In other words, woman's reluctance to do sports activities results from a state of cultural and social alienation related to sport.

Ben Ubadah (2016) argues that sports uniform has become an obstacle to the participation of many Arab countries in international competitions and Olympics, which require the equality of all women in terms of uniform. However, Saudi Arabia rejected this and demanded that female athletes wear hijab and decent uniform to match the culture and religion of its conservative society. The Islamic uniform did not solve the woman's sports problem, but increased her reluctance due to the psychological restrictions that affect her physical fitness as she lost the family, community and governmental encouragement despite her talent and ability to achieve success or because she believes that she cannot rest in official sports uniform required for international competitions or practice her favorite sport without wearing scarf and decent clothes.

Ben Ubadah (2016) states that participation in sports activities and events remains marginal in the life of the Arab woman as some norms impede progress towards the development of woman's sports because her role the community is defined by the family, which is based on a dominant model that entitles the guardians the right to accept or reject their daughters' attitudes. Sharara (2015) proposes that the regression of woman's sports goes back to the rise of some backward ideas that spread across the Arab world in the late nineties of the last century.

Mohammed (2015) aimed to identify the obstacles to practice sports activities in vocational training and entrepreneurship centers in Khartoum. The results showed that the obstacles involved lack of capabilities, the limited sports activities in the center, the insufficient time for practicing sports activities and the administration's disinterest in sports activities. Ya-Wen et al. (2011) aimed to define the relationship between the support of family and friends to practice sports activities, the negative attitude towards them and the internal and external obstacles. The results showed a correlation between the negative attitude towards practicing sports activities and lack of social support from family and friends. Moreover, practice of sports activities was less among the students whose families do not support these activities. Kanaan (2010) aimed to identify the obstacles to the participation of the seventh, tenth and twelfth grade female students at northern Jordan schools in sports activities. Al-Saadat (2010) demonstrated lack of culture towards female-oriented sports activities.

Accordingly, the Saudi woman occupies an important leadership position, at the family or professional levels,

because of the effective role she plays in development and education of generations. She frequently has new experiences and expands her interest in various fields, including the field of physical sports. Thus, she can achieve self-realization, taking advantage of the socio-cultural development of the Saudi community, on one hand, and the response to the challenges of technological development and globalization, on the other hand.

The author claims that the restricted view of woman's participation in sports still restricts the sports woman. Consequently, the social view has to be changed and the various factors related to women's participation in sports must be provided. This view cannot be separated from other beliefs towards the importance and effectiveness of woman's participation and achievement in the sports field regardless of the background on which those beliefs based. This means that all sports opportunities must be provided to woman to modify the social relations that establish values for woman's participation in sport.

Allawi (2018) asserts that the studies that addressed the girl's practice of sports activities are few compared to those that covered the personal aspects of male athletes. Accordingly, it has been necessary to study and analyze the sports reality of woman in light of woman's awareness of her role change, especially in light of the various challenges facing the Kingdom. Hence, the present research asserts the importance of the role of Saudi woman in the Saudi community.

Statement of the Problem

Sport plays an important role because it positively affects the person's health, psychological, social and intellectual state. It also improves health by reducing the chances of catching various diseases, such as laziness, osteoporosis, obesity and aging. Moreover, it provides flexibility and good shape, increases the ability of the body to perform daily tasks without feeling exhausted. From a psychological perspective, it makes the one feel comfortable and prevents tension and anxiety. From a mental point of view, it activates the memory (Kamash, 2009).

Woman's sports constitute a substantial part of the reality of the sports movement in any society. One of the indicators of underdevelopment is the focus on man's sport and neglecting that of woman who constitute half of the society. The Saudi woman is no longer a prisoner of the house as she continues to obtain education and raise her children to contribute to building her country and share the man other social activities. She has succeeded in occupying numerous administrative positions. However, one of the problems that she suffers from in our society is her practice of sports activity because some claim that Islam forbids woman's participation in sports activities.

Several obstacles and factors that impede the development of sports levels among the Arab women and make the western woman excel her. The major factors that have

caused the low level of woman's sports are, as follows:

1. Social factors: The restricted social view of woman's practice of sports activities. Many families prevent their daughters from practicing sports. While, responsibility of the house and children as well as the husbands' unwillingness prevent the wife's participation in sports activities and events. Moreover, customs and traditions do not encourage woman's participation.
2. Socio-cultural factors: They are related to the discriminatory masculine mentality in the Saudi community, which discourage the spirit of challenge and perseverance among women. Thus, they detract from such vital and developmental sports activities.
3. Subjective and personal factors: They are represented in the unwillingness of some women to practice sports for personal reasons, including shyness, fear of failure, weak will, insufficient time, and other personal and psychological factors.
4. Health factors: Physical impairments and some diseases that impede the physical integrity and practicing sports activities.
5. Academic factors: Woman's reluctance stems from her belief that sports activities take the students' time and so affect their academic level.
6. Professional factors: Some women's preoccupation with their jobs and their delay to reach their homes for known reasons affect their level at sports activities and events although they have different jobs.
7. Arenas, playgrounds, devices and sports goods: Lack of sports arenas as well as high prices of sports goods and devices affect woman's practice of sports activities and events at the present.

