

Designing a Leisure Model for Teachers in the Port City of Nowshahr with an Emphasis on Beach and Sea Sports

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Abstract

This study was conducted with the aim of designing a leisure model for teachers in the port city of Nowshahr with an emphasis on beach and sea sports. Based on the purpose, this research was an applied research, and based on the data collection method, it was a survey-descriptive research. The statistical population of this study consisted of all teachers of Nowshahr who use the beaches of Nowshahr for leisure; a total of 285 teachers from Nowshahr were selected as a sample. The research instrument was a researcher-made questionnaire including four sections of demographic information, factors affecting leisure time, leisure time constraints, and how to spend leisure time with 49 questions. According to the objectives of this study, the correlation method and the component ranking method were performed by Friedman test using SPSS software. The results showed that social and cultural factors, safety and security, human factors, socializing with friends, and physical health and fitness, respectively, showed the highest average rank in determining the factors affecting the way teachers spend their leisure time in Nowshahr-port city; The results also showed that the lack of facilities; The limitations of environmental and health problems and the limitations and costs of financial issues showed the most limitations in the way of spending the leisure time of the teachers of Nowshahr-portcity, respectively. On the other hand, the results

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showed a correlation between active leisure time with physical health and fitness; Socializing with friends, human factors; There was a significant relationship between safety and security and social and cultural factors; Also according to the results between inactive leisure with physical health and fitness; Socializing with friends, human factors; There was a significant relationship between safety and security and social and cultural factors.

Keywords: Farhangian leisure, Nowshahr Port City, Beach and Sea Sports

1. Introduction

As the societies of today become increasingly complex, the mission of organizations to meet the expectations of societies becomes more sensitive and important. Undoubtedly, efficient and spontaneous human resources will be the most efficient for their growth and development and achieving the planned goal of the organization. Due to the sensitivity of the education organization, in addition to financial resources, equipment and technology, the existence of a healthy workforce plays a key role in achieving and successful implementation of any educational activity. Undoubtedly, leisure can play a powerful role in raising the level of health of teachers, for this purpose, education can benefit from leisure activities in connection with the physical health of its cultural forces; But since education is not able to provide adequate leisure conditions for its staff due to financial conditions; Nowshahr city has to use beach and sea sports to fill the leisure time of cultural forces. Leisure is a relatively free opportunity for self-actualization, experience and personal freedom; Social expression; is relationships and social interactions (Kelly, 2012). Leisure is so important that satisfaction is one of the influential factors in life satisfaction (Lapa, 2013) and in quality of life (Based on Ganz et al., 2011).

The teaching and teaching profession is also one of the sedentary occupations. Humans spend long, tedious hours hoping for holidays and leisure. Leisure means leisure from work and leisure time from the hustle and bustle (Karimian, 2012). The weekend is a memorable day that at least employees around the world are looking forward to. Leisure is an experience that a person voluntarily chooses based on personal needs and interests, voluntarily and in accordance with his needs and tastes, so that his body,



mind and personality have the opportunity to grow and develop. Leisure allows a person to start working with double energy and mobility by restoring lost energy and power. That is why leisure is considered a necessity, and various institutions of society are working to make it a purposeful, principled and planned process.

Constructive practical planning for leisure time can foster a vibrant creative spirit for everyone in the community, especially teachers for more energy. At the same time, neglecting this can also lead to a decrease in motivational energy and, as a result, burnout. Leisure time has positive functions for people that if these opportunities are used well, it will bring many benefits to the person. Domaziyeh has three main functions for leisure activities: 1- Providing rest 2- Fun and reducing boredom 3- Development of individual and social personality Since Domaziyeh considers 5 types for leisure, it can be inferred that positive functions Hidden in all these types of leisure styles. One of the ways to fill the leisure time is beach and sea sports, which are recreational sports and because in addition to being exciting, they are one of the most active sports for teachers who have the least during the day. They are active and have a high level of burnout. It is very suitable. Beach sports have become a great temptation not only for professional athletes but also for the general public for recreational sports, and in fact one of the most attractive ways to spend active leisure time is to do sports by the sea and beaches (Belka and Et al., 2015).

