

DEVELOPING WOMEN'S PARTICIPATION IN SPORT FOR ALL: A GROUNDED THEORY STUDY

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Abstract

The Main objective of this research is to explore the development of women's participation in sport for all. The research method employed in this study is qualitative, using the grounded theory approach based on the Strauss and Corbin method to construct the conceptual model of the research. The research population was selected through Tiefeninterview with experts in the field of sport for all from the Ministry of Sports, university professors in physical education and sports sciences and psychology, coaches of various sports disciplines, managers of sports federations, active experts in women's sports, and managers of sports clubs. Theoretical saturation was achieved after 15 interviews. For sampling, a purposive snowball sampling method was used. The findings revealed that the core category of attitude toward sport for all is related to the Central Phenomenon of 'facilitating sports,' 'motivators for participation,' and 'the role of sports officials' in connection with Casual Conditions. Necessary drivers and access to sports facilities were linked to contextual factors, while individual and social factors were associated with intervening factors. Increasing family awareness, sports developments, and cultural promotion of women's sports participation were tied to strategies. Physical-psychological outcomes, social outcomes, and psychological outcomes were categorized as outcomes in examining the development of women's participation in sport for all. Based on the research results, it is recommended that managers of sports organizations in Iraq establish specialized committees for women's sports within federations, create clear timeframes for the growth and development of women's sports, and conduct surveys among families to understand concerns and challenges related to women's lack of engagement in sports. These measures can help familiarize, organize, and promote women's participation in sport for all activities.

Keywords: Women, Societal Attitudes, Sports Participation, Sport for all, Iraq

Introduction

The flourishing and progress of a society depend on a healthy and active population. Sociologists consider sports, due to their importance in enhancing the health of society and its individuals, as the 'civil religion' of contemporary society (Broch, 2022). In today's fast-paced world, people seek entertainment as a means of relaxation, which can take the form of active sports like sport for all or mental games like chess (Sava, 2015). Increasing access to recreational and entertainment centers has led to a decline in physical activity and movement, making the prioritization of sports, recreation, and physical education more essential than ever (Herbert et al., 2020). Research on the

impact of sports on physical and mental health, longevity, well-being, social interactions, and the enrichment of leisure time has increased participation in sports worldwide. As a result, attending various gatherings and events has gained significant value in today's world (Glavaš & Pavela, 2024). According to Nurmatov et al. (2021), the development of sports has a profound impact on the social dimensions of society. Given the persistent gender inequalities in sports, feminists have focused on sports as a key area to challenge and examine traditional gender stereotypes. Research in developed countries has shown that sports are a gendered activity, with boys and men being more encouraged to participate in a wide range of sports compared to girls and young women (Desforges-Houle & Tacon, 2025). Furthermore, studies have indicated that boys or men participate more than girls or women in organized sports and recreational and competitive organized sports are predominantly male-dominated (Jakobsen & Evjen, 2018).

Attention to public sport and its development by establishing committees in the field of sport and leisure dates back to Baron Peardcourten's memorable speech in 1956, which was a serious concern and concern of the trustees in all countries. In order to grow 'Sport for All' in society, we need three factors: creating motivation, which must be well planned to attract people, cultural issues, this sport must be included in the culture of families, as well as creating a platform and equipment for exercising (Anderson, 2020). However, in this regard, various factors and barriers such as economic status, cultural environment, lack of infrastructure and religious beliefs have been identified as barriers that prevent girls or young women from participating in sports and physical activities (Hopkins et al., 2022). The emphasis on psychosocial functioning suggests that sport not only serves a physical and religious purpose, but can also significantly contribute to improving social behavior and addressing social and moral issues such as addiction, family conflicts, and neurotic disorders (Martin-Rodriguez et al., 2024). Women are an important part of society for political, social, and cultural reasons, but they have been neglected in relation to the receipt of some social services. For example, their physical and mental health has been neglected through sport and mobility; women are often affected by various social and cultural policies that limit their access to sport (Laar et al., 2019). Health and well-being are vital indicators of social development, and gender equality and equity also contribute to overall development (Barrington-Lee & Eskandeh, 2018). Statistics show that societies where women's sports have flourished and women have actively participated in them have experienced fewer social anomalies such as conflicts (Graupensperger et al., 2019; Gu & Zhou, 2022).

Research on women's sports shows that engaging in sport for all is important for women at different stages of life from childhood to adulthood, and participation in sports helps women avoid drugs, achieve academic success, and reduce their involvement in crime (Farrell, 2006). Exercise during pregnancy also has positive effects on women's pregnancies and ensures their health in adulthood, including old age and menopause (Mudd et al., 2013). Regular exercise improves the quality of life of most people, and promoting this belief requires higher education, valuable experience, and a change in people's perspective and worldview (Quinoo & Loeffler, 2023). In addition, the living conditions of women in today's societies, including apartment living and lack of access to basic sports and recreational facilities, are important factors in the increase in physical

and mental illnesses. Also, numerous factors are involved in the development and training of sports attitudes among women, and few research efforts have been made in this field to help promote sport for all activities in today's societies (Mohammed et al., 2023).