Building societies requires a sincere vision for woman's physical and mental development. Thus, Saudi Arabia, in its vision 2030, has attempted to raise the level of health awareness of mental, physical, social and psychological aspects of the community members and maximize sports practice. This makes the members of society enjoy excellent health that empowers them to serve their country. Hence, the Ministry of Health, in line with the vision of the Kingdom of Saudi Arabia 2030, sought to increase the rates of sports activity as the level of physical fitness related to health and health awareness is one of the factors affecting the prevention of diseases, especially the new ones.

Center for Disease Control and Prevention (CDC) asserted the availability of scientific evidences that prove the importance of sports activity for the person's health and that the regular practice of moderate intensity sports activity for 30 minutes per week and the high physical fitness positively affect the functions of the body (Al-Hasanat,

2009). *The present research seeks to address the issue by raising the following question:*

What is the proposal that activates the Saudi woman's participation in sports activities and events in Saudi Arabia?

It is subdivided into the following minor questions:

1. What is the reality of the Saudi woman's participation in sports activities and events?
2. What are the obstacles to the Saudi woman's participation in sports activities and events?
3. What are the mechanisms that activate the Saudi woman's participation in sports activities and events?
4. What is the proposal that activates the Saudi woman's participation in sports activities and events?

Objectives

The present research aims to identify the reality of the Saudi woman's participation in sports activities and events as well as the relevant obstacles, suggest the mechanisms that activate woman's participation and present a proposal that activates this participation.

Significance

A. Theoretical Significance

- Significance of the present research stems from the fact that it pertains to a wide sector of society, i.e. Woman. There is no future for the nation that disrupts her energies and capabilities, neglects her needs and marginalizes her role.
- The research addresses an important issue that is closely associated with the community organization, i.e. woman's participation in sports.
- The importance appears in the theoretical literature related to the research variables, which are represented in the participation in sports activities and events, the obstacles facing this participation and the mechanisms for activating participation, which may benefit the researchers and those interested in this field.
- This research may be a scientific addition to the Arabic library and may open new horizons for the researchers to conduct further research and studies on the sports field and explore other problems facing woman in this field.

B. Applied Significance

- Youth centers and fitness centers benefit from the results, recommendations and the proposal of the present research, which may improve and develop Saudi women's participation in sports activities and events.

- The results help the specialists and decision-makers overcome the difficulties and challenges.
- Availability of an assessment tool that identifies the present status of the Saudi woman's participation in sports, strengths, weaknesses, needs, obstacles and how to overcome them.

Limits

Spatial and Human Limits: Some women in the eastern area, Saudi Arabia.

Temporal Limits: 6/3/2021-6/7/2021

Objective Limits

- The obstacles that impede the Saudi woman's participation in sports activities and events.
- The proposals that activate the Saudi woman's participation in sports activities and events.

Definition of Terms

Proposal: The author procedurally defines it as an intellectual framework and future planning that involve a group of entities linked to each other and that achieves a product. Moreover, it is based on actual field results, which serve as a guide for those in charge of youth and sports centers to activate the Saudi woman's participation in sports activities and events.

Sports activities: They are procedurally defined as a group of skills, movements as well as physical and sports exercises that Saudi woman performs on her own or with a team to get recreation, kill free time and cultivate and develop her mental abilities and physical qualities.

Sports events: In the current research, the researcher defines it as: events, competitions, meetings, matches and sports shows for the Saudi sportswoman, whether inside or outside the Kingdom.

Methodology and Procedures

Method and Research Type

The author adopted the descriptive analytical approach which is based on interpreting the existing situation and defining the circumstances and relationships between the variables. Data related to the phenomenon were collected, analyzed, linked, interpreted and measured to get the results (Obeidat & Abdelrahman, 2014). This approach was adopted due to its relevance to the problem because it objectively describes the reality of the Saudi woman's participation in sports activities and events through the data obtained using the tools and techniques of scientific research, the obstacles that impede woman's participation and how to activate this participation.