Mazandaran province with its extensive economic, social, cultural and political facilities, especially innovative and uniquely natural gifts, can be considered the largest tourism hub in Iran. One of the important features of this province in terms of sports tourism is the accumulation of beautiful effects of creation in one place, such as the Caspian Sea and coasts near the Alborz Mountains, plains and flat plains, vast semi-desert areas, rivers, lakes, wetlands Water-filled dams and thousands of other attractions that have made it possible to expand any kind of sport and have caused a variety of sports to be played in different parts of the year at different times of the year.

The beaches of Mazandaran, including the beaches of Nowshahr with seemingly suitable natural facilities, can be seen as a suitable platform for

many beach and water sports that cover both sports and leisure; On the other hand, in Nowshahr, having several university centers, especially the University of Marine Sciences, which is nearly four decades old in the field of marine sciences can play an effective role in the development of beach sports, which has received less attention and coordination and cooperation. Organizations that work in the field of sea will synergize the development of activities in the field of coastal and sea.

Therefore, the present study seeks a solution to create a suitable environment for teachers to use the natural and God-given environment of the coasts of Nowshahr city of Mazandaran province and promote the benefits of sports, health promotion and filling the leisure time of education forces. Appropriate facilities and infrastructure moved towards development. The northern coastal strip of Iran is also a major part of the leisure activities of the people of this region. Nowshahr is one of the northern coastal cities of the country that needs to identify the factors affecting the way of spending leisure time. There are many limitations in how to use the potentials of water and beach sports in this area, so the researcher will select the target community of teachers and identify the leisure needs of this influential segment of the community to review the present study. In terms of the number of active athletes in the field of boating and water sports, according to the population of the province, it has been better than all the provinces of the country. Four provinces do not have a favorable index compared to other provinces due to their capabilities; In other words, the capability of these provinces is much higher than their resources (Honarvar, 1980). Hamidi et al. (2016) mentioned the weaknesses of water sports tourism in Maragheh: lack of private sector interest in investment and lack of financial resources and managerial support (Hamidi, 2016). On the other hand, today, beach sports have become a great temptation not only for professional athletes but also for the general public to do recreational sports, and in fact, one of the attractive ways to spend active leisure time is to do sports by the sea and Beaches (Belka et al., 2015).

The study of the researches shows that the research in the field of leisure of the Iranian people probably started in 1967 and includes some basic researches including Mirzaei (1967), Kian (1967), Mehdizadeh (1969),



Mohseni (1973), Bortaei (1973).) And ... were that most of the research has been done on the leisure of students and in some cases under the title of youth. In most of the above researches, there are two notable points, one is that the statistical population was in adolescence and youth and the second is that the position of sports in the above researches was not important. University research resumed in 1983, and especially postgraduate students in the field of physical education chose the titles of their dissertations to spend their leisure time with an emphasis on physical education. However, the statistical population is still mostly students. . They are still the focus of young people, and this is while leisure time is not only for teenagers and young people, although young people's leisure time and how it is spent is of special importance. In some cases, about the staff (Moradi Barforosh, 1978, Shojauddin, 1991), the elderly (Marsei, 1974) and teachers (Soltani, 1974); Ghadiri (1996); Khalilzadeh and Kouhestani 1999) Research has been done; On the other hand, there is a very sensitive group in the teachers community that needs special attention and proper filling of their leisure time can also provide their health status and the positive effects of cultural behavior on students is a reason for the importance of cultural leisure time. On the other hand, due to the different teacher's characteristics of teachers, it is necessary to identify the frameworks of teacher's leisure, which was the main issue of this research.

Therefore, according to the content of the research in this study, the researcher sought to design a model of leisure for teachers in the port city of Nowshahr with an emphasis on beach and sea sports, which finally presented the proposed model of the research as follows.

