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TRIBUTE TO DR. ANITA GHOSH

It is with great regret and deep sorrow for ASFAA and the family of sport for all at the loss of our dear colleague, Dr Anita Ghosh. We were saddened to learn of her passing away on 4 August 2016 in India.

Dr. Anita Ghosh was involved in sport and physical education, which attributed her lifelong interest to her career. She was an educator and leader, dedicated to encourage participation in sport and recreation activities, and also devoted to serving the society. Her enthusiasm was never restricted in sports only, where she always extended her kindness and passion to local community and children, developing programs and activities to them. She continued to inspire and have touched people across India and established many friendships.

Standing as one of the founding members of ASFAA, she wholeheartedly shared her opinions and ideas for the well building and strengthening of ASFAA. Her commitment and contribution was appreciated by all of us not only as a professional, but also as a great friend of us. She was a pioneer of sport for all in India, follower of TAFISA and also the president of All India Association of Sports For All. During her lifetime, she put great effort into promoting Sport for All, announced valuable researches and made speeches in international congresses. For over 40 years, she has demonstrated her dedication and knowledge in the field of sports for all.

Under her leadership of the All India Association of Sports For All, the 12th ASFAA Congress was held successfully in Delhi, bringing over 80 delegates from India and different member countries and regions across Asia and Oceania, marking it to be one of the memorable and notable activities of the ASFAA family.

Dr. Anita Ghosh will be fondly remembered and greatly missed. Her acts, her words and her smile of friendliness will always remain in the minds of us. We would like to extend our deepest sympathy and sincere condolences to her family and her many friends.

With deep regards

PUN Weng Kun
President
Asiana Sport for All Association



TRIBUTE TO DR. ANITA GHOSH

Like Sakyamuni, Buddha noted, human life is transient in nature. We were deeply saddened by the sudden death of Dr. Anita Ghosh in August 2016.

Dr. Ghosh played a significant role in Sport for All Movement as a President of Sport for All Federation of India and Board member of ASFAA, so that we feel her absence profoundly, as if we lost a part of the family. In memory of Dr. Ghosh, please allow me to commend her accomplishment and service for Sport for All.

I have worked closely with Dr. Anita Ghosh in the Organizing Committee for 2008 Busan TAFISA World Sport for All Games. She was kind and tender hearted but at the same time determined and actively taking actions to move forward. She was an exemplary leader who lived in the value of Sports for All. She served in various roles to promote Sports for All, drawing special attention to educational and cultural significance of sports and physical education. While she was fascinated by traditional sports around the world, passionately aggregated information and published a book about it, she worked collaboratively with other leaders to successfully lead the Busan TAFISA World Sport for All Games.

Dr. Anita Ghosh devoted her life to establish Sport for All Movement in India. Being moved and impressed by her passion, commitment and dedication to Sport for All Movement, ASFAA board members actively supported the 12th ASFAA Congress, "Sport for All: Health, Education and Culture in Contemporary World" held in New Delhi, India. The success of this congress is meaningful for ASFAA's history and it is one of her outstanding accomplishments. Dr. Anita Ghosh's enthusiasm, love and activism for Sport for All will be always remembered by ASFAA and TAFISA board members.

Confucius, an ancient Chinese philosopher said one's life span was meant to be unknown. If it was known to us, we may not be able to enjoy our life as much. Dr. Anita Ghosh departed to her natural destiny. My prayers are with her and her family. I hope her soul will shine on Indian citizen's health and Sport for All Movement in India.

With heavenly bliss

Ju-Ho Chang
President
The Association For International Sport for All

Perceived Benefits of Sport Participation for People with Dementia: A Case Study of the Running Events in Wakayama

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Abstract

The purpose of this study was to examine the perceived benefits of sport participation for people with dementia. The following three methods of collecting data were utilized: (a) observations, (b) formal interviews, and (c) informal interviews. Data were collected at sport (i.e., running) events, 2014, 2015, and 2016 RUN TOMO-RROW, in Wakayama, which were organized by a non-profit organization, Dementia Friendship Club. Our results indicated that sport participation provided the people with opportunities to develop their sense of self-determination and social support as shown by Coleman and Iso-Ahola's (1993) theoretical model. Subsequently, these perceived benefits appeared to lead to the enhancement of their psychological well-being. It is worth noting that not only the participants with dementia perceived the benefits, but that the others who got involved with the sport events (e.g., family members, local residents) also perceived the benefits. Thus, sport participation may play a prominent role in promoting the establishment of the Community-based Integrated Care System that the Ministry of Health, Labour and Welfare proposed.

Keywords: dementia, self-determination, social support, sport event, sport participation

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Introduction

Dementia has been regarded as a widespread health problem globally as well as nationally. According to the Ministry of Health, Labour and Welfare (MHLW, 2016a), the number of people with dementia in Japan will reach up to 7 million by 2025, which means that one out of five Japanese people would suffer from this disease. Dementia is a type of disease that affects the brain, and can happen to anyone. It is important to create a community where people with dementia can live in a familiar environment with ease (MHLW, 2016a). Given this context, in 2015, the MHLW formed the Comprehensive Strategy to Accelerate Dementia Measures (New Orange Plan) in order to "support the realization of a society where persons with dementia are able to live in a pleasant and familiar local environment as long as possible while their opinions being respected" (MHLW, 2016a, p. 20).

It is widely known that leisure participation including sport participation generally contributes to our health and well-being. The benefits range from physical (LaMonte & Chow, 2010), emotional (Wiersma & Parry, 2010), and spiritual (Heintzman & Coleman, 2010), to social (Keller, Fleury, & Rogers, 2010) health. Castelli (2010) stated that such benefits of sport participation extend even to cognitive function (i.e., cognitive health). Considering that the number of people with dementia has increased (MHLW, 2016a), this type of benefit is especially important in Japan. Furthermore, given the notion of Sport for All (Yamaguchi, 2007), it is politically vital to provide people with dementia opportunities to participate in sports in terms of integration/social inclusion. However, research on the topic of sport, dementia, and health is extremely limited in Japan. Therefore, the purpose of this study was to examine perceived benefits of sport participation for people with dementia.

Literature Review

The novel "Koukotsu no Hito" written by Sawako Ariyoshi in 1972 brought the issue of dementia to the attention of Japanese society. Since then, dementia has been recognized as a social issue in Japan, and the Japanese government has tried to address this issue by developing and organizing in-home care systems as well as nursing homes. Several effective approaches of dementia care have been reported including promoting person-centered care (Kitwood, 1997), respecting dignity (Nagata, 2009), enhancing quality of life (Benson, 2000), and increasing pleasant events (Nakayama, 2011).

As introduced above, the MHLW has recently announced the New Orange Plan to further support people with dementia and improve their quality of life. The plan includes the following pillars: (a) raising awareness and promoting understanding of dementia, (b) providing health care and long-term care services in a timely and

appropriate manner as the stages of dementia progress, (c) strengthening the measures for early onset dementia, (d) supporting those looking after people with dementia, (e) creating age and dementia friendly communities, and (f) promoting research and development, and disseminating the results for prevention, diagnosis, cure, a rehabilitation model, and a care model for dementia (MHLW, 2016b). Although some researchers (e.g., Asakawa, 2015; Kuroda, 2015; Ikeda, 2015) are skeptical about this plan's effectiveness, the New Orange Plan has been positively assessed in terms of its comprehensiveness and concrete objectives.

Despite a lack of sport element in the New Orange Plan, physical activity engagement is an effective strategy in attaining, regaining, or maintaining cognitive health from birth to adulthood (Castelli, 2010). It is widely known that participating in sports, physical activities, and leisure activities relates to a reduced risk of dementia. Barnes, Whitmer, and Yaffe (2007) highlighted its potential mechanisms as follows:

Physical activity could lead to reduced vascular risk, obesity, or levels of inflammatory markers, all of which are interrelated and have been associated with reduced risk of cognitive decline and dementia. Physical activity could also directly lead to enhanced neuronal health and function, which could minimize the clinical impact of neuronal loss that may occur early in the dementia process. (p. 27)

In fact, Rovio et al. (2005) reported that regular leisure-time physical activity at midlife might offer some protection from dementia. Although accumulated evidence supports such biological mechanisms between sport participation and dementia, few studies have investigated the association from the social psychological perspective, particularly in sport event contexts. Given that sport events provide us opportunities not only for sport participation but also social network development, examining the perceived benefits of sport participation for people with dementia in sport event contexts may further our understanding of the benefits by adding the social psychological perspective.

In leisure studies, Coleman and Iso-Ahola (1993) proposed a theoretical model of the relationship between leisure and health, which hypothesized that leisure-generated self-determination and social support maintain and improve physical and mental health. On the one hand, leisure provides people with the opportunity to develop their sense of self-determination (Kleiber, Walker, & Mannell, 2011), which leads them to experience healthy psychological conditions (Coleman & Iso-Ahola, 1993). On the other hand, sport participation is highly social in nature and facilitates development of friendships (Chalip, 2016; Coleman & Iso-Ahola, 1993). Coleman and Iso-Ahola's (1993) theoretical model has been employed and supported in the context of sport participation (e.g., Kimball & Freysinger, 2003). Therefore, this

study also adapted their theoretical model in order to examine the perceived benefits of sport participation for people with dementia. We hypothesized that sport participation might provide people with dementia the perceived benefits of self-determination and social support.

Method

Data were collected at sport (i.e., running) events, RUN TOMO-RROW (RUN TOMO), in Wakayama. A non-profit organization, Dementia Friendship Club, has organized this sport event since 2011. This annual sport event is conducted based on the idea of "doing something with people with dementia, rather than just supporting for them". The 2011 RUN TOMO was only held in Hokkaido where 171 people (about 20 of them were participants with dementia) participated in the event. However, for the 2016 RUN TOMO, the running area was expanded from Hokkaido to Okinawa, and approximately 11,000 people participated in the event in total. From 2014 to 2016, this sport event was held in Wakayama as a part of the Kansai route. Overall, 116, 113, and 192 people (approximately 10, 20, and 12 of them were people suffering from dementia) participated in the sport events as runners in 2014, 2015, and 2016, respectively.

Three methods of collecting data were utilized to explore the study hypothesis: (a) observations, (b) formal interviews, and (c) informal interviews. The first author participated in the sport events in 2014, 2015, and 2016 to conduct observations as a participant-as-observer (Gold, 1958). The observations were designed to examine the perceived benefits of sport participation in two different dimensions: self-determination and social support. This is not an ideal method to clarify the mechanisms underlying the contents of the self-determination and social support, considering the fact that they are not clearly observable. However, one of the major reasons for this decision was the difficulty of conducting formal interviews with the participants as well as their family members in sport event contexts. Establishing a rapport with them is necessary to conduct the formal interviews, which is not possible for the limited time during the sport events.