Population

The population comprised all women of the Eastern

Province in Saudi Arabia in 2020/2021. Its area is approximately 540,000 km² (210,000 sq mi) with population of 5,028,753 million in 2018 (according to the results of the census of Saudi Arabia in 2018, which is issued by the General Authority for Statistics). Females represent (2,003,767) million. Moreover, it involves places that allow practicing many sports activities easily.

Sampling

The sample comprised (618) women living in the Eastern Province in Saudi Arabia. The electronic questionnaire of the research was applied to the sample using WhatsApp.

Table (1): Specification of the participants.

Variable		Frequency	Percentage
Age	Under 20	22	3.6
	From 20-under 3	162	26.2
	From 30-under 40	190	30.7
	Above 40	244	39.5
	Total	618	100%
Marital Status	single	160	25.9
	married	422	68.3
	divorced	24	3.9
	widow	12	1.9
	Total	618	100%
Qualification	illiteracy	0	0
	Intermediate certificate	12	1.9
	High school	70	11.4
	University degree	444	71.8
	Postgraduate	92	14.9
	Total	618	100%

Table (1) shows the difference of the participants in terms of the variables of age, marital status and qualification.

Tool

The questionnaire aimed to identify the reality of the Saudi woman's participation in sports activities and events, the relevant obstacles and the mechanisms that activate her participation. The author reviewed the references, papers and the studies related to the topic, surveyed a sample of specialists in the interviews to define the domains and items of the questionnaire. The author also examined the characteristics of the Saudi community, in general, and the

Saudi woman, in particular. The preliminary form comprised (10) items in the first domain, (24) items in the second domain and (12) items in the third domain. The items were short, concise, and clear. Final form comprised two sections: While section one involved the variables of age, marital status and qualification, the second section included the four domains and the sub-items. The author adopted the three-point Likert scale (agree, undecided and disagree)

To verify its validity, the questionnaire was reviewed by (12) Saudi faculty members to evaluate the appropriateness, relevance, clarity, and wordiness of the items. According to their views, some items were omitted and modified to have the final form of the questionnaire. The internal validity was estimated between each domain and the total score of the pilot sample that comprised (40) participants.

Table (2): Correlation coefficients between the score of the domain and the total score. (N=40)

1 st domain: The reality of the Saudi woman's participation in sports activities and events.	
Correlation coefficient	0.68**
2 nd domain: The obstacles that impede the Saudi woman's participation in sports activities and events.	
Correlation coefficient	0.81**
3 rd domain: The mechanisms that activate the Saudi woman's participation in sports activities and events.	
Correlation coefficient	0.63**

**Significant at the level of (0.01).

Table (2) shows that the correlation coefficients ranged from (0.63) to (0.81). Thus, they are statistically significant at the level of (0.01), and the questionnaire is valid.

The questionnaire's reliability was estimated using Cronbach's equation.

Table (3): Reliability coefficients of the questionnaire and domains.

Tool	Cronbach's Alpha coefficient
1 st domain	0.91
2 nd domain	0.89
3 rd domain	0.96
Total	0.92

**Significant at the level of (0.01).

Table (3) indicates that Cronbach's Alpha coefficients of

the questionnaire's reliability ranged from (0.89) to (0.96). The reliability coefficient of the questionnaire was (0.92). Hence, the correlation coefficients are statistically significant at the level of (0.01), and the questionnaire is highly reliable.

Results and Discussion

To answer the 1st question, frequency; relative weight and percentage of the responses to the reality of the Saudi woman's participation in sports activities and events were estimated.

Table (4): Responses to the reality of the Saudi woman's participation in sports activities and events. (N=618)

Items	Sample					
	Frequency			Relative weight	Percentage	Ranking
	Agree	Undecided	Disagree			
I encourage my female colleagues to participate in sports programs to lose weight.	220	152	246	1210	65.3	1
I cooperate with my colleagues in organizing sports competitions.	196	190	232	1200	64.7	2
I nominate for membership in one of sports activities committees in the clubs.	200	172	246	1190	64.2	3
I make sure to attend sports shows, events and festivals.	156	248	214	1178	63.5	4

I seek to join some local or international Olympic competitions.	138	210	270	1104	59.5	5
I attend meetings, seminars, and educational meetings in sports-related fields, such as sports and health as well as sports and nutrition.	138	172	308	1066	57.5	6
I seek to join training programs to use modern sports equipment that promotes physical efficiency.	116	106	396	956	51.6	7
I participate in programs that develop fitness aspects.	78	108	432	882	47.6	8
I make sure to educate family members about the importance of participating in sports programs.	34	106	478	792	42.7	9
I participate in programs that develop special physical elements, such as boxing.	28	66	524	740	39.9	10
Total				10318	55.6%	

Table (4) shows that the percentages of the reality of the Saudi woman's participation in sports activities and events

ranged from (39.9) to (65.3). The item "I encourage my female colleagues to participate in sports programs to lose weight" was ranked the first. The author states that this result is logical because all women are interested in losing weight to be slim, look pretty and keep health.