It is important to note that women's participation in sport is limited despite its global importance and necessity. In the UK, the rate of female sports participation is 56%, while in Australia it is 59.9%. Researchers have identified economic factors (57.7%), psychological factors (51.4%), and sociocultural factors (49.6%) as the most important barriers to female high school students' participation in leisure sports activities. It was also found that only a small percentage (19.10%) of female high school students consider physical factors to be a significant barrier to their sports participation (Olsson & Laaksonen, 2021). Given the above, it seems that the need to pay attention to the process of growth and development of women's sports participation in Iraq is an important and obvious point in the field of Iraqi sports. Most of the research conducted in this field has been on the limitations and shortcomings of women's sports or has considered the development of a specific sport, and unfortunately, there has been no applied or fundamental research on women's sports participation in the country.

Women's participation in sports in Iraq in mass sports and presence in sports fields has been slow due to the political, religious and cultural conditions prevailing in the country. However, women have also been able to participate in sports fields, events and competitions alongside men and show their abilities, which is an indication of the increasing progress of women's sports in Iraq. Unfortunately, at the level of society and among Iraqi girls and women, the growth and spread of sports participation in mass sports is low, which may be partly due to the lack of government approaches, family awareness of sports and the lack of such research at the community level. Therefore, the main question of the present study is as follows: How can the development of Iraqi women's sports participation in mass sports be achieved? What solutions are there to improve the sports participation of Iraqi women in mass sports and what are the outcomes?

Theoretical bases of research

Women's Sports:

One of the important paths in the development of sports is the participation of girls in sports, creating the necessary conditions for their regular participation in sports. The best way to ensure the popularity of sports is to pay special attention to the development of children's sports, especially women's sports - ensuring the healthy birth, growth, upbringing and ultimate goal of children (Murodov, 2020). Women's sports have a short history compared to men's professional sports; by creating the impression that women are largely absent from the sports scene; this makes their sporting efforts seem insignificant and consequently marginalizes women's participation in sports (Farrell, 2006). The 2012 London Olympics featured equal numbers of sports for men and women for the first time in history. As women's sports expanded, many countries, such as the United States, experienced a significant increase in the number of women's Olympic Games, to the point where American female Olympians outnumbered male Olympians and won more medals, including more gold medals for the United States. Although the 2012 Games provided more

opportunities for the United States, each participating country was, for the first time, able to field at least one female participant. Sports fans also appear to be more interested in the pursuit of gender equality, with more women's sports being watched (Grappendorf, 2013).

Sports participation:

People's beliefs, attitudes, and beliefs about the statistics and outcomes of participating in various sports programs and activities vary from culture to culture and within different societies; however, the belief or assumption that participation in live sports activities is one of the most prominent characteristics, dispositions, and behaviors among participants and applicants, especially adolescents, is accepted in many societies and cultures. In fact, there are some desirable characteristics and values of an individual that are used as a basis and positive motivation to encourage individuals to participate in sports and to continuously participate in games, sports, and other sports-related activities (Chen, 2015). The global estimate of physical inactivity among adults is 17%. This rate varies between 31 and 51% in those who are physically inactive (less than 2.5 hours per week) (Nikitara et al., 2021). Findings from a cross-sectional study based on the stages of change model in women aged 18 to 60 years showed that only 31.6% of individuals were in the action and maintenance stages of physical activity behavior. A small percentage of young people participate in regular sports activities, and most of them are sedentary or have irregular physical activity (Nunes et al., 2017).

Sport for all:

Sport for all are divided into three sections: games, recreation, and sports, and the World Federation include 70 disciplines in urban, rural, and natural environments. Among these disciplines, walking is one of the most popular disciplines, which should be practiced 3 or 4 days a week for 30 to 60 minutes on average. However, the duration of exercise in each session can also be divided into smaller periods to reduce the potential pressure and burden (De Bock et al., 2023). Most people consider lack of time and lack of conditions and facilities as an excuse for not doing sports; however, with simple planning and a little early morning wake-up and time management, it is possible to turn this simple and short walk, which is considered a type of exercise and costs only a pair of sports shoes, into a form of exercise. The need to be disciplined and comply with strict sports regulations are among the points that make engaging in sports somewhat difficult. Therefore, sport for all can vary from formal structured sports and games to informal and unorganized sports and games (Volf & Kelly, 2022). On the other hand, the level of ability of individuals to participate in sport for all is not a limiting factor, and any person with any ability can choose and engage in a sport that suits them. In other words, observing the principles of diversity in sport for all has the property that instead of matching the abilities of individuals with sports and facilities, the diversity in sports and facilities allows people in the community to easily choose the type of sports and facilities that are compatible with their abilities (Quinn et al., 2022).

