

## **A study of the amount of Leisure time for women practicing recreational activities in sports clubs and youth centers in some governorates of northern Upper Egypt**

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### **Introduction and research problem:**

Since the dawn of history, man has been busy getting his strength and then spending what is left after that to protect himself against the dangers of nature and predatory animals, and the developments of life and the developments of the machines he used from hunting, farming and living. With the advent of the industrial revolution and the tremendous technological development in the factory, means of transportation, appliances and household appliances such as washing machines, refrigerators, computers and others, which made it easier for humans to work, reduced effort and saved time at work more than surplus time.

Because of the importance of the role that women play in the cultural construction of any society, the results of a study by Samia Hassan and others (2006) emphasized the need to activate women's participation in recreational activities, in addition to the state's inclusion of women's issues in the national development plan (5: 346).

And Mahmoud Tolba (2010) adds that measuring the progress of societies is linked to the community members' realization and appreciation of the importance of time, and what reflects the cultural framework of a society is for its members to control time. For play and entertainment, and those who see that time is gold, and even among members of society itself,

we see a difference in estimating the value of time, and time is one of the great blessings that God has bestowed on man. (7:24)

Eman Muhammad (2005) indicates the importance of recreational practice and investing free time for physical, mental and social development with the aim of comprehensive development of women and the development of society, and how the Messenger of God, peace be upon him, raced with Mrs. Aisha in her spare time as one of the recreational activities. (3) 52)

Muhammad Bahjat and Salma Mahmoud (2012) indicate that sports clubs and youth centers are among the recreational institutions that are interested in providing various recreational sports activities for practitioners to invest their spare time, and that the important foundations for the success of the work of sports clubs are represented in facilitating the practice of recreational activities in a way that contributes to achieving educational and technical goals, social, cultural, and economic, these are the foundations on which clubs can put themselves in the position they wish to achieve, as well as compete with the rest of the sports clubs in occupying advanced ranks in the general assessment at the international level (6: 39)

The researchers believe that Egyptian women are subject to strict customs and traditions that appear in the social climate in which they live, and the characteristics, characteristics and culture that are characterized by them differ from one society to another, as well as the educational and cultural level of the parents within the family. The emergence of many recreational institutions, such as clubs and youth centers, which helped women invest their free time in recreational activities.

Through the above, the researchers see that there is an urgent need to study the amount of free time among women who frequent sports clubs and youth centers to benefit from that study in planning aspects of leisure time activities for women in the Arab Republic of Egypt. Practices of recreational activities in sports clubs and youth centers in some governorates of northern Upper Egypt.

### **Search objective:**

The current research aims to study the amount of free time for women practicing recreational activities in sports clubs and youth centers in some governorates north of Upper Egypt.

**Research hypotheses :**

1. Are there statistically significant differences between unmarried, unmarried and employed female workers who frequent sports clubs and youth centers in some governorates of northern Upper Egypt in the time budget of working days?
2. What is the location of the free time for women who frequent sports clubs and youth centers in some governorates in northern Upper Egypt?

**Search procedures:****Research Methodology :**

The researchers used the descriptive approach using the survey method, due to its relevance to the nature of the current research.

**Research community and sample:**

The research community is represented in the women attending sports clubs and youth centers in the governorates of Minya and Beni Suef. (100) working unmarried women for the basic sample, and (30) women for the exploratory sample.

**Data collection tools:****Time budget form (closed): (prepared by researchers)**

To calculate the amount of free time among women who frequent sports clubs and youth centers in some governorates of northern Upper Egypt, in preparation for conducting a comparative study according to some demographic variables, the researchers prepared a closed form for the time budget.

**Steps to prepare the time budget form (closed):****The researchers designed the form as follows:**

1. Reading and perusal: The researchers reviewed many studies and references that dealt with time measurement, such as Biernat, Elżbieta & Piątkowska, Monika (2017), Amal El-Sayed (2017), Miloud Mansour (2011), Mahmoud Tolba (2010), Amani Shaaban (2004).
2. Determining the purpose of the questionnaire: The questionnaire aims to measure the amount of free time among women who frequent sports clubs and youth centers in some governorates in northern Upper Egypt.
3. Determining the axes of the form: After reviewing the studies and scientific research and determining the purpose of the form, the

researchers came up with a set of statements, and they were presented to a group of (10) experts in the field of sports recreation, experts who obtained a doctorate in the fields of sports recreation, provided that the duration of the form is not less than Their experience in the field is about (10) years, in order to express an opinion on the appropriateness of these statements, and the percentage of experts' opinions on the appropriateness of the questionnaire's statements ranged between (70%: 100%), and based on the opinions of the experts, the statements that obtained a percentage of ( 70%) or more, and thus all the proposed statements were accepted.