The author contends that this result is logical because women, in general, have enthusiasm for keeping health and fitness and having attractive appearance by losing and watching weight. The author contends that the obsession with health, obesity and weight loss encourage the Saudi women to participate in sports activities and events, as obesity results from not exerting physical effort, which converts energy into body fat that increases gain. The result is consistent with Allawi (2018); Molanorozi, khoo, and Morris (2015) and Hajar and Ismail (2014) that asserted that woman participated in sports to lose weight.

However, the item "I participate in programs, such as boxing, that develop physical parts" was ranked the last. The author claims that this result asserts lack of the Saudi woman's awareness of the importance of participating in sports, such as boxing, which help her exert more effort.

The author also adds that this does not mean that it is unimportant motive, but it is a relative one. Few women in Saudi Arabia fundamentally visit clubs and sports centers to participate in the programs that develop special physical parts. The total percentage of the 1st question was (55.6%), suggesting that the Saudi woman's participation in sports activities and events was (poor) and that reality was (low). The participants rejected most items which reflect the poor participation of the Saudi woman. The author attributes this result to the Saudi women's unawareness of the importance of sports activities and events and their positive effects on developing their health, psychological, scientific and social aspects. The result is consistent with Ben Obada (2016) and Sharara (2015) in terms of the weaknesses of women's sports.

To answer the 2nd question, frequency; relative weight and percentage of the responses to the obstacles to the Saudi woman's participation in sports activities and events were estimated.

Table (5): Responses to the obstacles to the Saudi woman's participation in sports activities and events. (N=618)

Items	Sample					
	Frequency			Relative weight	Percentage	Ranking
	Agree	Undecided	Disagree			

Wearing sportswear while participating in sports activities and events contradicts religious beliefs.	454	80	84	1606	86.6	1
Religious beliefs are incompatible with woman's participation in sports activities and events supervised by men.	388	152	78	1546	83.4	2
Changing clothes in front of other women is not religiously permissible.	398	118	102	1532	82.6	3
Pregnancy and having children reduce the chances of woman's participation in sports activities and events.	392	114	112	1516	81.8	4
Shyness impedes woman's participation in sports activities and events.	376	134	108	1504	81.1	5
Religious beliefs conflict with woman's participation in outdoor sports activities and events.	354	144	120	1470	79.3	6
The family does not accept the idea of woman's traveling abroad to participate in sports events.	346	160	112	1470	79.3	6
Workloads impede woman's participation in sports activities and events.	334	146	138	1432	77.2	7
Diseases that hinder the body integrity make the woman reluctant to participate in sports activities and events.	334	144	140	1430	77.1	8
Woman's obesity impedes woman's participation in sports activities and events.	334	140	144	1426	76.9	9
Fear of failure impedes woman's participation in sports activities and events.	322	162	134	1424	76.8	10
Lack of female sports leaders that encourage women to participate in sports activities and events.	336	132	150	1422	76.7	11
Low self-confidence impedes woman's participation in sports activities and events.	336	130	152	1420	76.6	12
Negative social view of the community due to the culture of shame and conservatism.	322	152	144	1414	76.3	13
Family duties impede woman's participation in sports activities and events.	326	144	148	1414	76.3	14
Woman's poor physical fitness of women reduces participation in sports activities and events.	330	122	166	1400	75.5	15

Media and social media programs do not encourage woman to participate in sports activities and events.	308	158	152	1392	75.1	16
Fear of risk makes the woman feel frustrated when participating in sporting activities and events.	312	144	162	1386	74.8	17
Woman's low awareness of the importance of participating in sports activities and events.	300	158	160	1376	74.2	18
High cost of club subscription and sports uniform and equipment.	270	182	166	1340	72.3	19
Woman's exhaustion and insomnia while practicing sports.	262	144	212	1286	69.4	20
Families' opposition to woman's membership in sports clubs.	248	162	208	1276	68.8	21
Extremely short stature reduces woman's participation in sports activities and events.	184	148	286	1134	61.2	22
My friends do not encourage me to participate in sports activities and events.	132	182	304	1064	57.4	23
Total				33680	75.7%	

Table (5) indicates that the percentages of the obstacles to the Saudi woman's participation in sports activities and events ranged from (57.4) to (86.6). The item "wearing sportswear while participating in sports activities and events contradicts religious beliefs" was ranked the first. The author attributes this result to the fact that the Saudi society adheres to the Islamic instructions which rejects wearing sports uniform. Whereas, the item "my friends do not encourage me to participate in sports activities and events" was ranked the last. The author attributes this result to the importance of friends' role in encouraging woman to participate in sports activities and events. This asserts that the environmental and social environment is not considered a major obstacle to the Saudi woman's participation in sports activities and events.