Materials and methods

The present research is developmental in purpose and was conducted using a qualitative approach. As mentioned, the research methodology is qualitative, employing the grounded theory method

and the systematic approach of Strauss and Corbin. The participants in this qualitative research included experts in the field of sport for all from the Ministry of Sports, university professors in physical education, sports sciences, and psychology, coaches of various sports disciplines, managers of sports federations, active experts in women's sports, and managers of sports clubs. The criteria for selecting these individuals included having publications in the field, a long history in sports, current roles as managers in related sports organizations, and being recognized and recommended as suitable by initial interviewees. Additionally, the research sampling method was purposive-snowball. Based on these criteria, the interviews began with a purposeful selection of individuals who were knowledgeable about the research topic. In addition to answer the research questions, they were asked to recommend other knowledgeable individuals in the field. Thus, starting with a few directly selected participants, other experts were identified through recommendations, adhering to the same expert criteria.

Over a three-month process, interviews were conducted with 15 individuals until the researcher reached the point of theoretical saturation. After interviewing 13 participants, the researcher observed that the results were becoming repetitive. To confirm the consistency of the findings, two additional interviews were conducted, but no new information emerged, confirming that theoretical saturation was achieved with 15 interviews. Regarding the interview questions, a general question was initially posed based on the five perspectives of the Strauss and Corbin method, followed by additional questions exploring the 'why' and 'how' of specific factors. The interview questions were designed to foster dynamic, positive, and effective interactions during the interview sessions.

Four criteria (credibility, transferability, dependability, and confirmability) are used for qualitative research, and these criteria are linked to the four conventional criteria in quantitative research (internal validity, external validity, reliability, and objectivity). These four criteria were examined and confirmed in the present study. To ensure credibility, existing resources were utilized, and the interview transcripts and extracted codes were shared with some participants for their feedback. For transferability, documentation was provided for other researchers, including demographic reports, sample experiences, and descriptions of the research environment. To ensure confirmability, the opinions of several professors from the sports management department, who were not involved in the interview process, were sought and incorporated. Finally, to ensure dependability, inter-coder agreement was used, and the agreement rate was reported as 85% (Table 1). Additionally, to further confirm the study's validity, the opinions of several sports management professors, who were external to the interview process, were considered and applied.

$$\text{Reliability percentage} = \frac{\text{Number of agreements} \times 2}{\text{Total number of codes}} \times 100$$

Table 1. Results of the reliability of the two coders

Number	Interview No.	Total number of codes	Number of agreements	Number of disagreements	Retest reliability
1	P3	22	9	4	82%

2	P8	28	12	4	86%
3	P12	32	14	5	87%
Total		82	35	13	85%

The results obtained from Table (1) indicate that the total number of codes is 82, the total number of agreements between codes is 35, and the total number of disagreements is 13. Also, the inter-coder reliability for the interviews conducted in this study using the aforementioned formula was 85 percent. As a result, the reliability of the coding in this study is confirmed.

Results

First, the demographic characteristics of the interviewees are presented (Table 2).

Number	Organizational position	Age	Education	Sex	Field of activity
P1	University professor	43	PhD	Female	Sport management
P2	University professor	45	PhD	Male	Sport management
P3	University professor	49	PhD	Male	Sport management
P4	University professor	41	PhD	Male	Psychology
P5	University professor	46	PhD	Male	Sport physiology
P6	University professor	54	PhD	Male	Sport physiology
P7	General secretary of the federation	45	PhD	Male	Sport management
P8	Chairman of the federation	74	PhD	Male	Sport management
P9	Sports Managers of Iraq Ministry	46	Masters	Male	management
P10	Sports Managers of Iraq Ministry	38	PhD student	Female	Sport management
P11	Experts of the Sports Ministry	55	Masters	Male	Marketing
P12	Experts of the Sports Ministry	65	Masters	Male	Sociology
P13	Former national team coach	52	Masters	Male	Sport science
P14	Sports consultant for youth affairs	76	PhD	Male	Psychology
P15	Sports coach	65	PhD	Male	Sport physiology

The following will examine the research findings and present the concepts and categories identified from the interviews (Table 3)

Open Source (Concepts)	Central coding (first level)	Central coding (second level)	Central Phenomenon
The importance of sport for all for a healthy society	The position of public sport in Iraq		Development of women