The formal interview was conducted with one of the event organizers of the Wakayama section and was designed to obtain her perceptions of benefits that the participants with dementia gained through the sport events. The formal interview was semi-structured guided by the following three questions: (a) what is the significance of participation in the sport events for people with dementia?; (b) why do you think people with dementia and their families participated in the sport events?; and (c) what kinds of perceived benefits do you think people with dementia and their families obtained through the sport events? During the events, the informal interviews were also carried out with the participants suffering from dementia and their family in order to obtain data which could not be observed in the events. As well as the

formal interview, the informal interviews' questions included (a) their motivation to and (b) perceived benefits of the sport events.

The formal interview was recorded and transcribed. Field notes in terms of the observations and the informal interviews were taken after the events. Content analysis was conducted on the obtained data.

Results and Discussion

The purpose of this study was to examine perceived benefits of sport participation for people with dementia by employing Coleman and Iso-Ahola's (1993)'s theoretical model. By following their model, this section is subdivided into self-determination and social support.

Self-Determination

Our results indicated that the RUN TOMO led the participants with dementia to develop their sense of self-determination. More specifically, as with Nakayama's (2011) recommendation, the sport events were intended to provide them with enjoyable moments by including activities that they were able to do (e.g., karaoke). In fact, the participants with dementia tried to achieve their own goals (e.g., running, walking, singing) through participating in the sport events. It is reasonable to state that these experiences led them to develop their sense of self-determination as with other leisure activities (Coleman & Iso-Ahola, 1993). The results of the informal interviews also indicated that such experiences enabled them to alleviate a sense of anxiety about dementia, which enhanced their psychological well-being. The results of the formal interviews demonstrated that the generated self-determination subsequently improved their self-esteem and self-efficacy and enabled them to find purpose in life (i.e., *ikigai*). These psychological characteristics are also conducive to psychological well-being and can be enhanced through leisure participation (Elavsky & Doerksen, 2010; Kono, Walker, & Hagi, 2016). Interestingly, these psychological benefits seemed to extend to: (a) the family members who participated in the sport events; and (b) people with dementia who got involved with the sport events as non-participants.

In summary, our results demonstrated that people with dementia developed their sense of self-determination by participating in the sport events, which was congruent with Coleman and Iso-Ahola's (1993) theoretical model. Furthermore, the generated self-determination enhanced their health via self-esteem, self-efficacy, and purpose in life, which extended to participants without dementia (e.g., family members) and non-participants with dementia as well.

Social Support

Our results indicated that not only participants with dementia but also their family

members and the professional personnel facilitated the development of friendships by participating in the sport events. These results were not surprising given that leisure and sport participation is highly social in nature (Chalip, 2016) and plays a prominent role in developing friendships (Coleman & Iso-Ahola, 1993). As perceived emotional support from others is highly important for Japanese people to enhance their psychological well-being (Uchida, Kitayama, Mesquita, Reyes, & Morling, 2008), it is sufficient to say that participating in the sport events appeared to enhance psychological well-being of the participants with dementia by gaining and realizing social support. Dementia care networks were also developed and strengthened through the sport events. Given that these networks were rooted in the community, hosting such sport events has contributed to the mission of the Health and Welfare Bureau for the Elderly, that is, promoting the establishment of the Community-based Integrated Care System (MHLW, 2016a). Additionally, the participation of non-professional personnel (e.g., general public officers, college volunteers) helped familiarize the public with the care networks and systems available for those suffering from dementia. Thus, it is reasonable to expect that non-participants' awareness of the dementia care networks and systems increased through the sport events.

In summary, our results supported Coleman and Iso-Ahola's (1993) theoretical model by identifying the development of friendships through sport event participation. This generated social support contributed not only to enhancing their psychological well-being, but also to promoting the care networks particularly rooted in the community. All together, our results supported the study hypothesis, that is, sport participation might provide people with dementia the perceived benefits of self-determination and social support. They further indicated that these benefits were perceived not only by participants with dementia, but also by participants without dementia (e.g., their family members), non-participants with dementia, professional personnel, and non-professional personnel (e.g., local residents).

Conclusion

In this study, we attempted to clarify the perceived benefits of sports participation for people with dementia. This study found that sport participation provided them with opportunities to develop their sense of self-determination and social support, which supported Coleman and Iso-Ahola's (1993) theoretical model. These benefits subsequently led to the enhancement of their psychological well-being. It is worth noting that not only the participants with dementia but also the others who got involved with the sport events (e.g., family members, local residents) perceived the benefits. Therefore, sport participation may play a prominent role in promoting the establishment of the Community-based Integrated Care System (MHLW, 2016a).

As with any research, this study has limitations. First, our data resources were quite limited. More specifically, as mentioned above, we were not able to conduct formal interviews with the participants suffering from dementia and their family members. Establishing a rapport with some of them before the sport events could enable us to conduct informal interviews and, consequently, obtain reliable and rich data. Second, because we observed the participants with dementia only during the sport events, we were not able to examine the effects of the sport participation on their daily life. Future research should overcome these limitations by collecting data from them via formal interviews or questionnaire surveys that include both sport and daily contexts. In particular, a longitudinal perspective would be fruitful for a future research avenue. Having acknowledged these limitations, however, we still believe that this study contributes to the understudied research area of the association between sport participation and dementia.

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A Comparative Cross-national Study of Policies for Paralympics

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Abstract

Despite the increasing concern with Paralympics and sport for the disabled, little attention has been paid to the study of disability sport and Paralympics. The purpose of this study is to compare the policies and training centers for Paralympics in advanced countries. For the purpose of this study, five countries including UK, Germany, Australia, Canada, and South Korea were selected. Interviews and field works were conducted to 16 government staffs, coaches, and researchers. Interviews consisted of organizational structures (government, NF), national training centers, regional training centers, support from sport medicine/sciences, relationship with NOC.

Three conclusions can be pointed. First, policy of social inclusion and inclusion sport has been pervasive in Western advanced countries including UK, Germany, Australia and Canada. Second, Cooperation and collaboration between Olympic sport and Paralympic sport have been promoted. Third, Co-use of National/regional Training centers among Olympians and Paralympians is common. It should be noted that enactment of the Disability Discrimination Act in the late 20th and early 21st centuries played an important role to promote the integration between Olympic games and Paralympic Games.

Key words: Paralympics, sport policies, cross-national study, training centers

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Introduction

In recent years, a great concern has been paid to Paralympics and sport for the disabled. This phenomenon is mainly due to the changes of the name and policy for the Organizing Committee of the Olympic. Until the Beijing 2008, the name was the Organizing Committee for the Games of XXIV Olympiad (BOCOG). However, the name of the London 2012 became the London Organizing Committee of the Olympic and Paralympic Games (LOCOG). In addition, LOCOG adopts the diversity and inclusion strategy during the management stages as well as the bid process.

The inclusion strategy was adopted to the London Organizing Committee not only Olympic Games but also Paralympic games. The inclusion strategy of London 2012 produced significant changes in people’s attitude toward Paralympic Games as well as the disabled. According to the London 2012 Olympic games Official Report (2012), more than 80 per cent of people agree that “the London 2012 Paralympic Games demonstrated athletes’ abilities ahead of their disabilities”. One in three UK adults say the London 2012 Paralympic Games changed their attitude toward people with disabilities. Furthermore, 74 per cent agree that the Paralympic Games have shown the world how to treat disabled people with respect and equality.

The 2020 Olympics and Paralympics will be held in Tokyo. Advisory Board for Training/Research Centers for Olympics and Paralympics in Min. of Education, Culture, Sport, Science and Technology (MEXT) was established in 2014 to discuss the policies for national training and research centers for Olympics and Paralympics. The main issue was the policy of “inclusion or exclusion?”. Little attention has been paid to the study of disabled sport and Paralympics in Japan. There were only a few studies on disabled sport in foreign countries(Tanaka, 2013:Okuda, 2011). The purpose of this study is to compare the policies and training centers for Paralympics in advanced countries.

Background of the Research

Do you know when the name of Paralympics was invented ? It was the 1964 Tokyo Olympics. Until 1964, the name was International Stoke Mandeville Games. In 2011, the Sport Basic Law was enacted. It should be noted that Sport Basic Law expands its target group to the disabled, while the Sports Promotion Law(1961) did not include the disabled. In 2012, Sport Basic Plan was presented by the Sport Promotion Committee. In 2013 IOC congress in Rio de Janeiro, Tokyo was selected as a host city for the 2020 Olympics and Paralympics. Since then, a great concern and budgets to top sport including Paralympics have been paid in Japan.

In 2014, promotion division for disabled sport moved from Ministry of Health and

Welfare to the MEXT. In same year 2014, advisory board for training/research centers for Olympics and Paralympics was established. We have national training center for Olympics in Tokyo, although there is no National training center for Paralympics in Japan. The major discussion was the policy of inclusion or exclusion. JOC emphasized the NTC in Tokyo is for the athletes of JOC and there is no place for Paralympic athletes. JPC insisted to construct new NTC for only Paralympic athletes. This was the start of our research project on sport policies for Paralympics in the world.

When we take a look at the literature, little attention has been paid to the study of disability sport and Paralympics in Japan. JSC(2012)conducted a research on top athletes in disability sport. YAMAHA Sport Foundation (2012) published a research report on the Present state of disability sport in universities. JSC (2013) published a research report on sport environment of the Paralympians. SSF(2013)conducted a research on sport and recreation activities for the disabled in communities. There has been only a few studies on disability sport in foreign countries(Tanaka, 2013:Okuda, 2011). Thus, most of the research reports were published since 2012 just after the establishment of Sport Basic Plan in 2012. In addition, only a few studies on disability sport in foreign countries have been conducted. That means, we do not know much about disabled sport in the world.

Research Method

For the purpose of this study, 5 Countries including UK, Germany, Australia, Canada, and South Korea were selected. Interviews and field works were conducted to 16 government staffs, coaches, and researchers in UK, 3 in Germany, 4 in Australia, 7 in Canada, and 11 in Republic of Korea from August to October in 2014 by 13 Japanese and Korean researchers. Interviews consisted of organizational structures (government, NF), national training centers, regional training centers, support from sport medicine/sciences, relationship with NOC.

Speaking of Olympic performance, UK was 3rd in London Paralympics and 10th in Sochi Paralympics. Germany was 8th in London and 2nd in Sochi. Australia was 5th in London and 19th in Sochi. Canada was 20th in London but 3rd in Sochi (Canada has strong winter sport). Korea was 12th in London but no medal in Sochi. In the case of Japan, the medal ranking was 24th in London but 7th in Sochi.