The total percentage of the second question was (75.7%), suggesting the high rates of the obstacles to the Saudi woman's participation in sports activities and events. The author claims that women's sport is new, so it will have various obstacles. Moreover, the high percentages of agree scores necessitate developing a proposal that activates the Saudi woman's participation in sports activities and events and involves the policies and procedures that help overcome these obstacles. The result is consistent with Al-Hussaini (2016), Brahimi (2019), Mushtaf and Bukhatam (2017), Ben Obada (2016), Sharara (2015), Muhammad (2015), Ya-Wen et al. (2011) and Al-Saadat (2010) in terms of the obstacles to woman's participation in sports

activities and events.

The major obstacles are, as follows:

- Wearing sportswear while participating in sports activities and events contradicts religious beliefs.
- Lack of female sports leaders that encourage women to participate in sports activities and events.
- Changing clothes in front of other women is not religiously permissible.
- Pregnancy and having children reduce the chances of woman's participation in sports activities and events.
- Shyness impedes woman's participation in sports activities and events.
- Religious beliefs conflict with woman's participation in outdoor sports activities and events.
- The family does not accept the idea of woman's traveling abroad to participate in sports events.

To answer the 3rd question, frequency; relative weight and percentage of the responses to the suggested mechanisms that activate the Saudi woman's participation in sports activities and events were estimated.

Table (6): The suggested mechanisms that activate the Saudi woman's participation in sports activities and events. (N=618)

Items	Sample					
	Frequency			Relative weight	Percentage	Ranking
	Agree	Undecided	Disagree			
Availability of qualified female coaches and supervisors in various sports clubs and federations.	594	18	6	1824	98.4	1
Allocate sports halls for women without mixing or supervision by men.	594	16	8	1822	98.3	2
Instill cultural and sports awareness among parents and children by introducing them to the importance of participating in sports activities and events through arranging seminars and lectures.	566	42	10	1792	96.7	3

Raise the girl to self-confidence and not be afraid of failure and risks.	564	34	20	1780	96.0	4
Urge sports clubs to form woman's sports teams in most individual and team games in accordance with the customs and traditions of the Saudi community.	548	46	24	1760	94.9	5
Involve women in the development and planning of woman's programs and the formation of their own sports teams.	540	52	26	1750	94.4	6
Encourage universities, companies and institutions to support woman's sports teams.	546	38	34	1748	94.3	7
Present positive examples of the women who contributed to participating in sports activities and events.	520	64	34	1722	92.9	8
Raise the awareness of the Saudi society members of the status of women and the necessity of their participation in sports activities and events.	526	50	42	1720	92.8	9
School curricula should highlight the importance of woman's participation in sports activities and events.	520	56	42	1714	92.4	10
Media should focus through television broadcast on the various sports activities and events that woman practices.	482	98	38	1680	90.6	11
Eliminate the backward ideas that impede the Saudi woman's participation in sports activities and events.	484	76	58	1662	89.6	12

Table (6) shows that the percentages of the suggested mechanisms that activate the Saudi woman's participation in sports activities and events ranged from (89.6) to (98.4). The item "availability of qualified female coaches and supervisors in various sports clubs and federation" was ranked the first, while the item "eliminate the backward ideas that impede the Saudi woman's participation in sports activities and events" was ranked the last. Percentages of all suggestions were high.

The major suggestions are, as follows:

- Availability of qualified female coaches and supervisors in various sports clubs and federations.
- Allocate sports halls for women without mixing or supervision by men.
- Instill cultural and sports awareness among parents and children by introducing them to the importance of participating in sports activities and events through arranging seminars and lectures.
- Raise the girl to self-confidence and not be afraid of failure and risks.

- Urge sports clubs to form woman's sports teams in most individual and team games in accordance with the customs and traditions of the Saudi community.

The author attributes this result to the fact that sports field, in general, and the empowerment of women in it, in particular, are modern fields that require attention from the specialists, who can develop diverse mechanisms that activate the Saudi woman's participation in sports activities and events. Diversity in choosing and proposing different mechanisms to effect this activation contributes to conducting it properly, fulfills the requirements and needs of the Saudi woman and helps solve the problems they face, especially in their social life. The author asserts that these mechanisms can be achieved through the development of a proposal that involves the mechanisms that activate Saudi woman's participation in sports activities and events.