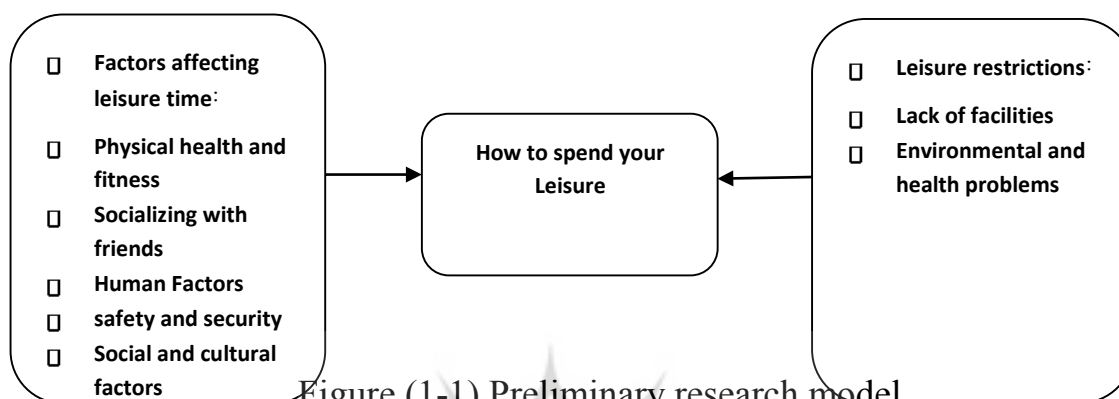


Figure (1-1) Preliminary research model

Many people may believe that retirement is a form of exclusion from society and the exclusion of people who have to spend the rest of their lives in silence and isolation away from the scene of social life. Retirement is the preparation and transition from one role to another, that is, from the role of an employee who is subject to certain norms to the role of a retiree who has his or her own norms. These norms are different in different cultures (Shajari, 1993). Given the above and the fact that a significant part of retirees in different cities are teachers, so the development of a program for teachers to spend leisure time seems necessary. On the other hand, teachers are a very important segment of today's society and have precious reserves that have inherited many experiences for us over the years. In fact, they are the architects who have prepared the building and dedicated it to the younger generation. Forgetting them is forgetting the identity, the goals and finally the culture of the society. Recently, in most societies, including Iran, measures have been taken to solve the problems related to teachers, but since the problems and needs of teachers are different from other people according to their cultural, occupational and identity conditions, so it is necessary to spend their leisure time. Individuals should be well identified and appropriate needs assessment and desirable solutions in this field should be provided.



Given that today the role of exercise in the leisure time of different people in society has become much more prominent than in the past, so it is necessary to study the effect of exercise on leisure time. Since according to research studies, about half of the time spent in order to spend the leisure time of teachers is filled with sports activities, so the study of sports in how teachers spend their leisure time is another necessity of this research. Given that in the port city of Nowshahr, water and beach sports are tied to the daily lives of its citizens and citizens who are very closely associated with such recreational and sports activities, so it is necessary to examine the factors affecting the leisure time of the city's teachers. Nowshahr should be addressed and the existing limitations should be identified and solutions should be provided to overcome them. On the other hand, no study in the country has studied the leisure time of teachers in coastal cities and emphasized the role of beach and sea sports, so this research is necessary.

2. Research methodology

Research Method In terms of data collection method, the present study is a descriptive-correlational research that has been done by field method and in terms of purpose, it is an applied research. In this study, two categories of independent variables (factors affecting leisure and leisure restrictions) and the dependent variable of leisure time (active leisure and inactive leisure) have been used.

The statistical population of the study is all teachers in Nowshahr who use the beaches of Nowshahr for leisure, which according to the statistics received from the Nowshahr Education Department, 1100 people were reported. In this study, using random sampling method based on Morgan table, the main sample of the study was identified as 285 teachers in Nowshahr. In this study, first, research variables were identified using the interview method, and then the research tool, which included a researcher-made questionnaire, was designed. The research tools included four sections: demographic information, factors affecting leisure time, leisure time constraints and how to spend leisure time with 49 questions. The validity of this questionnaire was evaluated and confirmed using the opinions of experts, thinkers and experts. The reliability of this questionnaire was

obtained by Cronbach's alpha test using SPSS software and was reported as appropriate. In order to assess the reliability of the instrument, Cronbach's alpha method was used after collecting ten% of the questionnaires. Cronbach's alpha results on physical health and fitness (0.86), socializing (0.91), human factors (0.89), safety and security (0.73), social and cultural factors (0.83), deficiency Facilities (0.94), environmental and health problems (0.93), costs and financial issues (0.95), active leisure (0.77), inactive leisure (0.74) and the whole questionnaire (87 / 0) and was acceptable. In order to check the normality of the data, skew and elongation tests were used. Inferential data analysis was performed by one-sample ttest, independent t-test, Pearson correlation and Friedman test was used to rank the questionnaire items and components related to the variables.