Table 1 Outline of the Countries and Olympic performance

	<Land·Population>		<Land·Population>	
▪ UK	243,610km ²	64million	London 3 rd	Sochi 10th
▪ Germany	243,610km ²	82million	London 8 th	Sochi 2nd
▪ Australia	7,692,024km ²	22million	London 5 th	Sochi 19th
▪ Canada	9,984,670km ²	35million	London 20 th	Sochi 3rd
▪ Korea	98,480km ²	50million	London 12 th	Sochi (no medal)

The Case of United Kingdom

Perhaps, most of you know the origin of disability sport is UK. Stoke Mandeville Hospital suburb of London is the place of disability sport. Dr. Guttman adopted sport for rehabilitation for wheelchair persons who were injured during the 2nd world war. 16 retired veterans took part in International Stoke Mandeville Games at Stoke Mandeville hospital in 1948.

Sport in UK has been governed by Department of Culture, Media and Sports, DCMS. Under the DCMS, there are UK Sport and 4 regional sport council, Sport England, Sport Scotland, Sport Wales and Sport Northern Ireland. National training centers for Paralympic athletes are located in each region. UK Sport focuses on Olympics and Paralympics, while their policy is the “concentration and centralization”. That was a basic policy of 2012 London Olympics and Paralympics. That means, they put their fund only to strong sports that can get medals. In regional example, Sport England adopts Sport for All policy promoting Special Olympics and Deaflympics, too.

In UK, each NF sets training centers with quality standard. It should be emphasize that 11 million tickets for 2012 London were sold across both Games. The tickets for Paralympic Games were sold out. This may be first time in the history of Paralympics. Paralympic athletes receive financial aid with different amount based on evaluation standard. UK Sport sets UK Guideline for 2016 Rio Paralympics which is called Performance Investment Project. At universities, training facility for wheelchair basketball is located at Worcester University, while Loughborough University has the Institute of Disability Sport.



Photo 1. National Cycling Centre (cited from GB Para-Cycling Programme)



Photo 2. Institute of Disability Sport at Loughborough University

The Case of Germany

Sport in Germany is governed by Ministry of Interior. Under the Ministry, German Olympic Sport Federation (DOSB) is the central body. German Disability Sport Federation (DBS) and National Paralympic Committee Germany (NPC) control disability sport. Germany is the federal state, while DBS collaborates each state to promote disability sport with regional training facilities. DBS has power to control Paralympics, while NPC nominates Paralympic athletes.

DBS promotes talented athlete identification as a core function. Training facilities for Paralympians (PTS) set up clear standards on various fields, for example, hardware, software and human resources. PTS has trainers who obtained licenses over B level. Facilities coordinators are key persons of the networks. It should be noted that Paralympians can use the same facilities as Olympians do. DBS and DOSB has an agreement on facility use. Each training center has talent identification program with licensed trainers.



Photo 3. National Paralympic Committee Germany



Photo 4. Training Facilities for Paralympians

The Case of Australia

In Australia, sport is governed by the Department of Health. Australian Sports Commission (ASC) is the central agency with their national training center, Australian Institute of Sport (AIS). It should be noted that integration policy in Olympics and Paralympics can be seen in Australia. Australian Disability Sports Federation (ADSF) was founded in 1975. ADSF was integrated to Australian Paralympic Committee (APC) which was established in 1990. ASC had the Disability Service Sector till December 2010 in ASC for 20 years. The integration was promoted influenced by the enactment of the Disability Discrimination Act (1992). In order to enhance integration, Sports CONNECT project has been conducted.

AIS in Canberra as NTC has training facilities, research institute, and medical/scientific support for both Olympians and Paralympians.

AIS is one of the most advanced national training center in the world. AIS collaborates with 17NF for talent identification and training programs aiming for Olympics, Paralympics and Commonwealth Games. Both Olympians and Paralympians can use the sport science support Centers in each state. It should be noted that European Training Center was established in Italy in 2011, off course both Olympians and Paralympians can Use the Training Center.



Photo 5. Victorian Institute of Sport



Photo 6. Australian Institute of Sport

The Case of Canada

Under the Ministry of Canadian Heritage, Sport Canada, Canada Paralympic committee(CPC), and Own the podium (which is NPO for Vancouver 2010) work closely each other. Canada is the federal state and immigrant county, while Canada has adopted the policy of social inclusion as nation including sport. Universal design has been pervasive in communities. They have a program, called 1st Contact, which identify and promote disability sport at workshops in sport centers and universities etc. Changing Minds, Changing Life is the slogan of the program. There are a variety of support funds including Para-Equipment Fund, Parasport Jumpstart Fund, Paralympic Schools Program.

Canadian Olympic Committee (COC), Coaching Association of Canada and the state government have established 7 Canadian Sport Centers. For instance, Canadian Sport Institute(CSI), Ontario can be used by Olympians, Paralympians, citizen and university students. CSI promotes sport science support to athletes and medical support by University of Toronto Hospital. There are Ability Sport Centers which promote inclusive sport environments as community centers.



Photo 7. Canadian Sport Center



Photo 8. Canadian Sport Institute, Ontario

The Case of Korea

The reason why we selected Korea is that the 2018 Paralympics will be held in Pyon Chang, Korea. Sport in Korea is governed by Ministry of Culture, Sport and Tourism. Under the Ministry, Department of Disability Sport is one of the four Departments including Sport Policy, Sport Promotion, and International Sport. There are Korean Paralympic Committee (KPC) and Korean Sports Association for the Disabled (KOSAD). It should be emphasized that Korea has “d Ground” (Korea Sport Training Center) as NTC for only disability sport. “d Ground” is located in Ichon, one hour south of Seoul and was open in 2009. We were very impressed by a number of parking lot for the disabled surrounding the “d” Ground.

“d” Ground has training facilities, physiotherapy rooms, health care rooms, restaurants and 230 athlete rooms with 70 staff. Annual budget of “d” Ground is US\$ 3 million supported by government, Kspo and sponsors like Samsung. Paralympic sport used to be governed by Min. of Health & Welfare, but was moved to Min. of Culture, Sport and Tourism in 2005.



Photo 9. Korea Sport Training Center d' Ground



Photo 10. Korea Sport Training Center d' Ground

Conclusions

In conclusion, there are three points to be summarized. First, policy of social inclusion and inclusion sport has been pervasive in Western advanced countries including UK, Germany, Australia and Canada. Second, Cooperation and collaboration between Olympic sport and Paralympic sport have been promoted. Third, Co-use of National/regional Training centers among Olympians and Paralympians is common.

One of the major reason for the three characteristics is enactment of the Disability Discrimination Act. In the late 20th and early 21st centuries, a number of countries have passed laws aimed at reducing discrimination against people with disabilities.

Australia enacted the Federal Discrimination Act 2012, The Ontarians with Disabilities Act was adopted in Canada and UK government enacted the Disability Discrimination Act in 1995. The Act provides protection for everyone against discrimination based on disability. It encourages everyone to be involved in implementing the Act and to share in the overall benefits to the community and the economy that flow from participation by the widest range of people. The Act enhanced the social inclusion, collaboration and co-use among athletes both in Olympians and Paralympians.

ASFAA and TAFISA have been promoting Sport for All in the last 25 years by collaborating UNESCO, IOC, ICSSPE, EU and other international bodies. Now, there are strong need to put more attention to disability sport. We should include disability sport in such sport events as TAFISA World Sport for All Games, Challenge Day, World Walking Day, Triple AC program, and Designed to Move. The inclusion policy in Sport for All events and programs will enhance further development of Sport for All and Physical Activity as well as ASFAA & TAFISA.

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Discriminant Analysis of Adopters and Adherers of Sport Activities: Focused on the Differences of their Support Needs

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Abstract

The purpose of this study was to examine the differences between adults who intended to adopt sports and those who intended to adhere by comparing support needs. A questionnaire survey was conducted on 3,002 adult people chosen by random sampling in Takarazuka city, Japan. The number of valid response was 1,351 (45%). In all responses, the number of respondents who intended to play a certain sport was 1,179 (87.3%). We defined those who never played the sport in a previous year as adopters and the rest of respondents as adherers. All of 940 free answers of the needs for playing sports were divided into 9 categories such as instructional and financial needs. Due to compare the differences between adopters and adherers, we conducted Hayashi's quantification theory II, with sports status (intend to adopt versus to adhere) as the dependent variables and the support needs, personal attributes, etc. as the independent variables. First, as a result, support needs of respondents were divided into nine categories. Second, informational and instructional needs were the most powerful categories to determine the direction of adoption. These results indicated adopters and adherers had different characteristics in support needs.

Keywords: social support, support needs, adoption, adherence

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Introduction

Today the health and sports promotions for adults have been increasing in recent years all over the world (Gerontology Sports Laboratory, 2007). Especially in Japan, keeping health is a big problem to be solved because of rapid aging population and a lot of exercise and sport programs have been held targeting adults and their families. Adults have been considered as physically and psychologically impaired, disabled, and that they are recipients of health and social welfare systems (Featherstone & Wernick, 1995; Birren & Schaie, 2006). In spite of these negative stereotypes, according to the National Survey on Active Aging 2008 (Japan Health Promotion and Fitness Foundation, 2008), many older people have intended to participate in sport activities and the number of sports given from respondents (n=1,434) were 65, which contained not only health-related sports (e.g. walking, jogging, swimming) but also competitive or recreational sports (e.g. soccer, judo, ice skating, petanque, etc.). These results show that there has been the gap between the contents or services provided for adults and their support needs. Though it is very important for researchers to get accurate information on their support needs in order to provide the proper services and programs, it costs a lot of time and money.

Previous researches explored many factors influencing adherence (Campbell, 2001; Yasunaga, 2002, Takenaka, 2005; Arai, 2009), and some of them focused on the determining factors preventing from sport activities (Nishimura, 2003). Williams et al. (2008) and Rothman et al. (2000) show the characteristics of adopters by comparing adherers. Though their methods were based on the previous popular model such as transtheoretical model (Prochaska, 1994) and social cognitive theory (Bandura, 1988), resulted in unexpected outcomes or main factors varied in each research, so it is unclear which predictors are effective to adopt sport activities.

