

THE IMPACT OF MARITAL STATUS IN PHYSICAL ACTIVITY OF WOMEN IN KOSOVO

Blerta Abazi

Faculty of Physical Education, University of Tetova, PhD student

Corresponding author e-mail: blerta.abazi@unite.edu.mk

Abstract

Purpose: My purpose through this study paper is to confirm the level of physical activity of married and unmarried women, to verify the differences between the two groups and to find the influential factors that are not including married women in sports, in Kosovo. **Methodology:** In this research were included 200 women, of different age groups and different religions in Kosovo. They were divided into two groups: (100 married women) and (100 unmarried women). The selected sample was instant, in AAB College with different students coming from urban and rural places of Kosovo. **Conclusion:** Based on the purpose of the research and the objective of this paper, we can conclude that stylistically the data obtained have proven that marital status has a high impact on the passivity of married women in sports, in Kosovo. I have confirmed this through the statistical analysis χ^2 -Hi-square test, where the results have shown that there is a significant statistical difference between two groups of women (married and unmarried) in their involvement in physical activity.

Keywords: Physical activity, marital status, women, Kosovo

1. Introduction

Participating in sports activities and exercises can play a beneficial role in maintaining women's psychological health and well-being.

Evaluation of women's participation in sports and recreation has been ignored for decades and research by the Agency for Information and Sports Science shows that women have been at a disadvantage in terms of participation in sports and recreation and this has been a worrying phenomenon for many years (Sports Information Bmi, 1997).

Sport or physical activity are factors that have a positive impact on quality of life, mental health, mental stability, motivation and self-confidence in people of all ages and both genders of the population where she or he lives. High levels of physical activity are an indication of a healthy future. Physical education has as its important challenge the promotion of regular and permanent exercise for a healthy lifestyle.

Regular participation in physical activity is associated with important short- and long-term health benefits for children and adolescents in physical, cognitive, emotional, and social domains (Sallis, Prochaska, & Taylor, 2000; Yang, Telama, Viikari, & Raitakari, 2006). Active leisure time, in fact, engaging in a sport, is an increasingly important need of modern man. Only involvement in

various sports activities, regardless of whether it is a walk in the woods, kayaking, walking or mountaineering, can achieve a complete experience and contact with the nature that he so misses.

Knowing the importance of physical activity in women, we in Kosovo today have very little information on physical activity in their lifestyle in married women, more specifically in mothers. Based on this, through this research I have aimed to verify the level of physical activity in married and unmarried women, to verify the differences between the two groups and to find the influential factors in not including married women in sports in Kosovo.

My goal is to promote through this study with many recommendations in the future for the development of health policies to promote physical activity among women of Kosovo.

2. Methodology

2.1 Campion and Data Source

The sample included in the research was 200 women, of different age groups of different religions of Kosovo divided into two groups: (100 married women) and (100 unmarried). The selected sample was instant in AAB College mainly students of different faculties in AAB College from different Urban and Rural places of Kosovo.

The methodology used in this paper will be in function of achieving this goal. Primary research will rely on data analysis collected through questionnaires. Knowing that each of the questions represents a variable that can get an answer, it is thought that in closed questions the alternatives of the answers are as realistic as possible in order to obtain the necessary information. The paper will aim to test the relationships between the variables of the conceptual model

Under study and to answer the following research questions:

- How much do married women in Kosovo practice the sport?
- What are the influential factors in not including married women in sports?

2.2 Study tools

One of the strategies of the research for realizing of studies is that was supported by observation with questionnaires which is one of the techniques of collecting data. The use of the observation strategy enables collection and qualitative analysis of the data while using descriptive statistics and that analytical one. Also, the collected data through this strategy could be used to suggest possible reasoning for specific connections between variables and to create models of these connections.

3. Statistical methods

The processing and the analysis of the collected data are realized through computer programmers of SPSS 22.0. From the comparative (comparative) statistical space, non-parametric procedure was used, first of all, the predictive analysis (χ^2 -Hi-square test) which is applied to examine the difference between the observed and expected or theoretical frequencies within the group.