3. Research Findings

A one-sample test was used to examine the status of research variables; the results are presented in Table 1.

(Table 1) One-sample t-test results

Variables	Average	Standard Deviation	Variable Status	T-Test Statistics	DF	The amount of P	Standard deviation	Mean Deviation
Physical health and fitness	3.43	4..0	More than Average	0.00	480	4.440	4..0	32.0
Socializing with friends	3.30	4..0	More than Average	5.05	480	4.440	4..0	3200
Human Factors	3.33	4..5	More than Average	1.40	480	4.440	4..5	3200
safety and security	3.0.	4.11	More than Average	04.14	480	4.440	4.11	32.0

(Table 1) One-sample t-test results

Variables	Average	Standard Deviation	Variable Status	T-Test Statistics	DF	The amount of P	Standard deviation	Mean Deviation
Social and cultural factors	3.18	4.03	More than Average	05.00	480	0.001	4.03	32.0
Limitations (lack of facilities)	3.00	4.0	More than Average	03.30	480	4/440	4.0	3200
Constraints (environmental and health problems)	3.14	0.44	More than Average	...4	480	4/440	0.44	32.3
Limitation (cost and financial issues)	3.50	0.41	More than Average	8.03	480	4/440	0.41	32.0
How to spend free time (active)	3.3.	4.80	More than Average	0.81	480	4/440	4.80	3200
How to spend leisure time (disabled)	0.4.	4.00	Less than Average	4/14	480	4.500	4.00	323.

Table 1, One-sample t-test results

According to the results of the above table, it was found that all the variables of the research, except for the variable of how to spend leisure time (inactive), had a higher than average status.

Friedman's test was used in order to rank the effective factors on the way of spending leisure time of the cultured people of Bandari Nowshahr city. In

Table (2) Friedman test of effective factors

		201		Significant Rating	freedom
Average		Chi Square Test			
Average Rank		Degrees of R			
1	Physical health and fitness	2.68	5		
2	Socializing with friends	2.82	4		
3	Human Factors	2.88	3	71.33	4
4	safety and security	3.04	2		
5	Social and cultural factors	3.58	0		

Table 2, the results of the Friedman test were confirmed for the main factors and two coefficients.

According to the results of Table 2, the effective factors on the way of spending leisure time of teachers in the port city of Nowshahr are significant ($p=0.001$, chi square=71.33). Based on the obtained results, social and cultural factors, safety and security, human factors, socializing with friends, and physical health and fitness showed the third highest average rank in determining the factors affecting the way of spending leisure time of the cultured people of the port city of Nowshahr. Friedman's test was also used in order to rank the obstacles affecting the leisure time of the cultured people of the port city of Nowshahr.

(Table 3) Friedman test (Limitations)

	Average	Average Rating	Rank	Degrees of Freedom	Significant	Chi Square Test
1	Limitation (lack of facilities)	2.08	1	2	.115	4.32
2	restrictions (environmental and health problems)	1.97	2			
3	restrictions (costs and financial issues)	1.95	3			

Table 3, Friedman test (Limitations)

According to the results of Table 3, the effective barriers on how to spend leisure time of teachers in Nowshahr port city are not significant ($p = 0.115$, chi-square = 4.32). According to Table 3, the relationship between the factors affecting the leisure time of teachers in Nowshahr port city was measured by Pearson correlation.





Table (4) Pearson correlation coefficient between factors affecting the way teacher spend their leisure

Independent variable (effective factors)	Dependent variable (how to spend leisure time)	Correlation Coefficient	
		Significant	
Physical health and fitness	active	32330	0.518**
	Inactive	32330	0.403**
Socializing with friends	active	32330	0.539**
	Inactive	32330	0.546**
Human Factors	active	32330	0.632**
	Inactive	32330	0.426**
safety and security	active	32330	0.625**
	Inactive	32330	0.422**
Social and cultural factors	active	32330	0.689**
	Inactive	32330	32.002**

Table 4, Pearson correlation coefficient between factors affecting the way teacher spend their leisure

In order to test the above hypothesis, Pearson correlation coefficient was used and according to the results shown in Table 4 between active leisure time with physical health and fitness ($r = 0.518$; $p = 0.001$); Friends ($r = 0.539$; $p = 0.001$), human factors ($r = 0.632$; $p = 0.001$); There is a significant relationship between safety and security ($r = 0.625$; $p = 0.016$) and social and cultural factors ($r = 0.689$; $p = 0.001$); Also according to the results between inactive leisure with physical health and fitness ($r =$

0.403; $p = 0.001$); Friends ($r = 0.546$; $p = 0.001$), human factors ($r = 0.426$; $p = 0.001$); There is a significant relationship between safety and security ($r = 0.442$; $p = 0.016$) and social and cultural factors ($r = 0.431$; $p = 0.001$).