As the Ministry of Health, Labour and Welfare (2012) has pointed out, it is becoming more and more necessary to solve the problems related to increasing sedentary people in Japan but there are few studies focusing on factors influencing people to become active. In addition to adoption, the social support is the key concept in this study. Social support is important not only in medical science and epidemiology, but also in sociology. House et al. (1984) and Sallis et al. (1987) explored discriminants or predictors on physical activities from the perspective of social supports and social network. Many researchers have picked up social supports so as to measure the levels of network of individuals, but each of them have their own ideas about the categorization (Barerra; 1983; Vaux, 1988) and even about a definition. Beginning to notice the importance of understanding social supports from not providers' but recipients' points of view, researchers in all fields, such as social marketing and medical care, have tried to grasp the needs of their targets (Saito, 2011; Murata, 2012). However, especially in studies on sports, the sufficient information on needs for participating in sport activities is not identified in the previous research.

Thus the purpose of this study was to examine the differences between people who intended to adopt sport activities and those who intended to adhere by comparing support needs.

Methods

Survey Methods

In this research, we used the data of the survey of exercise and sports in Takarazuka City conducted in 2009. The survey was conducted in April to June 2009 with a random sampling of 3,002 male and female residents of Takarazuka City, Japan. Twenty years and older, using a paper survey conducted through the mail. There were 1,351 valid responses, and it resulted in a recovery rate of 45%.

The survey contained personal attributes, frequency of sport participation in number of 65 exercises and sports, the concrete sport which each individual wanted to participate in, and the support needs to participate in the sport.

Definition of the Terms

(1) “Adopters” and “Adherers”

Some researches targeting on participating in sport activities tried to categorize people into adoption and adherence/maintenance based on their experiences of the past (Williams et al., 2008) and the same method was taken in this research. In the respondents who had any sport to want to participate in, they were categorized adopters and adherers, based on their own experience in a previous year, that is, the respondents intended to participate in a sport which he had never participated in the last year was called adopters and the rest as adheres in this research.

(2)Support Needs

In this survey, respondents were asked whether they wanted to participate in any sport activity from 65 sports listed in the questionnaire. If they had a favorite sport, they were asked to answer their own need to participate in the sport activity in free answers. Thus we called the free answers data as support needs to participate in the sport activities.

Analytic Methods

(1)Personal Attributes

Personal attributes were asked; their sex, age, self-assessment of health, frequency of participation in sport activities in the past year (from none to four times per week), and the number of sport activities participated in over the past year (65 sport activities in total).

¹Free answers were collected by fulfilling the following sentence: I will participate in the sport if

(2)Categorizing Support Needs

All linguistic data were divided into some support needs categories based on reviews by triangulation method. Three researchers discussed all data in order to categorize them into some groups based on keywords and contexts. We used Text Analysis for Surveys (TAS) for analysis of free answers, and also used SPSS ver.17.0 for quantitative data analysis.

(3)Hayashi’s Quantification Theory II

Hayashi’s Quantification Theory II is similar to discriminant analysis, and is usually used for examining categorical variables that cannot be analyzed by discriminant analysis(Nishida and Shin, 1984). As this method does not indicate a significant difference, in order to differentiate the two groups, category scores were computed to explain which groupings of each independent variable determined the criterion variables (Chogahara and Yamaguchi, 1998).

Results

The intention of participating in sport activities

In all 1,351 respondents, 1,179 answered to have the intention of participating in sport activities, as listed in 65 sports (See figure 1). Focused on top answers, many respondents wanted to participate in yoga (8.6%), walking (7.0%), swimming (6.4%), golf (5.4%), and aquabics (5.2%).

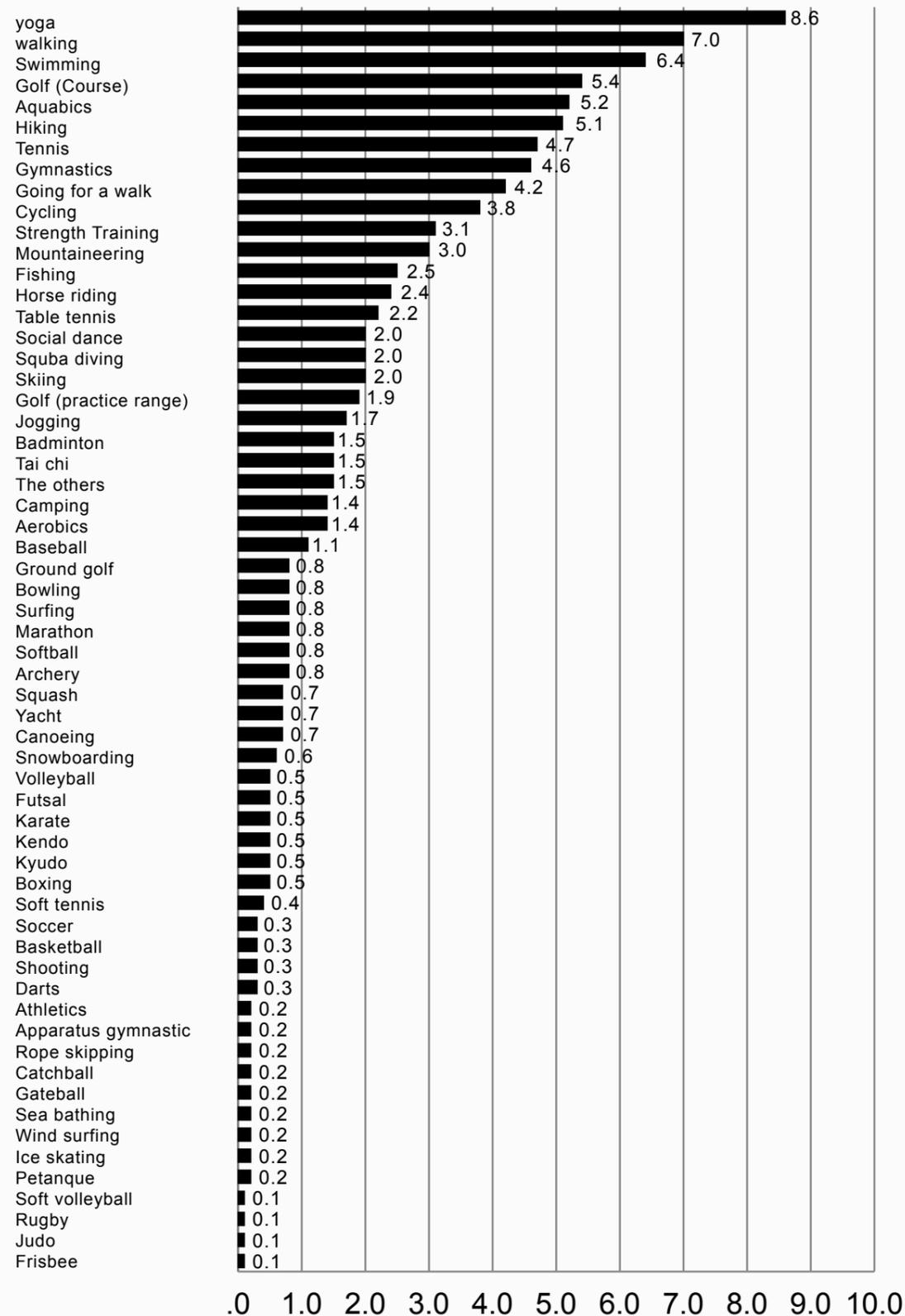


Figure 1 Percentage of Sport Activities Respondents Intended to Participate (n=1,351)

According to the Sports Life Data2008 (Sasakawa Sports Foundation, 2009), adults tended to like walking, swimming, and golf. On the other hand, respondents in Takarazuka City prefer to yoga than these sports. Most sports listed in figure 1 indicate health-related type of sport activities such as walking, but some people answered more competitive and enjoyable sports such as scuba diving (2.0%), badminton(1.5%). Next, as written in definition, the respondents were categorized into adopters (n=606:70.6%) and adheres (n=334: 29.4%), based on their experience, that is, those who never played the sport in a previous year as adopters and the rest of respondents as adheres. The groups of adopters and adheres were used as a dependent variable in Hayashi’s quantification theory II.

Descriptive analysis on categorizing support needs

In total 940 linguistic data about support needs were divided by the keywords and the contexts, using SPSS Text Analysis for Surveys. As a result, 9 categories were extracted in this study (Table 1). First category was Material support (22.4%) such as equipment or instruments. Second was Time management support (20.2%) such as “If I have much time to participate in sports”. Third was Companionship support (19.5%) such as friends or a partner, fourth category was Program support (16.1%) such as sports festivals or city marathon events. Fifth category was financial support (7.9%), and sixth was Informational support (6.8%). Seventh was Motivational support (4.1%), and eighth category was Instructional support (1.6%) such as instructors or coaches, and the last category was Physical coping support (1.4%) like “If the pain in my back is eased.”

Table 1 The Categories of Support Needs for Realizing Adoption or Adherence for Sport Activities thorough Analyzing the Data of Free Answers of the Questionnaire.

Category	%(n)	Examples of free answers on support need (If...)
Material support (Equipment and instruments)	22.4% (n=211)	If there is a training course in the park If I can rent s sport bike If I get a tennis racket
Time management support (Much time to spare)	20.2% (n=190)	If I have mach time If I retire the job If I become free from housework
Companionship support (Friends and partners)	19.5% (n=183)	If my friends call for me If we can paticipate with my family If I can play with my wife
Program support (Programs and services)	16.1% (n=151)	If there are trial programs by age groups If we have some classes of some age groups If I can join the yoga program for only beginner
Financial support (Discounts and cheap cost)	7.9% (n=74)	If the fee decreases If I have the ticket for discount If I can use the swimming pool for free
Informational support (News and Information)	6.8% (n=64)	If I can get information of municipal gymnasium If I receive useful information If the homepage of the city becomes more accesible to us
Motivational support (Increasing their motivation)	4.1% (n=39)	If I have the motivation to the sport If I get to concern about my boby and health If my motivation to the sport gets stronger
Instructional support (Instruction by the coaches)	1.6% (n=15)	If some coaches assist me If I can meet a good instructor If I can train with professionals
Physical coping support (Softening their pain or disabilities)	1.4% (n=13)	If the pain of my leg reduce If my boby condition gets better If my hand moves more smoothly

As a result of categorization, the top categories were Material support (22.4%). Next was Time management support (20.2%), and the third was Companionship support (19.5%). These three categories account for about twenty percent. According to previous researches

(Japan Health Promotion and Fitness Foundation, 2008), the most typical reasons not to participate in sports was “Not having much time to spare”. In Japan, “Time” has been the top factor to prevent from participating in sports since 1972 to 2004, and in recent research, the factor had been increasing to nearly 40 percent. On the other hand, Time management support makes for 20 percent in this study. That was because respondents of this study had imagined their own sports to participate in before answered the questionnaire.