4. Data analysis

This research was attended by 200 subjects divided into two groups (100 married and 100 unmarried) Distribution of study participants by age were presented in Table 1. The results obtained with the help of research instruments are presented in the form of tables, percentages and Chi-Square test.

Table. 1 Sample of respondents according to age (Married and Unmarried)

		Groups				Total	
		Married		Unmarried			
		n	%	n	%	n	%
20-25		11	11.0%	41	41.0%	52	26.0%
25-30		22	22.0%	33	33 %	55	27.5%
30-40		57	57.0%	25	25 %	82	41%
40-50		10	10.0%	1	1.0%	11	0.05%
Total		100	100.0%	100	100.0%	200	100%
	Pearson Chi-Square	39.359 ^a				Sig<.000	

The age of the respondents of both groups was presented, where the largest sample of married people who participated in the research was the age (30-40 years old) with 57%, while the unmarried people were the age (20-25 years old) with 41% and (25 -30) with 33%. This difference is also shown by the Hi-Square test where (Sig <.000) shows that we have valid statistical results between the ages of the two groups (married and unmarried).

Table 2. How many times in a month have you undertaken physical activity in your spare time?

		Groups				Total	
		Married		Unmarried			
		n	%	N	%	N	%
Never		28	28.0%	3	3.0%	31	15.5%
Less than one time in one week		42	42%	5	5.0%	47	23.5%
Twice a week		24	24.0%	24	24.0%	48	24.0%
Three times in a week		5	5.0%	0	0.0%	5	0.25%
Four times in a week		0	0.0%	30	30.0%	30	15.0%
Five times in a week		1	1.0%	22	22.0%	23	11.5%
Every day		0	0.0%	16	16.0%	16	08%
Total		100	100.0%	100	100.0%	200	100
		Pearson Chi-Square		102.320 ^a		Sig<.000	

In Table 2 we have presented the attitude of the respondents of both groups to the question: How many times during a month have you undertaken physical activity in your free time? The presented data show that married women are less involved in physical activity compared to unmarried women. Where (28%) of married women do not engage in physical activity at all within a month and (42%) of them engage in physical activity less than once a week. While married women are more active in physical activity: (30%) of them are taken 4 times a week with physical activity, (22%) are taken five times a week with physical activity and (16%) are taken every day with activity physical. From the values of the Hi-square test we say that statistically there are significant differences between married and unmarried women and in terms of the question: How many times during a month have you undertaken physical activity in your spare time? Because (Chi-Square = 102.320a, Sig = .000).

Table 3. Which sport activity do you practice the most?

		Groups				Total	
		Married		Unmarried			
		N	%	n	%	N	%
Fitness		14	14.0%	26	26.0%	40	20.0%
Football		0	0.0%	11	11.0%	11	0.5%
Volleyball		5	5.0%	9	9.0%	14	0.7%
Basketball		4	4.0%	7	7.0%	11	0.5%
Athletics		10	10.0%	15	15.0%	25	12.5%
Dancing		0	0.0%	10	10.0%	10	0.5%
Jogging		67	67.0%	22	22.0%	89	44.5%
Total		100	100.0%	100	100.0%	200	100%
Pearson Chi-Square		50.314 ^a				Sig<.000	

Tab. 3 The data of the two groups of girls about the sports activity which they practice the most are presented, based on these data it is understood that there are differences between the two groups of women about the sport they practice. For married women, the most practiced sport is (outdoor walking) with (67.0%) and fitness with (14.0%), while other sports have a smaller percentage, while unmarried women practice fitness with more (26.0%). while in other sports there are approximate distributions. This is confirmed by the value of the Hi-square test, where we say that statistically there are significant differences between married and unmarried women about the sport that they practice the most, because (Chi-Square = 50.314a, Sig = .000).