The importance of sports for women who build the country		Attitude towards sport for all	
Sport for all give women prestige and credibility			
Long-term benefits are achieved with sport for all			
Sport for all are the need of the women's community in Iraq			
Sport for all are physical and build professional sports	A perspective based on universal sports		
Sport for all build rural women who are destined for them			
Sport for all can be a cure for diseases and mental fatigue			
The feeling of sports gives vision and hope for life			
Sport for all can fill the gaps in life			
The cost of commuting and distance to sports spaces	Adjusting sports costs	Facilitation of exercise	
The costs paid for participating in sports activities			
The cost of time due to sports			
The cost of sports equipment and clothing			
Standardization of sports places and spaces	Handling sports facilities		
Proper cleaning and hygiene in sports places and spaces			
Up-to-date equipment and supplies			
Attractive colors and atmosphere in sports places and spaces			
Variety of sports equipment and supplies			
Considering a space for caring for young children with the presence of a coach	Facilitating the implementation of exercise	In-person motivators	
The possibility of doing some sports for women with children			
Considering multiple time slots for the presence of working women			
Providing suitable times for sport for all outside of women's housework time			
Diversity of sports programs and disciplines for more women's participation			

Positive image and reputation of coaches and sports officials	Word-of-mouth advertising of the benefits of exercise		
Ability and capabilities of female athletes			
Definition and praise of the mental and physical results achieved through sports			
Definition and promotion of the performance and expertise of female coaches			
Confirmation of the qualifications of active coaches in the field of women's sports	Cooperation of trustees and trainers	The role of sports officials	
Review and supervision of the activities of coaches			
Clarity of coaches' sport for all programs			
Cooperation of the committees responsible for sports federations with coaches to develop sport for all activities			
Sports per capita appropriate to the population	Developing and revising programs		
Creating comprehensive and operational programs for women's participation in sports			
Emphasis on women's sports in villages and deprived areas			
Coordination of federations with local authorities for implementation plans			
Number of children	Individual characteristics	Necessary drivers	
Athlete's family			
Age range			
Education level			
Marital status			
Income level			
Access to natural resources and attractions	Surrounding environment		
Suitable weather conditions for sports			
Existence of natural resources such as rivers, trees, and mountains			
Balanced temperature in most seasons			
Living in a rural environment and having enough space			
Security in the environment for engaging in women's sports			

Public and easy access to sports venues	Security and availability of sports facilities	Access to sports facilities	
Access to public transportation during the day			
Availability of suitable space for parking vehicles			
Presence of public security officials in the shortest possible time interval			
Proximity to parks	Sports Neighborhoods		
Proximity to natural resources			
Proximity to sports clubs			
Proximity to sports organizations			
Proximity to sports federations			
Inability to manage time	Time-related problems	Individual factors	
Multiple work commitments			
Working at home and taking care of children			
Long distances to sports venues			
Disbelief in the benefits of sports	Individual ignorance		
False reasons for not engaging in sports			
Having the mistaken view that sports and sports participation require high skill and physical fitness			
Lack of interest and motivation to engage in sports activities			
Procrastination and setting a time to participate in Sports activities	Laziness of a person		
Emphasis on the lack of friends and acquaintances in the sports environment			
Insistence on not having a partner to participate in sports activities			
Embarrassment from attending sports circles			
Gender-conflicting beliefs	Opposition from family members	Social factors	
Religious-ideological restrictions from the family			
Opposition of spouses to participating in sport for all events			
Discouraging views of parents			

Resistance of families due to some physical-motor disabilities			
Existence of male-centered cultures in society			
Observation of some immoral and disturbing cases in women's sports participation in outdoor environments			
Negative attitude and lack of interest of officials for women's sports participation			
Lack of a clear plan and vision of officials in the field of women's sports			
Lack of standards and low safety of existing places and spaces			
High costs of engaging in sports			
Provision of sport for all equipment and facilities in all parks and neighborhoods			
Low-quality and old equipment in sports places and spaces			
Awareness of the physical-psychological benefits of sports by sports officials in cooperation with education officials			
Introduction of the principles of physical education and sports by Sports officials in cooperation with the media			
Introducing health principles by sports officials and health and education officials			
Advertising sport for all activities by sports officials and federations			
Encouraging celebrities and veterans to engage in physical activities			
Providing images and sports activities of professional athletes in cyberspace			
Encouraging doctors and health and treatment officials to engage in sports activities			
Encouraging sports officials and federations to engage in women's sports			
Encouraging the spread of sports in the family with the emphasis of the authorities			