Discriminant Analysis using Hayashi's quantification theory II

After recoding some items, adopters and adherers were used as dependent variables, and 6 items; (1) sex, (2) age, (3) self assessment of health, (4) frequency of participation in sport activities in the past year, (5)the category of sport activities which each respondent participated in the most, and (6) support needs (total categories of 6 items were 39) were chosen as independent variables by the previous research, Hayashi’s quantification theory II was conducted to clarify the differences between adopters and adherers by the 6 independent variables. Figure 2 shows partial correlation coefficient of each item, and also shows category score and range that represents the power to determine the dependent variables of each category. Since Hayashi’s quantification theory II does not provide probability levels to accompany its statistical results significance, Hayashi (1974) proposed the 0.1 level of partial correlation coefficient be regarded as sufficient to identify which independent variables discriminate the criterion variables. It indicates all 6 independent variables in this analysis are effective. In this graph, positive score (+) category score meant to determine to adheres, and negative one (-) score to adopters.

At first, the most powerful item was support needs category (partial correlation coefficient was 0.153), and the second was age group category (0.150), the third was sports which respondents had participated in the most in last year(0.147). The fourth category was the frequency of sports participation in a previous year(0.139). Since these items were also powerful in terms of each category, they were very important in this study. In the age items, 20s was associated with adopters, while 70 and older was affiliated with adheres.

Focused on support needs category, motivational support (category score was 1.762) and physical coping support (2.008) had the power to prescribe to adherers, and instructional support (-1.349) and informational support (-0.594) to adopters. Especially instructional support was very strong in prescribing to adopters. When people adopt to participate in a certain sport, they always need instructors or coaches to play safely and properly. These results also indicate that useful information about the sport lead to adopt to participate in sports. Though other support categories did not have the power in this analysis, big-sized categories such as material support and companionship support are always needed regardless of the personal attribute. In other words, support needed by adopters and adherers should be different each other although typical support are always important for both groups.

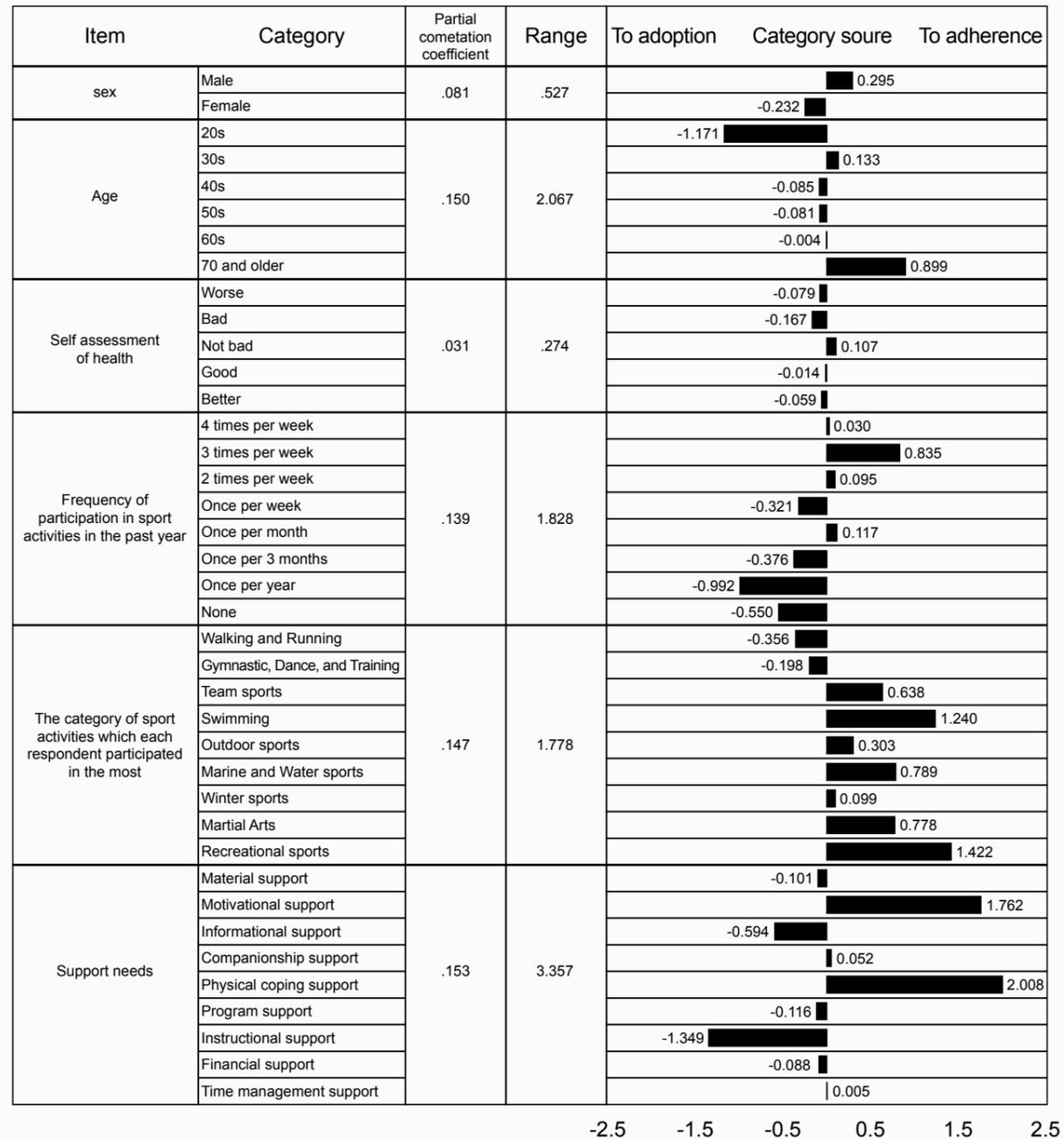


Figure 2 The Result of Hayashi's Quantification Theory II with Adoption and Adherence as Independent Variables

Conclusion

The purpose of this study was to examine the characteristics of the adopters by comparing adherers in terms of support needs categories derived from free answers. At first we found that the support needs required by the adult respondents were summarized in a total of nine categories. Although the number of all free answers in the nine categories ranged from 13 to 211, even small-sized categories are independent and could not be regarded the same as the other groups.

Second, support needs of adopters and adherers have the similarities and differences each other. As many researches showed, researchers should consider each individual's stage of participation in sports, intention and experience (Sallis et al., 1992). Most of previous researches of adults' participation in exercise and sports focused on quantitative variables. In the context, the research keywords were to increase the level of exercise such as intensity and frequency of exercise. Though it is very important for adults to measure the quantitative variables, people will never adopt any sport without positive attitude to the sport. In this perspective, based on their own intention to participate in exercise and sport, social support will help adults to play sports they intend to initiate.

As some researches focused on mass media campaign(Wardle et al.,2001), counseling by specialists using email(Wimbush et al.,1998; Reger et al.,2002), researchers have sought for the methods to increase the activity levels of sedentary people. Despite of these efforts, most of research showed that just 1-3 % people had changed their behavior by the sport promotion (Wardle et al.,2001), which indicates how difficult to influence the behavioral change. Thus it is necessary to examine the social support from a perspective of needs based on the sports.

Discussion

The results of this study show following two topics. At first in the field of medical and social psychology, as Lin(1986) and Pattison et al.(1977) pointed out, social support divided into material support and mental support. On the other hand, in the field of sport promotion, we must consider not only typical categories but also more concrete support needs for actualizing participating in sport activities. Most of previous researches categorized social support from a perspective of providers, but in this study, we divided support needs from free answers of respondents. It is important for many fields such as education, child-rearing and medical care to grasp support needs by interviews and interventions, and it seems that promotions of sport activities also should focus on variety of needs. In this study, respondents answered many kinds of support needs after having a specific image of their favorite sport activities. Previous surveys asked some needs to participate in sport activities, but many of them resulted in typical needs

such as lack of time and money because the respondents imaged not his/her favorite sport but a sport in general. Some researches adopted the same methods as this study (Japan Health Promotion and Fitness Foundation, 2008), and they also showed the variety of support needs.

Next, adopters and adherers have different support needs. In spite of the importance of understanding the process and the stage of change (Prochaska et al., 1983), providers have great difficulty in changing support or services by each individual's stage. The results of this study also showed the importance of having some kinds of tools or channels to support their target groups (Daikuya, 2003).

Though we focused on support needs of especially adopters based on the sports they intended to play, it is unclear whether respondents adopt the sport actually or not if they receive the proper support they wanted. This is the limitation of this study. The next step of this study is to investigate whether these support categories predict behavioral change of adults in a longitudinal study. Thus further research should be designed with a longitudinal framework in order to understand behavioral change of each individual.

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LEISURE ACTIVITY AND LIFE SATISFACTION AMONG COLLEGE TEACHERS

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Abstract

In order to assess the relationship between leisure activity and life satisfaction among one hundred and seventy (85 male & 85 female) teachers from different colleges of Rani Durgawati University, Jabalpur, Madhya Pradesh ,India. The age of teachers ranged between 23 to 63 years. A questionnaire consisting of socio-demographic variables, degree of life satisfaction, health status and frequency of participation in different leisure activities was administered on all the subjects. Zero order correlations between degree of life satisfaction and leisure activity participation of male teachers indicated that activities like “perform volunteer work”; “attend cultural events”; “holiday trips”; and “gardening” were significantly correlated. In case of female teachers “perform volunteer work”; “engage in artistic and musical activities”; “perform handicraft and home repairs”; “participate in sports” and “attend sports events” were significantly correlated with life satisfaction. Partial correlations (controlling the age & medical condition) no change in activities was observed for male teachers. In female participants “attend cinema”; and “attending classical/gazal concerts” were added. In female teachers, surprisingly “visiting neighbor” was negatively correlated with life satisfaction.

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Introduction

Leisure activities means that individuals willingly take up activities that could benefit their mental, physical, and social health during free time. In such activities, individuals could be satisfied, happy, and self-enrichment in a leisure state (Zhan, 2001). According to Mannell and Kleiber (1997) leisure is both objective and subjective. It is objective when participating one or multiple leisure activities, while subjective leisure means individual obtaining inner satisfaction through activities. While examining the mediating effect of leisure activities between social relationship, physical health and psychological wellbeing.