Table 4. What prevents you from practicing sports

		Groups				Total	
		Married		Unmarried			
		n	%	n	%	n	%
Not enough time		27	27.0 %	34	34.0%	52	26.0%
Family obligation		47	47.0%	0	0.0%	47	23.5%
Lack of money		9	9.0 %	34	34.0%	43	21.5%
Long working hours		17	17.0%	22	22.%	39	19.5%
Nothing, apart from lack of will		0	17.0%	10	10.0%	10	0.5%
Total		100	100.0%	100	100.0%	200	100%
		Pearson Chi-Square		72.979 ^a			Sig<.001

Table 4 informs us on the reason that prevents married and unmarried women to practice sports. The results presented in Tab 4 inform us that there are differences between the two groups of women. The reasons that prevent married women from practicing sports are: Family obligations with 63% and insufficient time with 27%. While for those who are not married the reasons are: insufficient time with 34% and lack of money 34%. The difference between the two groups is confirmed by the value of the Chi-square test, where we say that statistically there are significant differences between married and unmarried women about the reason that prevents them from practicing the sport, because (Chi-Square = 107.459^a, Sig=.000).

5. Data discussion

In addition to the purpose of the research and research questions, we have presented the results of the data and provided answers to the questions of this research. Knowing the importance of sports for the quality of life for women, through this work we researched the level of physical activity for women in Kosovo looking for difference between women of different marital status.

The results shown above have pointed statistical differences between the two groups whereby we could verify that married women have very little sports activity in contrast to unmarried women.

In tab. 1 there is the sample of respondents according to age (married and unmarried). The largest sample of married respondents was composed of age group (30-40 year old), 57% while for the unmarried was (20-25 year old) with 41% and (25 – 30) with 33%. 64% of the married women lived in urban areas while 57% of the unmarried women live in rural areas.

Married women have a lower level of physical activity than unmarried women, indicates that married women are less likely to engage in physical activity than unmarried women. Where (28%) of married women do not engage in physical activity at all within a month and (42%) of them engage in physical activity less than once a week. While married women (30%) are engaged in

physical activity 4 times a week, (22%) are engaged in physical activity five times a week and (16%) are engaged in physical activity every day.

That 58% of married women practice sport at home while those who are not married practice sport in the gym 44%. This is confirmed by the value of the Chi-square test, where we say that statistically there are significant differences between married and unmarried women in addition to the place where they practice the sport, because (Chi-Square= 24.336^a, Sig=.000

When it comes to the type of activity, there were differences between the two groups, where married women practice walking in nature (67%) while those who are not married practice fitness with 26% and walking in nature 22%. This is confirmed by the value of the Chi-square test, where we say that statistically there are important differences between married and unmarried women about the sport that they practice the most, because (Chi-Square = 50.314a, Sig = .000

If married women had more time, they would be more active in sports, as evidenced by the data in the table. Similar research results were given by Sabelo A. and Robert. B (2017): The main reason for the poor participation of women in sports (68%) was that they did not have time. The specifics of what was meant by this term were not researched. However, studies in psychology show a lack of willpower. The importance of the willingness to achieve a change in behavior has been demonstrated by various authors.

Oaten and Cheng (2006) assessed the strength of will after assigning volunteers to an 8-week exercise program and found that those who performed the tasks were better on self-control measures. Moffitt et al. (2011) conducted a longitudinal study of 1000 participants from birth to age 32 and found that the individuals in the group, who had better physical and mental health, mostly had greater self-control. Lack of willpower may be the main reason for “lack of time”.

The lack of physical activity has been justified by married women in Kosovo by several influential factors: 1. Family obligations with 47%, insufficient time 27% and long working hours 17%, while those who are not married have responded: 34% lack of money and 34% of insufficient time, while the rest are not stopped by anything but the unwillingness to engage in sports. This means that there were differences between the two groups of women for not engaging in sports. The difference between the two groups is confirmed by the value of the Chi-square test, where we say that statistically there are significant differences between married and unmarried women about the reasons that prevent them from practicing sport, because (Chi-Square = 107.459a, Sig = .000)

Lack of physical activity on part of the married women has been noted by many other researchers such as: Emily L Mailey (2014) which discussed lack of activity in married women, where 70% of women have justified lack of sports with their family obligations, child care and care about the home.