Encouraging parents to spread sports among children	Promoting women's sports participation		Sports developments
Encouraging sports at the village level with the help and support of village elders			
Encouraging friends and relatives to participate in other sports activities			
Policy-making for sports and emphasizing women's sports	Performance developments in sports		
Establishing specialized women's sports committees in federations			
Establishing specific time horizons for the growth and development of women's sports and sport for all			
Requesting performance reports from federations by the Ministry of Sports			
Surveying families to learn about the concerns and challenges of not engaging in sports			
Cooperation and submission of suggestions by sports officials to insurance and health service companies to promote sport for all in society			
Emphasis on holding more sport for all activities with the help of the municipality			
Increasing per capita sports throughout the provinces of Iraq	Structural changes in sports		
Experts inspect sports venues and spaces and report violations to the competent authorities			
Emphasis on engineers and companies building sports venues and spaces to create environmental attractions			
Introducing and expanding popular outdoor sports and natural attractions			
Changing the use of existing buildings, sheds, and fields into sports venues in collaboration with experts			
Cultivating a culture of engaging in sports in schools	Expansion of cultural activities	Promoting a culture of	

Cultivating a culture of engaging in sports in the media		women's sports participation	
Social marketing regarding women's sports			
Preparing brochures, books, and sports posters focusing on women's sports and participation in sports			
Supporting university professors on the topic of women's sports participation in the form of theses, dissertations, and scientific articles			
Producing sports content, especially women's sports	Expanding media activities		
More coverage of sports events and sport for all			
Creating specialized sports networks			
Preparing sports programs centered on women's sports			
Mass media activities around sports and health, sports and health and sports and the growth of a healthy society			
Reducing current costs in treatment	Improving physical health	Physical-psychological outcomes	
Maintaining a healthy body and various diseases			
Strengthening the body's defense systems			
Reducing tension and anxiety			
Secretion of important hormones in the body such as: serotonin, endorphin, oxytocin, etc.			
Fitness	Improve body function		
Health of the cardiovascular system and the respiratory system			
Improving physical and motor fitness factors			
Greater nerve and muscle coordination			
Avoiding delinquency, especially among girls	Reducing social harms	Social outcomes	
Avoiding any social problems promoted on virtual networks			
Avoiding unhealthy lifestyles			

Reducing the risks of dating	Promoting the status and dignity of women		Psychological outcomes
Preserving the dignity of women's status			
Strengthening morale and social solidarity			
Increasing passion, excitement and pleasure			
Increasing social affiliations			
Improving cheerful morale	Promoting mental health		
Raising the level of Life expectancy			
Peace of mind			
Improvement of thinking and reasoning ability			
Partnering with others	Improvement of communication skills		
Self-esteem			
Self-confidence			
Social capital			

Based on the results of coding and the common themes among the categories, 31 categories were identified, including: the status of sport for all in Iraq, perspectives on sport for all, adjusting sports costs, maintenance of sports facilities, facilitating access to sports, word-of-mouth promotion of the benefits of sports, collaboration between officials and coaches, development and revision of programs, individual characteristics, surrounding environment, safety and accessibility of sports facilities, proximity to sports venues, time-related challenges, personal lack of awareness, individual laziness and procrastination, family opposition, social resistance, poor condition of sports facilities and spaces, educating families, raising awareness through sports and medical communities, promoting women's sports participation, functional developments in sports, structural developments in sports, expansion of cultural activities, expansion of media activities, improvement of physical health, enhancement of body performance, reduction of social harms, elevation of women's status and dignity, improvement of mental health, and enhancement of communication skills in the development of women's participation in sport for all.

Selective coding involves arranging categories alongside one another based on logic and connecting them to other categories, thereby validating the relationships. This stage represents the most abstract level of coding, through which the relationships between the established categories are explained. In this section, axial coding was combined, and the content of each was placed within selective codes, as outlined in the following table (Table 4):

Table 4. Identified concepts and components

Central coding (first level)	Central coding (second level)	Selective coding	Reference
The position of sport for all in Iraq	Attitude towards sport for all	Central Phenomenon	P2-p3-p7 p14-p8-p9-p10-p12-p3-p6-p15-p11-p13-p4
A perspective based on sport for all			
Adjusting sports costs	Facilitating Sports		