Kleiber & Nimrod,(2009) define leisure activities as preferred and enjoyable activities participated in during one’s free time and characterized as representing freedom and providing intrinsic satisfaction. Individuals can recover from stress and restore social and physical resources (Pressman et al.,2009) through leisure activities. Leisure activities with others may provide social support and, in turn, mediate the stress health relationship (Coleman & Iso-Ahola, 1993), enrich meaning of life (Carruthers & Hood, 2004), as well as helping older adults adapt to potential restrictions of chronic conditions (Hutchinson & Nimrod, 2012) and overcome negative life events (e.g., losing a loved one) (Janke, Nimrod, & Kleiber,2008). Because engaging in leisure activities may affect different aspects of well-being (Gautam, Saito, & Kai,2007).

Paillard-Borg, Wang,Winblad, and Fratiglioni (2009) examined five types of leisure activities in older adults- mental, social, physical, productive, and recreational—to assess how participation affects health status. They found that mental activities (e.g., writing, reading) were not only the most popular type of leisure activities, but also enhanced well-being the most.

Silverstein and Parker (2002) divided 15 leisure activities into six domains -culture entertainment, productive personal growth, outdoor physical, recreation expressive, friendship, and formal group. They found that engaging in friendship-type leisure activities (e.g., visiting friends) resulted in the highest quality of life in older Swedish adults. Studies on social and leisure activities and well-being in older adults, by Adam et.al.(2011)found that informal social activity benefited well-being the most.

Bouchard (2006) stated that leisure-time physical activity includes commuting, non-exercise, exercise and sports. Commuting physical activity may be done simply as a means of travel or for other reasons such as exercise. Non-exercise physical activity is done for other purposes than conditioning exercise or fitness itself. For example, snow shovelling, heavy gardening or wood chopping increase energy expenditure but the ultimate goal is not to enhance fitness. Exercise is a form of leisure-time physical activity that is performed repeatedly over a longer period to maintain or enhance fitness.

The results of study to examine the interest for and participation in cultural leisure

activities for undergraduate students enrolled in leisure studies courses conducted by Auger et.al(1999) indicated that the most favourite leisure time activities are sports, socializing with family and friends, and watching T.V. and movies. Very few respondents mentioned cultural leisure activities as favourites. Female respondents read magazines more than males. Usually they read fashion magazines. Half of the respondents "never" or "rarely" read books other than those required for school. Two-thirds claimed that they "don't have enough time" but one-third stated that they are "not interested" in reading more. About 95% of respondents listen to music "often" but virtually no one listens to classical music "most often".

Indians are like any other people in the world. Not all people in India spend their leisure time the same way. There was a time before television was introduced when there were more social activities like clubs where people met and played and there were lots of sports activities. Girls and women devoted time to learning arts and crafts, especially with throw-away items. They also learnt cooking, cleaning, sewing, embroidering, gardening. Home science was supposed to be the 'in' thing. The upper class men played billiards/snooker and the middle-class played football or cricket on common playgrounds.

Now the scene is different. Children are extremely busy with academics (the Indian curriculum is quite taxing), and since extra-curricular activities give them 'points' for university, they try to learn a musical instrument, go in for some dance/language/personality improvement/yoga classes. Most women too are working. So, with this double income, the quality of life and leisure has changed. There are clubs for the privileged, membership of which is not easy. The average middle class is able to afford tourism within the country and also fly overseas for holidays. Weekend shopping in malls, eating out in restaurants, going to the cinemas and generally having fun or unwinding with friends is how an average Indian spends his/her leisure time nowadays.

Actually in India when the people are free they go to see some historical places or talking with their relationers. In leisure time people are discussing to each other and share their problems and happiness.

People in India spend their free time doing exactly what people elsewhere do- hanging out with friends, watching TV, going shopping, going to a bar, reading a book, taking pottery classes, pursuing hobbies etc. They are warm people so spending time with the family is always a big deal. There are traditional hobbies like Indian classical dance, yoga, spirituality, traditional Indian art etc. which a lot of people take time out for.

In Indian context, hobby may be considered as a leisure activity. India has too vast and diverse of a history and culture to easily find common hobby trends though that may be changing among the middle class. Indian Leisure & Entertainment Trends 2008-09 survey states that, Leisure is not new to the country.

Music, dance, theatre, poetry have entertained people.

Religion plays a key role in the life of an Indian. Rituals, worship and other religious activities are very prominent in an individual's daily life; this is evident from the fact that close to 7 out of 10 individuals consider 'visits to temples / places of worship' as an activity that they would pursue in their leisure time. 60% have also engaged in the activity as part of their leisure repertoire, in the last one year. Interestingly, this is also an activity that does not seem to be on the wane; it is in the consideration set of leisure activities for nearly as many younger people as it is among the older age group.

Gaming (playing games on computers/mobiles) as an activity is catching up in India. Though the proportion of those who have engaged in some form of gaming is still restricted, gaming as a pastime has spread across town classes and socioeconomic strata. The active gamers - those who consider gaming to be among their top 5 leisure activities - are young expectedly (more than 80% are below 30 years of age) and mostly male. But active female gamers also form a significant segment at 24%.

Misra and Singh (2015) conducted a study on Pattern of leisure-lifestyles among Indian school adolescents: Contextual influences and implications for emerging health concerns that participants spent more time in sedentary and religious activities than they did in sports and games, cultural, and community service activities, except cycling, racing, and walking. More than half of the participants reported sedentary involvement (i.e. bike riding, mobile chatting, Internet, fast music, videogames, watching TV/cinema). About one-third of the participants reported engagement in cultural activities, different types of sports, games, or other physical activities. Only one-fifth of them were engaged in community or professional activities (i.e. scout/NCC, job work). However, walking, cycling, racing, and reading newspapers were also reported as salient activities during leisure time. Interestingly religious behaviors were commonly practiced by the participants.

These findings reflect segregation and sharing both in features of leisure time use among participants from rural, urban, and metro residential settings. Urban adolescents' pattern of leisure-lifestyles reflects transitional state of choices with similarity in the extent of cultural participation, doing job work, scout/NCC participation with rural adolescents but not different from metro participants in listening to fast music, cycling, playing football or hockey, cricket, khokho/kabaddi, and job work. Rural adolescent participants' pattern of leisure indicates transgression of traditional boundaries of leisure by urbanization and industrialization. Despite similarity in practice of certain sedentary leisure with urban segment of adolescents, metro adolescent participants seem to increase their awareness for a healthy leisure time use as

reflected in the findings related to greater practice of racing, cultural participation, and scout/NCC health among them. It seems efforts by different governmental and non-governmental agencies through different channels of media are inducing a positive impetus.

Methodology

The purpose of the study is to determine the effect of leisure activities on happiness and which leisure activity increases happiness, among college teachers affiliated with Rani Durgawati University, Jabalpur, Madhya Pradesh, India. To gather the desirable data a self report questionnaire consisting of 1. one’s present satisfaction with life, measured with single question “how satisfied are you at present with your life as whole” rating his/her life satisfaction on a 10 point scale in which 0 means totally unhappy, and 10 means totally happy. 2. Frequency of one’s participation in Leisure activities. In total 21 activities popular with Indian population were included participants were asked “how frequently do you participate in the following activities: daily; at least once a week; at least once a month; less often; never.3. Health measured as the total number of doctor visits in the past 3 months and 4. Socio-demographic variable age, sex, marriage, education, income (gross amount of salary) income are socio demographic variable was administered one. One hundred and seventy (85 male & 85 female) college teachers who volunteered to participate in the study. The age of subjects ranged from 23 to 63 years.

Data Analysis

Zero order correlation were computed to find out to what extent the happiness goes together with leisure activities, partial correlation were computed (by controlling the effect of age and health on life satisfaction and leisure activities) to check whether these correlation are spurious. The correlation for male, female are presented in table-1.

**Table-1
Correlation Between Leisure Activities and Life Satisfaction Among Male And Female College Teachers**

S No.	Activity	r _m	r _f	p _{r_m}	P _{r_f}
		N 85	N 85	N 85	N 85
1	Go out to eat or drink	.102	.037	.092	.048
2	Visit neighbor	.019	-.148	.038	-.200*
3	Visit family members	.154	.174	.175	.101

4	Play card or board games	.154	.148	.166	.139
5	Participate in local politics	.024	.156	.028	.063
6	Perform volunteer work	.250*	.279**	.242*	.265*
7	Attend prayer or other religions event	.036	.113	.041	.110
8	Watch television, videos	.004	-.167	.004	-.150
9	Read magazines or books	.101	.202	.105	.164
10	Engage in artistic and musical activities	.081	.276*	.069	.212*
11	Performed handicraft and home repairs	-.041	.289**	-.036	.228*
12	Participates in sports	.097	.249*	.087	.239*
13	Attend sports event	.154	.230*	.143	.251*
14	Attend cinema	-.005	.180	.006	.217*
15	Attend cultural events	.218*	.177	.243*	.178
16	Holiday trips	.228*	.121	.229*	.130
17	Attend community events	.180	.114	.184	.121
18	Attend community events	.194	.187	.216*	.197
19	Gardening:	.224*	.190	.230*	.147
20	Vehicle servicing	.186	.174	.196	.199
21	Attend classical/gazals concerts or theatre	.183	.199	.183	.204*

*p<.05

In case of male teachers just four activities – perform volunteer work ; attend cultural events; Holiday trips and gardening; were significantly correlated with life satisfaction “Perform volunteer work”; “Engage in artistic and musical activities”; “Performed handicraft and home repairs”; “Participates in sports” and “attend sports event” significantly correlated with life satisfaction for female teachers.

The partial correlations (controlling the age and medical condition) indicate that leisure activities significantly correlating life satisfaction are the same for male teachers where as in case of female teachers “attending cinema”; “attending classical/gazals concerts” were the additional activities correlated significantly with life satisfaction. Surprisingly the partial correlation between “visiting neighbors” and life satisfaction is negatively correlated. “Performing volunteer work”, “attending cultural events”, “holiday trips”, “attending social gathering” and “gardening” are the leisure activities that have

significant effect on life satisfaction of male teachers where as performing volunteer work, engage in artistic and musical activities, performing handicraft and home repairs participating in sports, attending sports events, attending cinema and attending classical/gazals concerts or theatre has significant effect on life satisfaction of female teachers visiting neighbors also emerged as significant leisure activities for female teachers but is negatively correlated with life satisfaction.

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Sports as Opportunity for Community Development and Peace in India

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The Global Millennium Development Goals and the Magglingen Conference in December 2005 both affirm sport as a "beacon of hope" for peace building and development efforts throughout the world. This paper will focus its attention on in as under what conditions sports can play this important role in community development and peace in India

In The Past the struggle against the diabolical system prevailing in colony systems as Britishers in India, sports played a crucial role as a dynamic part of civil society. In its' struggle against an unjust system, sports was victorious.