Independent t-test was used to evaluate the differences in demographic characteristics in the way of spending leisure time.

(Table 5): The results of independent t-test on the demographic variables of gender				
How to spend your leisure	Gender	Average	t	Significant
Active	Female	16.88	0.97	0.32
	Male	17.64		
Inactive	Female	14.97	-1.01	0.18
	Male	14.02		

Table 5, the results of independent t-test on the demographic variables of gender

The results of independent t-test on the demographic variables of gender in active leisure (sig = 0.32; $t = 0.97$) and inactive leisure (sig = 0.18; $t = -1.01$) were not significant .



(Table 6): Independent t-test (occupation)				
How to spend your leisure	Occupation	Average	t	Significant
Active	Retired Teacher	00.84	0.44	3/330
	Employed Teacher	00.10		
Inactive	Retired Teacher	4..04	3..5	3/330
	Employed Teacher	05.40		

Table 6, Independent t-test (occupation)

The results of independent t-test on the demographic variable of occupation in active leisure time (sig = 0.001; t = 4.02) and inactive leisure time (sig = 0.001; t = 3.95) were significant. Was.

5. Conclusion and Suggestions:

a) Conclusion

According to the obtained results, social and cultural factors, safety and security, human factors, socializing with friends, and physical health and fitness had the highest average rank in determining the factors affecting the way of leisure time of the cultured people of Bandari Nowshahr city. Various factors are effective on the way of spending free time, five factors have been identified and ranked in this research. In the past researches, cultural factors and social factors are usually considered separately, and issues such as the effects of the family and family environment, age and social conditions, the social structure of the society, and friends and neighbors have been considered as social factors affecting leisure time. Issues such as the culture and civilization governing the society, the media, television, etc. have been mentioned as effective cultural factors;

however, in the current research, these two dimensions were considered simultaneously as social and cultural factors and were identified as the most important factors affecting the way of spending leisure time. This factor was considered with issues such as promotion and lifestyle, leisure time per capita in the teachers and the issue of culture and community. In the current research and based on the average rank obtained, it was found that there is almost a big difference between the cultural and social factor and other factors affecting the way of spending leisure time, but other factors were close and almost similar in intensity.

The second most effective factor in Berber's way of spending free time of teachers was reported to be the factor of safety and security. According to the opinions of teachers who use Nowshahr beaches to choose their leisure time, the safety and security of the beaches, the safety of the sports offered on the beaches and the safety of their families on the beaches have an important rank among the factors affecting leisure time in Nowshahr beaches. Human factors were ranked as the third most effective factor, and cultural experts emphasized the existence of specialized human forces such as coaches and officials of beach and sea sports, the number of forces stationed on the beaches, cafe owners, service forces and restaurant managers, etc. Socializing with friends was ranked fourth among the effective factors, and meeting friends and the possibility that recreational beaches provide for teachers to meet their friends and acquaintances was identified as one of the effective factors in how to spend leisure time. The physical health and physical fitness of teachers was determined as the last and least important factor in spending their free time on the beaches. Teachers of Nowshahr did not mention their physical condition as a very important factor in spending their free time on the beaches of this city. Shatrian et al. (2016) mentioned the role of physical and safety factors in the leisure time of physically challenged people, according to the present study, the safety factor in the leisure space is important, but contrary to the present study, they considered the role of physical factors to be strong, which is due to the physical condition. And the effect of the physically disabled is related. Mansouri et al. (2019) developed a model of leisure time with six factors influencing the choice of leisure activities (including drivers, individual



factors, social and environmental factors, management factors, government factors and challenges) and the consequences of spending leisure time. In terms of the investigated components, it was not very consistent with the present research.