Access to sports facilities	In-person Motivators The Role of Sports Officials	Effective factors	p11-p2-P1-p13-p4- p5-p6-p7-p8-P10-P8- P13-P15
Facilitating sports participation			
Word-of-mouth advertising of the benefits of sports			
Cooperation between guardians and trainers			
Developing and reviewing programs			
Individual characteristics	Necessary drivers Access to sports venues and spaces	Contextual factors	p1-p3-p4-p7-p6-p2- p14-P5-P12-P8-P15- P9-P10
Surrounding environment			
Security and availability of sports facilities			
Sports neighborhoods			
Time-related problems	Individual factors	Intervening factors	p14-p1-p5-p6-p7- p11-p3-p9-p4-p8-p10 p3-p2
Individual ignorance			
Individual laziness and laziness			
Opposition of family members	Social factors		
Social opposition			
Inadequate condition of sports facilities and spaces			
Educating families	Increasing family awareness	Strategies	p8-p10-p11-p3-p9- p7-p13-P2-P15-P12- P5-P9-P1
Creating awareness by the sports and medical community			
Promoting women's sports participation			
Performance changes in sports	Sports Developments		
Structural changes in sports			
Expanding cultural activities			
Expanding media activities	Promoting a Culture of Women's Sports Participation		
Promoting physical health	Psychosomatic outcomes	Outcomes	p12-p7 p4-p6-p8-p9- p10-p3-p6-p1-p11- p3-p16-P14-p15
Improving body performance			
Promoting the status and dignity of women			
Reducing social harms	Social outcomes		
Promoting mental health	Psychological outcomes		
Promoting communication skills			

As shown in Table (4), the core code of 'attitude toward sport for all' is linked to the Central Phenomenon of 'facilitating sports,' 'motivators for participation,' and 'the role of sports officials' in relation to Casual Conditions. Necessary drivers and access to sports facilities are tied to contextual factors, while individual and social factors are associated with intervening factors. Increasing family awareness, sports developments, and cultural promotion of women's sports participation are connected to strategies. Physical-psychological outcomes, social outcomes, and psychological outcomes are categorized as outcomes of women's participation in sport for all. Finally, to draw the final research model using MAXQDA2020 software, after extracting and exploring the main and core categories, the concepts were designed. The final model of Iraqi society's attitude toward women's participation in sport for all is as follows:

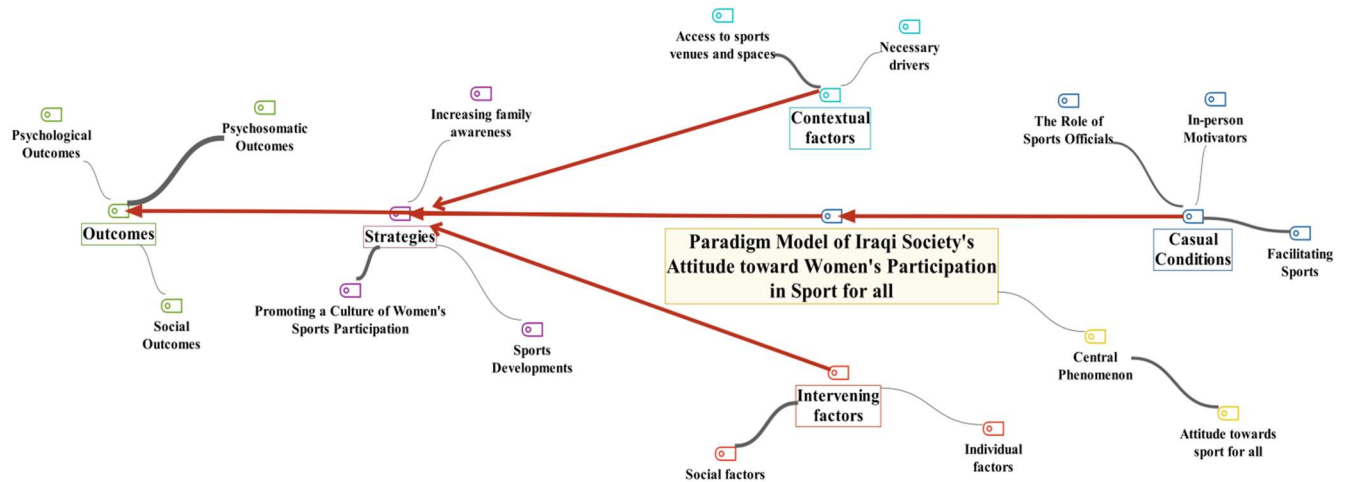


Diagram 1. Paradigm Model of Iraqi Society's Attitude toward Women's Participation in Sport for all

Discussion

The research results were identified and categorized based on the paradigm model of Strauss and Corbin. According to the findings, the core code of 'attitude toward sport for all' is linked to the Central Phenomenon of 'facilitating sports,' 'motivators for participation,' and 'the role of sports officials' in relation to Casual Conditions. Necessary drivers and access to sports facilities are tied to contextual factors, while individual and social factors are associated with intervening factors. Increasing family awareness, sports developments, and cultural promotion of women's sports participation are connected to strategies. Physical-psychological outcomes, social outcomes, and psychological outcomes are categorized as outcomes of women's participation in sport for all. These findings align with the results of Mohammed et al. (2023), Quinoo & Loeffler (2023), Hopkins et al. (2022), Fang et al. (2022), Ullah & Ullah (2020), and Herbert et al. (2020). Ullah & Ullah (2020) demonstrated in their research that the lack of adequate play facilities in educational institutions and at the community level makes it difficult for young girls to participate in sports and physical activities. Mohammed et al. (2023) also stated in their study that cultural discourses, such as women's participation in sports, can diminish their femininity, which in turn reduces their marriage prospects. Thus, girls reproduce the dominant traditional form of femininity

by choosing and participating in sports and physical activities. Additionally, Herbert et al. (2020) highlighted in their research that the health benefits of regular physical activity and aerobic exercise are undeniable in the literature. The current results also confirm that short-term aerobic exercise interventions can serve as a protective factor against depression and perceived stress in students.