Yet in the struggle and effort to create better communities, a better society, a better life sports has been relegated to a seat in the back of the peoples' bus. We all observe to comment that most of the government make bid for the cricket, soccer etc while laudable and important, remain driven by economic desires and neglect the tremendous social transformative capacity inherent to them. And we also notice the continued lack of support for sport and recreation programmes in our public schools and communities at the same moment that millions are invested into star players for international competition. National Teams have their role in nation-building. What makes us uncomfortable is when most peoples' relationship to sports is reduced to being spectators – not even spectators in the stands, but due to their socio-economic situation standing outside shops and cafe's that have television sets, watching from the street, not to allowed entering or hearing the sound – without making a purchase.

What are our priorities? What happened to the agenda of social transformation that was sure to bring us a safer, more peace?

The Indian democracy has brought great progress to many of its people and numerous untold advances have been bridging past divisions. However ,many tensions and inequalities are still present that contribute to the high level conflicts over a variety of issues ranging from employment to land, housing and scarce sources and facilities.

Sixty eight years after the start of democracy in India, poverty is trifle. According to a study by bank of India in 2015 25% of Indian population lives below the poverty rate Youth are the most disadvantaged. The majority live in townships on the periphery of the cities, many under inadequate living conditions in shacks and informal settlements. Many come from big families, where regular meals, healthy nutrition, and appropriate leisure activities are unknown luxuries. If the parents do have work, the long distances which many have to travel to and from their place of employment take them out of the home for long hours and undermine a healthy family life.

9.40 percent in 2009 and a record low of 4.90 percent in 2013. Unemployment Rate in India is reported by the Ministry of Labor and Employment, India. Last year, over three lakh women were kidnapped, raped, molested—and in some extreme cases, killed—by men across the country. That's almost a 27 percent increase since 2012—and a year since the world's attention was drawn to the problem of sexual violence against women in India.

Only sports are the mean which can facilitate the process and thus contribute to community development and peace-building. Sport plays a vital role in modern contemporary society. Its prominence in the media which devotes considerably more coverage to sport than politics or economics demonstrates its expansion during the last century. This phenomenon has had different impacts on the development of nations, cultures and communities. For the majority of people, sport forms an integral part of life whether as active participants or passive spectators. Sport is not only a physical activity but an area where people interact socially. Jarvie and Maguire (1994) state that sport and leisure activities form an integral part of social life in all communities and are intricately linked to society and politics (ibid:2). Popular culture attaches numerous positive values to sports. Sports: -improves health, fitness and education -creates business opportunities and employment, -fosters non-violence, fair competition, teamwork and respect bridges cultural and ethnic divides contributes to cross cultural dialogue, understanding, unity, tolerance and peaceful-coexistence Sport is also praised for its important role in the era of the New Millennium Development Goals and globalization. It is seen as a tool for conflict prevention, peace building and development by United Nations agencies.

In this context, sports is seen by many as a more cost-effective approach for dealing with social problems than correcting the consequences of aggression, crime, violence, and abuse through police, correctional or social services.

Challenges of the Potential of Sport in Indian Context

While popular culture reinforces the belief in the positive potential of sports, research has articulated corresponding factors and conditions that must be met if the positive value of sports is to be enjoyed. In India, these factors have been identified as:

- Multi-cultural sports teams beginning at the community level, led by coaches and trainers who are able to navigate team building to be a process that includes all parties and creates mutual respect between cultures and caste.
- Integration programmes between schools.
- Public support, political acceptability and viability, cooperation between organizations and multi-cultural exchanges
- Support for physical education in all primary and high schools

- Development of facilities for basic and further training
- Cooperation between schools and sports clubs
- Convenient conditions for public participation, including accessible transport, infrastructure and facilities
- Close cooperation between different government departments such as the Departments of Sports and Education to ensure a united education and sports policy
- Coordination of public institutions and structures of government, organized sports, providers of social services and leisure activities with regard to development measures
- Involvement of the media
- Develop a national policy framework which incorporates sports and recreation and Physical activities into community development policies and peace-building initiatives
- Improving the situation of women in sports
- Introduce a form of assessment as well as a method of evaluation to ensure that stated social and transformational goals for sports and community development are met.

Four aspects of sports

Four aspects of sports are often emphasized as favoring its use as a tool for social integration and peace building processes between parties of different cultural backgrounds (Harms 1982: 6).

1.Sports as so-called non-verbal means of communication

There is a widespread notion that linguistic and cultural barriers are more easily overcome in sports than in other areas of social life. For this reason, sports is often referred to as the “conveyor of culture of the most accessible symbolism.” (Giebenhain 1995:167 and Harms in Adolph, Böck Stüwe shares this view, stating that, “Furthermore, sport is marked by a simple and easily comprehensible form of symbolism, which makes it possible to eliminate linguistic barriers and other obstacles to interaction... Sports, with its primarily non verbal and immediately comprehensible interactions, is therefore particularly suited as a medium for overcoming feelings of socio-cultural unfamiliarity and ‘otherness’.” (Stüwe 1984: 303). However, in India it is not all that easy to “eliminate linguistic barriers and other obstacles to interaction.” Language plays a major role in India, in the sense that, as an unintentional “sub-text,” it indicates that the speaker belongs to a particular group. Multi-lingual coaches, trainers and teachers remain essential to the promotion of multiculturalism within sports.

2.Sports programmes as occasions of collective experience and direct physical

Contact Sports is also regarded as a possible tool of social interaction because it occasions collective experiences, as well as direct physical contact, between the participants. According to Harms, people jointly participating in active sport, especially in

team sports, enters into “direct physical contact” with one another, which practically provokes “the emergence of intensive interpersonal relationships” (Harms 1982:7). The present paper suggests the extension of the above to create opportunities for greater contact between cultural groups and communities. Such an initiative, if properly organized and structured, would foster understanding across cultures and build cohesion between communities. The logistic framework of the undertaking (selection of venue, coaches, age groups, schools) should ensure a kind of interaction and exchange which will enable the participants to generate mutual acceptance and tolerance, and to reduce the feeling of “bodily otherness.” In earlier studies, dance and traditional games were found to be effective media for overcoming initial obstacles or barriers to interaction. (Keim 2003:155) .

3.Sports as a medium which transcends divisions of class

Sports is often described as a medium which transcends class divisions, especially in childhood and youth. According to Heinemann, class-specific differences in sport behavior only emerge around the age of 20. (Heinemann 1979:163)

In India, however, sports often accentuates class difference. Apart from the poor socio-economic conditions of the still disadvantaged population groups and the deficiencies, if not the total absence of sports facilities in many communities, class differences are apparent where sports is being practiced. Facilities, equipment and trained instructors are in short supply in poorer locations to this day.

One reason for this state of affairs was the lack of facilities rural and backward areas which in turn offered few opportunities for the development of the range of leisure-time activities enjoyed by urban communities. Another factor is the traditions of some communities themselves, particularly as these relate to the activities allowed and not allowed for women.

The Future

Many obstacles remain to be overcome; many problems remain to be solved in order to speed up the process of community development and peace-building. By way of summary, it can be stated that sports has a meaningful function for social transformation, community development and peace building in Indian society. Whether sports can, in fact, fulfill this function and play this challenging role, depends to a large extent on the specific way in which sports is organized and presented. In my view there is too little research and therefore too little recognition of how both recreation and professional sport at community level are used as a positive force for reconstruction, development, reconciliation and peace. To counteract the negative impacts of poverty, violence and crime India innovative and effective interventions to actively promote community development and peace building and thus create safer communities for all.

Those in influential sports positions in my opinion may not yet have come to terms with the important influence they have and can have to make this happen. The degree to which sports becomes a key part of the solution to pressing social and developmental challenges depends on us. Yes, sports can be a powerful tool for community development and peace-building.

Sports can underpin and celebrate diversity. We have seen it in the Cricket World Cup and internationally more recently with of a soccer matches However, we need to be cautious of making false claims for sports or raising expectations that cannot be met. On its own, sports cannot reverse poverty or prevent crime or violence, solve unemployment, stop corruption and respect human rights. If we are to build a better future for all, we must not be afraid to engage in some very difficult self-reflection and evaluation.

What is Indian Sports doing in our communities to actively contribute to the healing of our past? What is Indian Sports doing to guide each and every one of us towards the realization of the vision that united people all over the world during the struggle, the vision of a India free of discrimination and violence in any form where people are nurtured to rise to the full potential of who they are and who they can become regardless communism? India should not lose the opportunity sports holds to help participants unlearn old prejudice and build positive values.

How is India Sports contributing to the transformation of its communities?

India sports needs to accept some of the responsibility for the social and economic situation of the nation. It must re-examine its own priorities and agenda. We must honestly ask if sports in India have been too consumed with developing professional players so that it can win international competitions, and if so, what are we losing at home because of it?

Until the priorities of Indian sports are realigned to meet the desires and needs of all the people of India for healing, transformation and genuine peace-building, there is no doubt that conflicts due to scarcity of resources, aggression, crime, corruption and violence in the communities and in sports will continue. We must honestly ask, what happened to the agenda of national transformation particularly for the youth?

Why is it rather the exception than the rule to have young players who participate from pre-primary school on multi-cultural teams and compete in the many different communities and neighborhoods that make up India, getting to know their team mates as people, as human beings and not as a class or a caste? Sports has a powerful role to play in the transformation of India, but it means that a true investment in sport programmes and facilities for all our young people must take place. Let the truly amazing talents of our professional sport teams join in an all-out effort to transform sport and with it, the attitudes and experiences of Indian young people. Let Indian sports say to the world that all the people of a nation matter, not just the high-paid stars and bright lights of team competition.

Let Indian sports invest in all our young people, and in so doing, in the future of our nation. Let the world see that Indian sports believes that a world free of prejudice and violence still matters and can still be a reality. Let Indian sport be bold enough to lead the world in this way. I would like to challenge the leaders in sports, be it from the area of politics, business, national or local community leaders, to engage in a new public dialogue about challenges and opportunities of sport, social responsibility and development. I challenge all of us to talk about standards, ethics and values.

My vision is to see coordinated efforts, an interaction of local, provincial and national government as well as civil society with the sporting fraternity in helping to transform the Indian society into a united and peaceful society.

I would like to conclude by saying that if mechanisms are put in place, sports has the potential to contribute powerfully to a better world. We have to start a coordinated approach in our communities. Nation-building at home is a prerequisite for peace-building internationally. And only a peaceful community can foster development.

The word peace derives from the Latin word "pax" and is, in the Western World, generally understood as "a contractual relationship that implies mutual recognition and agreement" (Miller 2005:56). In Xhosa the word for peace is uxolo which covers a state of (inner) tranquility and an atmosphere of peace but also implies 'asking for forgiveness'.