The author develops a proposal that involves the mechanisms. The result is consistent with Katarzyna Awruk and Konrad (2016); Kim, Heo and Kim (2014); Donnelly and Lamboume (2011) and Rethorst, Wipfli and Landers (2009) that showed the importance of sports activities and empowerment.

To answer the 5th question, the author developed the proposal, as follows:

First: Fundamentals of the Proposal

The proposal is based on some theoretical and field data, as follows:

- 1- The results of the present research.
- 2- Reviewing the previous theoretical and field studies that addressed the following topics:
 - Characteristics, needs and problems of the Saudi woman.
 - Developing the Saudi woman's awareness by adopting the effective scientific methods to develop sports culture among the Saudi women.
 - Obstacles to the Saudi woman's participation in sports activities and events.
 - Suggested mechanisms to activate the Saudi woman's participation in sports activities and events.
3. Reviewing the scientific notes and observations of the participation of the Saudi working woman and housewife in sports activities and events to identify the major parts of her lifestyle, which activate the impact of the proposal.
- 4- The environment with which the Saudi woman interacts and which affects her behavior, including the laws, regulations, traditions as well as the educational and economic level that constitutes the prevailing lifestyle that is reflected in the Saudi woman's participation in sports activities and events.

Second: Goals of the Proposal

The proposal aims to activate the Saudi woman's participation in sports activities and events to reduce the risks of social, psychological and health effects due to their reluctance to participate. The following sub-goals help accomplish this:

1. Increase the level of awareness and sports culture among the Saudi women in the cognitive, social, health, competitive, cultural and national fields through:
 - Holding seminars, courses and programs regarding the importance of sport and its impact on improving social, cultural and health life and creating patriotism spirit.
 - Identifying sports activities and events that woman should be interested in.
 - Developing ideas and information as a cognitive aspect that increases the Saudi woman's awareness of the need to participate in sports activities and events.
 - Developing the feelings that help increase the Saudi woman's awareness of the need to participate in sports activities and events.
 - Identifying the future and prevalent aspirations among women regarding sports field.
 - Defining the challenges that woman faces while participating in sports activities and events.
2. Increase the Saudi woman's participation in sports through:
 - Establishing model women's clubs that take care of all women's sports.
 - Qualifying female cadres to manage woman's sports activities and programs and providing some trainees with technical and practical skills.
 - Investing woman's energies and refining them to make women's sports achievements, building women's latent capabilities and helping them discover their true strengths. Investing in women means investing in the whole family, including mother, children, and the entire future generation. The matter is related not only to money, but also to mentality and thinking.
 - Providing the Saudi woman with diverse job opportunities that match their needs and qualifications and require participation in sports activities.
 - Empowering the Saudi woman to prepare plans and strategies related to their issues in society, especially woman's participation in sports activities and events.
 - Community and media support for the issues of

woman's participation in sports activities and events in a way that reinforces their status and achieves their well-being and quality of life.

Third: Premise of the Proposal

1. Reality of the Saudi woman's participation in sports activities and events.
2. Obstacles to the Saudi woman's participation in sports activities and events.
3. The suggested mechanisms that activate the Saudi woman's participation in sports activities and events.

Fourth: Requirements of the Proposal

1. Creating committees within the institutions of the National Transformation Program to overcome the social, psychological and economic obstacles to the Saudi woman's participation in sports activities and events.
2. Enacting policies, procedures and legislations that help the Saudi woman overcome the obstacles to woman's participation in sports activities and events.
3. Providing a safe environment for the Saudi woman to practice sports in accordance with the community and procedures and the regulations of the international sports federations and organizations.
4. Focusing on the Saudi woman's capabilities in the field of sports culture in a way that ensures her integration into society.
5. Developing a media plan to enhance the role of the institutions of the National Transformation Program in developing awareness and sports culture among the Saudi women.

Fifth: Strategy of the Proposal Application

1. Achieving the goals of the Kingdom's Vision 2030 concerning woman and developing relevant mechanisms in collaboration with government and private sectors, following up and assessing her progress in in sports activities and events.
2. Building a national framework to promote the Saudi woman and solve her problems that impede woman's participation in sports activities and events.
3. Proposing the general policy that maximizes the opportunities of empowering the Saudi woman to practice sports.
4. Follow-up and evaluation of the implementation of the public policy after the Saudi woman's participation in sports activities and events and

submitting the proposals and observations to the competent authorities.

5. Development and community awareness to highlight the role of the Saudi woman in the community and highlight their rights and duties through activating the role of the media and spreading awareness of the importance of participating in sports activities and events.
6. Participation in official committees and bodies related to the woman's issues directly or indirectly, including participation in sports activities and events.
7. Issuing bulletins, magazines as well as printed and electronic materials related to sports culture and its importance.