Similar to the present study, Ryan and Pichen found the social factor appropriate. Ahe and No (2019), unlike the present study, introduced attitudinal factors and facilities and satisfaction. The current research considered three limitations: lack of facilities, environmental and sanitary problems, and cost limitations and financial issues regarding the obstacles and limitations of the leisure time of the residents of Nowshahr city in the beaches, which did not consider their ranking results to be significant, but all three limitations According to the T-Tech test, a sample had a weaker average than the average, which indicated that the restrictions are severe²

According to the results, there is no significant difference in the amount of these restrictions, but according to teachers, they have high restrictions. Few researches have investigated the limitations of leisure time, especially at the beaches, and most of the researches that have examined these components have categorized them as effective factors. Shatryan et al. (2016) were among the researchers who mentioned the study of leisure time restrictions, they considered the low safety of sports equipment and the lack of suitable equipment for sports as the main obstacles to spending leisure time. Lu et al. (2019) mentioned environmental and health factors in their research and considered it as a limitation according to the current research.

The results of the research showed that all five effective factors of leisure time of teachers are directly related to the way of spending free time, both active and inactive, and with the increase of the average of effective factors, the active and passive leisure time of teachers also increases; But the point to consider is that the four factors of physical health and fitness, human factors, safety and security, social and cultural factors are more intense with active leisure time and show a stronger relationship, but the variable of socializing with friends has a stronger relationship with time have inactive leisure and it seems that cultured people who spend part of their free time on the beach with the aim of socializing with friends prefer

to have inactive leisure time on the beach to spend more time with thier friends.

The results indicate that other effective factors are related to active leisure time. It seems that teachers with better physical health and physical fitness, by observing the safety and security on the beaches and correspondingly seeing the social and cultural factors and sports officials and coaches, are more inclined towards active leisure time and dynamic sports, and basically sea sports.

The results of the independent t-test regarding the demographic variable of occupation in inactive leisure time were significant, but the demographic variable of gender in inactive leisure time was not significant. One of the demographic variables that has created a distinction among teachers is the type of job that people who currently have cultural jobs have a higher average in their active leisure time than cultural retirees; but in the demographic variable of gender, there was no statistical difference between different groups in the amount of active leisure time. Regarding the difference observed in the inactive leisure time of different demographic groups, it can be stated that working teachers reported more average inactive leisure time than retired teachers.

b) Suggestions:

1. It is suggested that the officials and custodians of the free time of the cultured people pay special attention to the social and cultural factors and the safety and security in the beaches of Nowshahr. By identifying the cultural issues accepted by teachers and providing social factor factors, the officials should help to attract teachers in order to spend their free time. Officials should identify the cultural and social principles accepted by them by surveying the cultured people. The safety officials of sports and water sports should be provided on the beaches, and by creating regulations and attracting security forces, they should turn the beaches into a safe environment for different classes, including teachers.



2. It is suggested that the custodians of recreational and sports spaces identify and remove the restrictions affecting the leisure time of different classes of Nowshahr city.

3. It is suggested to equip and add facilities on the beaches, such as creating non-aquatic sports spaces such as volleyball, beach soccer, badminton, as well as creating pavilions and amusement parks for children, creating bicycle tracks, etc. To remove the main limitation of free time of cultured people on the beaches.

4. It is suggested that suitable management principles to preserve the environment and restore the existing environment on the beaches should be established by the managers of the recreational and sports centers of the beaches.

5. It is suggested to create recreational and sports spaces and places on the beaches of Nowshahr in such a way that they have the least impact on the destruction of the coastal environment. Based on the results obtained from the relationship between the factors affecting the leisure time of teachers in the port city of Nowshahr.

6. It is suggested in order to spend the active leisure time of teachers, the main focus of officials, investors and sports coaches is to provide social and cultural factors (appropriate songs, The degree of freedom and interaction between teachers and people who use the beaches, allocating spaces or days for teachers to spend their free time) as well as human factors (recruiting and employing people with cultural and social characteristics close to teachers on the beaches) ; And in order to create a suitable environment for the passive leisure time of the cultured people to socialize with friends (creating chat pavilions on the beaches) and safety and security (employing security forces and strict and continuous monitoring in creating sports environments and Especially sea sports) the beaches should be given more special attention.

7. It is suggested to pay special attention to the demographic differences of teachers such as gender, age, education, occupation, etc. Leisure activities for different groups and citizens of Nowshahr should be provided.

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