6. Conclusion

Based on the purpose of the research and the objective of this paper, we can conclude that stylistically the data obtained have proven that marital status have a high impact on the passivity of married women in sports in Kosovo. We have confirmed this through the statistical analysis χ^2 -Hi-square test, where the results have shown that there is a significant statistical difference between two groups of women (married and unmarried) in their involvement in physical activity.

Through the χ^2 -Hi-square test we have given answers and research questions: How much do married women practice sports in Kosovo, statistical results show that married women in Kosovo practice the sport with a low percentage of 30%, while those without 85% married, while the question about the influential factors in not including married women in sports are given these results: Liabilities to the family 47%, Insufficient time 27% and Long working hours 17%, while unmarried ones have given reasons in the absence of money 34% and insufficient time 34%.

These differences between the groups were also confirmed through the analysis of the Hi-square test, where statistically there are significant differences between married and unmarried women about the reason that prevents them from practicing the sport, because (Chi-Square = 107.459a, Sig = .000

Regarding the influential factors in not including married women in sports, I conclude that women in Kosovo have many other factors that prevent them from engaging in physical activity such as: home maintenance, long working hours, absence of family motivation to engage in sports, low sports culture in urban areas, I think these are some of the many factors that prevent married women from engaging in sports.

A similar study was conducted by some researchers Kei M. Nomaguchi, Uzanne M. Bianchi (2007), in a study in Latin America where women or mothers had given many factors in their non-involvement in sports, where one of the most important factors was lack of promotion of sports to women in urban areas.

I think the results of this study can provide technical recommendations for the development of health policies to promote physical activity in women in urban and rural areas in Kosovo.

References

- [1]. Dzijana N, Stuart H. Tedders, Moya L. Alfonso, Robert L. Vogel, (2017) The Determinants of Physical Activity in Rural Women, Aged 20 to 44 Years, in Georgia, *Family & Community Health*, 40, 1, (11-17)
- [2]. Emily. M, Jennifer H, Danae D, Edward (2014) Physical activity barriers and facilitators among working mothers and fathers. *BMC Public Health*. 27: 10.1186/1471-2458-14-657M.
- [3]. Eyler, A A., Factors influencing physical activity in rural white women, (2002), *Medicine & Science in Sports & Exercise*,
- [4]. Moffit.T (2011). A Gradient of Childhood Self-Control Predicts Health, Wealth, and Public Safety, *Proceedings of the National Academy of Sciences* 108(7):2693-8
- [5]. Megan Oaten, Ken Cheng (2005). Academic Examination Stress Impairs Self-Control. *Journal of Social and Clinical Psychology*: Vol. 24, No. 2, pp. 254-279.

- [6]. Nezami T, John M. Jakicic, Wei L, Kelliann D, Deborah F. Tate (2020). Examining barriers, physical activity, and weight change among parents and nonparents in a weight loss intervention, *Obesity Science & Practice*, 10.1002/osp4.401
- [7]. Nomaguchi K, Bianchi S. (2004) Exercise time: Gender differences in the effects of marriage parenthood, and employment. *Journal of Marriage and Family*. 66:413–430.
- [8]. SABELLO, N.: (2017) Sport participation of female university students, *South African Journal for Research in Sport, Physical Education and Recreation* 39(2):163-179
- [9]. Robert W Motl, February 2013. Marital Status and Motherhood: Implications for Physical. Activity. *American Journal of Epidemiology* 1; 173(3): 337–344
- [10]. Sallis, J.F., Prochaska, J.J., & Taylor, W.C. (2000). A review of correlates of physical activity of children and adolescents. *Med Sci Sport Exerc*, 32, 963-975