4. The scientific coefficients of the time budget form: The researchers calculated the scientific coefficients of the form as follows:

A- Honesty: To calculate the validity of the questionnaire, the researchers used the following methods:

- (1) Content validity: The researchers presented the questionnaire to a group of (10) experts in the field of sports recreation, in order to express their opinion on the suitability of the form in what it was designed for, both in terms of the questionnaire and its expressions, and the appropriateness of those statements to the questionnaire that it represents, during the period From 1/10/2020 to 1/11/2020, the percentage of experts' opinions on the questionnaire's statements ranged between (70%: 100%), which indicates that the questionnaire has an acceptable degree of honesty.
- (2) Internal consistency validity: To calculate the validity of the questionnaire's internal consistency, the researchers applied it to a sample of (30) women from the research community and not from the basic sample of the research. Correlation coefficients between the degree of each phrase of the questionnaire and the total score of the questionnaire. The correlation coefficients between the degree of each axis and the total score of the questionnaire were calculated in the period from 12/1/2020 to 15/12/2020 CE, and the correlation coefficients ranged between the degree of each of the questionnaire phrases. And the degree of the axis belonging to it is between (0.32: 0.79), which are statistically significant correlation coefficients,

which indicates the validity of the internal consistency of the questionnaire.

B- Reliability: To calculate the questionnaire's stability, the researchers used Cronbach's alpha coefficient by applying it to a sample of (30) women from the research community and from outside the original sample. The questionnaire's alpha coefficients ranged between (0.97), which are statistically significant correlation coefficients, which indicates that the questionnaire has an acceptable degree of constancy.

### **Search steps:**

#### **A- Survey study:**

The researchers conducted an exploratory study of the data collection tool to ensure its validity and reliability, as it was applied to a sample of the research community and from outside the basic sample, numbering (30) women, in the period from 12/1/2020 to 15/12/2020, in order to identify the extent of its suitability And its relationship to the application on that sample.

#### **B - Application of the search tool:**

After selecting the sample and testing the data collection tool and ensuring its validity and reliability, the researchers applied it to all members of the sample under study, and the application period was from 1/2/2021AD to 1/6/2021AD.

#### **C - Correction of the form:**

After completing the application, the researchers corrected the scale according to the existing and explained instructions, and after completing the correction process, the researchers monitored the scores in preparation for their statistical treatment.

### **The statistical method used:**

To calculate the results of the research, the researchers used the Spss program to calculate some statistical transactions. The researchers agreed to a significance level at the level (0.05).

### **Presentation, discussion and interpretation of the results:**

#### **The first question: The first question states:**

1. Are there statistically significant differences between unmarried, unmarried and employed female workers who frequent sports clubs and youth centers in some governorates of northern Upper Egypt in the time budget of working days?
- 2.

Table (1)

**The significance of the differences between unmarried, unemployed and unmarried female workers who frequent sports clubs and youth centers in some governorates of northern Upper Egypt on working days**

N	type of activity or behavior	Unmarried, unemployed N = 130		Unmarried female workers N = 100		Calculated (t) value	Significance at 0.05 . level
		AV	ST.D	AV	ST.D		
١	Work and associated transitions	٠	٠	٧,٣٤	٠,٩٢	٧٩,١٩	sig
٢	perform household chores	٣,٩٩	٠,٧٦٢	١,٤٤	٠,٤٩٢	٣٠,٧٣	sig
٣	Remembering for children or for oneself	٠,٤٨	٠,٧٣٩	٠,٥٣	٠,٦٨٨	٠,٥٢٩	not sig
٤	Daily necessities (eating, praying, washing, etc.)	١,٩٨	٠,٥٣٥	١,٤٠	٠,٤٩٢	٨,٥٣	sig
٥	Relax or sleep in the afternoon	١,٢٧	٠,٧١٣	١,٦٠	٠,٤٩٢	٤,١٥	sig
٦	Surf the Internet	٢,٥٧	٠,٧٤٦	٢	٠,٠٠٢	٨,٧١	sig
٧	Watch tv	٢,٤٢	٠,٤٩٥	١,٨٣	٠,٤٥٠	٩,٤٤	sig
٨	Going to a club or youth center	٣,٤٢	٠,٤٩٦	١,٨٣	٠,٤٥٠	٢٥,٤٠	sig
٩	bedtime at night	٥,٦	٠,٧٤٣	٥,١٧	٠,٣٧٧	٥,١٧	sig
١٠	Leisure time	٨,٤١	٢,١٢	٥,٦٦	٠,٥٩	١٤,١	sig