Quinoo & Loeffler (2023) found in their study that rural women receive a significant amount of physical activity from their jobs, household chores, and communal work but lack access to and participation in organized sports or physical activities. Furthermore, Hopkins et al. (2022) identified in their research that factors affecting girls' sports participation are influenced by personal, peer, family, socio-economic, and environmental factors. Fang et al. (2022) also showed in their study that women with higher personal income and education in economically developed regions were more aware and had more time to participate in sports. Conversely, women with chronic illnesses and high medical costs were less likely to participate in sports. Therefore, the government should understand the internal and external barriers to women's participation in sports, develop policies and regulations to support women's sports participation, and guide and monitor the effective implementation of women's sports activities.

According to the research findings, the categories of 'facilitating sports,' 'motivators for participation,' and 'the role of sports officials' were identified as second-level core codes, encompassing first-level core codes such as 'easing access to sports,' 'word-of-mouth promotion of the benefits of sports,' 'collaboration between officials and coaches,' 'development and revision of programs,' 'adjusting sports costs,' and 'maintenance of sports facilities.' These factors are linked to the causal factors influencing the promotion of Iraqi women's attitudes toward participation in sport for all.

In fact, based on the opinions of the research participants, facilitating sports participation for women must first be addressed. This means that families should have a moderate level of income to cover sports-related expenses, such as purchasing sports equipment. Additionally, since cleanliness, modernity, and the variety of sports activities are important to women, these factors can significantly influence their attitudes toward sports participation. On the other hand, some in-person motivators, such as simplifying the process of engaging in sports by allowing women to participate alongside their children, offering flexible time slots, and providing childcare services through coaches, can positively impact women's sports participation. However, the significant and influential role of sports officials and authorities cannot be overlooked. By developing comprehensive and actionable programs to promote women's participation in sports, collaborating with local and rural authorities, and ensuring the qualification, evaluation, and supervision of coaches in women's sports, the growth and enhancement of Iraqi women's participation in sport for all can be achieved.

Also, in this study, the categories of necessary drivers and access to sports venues and spaces were identified as second-level axial codes by including the first-level axial codes; individual characteristics, the surrounding environment, safety and availability of sports venues and sports neighborhoods in relation to the contextual factors of promoting the sports attitude of Iraqi women

in sport for all. The young female community in the country, the level of education and family income form the basis of sports participation, most women with university education are aware of the benefits of participating in sports activities, or in relation to the surrounding environment, people who are closer to natural attractions show more desire and enthusiasm for sports, also in the discussion of neighborhoods, if they are close to sports venues and spaces, there is the possibility of accessing sports venues throughout the day or if access to sports venues and spaces is possible through public transportation, we can witness the presence of a larger group of women. Of course, in the meantime, security in the environment where women engage in sports and its existence certainly allows women to engage in sports activities with more confidence.

Also, in this research, the central code of attitude towards sport for all was identified as the second-level central codes by including the first-level central codes; the position of sport for all in Iraq and the perspective based on sport for all in relation to the Central Phenomenon of promoting the sports attitude of Iraqi women in sport for all. In relation to the explanation of the research findings, it should be stated that, considering the various positions (university professors, women's sports officials, experts and sports coaches) of the members of the research community and their work backgrounds regarding women's sports, in general, Iraqi women expressed a positive view of engaging in sport for all. Women are aware of the importance of sport for all for a healthy society and consider engaging in sports as a necessity of today's life that can help develop the image and reputation of women and create a healthy society. The nature of sports also proves that long-term benefits and advantages will be created by engaging in sports for women, which can help them have a healthy and strong body and be free from diseases and mental fatigue. On the other hand, sports for women can play a role in covering gaps and shortcomings that increase life expectancy. Also, in this research, individual factors and social factors were identified as second-level axial codes, including first-level axial codes; problems related to time, individual ignorance, individual laziness and laziness, opposition from family members, social opposition, and the poor condition of sports venues and spaces in relation to the interfering factors in promoting the sports attitude of Iraqi women in sport for all. In today's Iraqi society, the role of women in the country has become more prominent. More and more women work in the social environment and have created various jobs for themselves, which has created time constraints for this segment of society in relation to engaging in sports and participating in sport for all. On the other hand, housewives and rural women are also faced with many preoccupations in relation to children and housework. Of course, some of the shortcomings are from the individual himself, which has turned into laziness and laziness for various reasons. Also, in some families, due to some religious beliefs and lack of familiarity and awareness of the benefits of sports, it has prevented women from participating in the field. Also, some factors and challenges in the social environment have played a mediating role in this matter. For example, lack of planning in the field of women's sports, social harassment, and social culture have caused the instability of the presence of Iraqi women in engaging in sport for all.