Sixth: The role of the proposal in activating the Saudi woman's participation in sports activities and events

1. Providing the Saudi woman with the quality of life which motivates her to participate in sports activities and events.
2. A strategy for developing and improving services that activate the Saudi woman's participation in sports activities and events by simplifying procedures and information systems.
3. Providing standards of achievement, creativity and performance measures in the woman's sectors after woman's participation in sports activities and events.
4. Raising the Saudi woman's awareness of the importance of participating in sports activities and events.
5. Activating the role of various media in educating the Saudi woman about the importance of participating in sports activities and events to achieve her developmental role.
6. Increasing training courses, seminars and workshops that educate the Saudi woman about the importance of woman's participation in sports activities and events.
7. Activating the role of the private sector as the state's partner in bringing about change within the community, especially after participating in sports activities and events.
8. Changing negative attitudes and beliefs, customs and traditions that impede the woman's participation in sports activities and events.

Seventh: Content of the proposal

The proposal is based on developing the Saudi woman's

awareness of sports culture and so activating woman's participation in sports activities and events, through the following aspects:

- Organizing a virtual forum for the Saudi woman's sports, which contributes to the development of women's sports, develops a future map for woman's sports and helps her overcome the challenges.
- Highlighting the family's role in the sports girl's success. Their encouragement helps her excel and be professional. They also help her organize her time in training and practicing sports and define a daily and weekly program so that she can balance between her life and sports.
- Providing all information that helps woman in exercising.
- Supporting and encouraging the trainers certified in various sports that suit women, so they are given the opportunity to present and market their programs using social networks.
- Forming a council of girls' families to spread the culture of practicing women's sports to confront the customs and traditions that prevent women from continuing their sports activities and to arranging several educational seminars for the family to promote the culture of initiative among girls at an early age.
- Using technology to obtain information on the successful experiences of the athletes worldwide and present it to women, sports federations and Olympic committees.
- Paying attention to the integrative role of the husband and convincing him of the idea of woman's continuity to play sports on a competitive level without fear of any negative effects.
- Establishing clear mechanisms by sports bodies to deepen the culture of practice in the arenas with an increase in the number of tournaments and clubs specialized in women's sports to contribute to women's sports innovations and maximize their convictions that practicing sports enhances their role in the community.
- Benefiting from the local sports heroines and considering them as an example for the girls to follow at the beginning of their sports life through initiatives they undertake in females gatherings to discover the talented ones.
- Develop long or short-term plans to develop school sports and invest in woman's competencies. This requires providing financial support that helps promote schools that encourage girls to participate in sports and persuade them that sports will not impede their academic excellence.

- The girls' conviction that the role of athletes is no less than the roles of ministers and ambassadors in presenting an external image of the state through their practice of sports on the international and global levels, which enhances the convictions of other countries about the great development within the state due to its interest in this important sports sector.
- Woman's conviction that practicing sports empowers her to deal with and overcome all life areas as exercise helps the mind develop and think better.
- The community members should not show any negative reaction to the results achieved by woman at the beginning of her sports life and the need to understand the fear and embarrassment of sports failure at the beginning develop her overcome her stumble and promote her sports skills in a way that makes her future experiences successful.

Eighth: Stages of the Proposal Application

Preliminary Stage

Using tools (i.e. scale, test and observation guide), a quantitative and qualitative assessment of the cognitive, emotional and behavioral aspects that increase the Saudi woman's participation in sports activities and events is conducted. It is completed in the discussion to estimate her awareness of sports culture. The following aspects are defined:

1. Aspects that a woman has the right to say for herself and which, if any, help develop her awareness of sports culture.
2. Knowledge and feelings that confuse the behavioral views of awareness. Accordingly, the functional cognitive assessment helps identify the level of the woman's awareness of sports culture. Priorities for application are also defined through the following activities and tasks:
 - Defining the factors that reduced woman's awareness of sports culture and so participation in sports activities and events.
 - Defining the resources that help develop woman's awareness of sports culture
 - Defining the present factors that cause the beliefs and attitudes that impede the Saudi woman's participation in sports activities and events.
 - Identifying the environment of the family and work, if any, and defining what requires modification.

Secondary Stage

1. Subjective stage: The woman realizes her inappropriate behaviors and ideas that impede the

development of her awareness of sports culture and so hinder woman's participation in sports activities and events/

2. Inappropriate thoughts and behaviors: The degree of awareness that woman achieved in the previous stage represents a new indicator that helps generate an internal conversation.
3. Developing the cognitive aspects of change: A change occurs in the internal speech of the woman before the start of the application. These stages overlap over the course of applying the proposal until it achieves its goals.