**It is evident from Table (1) that:**

- There are statistically significant differences between unmarried, unemployed and unmarried working women in all terms of working days, as the calculated value of (t) is greater than the value of (t) tabular, except for the phrase (recalling children or self) is not significant where the value of (t) The computed is less than the tabular (t) value.
- The researchers attribute the significance of the differences in favor of unmarried, unemployed women because they are not preoccupied with work and commutes during weekdays, which makes them have a lot of spare time that they exploit in other activities during their free time.
- The researchers attribute the absence of an indication in the activity (remembering children or self) between unmarried, unemployed, working women because they are not married, which reduces the

children's study hours, despite the fact that some of them express their opinion by the few hours they spend studying and developing their abilities in their field of specialization during their spare time.

In this regard, Tahani Abd al-Salam (2001) indicates that there are many motives among women towards recreational sports interests, represented in the need for expression and innovation, the need for belonging, the need for competition, the need for movement and activity, the need for self-esteem, the need to practice experiences new and feeling happy. (4:37)

**The second question: The second question states:**

3. What is the location of the free time for women who frequent sports clubs and youth centers in some governorates in northern Upper Egypt?

**Table (2)**

**Leisure time site for women who frequent sports clubs and youth centers in some northern Upper Egypt governorates for (working days)**

sample	days	8 am: 2 pm		2pm: 6pm		6PM: 12AM		12AM: 8AM	
		N.hour s	%	N.hour s	%	N.hour s	%	N.hour s	%
Unmarried, unemployed N = 130	workdays	608	19.5	1118	35.8	1212	38.8	182	5.83
Unmarried female workers N = 100	workdays	214	8.9	472	19.6	1290	53.7	424	17.7

**It is evident from Table (2) that:**

- The percentage of unmarried, unemployed women who frequent sports clubs and youth centers in some governorates of northern Upper Egypt on working days ranged between (5.83%: 38.85%), where their leisure time reached its peak in the period from 6 pm: 12 am with a percentage (38.85%) of The number of free time hours, then the period from 2:00 to 6:00 pm came in second place with a percentage (35.83%)

The researchers conclude that women who commit to a family and children have fewer hours of free time compared to their unmarried peers, and women who commit to work and related transitions also have fewer



hours of free time compared to the percentage of free time hours for their non-working peers.

### **Abstracts:**

1. There are statistically significant differences between working unmarried and unmarried working women in all terms of working days, as the calculated value of (t) is greater than the value of (t) tabular, except for the phrase (recalling children or self) is not significant where the value of (t) computed is less than the tabular (t) value.
2. The percentage of unmarried, unemployed women who frequent sports clubs and youth centers in some governorates of northern Upper Egypt during the working days ranged between (5.83%: 38.85%), as their leisure time reached its peak in the period from 6pm: 12am with a percentage (38.85%) Of the number of free time hours, then the period from 2:00 to 6:00 pm came in second place with a percentage (35.83%)

### **Recommendations:**

In light of the research results, the researcher recommends the following:

1. Urging those responsible for developing plans for recreational activities in sports clubs and youth centers in the Arab Republic of Egypt to support women's activities and to provide appropriate material and human resources for that purpose.
2. Conducting more studies that deal with women with research and study, given that they are one of the most needy groups in society.
3. Creating a special department for leisure time activities in sports clubs and youth centers that is concerned with analyzing and measuring the leisure time of reluctant women and ways to invest them.



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**Abstract****A study of the amount of Leisure time for women practicing recreational activities in sports clubs and youth centers in some governorates of northern Upper Egypt**

The research aims to identify the amount of free time for women practicing recreational activities in sports clubs in some governorates of northern Upper Egypt. Time budget for working days? What is the location of free time for women who frequent sports clubs and youth centers in some governorates of northern Upper Egypt? The descriptive approach (survey method) was used to suit the nature of the research, The sample of the research was chosen in a deliberate way from women who frequent sports clubs and youth centers in the governorates of Minya and Beni Suef, and the sample consisted of (130) unmarried, unemployed women, and (100) working unmarried women for the basic sample, and (30) women for the sample. The survey, and the most important results were as follows: There are statistically significant differences between working unmarried and unmarried working women in all terms of working days, as the calculated value of (T) is greater than the value of (T) tabular, except for the phrase (recall for children or self) Not significant as the calculated (t) value is smaller than the tabular (t) value, and the most important recommendations are as follows: It is necessary to be guided by the results of the current study when planning leisure activities in sports clubs and youth centers in particular, and youth, sports and civil institutions in general.

**key words :**

(Leisure time - recreational activities - sports institutions)