In this study, the categories of 'increasing family awareness,' 'sports developments,' and 'cultural promotion of women's sports participation' were identified as second-level core codes,

encompassing first-level core codes such as 'educating families,' 'raising awareness through the sports and medical communities,' 'promoting women's sports participation,' 'functional developments in sports,' 'structural developments in sports,' 'expansion of cultural activities,' and 'expansion of media activities.' These factors are linked to strategies for enhancing Iraqi women's attitudes toward participation in sport for all.

Finally, based on the valuable insights of the research participants, suggestions were provided to address existing gaps. In reality, promoting Iraqi women's attitudes toward sport for all requires increasing family awareness of the benefits of sports. Familiarity with the principles of physical education and sports, as well as understanding the physical-psychological benefits, can be considered an effective strategy. Additionally, the sports community and the medical and healthcare community can serve as evidence of societal awareness of sports. Furthermore, given the growing influence of social media in modern life, professional sports communities and celebrities can help institutionalize a positive attitude toward sports. Meanwhile, the growth and advancement of sports activities can be achieved through the creation of appropriate visions by academic, sports, and municipal authorities, implemented via actionable programs. These programs should focus on developing specialized coaches, increasing per capita sports participation, and renovating and modernizing sports facilities. Additionally, leveraging existing infrastructure and standardizing it can significantly accelerate the implementation of these actionable programs.

At last, based on the results obtained, the categories of 'physical-psychological outcomes,' 'social outcomes,' and 'psychological outcomes' were identified as second-level core codes, encompassing first-level core codes such as 'improvement of physical health,' 'enhancement of body performance,' 'reduction of social harms,' 'elevation of women's status and dignity,' 'improvement of mental health,' and 'enhancement of communication skills.' These factors are linked to the outcomes resulting from the promotion of Iraqi women's attitudes toward participation in sport for all.

In explaining the findings of this section, it should be noted that if the programs, drivers, and strategies outlined in the proposed model are implemented, social, physical-psychological, and psychological outcomes can be observed for both individuals and society. In reality, sports bring numerous benefits to individuals. Sports programs significantly impact physical health, improve brain and nervous system function, and reduce the likelihood of common modern illnesses. Athletes enhance their physical strength and fitness, benefit from better mental health, increased self-confidence, and self-esteem, and perform more successfully in social interactions and collaborative efforts. Additionally, it should be emphasized that many of the major goals of modern governments are achieved through sports. Sports can shield society from the social issues propagated on social media and unhealthy lifestyles. For women, sports can preserve their dignity, strengthen their morale, and foster social cohesion. In many leading countries worldwide, the importance and emphasis placed on sports by policymakers and officials are evident, serving as proof of the many positive outcomes and results achieved in society through sports.

Finally, according to the results of the causal conditions section, it is suggested to the managers of the Iraqi sports organizations; by continuously monitoring sports activities in sports venues and spaces, monitoring the standardization of sports venues and adjusting the cost of sports equipment with material and moral support from businesses, they can adjust sports costs. According to the results of the phenomenon section, it is suggested to the managers of the sports organizations, national officials and municipalities; to conduct a detailed study of the per capita sports in the provinces of the country and, through it, to order the construction, renovation and improvement of sports venues and spaces. According to the results of the background conditions section, it is suggested to the managers of the sports organizations, national officials and the mass media to create a culture of women's sports participation in sport for all by creating specialized sports programs, introducing various sports disciplines and broadcasting sports competitions. According to the results of the research in the section on intervening conditions, it is recommended that managers of Iraqi sports organizations take action, with the help of regional security officials, to establish social order in public environments where people are implementing sport for all programs.

Also, for those interested in research in the field of women's sports and sport for all, it is suggested that a study using strategic planning approaches should develop long-term and operational plans to increase women's sports participation in sport for all activities. Also, considering the important role of families and their impact on the growth and progress of women's sport for all, it is suggested that a study using other data-based methods should examine this issue in detail and identify its examples. In addition, it is suggested that a study using a questionnaire from the qualitative findings should show the size of the effect of each of the identified concepts on women's sports participation in sport for all.

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