A. Strategies and Techniques of the Proposal

Accomplishing the general and sub-goals of the proposal is based on the following techniques:

- Cognitive techniques: Woman is enabled to gain knowledge, build alternatives, and create new expectations and self-instructions that help develop her awareness of sports culture and participation in sports activities and events.
- Emotional techniques: Woman is helped to modify negative feelings that affect the low level of participation in sports activities and events.
- Behavioral techniques: Women is helped to modify negative behavioral manifestations that affect her practice the lifestyle that reinforces participation in sports activities and events.

Proposal is based on the following strategies:

1. Advocacy strategy: This strategy is used to defend woman's rights to activate woman's participation in sports activities and events.
2. Cognitive reconstruction strategy: The author aims to develop and build woman's sports knowledge on the nature of sports activities and events in the Saudi community.
3. Persuasion strategy: It is used to persuade the Saudi woman of the importance of participation in sports activities and events.

B. Task planning and implementation

- Those in charge of the proposal application seek to start planning and implementation to develop the woman's awareness of sports culture and activate woman's participation in sports activities and events. Tasks are classified, as follows:
- General and procedural tasks: General tasks involve relatively general terms. They have no specific program and include the tasks of woman in developing her attitudes towards society, promoting sports culture and activating woman's participation in sports activities and events.

However, the procedural tasks are more specific tasks where the woman performs a specific work, such as participating in some work related to sports activities.

- Cognitive and behavioral tasks: They are cognitive performance, such as spending short time thinking about the appropriate answers to overcome the difficulties and obstacles she faces while participating in sports.
- Behavioral tasks involve the behavioral performance, such as reading books and various papers on sports culture.

C. Mechanisms of the Proposal

1. Self-instruction mechanism: It helps woman modify her internal speech as it is a factor that affects the level of woman's participation in sports activities and events.
2. Reinterpretation Mechanism: It helps the woman modify her interpretations illustrate the reasons for the low level of her sports participation.
3. Modeling method: It helps woman identify the lifestyles that she should adhere to enhance woman's participation in sports activities and events.
4. Cognitive reconstruction method: It rebuilds misperceptions in the field of sports participation and modifies woman's thinking and the introductions and assumptions that guide her knowledge to develop compatible new ideas, feelings and behavior through direct guidance to woman and providing her with accurate information on the lifestyles that reinforce woman's participation in sports activities and events, which help achieve quality of life.

D. Tools of the Proposal

1. Individual and group interviews with some women
2. Group discussions
3. Guidance panels that show sports rights and duties
4. Multiple visits to sports clubs and youth centers
5. Seminars that increase woman's awareness of her rights and duties as well as the opportunities to participate in sports activities and events inside and outside universities, clubs and youth centers.

E. Methods of the Proposal

1. Encouragement and clarification
2. Initiative and modeling
3. Formation of knowledge
4. Self and group learning

F. Skills required by the Proposal

1. Organizing lectures and seminars
2. Managing discussions and dialogues
3. Teamwork
4. Communication skill with clubs and youth sports centers

G. The proposal can be applied in the following institutions:

1. Youth care at colleges and universities
2. Youth centers
3. Women's sports clubs
4. Women's gyms
5. Women and Sports Committee of the Kingdom Sports Council
6. Ministry of Sports
7. Women's sports academies
8. Sports federations and institutions

Recommendations

The present research recommends renewing, developing and diversifying sports activities to keep pace with the continuous changes and developments as well as promoting the quality of goals and content of sports activities, which should match the desires and needs children, teenagers and the elderly. Continuous assessment of sports activities by officials specialized in the field of sports activities to identify shortcomings to be avoided and areas of excellence to advance them. Activating the media role in spreading sports culture and awareness among women by issuing a press release to provide woman with adequate information on sports activities, their goals and programs and the time and place of their practice to promote the positive attitudes towards their practice.

Moreover, urging girls at schools and universities to play a sport and providing qualified female cadres to train them. Identifying taking care of the talented female players in sports clubs and youth centers. Furthermore, introducing programs that develop the practical side for women in club management, training and arbitration. Holding forums, seminars and lectures to study the reality and mechanisms for developing woman's participation in sports. Besides, strengthening the concept of physical self among girls by benefiting from the factors that help assert it, such as developing the attitudes towards sports participation. In addition, providing signs in various places, such as elevators, to show the importance of woman's participation in sports activities and events and their positive effects on health.

Conclusion

The theoretical and applied study as well as the results demonstrate that participation in sports activities and events plays a prominent role in woman's life because it helps her get rid of work load, stress and routine, develops her abilities as well as creates a balance between the physical, psychological and social aspects. However, numerous difficulties and challenges impede woman's participation in sports activities and events.

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