In the context of India 's recent history sport has been used as a "tool for forgiveness." Let's now use it as a means for community development and peace-building in a holistic way

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Wednesday, 11.05.2016

	Arrival
09:00 - 12:30	TAFISA Board of Directors Meeting
12:30 - 14:00	Lunch
14:00 - 16:00	TAFISA Board of Directors Meeting
16:30 - 18:30	ASFAA Board of Directors Meeting
19:00 - 21:00	Welcome Dinner hosted for ASFAA and TAFISA Board of Directors

Thursday, 12.05.2016

09:30 - 09:45	Opening Ceremony
09:45 - 10:00	Coffee Break
	Theme Address "Leisure Activities Promote Sport for All"
10:00 - 11:00	- "Physical activity and exercise" -Dra. Maria Helena Santa Clara Pombo Rodrigues, Professor of University of Lisbon
	Keynote Address 1:
11:00 - 12:00	- "Social Functions of Mass Sports" -Professor Ren Hai, Professor of Beijing Sport University
12:00 - 13:00	Poster Presentation
13:00 - 14:30	Lunch
15:00 - 17:00	ASFAA General Assembly

Friday, 13.05.2016

09:00 - 19:00	Poster Presentation
	Keynote Address 2:
10:00 - 11:00	- "Sport for All and right nutrition with healthy lifestyle" -Mrs. Rakefet Arieli, Board member of Israeli Sport for All Association
11:00 - 11:15	Coffee Break
	Keynote Address 3:
11:15 - 12:15	- "Achieving Wellness for the Elderly Population"/"Falls in the Elderly Population" -Professor Frank Fu, Associate Vice President of Hong Kong Baptist University
12:30-14:00	Lunch
	Keynote Address 4:
14:30 - 15:30	- "A comparative Cross-national Study of Policies and Training Centers for Paralympics" -Professor Yasuo Yamaguchi, Kobe University
15:30 - 16:00	Review of Congress Proceedings
19:00 - 21:00	Gala Dinner

Saturday, 14.05.2016

09:30 - 13:00	World Heritage Tour
13:00 - 14:30	Lunch
14:00 - 16:00	World Heritage Tour
16:45 - 17:30	2nd Macao Sport Games

Sunday, 15.05.2016

Departure

Physical activity and exercise: programs for populations with special consideration

Helena Santa-Clara, PhD, FESC

The physical activity (PA) practice is highlighted as a strategy to health promotion and to avoid chronic diseases. The beneficial effects of PA are well documented in the scientific literature; however, the prevalence of activity among individuals remains low, especially during leisure time, in both developed and developing countries. Physical inactivity is most commonly found in vulnerable groups. Policies must target these groups through community-based health-enhancing PA programs, namely, children and adolescents, older adults, disable people as well as people with cardiovascular disease.

In the present conference I will address for each target group the following topics: How much (volume) physical activity is needed for minimal and optimal health benefits? What types of activity are needed and can be used to produce health benefits and motivation? What is the appropriate physical activity intensity? And the health benefits of physical activity and fitness.

I will present examples of programs that are running at the University of Lisbon, Faculty of Human Kinetics as well as in the community center, the Ginásio Clube Português.

Social Functions of Mass Sports

REN Hai
Beijing Sport University

ABSTRACT

With the popularization of the modern life style, the health problems getting increasingly serious, and non-infectious chronic diseases such as obesity, cardiovascular disease, cancer etc. have become the main threats to health, to solve the health problems by mass sports is logically proper choice. But mass sports also have very important social functions, which have not been fully recognized. These functions are of great significance to today's social development around the world.

▪ Mass sport expanding social involvement of general public

Mass sports are participated by all members of society, regardless their differences in ethnic, gender, age, occupation, health status, religion, and other social and economic factors. In addition, mass sports are fair play in equal terms, intending to promote social equality.

▪ Mass sports promoting social integration.

The inclusive participation of mass sport and unique effects of socialization through sport participation may functionally improve social integration, which is more evaluable in dealing with the problem of social exclusiveness in urbanization in developing countries and immigration in developed countries.

▪ Mass sports enhancing social governance

A core of social governance is to build up proper non-governmental and not profit organizational networks. Mass sports may effectively contribute to this area due to their organizational nature deeply rooted in millions of ordinary people and the mechanism to run the sport organizations, which may set good examples and references for other social organizations.

▪ Mass sport spreading fundamental social values

Social value system is important to any society, since it sets up a necessary foundation for social consensus and integrating all social sectors and individuals. Mass sports disseminate those basic social value such as equality, respects, friendship, striking for excellence in vast numbers of ordinary people.

▪ Mass sports keeping cultural heritage

Mass sports have various traditional sport forms, which are full of traditional philosophical ideas and cultural traits. Taking part in those sports is, in a sense, a process for participants to learn traditional culture and so to keep to their cultural identities.

Obviously, social functions of mass sports would help to promote better human settlements for all members of a society. Some countries and international organizations have acknowledged the social roles of mass sport and tried to use them for various purposes of social development.

To bring social roles of mass sports to their full swing some necessary measurements have to be taken and the main ones are: updating the concept of health from the single bio-dimensional to the multi-dimensional; using inclusive sports to promote social involvement; using diversified sports to facilitate socialization of various target groups; and focusing on small groups of sports since frequent social interactions occur at this level and most likely to generate maximum effects.

Side effects of the modern lifestyle

Rakefet Arieli. R.D MSc

Sport & Clinical Dietitian. Sports for all – Israel

The modern world today allows us to avoid performing basic physical activities and encourages the consumption of high energy, fast food. This process has led to an increase in obesity. The pace and lifestyle in modern western society has paved the way for technological-economic transformation. Technological development is driven by the desire to be efficient and to save energy so that one can get as much done as possible in a given time period. With all this development in technology, the number of people doing physical labour is declining while there is a rise in the number of people who work standing and/or sitting.

Additionally, in pursuit of trying to work at a high capacity the order of the day becomes disrupted. This does not allow time to eat regular meals. A common alternative to overcome hunger is eating takeaway foods, which are usually energy dense. Portion sizes have grown and as a result, the amount of calories consumed in the population has increased over the years, another factor contributing to the increased prevalence of obesity.

On one side of the equation, there has been a significant reduction in physical activity in everyday life and on the other side; there has been changes in eating habits – bringing about two health problems: poor physical fitness and obesity. These problems are significant risk factors for many chronic diseases, including heart disease, vascular diseases, diabetes and certain cancers.

Adequate nutrition contributes to the prevention of many diseases including - heart disease, hypertension, diabetes, obesity, cancer and many others. It also allows an adequate supply of energy, while certain food components contribute to optimal physical and mental function.

A Comparative Cross-national Study of Policies for Paralympics

Yasuo YAMAGUCHI

Sasakawa Sports Foundation, Kobe University,

Nobuko TANAKA

Toin Yokohama University,

Shiro YAMAGUCHI

University of Marketing & Distribution Sciences,

Nobuhiro ISHIZAWA

Hokkaido University of Education

Key words: Paralympics, sport policies, cross-national study, training centers

2020 Olympics and Paralympics will be held in Tokyo. Advisory Board for Training/Research Centers for Olympics and Paralympics in MEXT was established in 2014 to discuss the policies for national training and research centers for Olympics and Paralympics. The main issue was the policy of “inclusion or exclusion?”. Little attention has been paid to the study of disabled sport and Paralympics in Japan. There were only a few studies on disabled sport in foreign countries(Tanaka, 2013;Okuda, 2011).

The purpose of this study is to compare the policies and training centers for Paralympics in advanced countries.

For the purpose of this study, 5 Countries including UK, Germany, Australia, Canada, and South Korea were selected. Interviews and field works were conducted to 16 government staffs, coaches, and researchers in UK, 3 in Germany, 4 in Australia, 7 in Canada, and 11 in Republic of Korea from August to October in 2014 by 8 Japanese and Korean researchers. Interviews consisted of organizational structures (government, NF), national training centers, regional training centers, support from sport medicine/sciences, relationship with NOC.

Table 1 Outline of the Countries and Olympic performance

	<Land·Population>		<Land·Population>	
▪ UK	243,610km ²	64million	London 3 rd	Sochi 10th
▪ Germany	243,610km ²	82million	London 8 th	Sochi 2nd
▪ Australia	7,692,024km ²	22million	London 5 th	Sochi 19th
▪ Canada	9,984,670km ²	35million	London 20 th	Sochi 3rd
▪ Korea	98,480km ²	50million	London 12 th	Sochi (no medal)

Policy of social inclusion and inclusion sport has been pervasive in Western countries. Co-use of national/regional training centers can be seen in Western countries. Disability Discrimination Act is the key factor for the social inclusion in sport.

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A Report on 2015 Asiana Sport for All Cooperation and Development Forum & China-ASEAN Sport for All Cooperation and Development Forum

Thomas Ma 1

Guangxi Sports Administration, China

2015 Asiana Sport for All Cooperation and Development Forum & China-ASEAN Sport for All Cooperation and Development Forum is held on November 24th, 2015 in Nanning, capital of Guangxi Zhuang autonomous region, China. More than 160 participants from China, Cambodia, Indonesia, Israel, Japan, Korea, Laos, Myanmar, Thailand and Vietnam attended the forum.

Community Sports is one of the most important and strongest methods to close the distances between divergent religion and different nationalities, to overcome communication obstacles without particular language, Mr. Herzel Hagay, Secretary General of ASIANIA Sport for All Association said in the opening ceremony; he continued to mention in his following report that ASFAA has always been devoted to developing community sports, increasing mass sports participation and promote a healthy life style with regular and sound exercise in the world.

Deputy-director of General Sports Administration of China, also Honorary President of ASFAA, Mr. Feng Jianzhong, indicated that China is on her way to a stronger and more powerful sports nation; others, especially ASEAN countries are also developing sports at full speed. China will definitely strengthen communications and co-operations with other countries to accelerate mass sports.

¹ Director of International Exchange Centre, Guangxi Sports Administration, China
 Email: majitong@gmail.com

Background information:

It is an international event jointly hosted by the General Administration of Sport of China, the People’s Government of Guangxi Zhuang Autonomous Region and ASIANIA Sport for All Association (ASFAA). The forum aims at building a stage for officials, experts and scholars from China and ASEAN countries to have in-depth discussions on sports issues such as status quo and future development of sports for all, outlook and promotion in international exchanging cooperation, so as to improve development of sports for all, to raise general health level, to expand communications and cooperation and to strengthen the friendship of people.

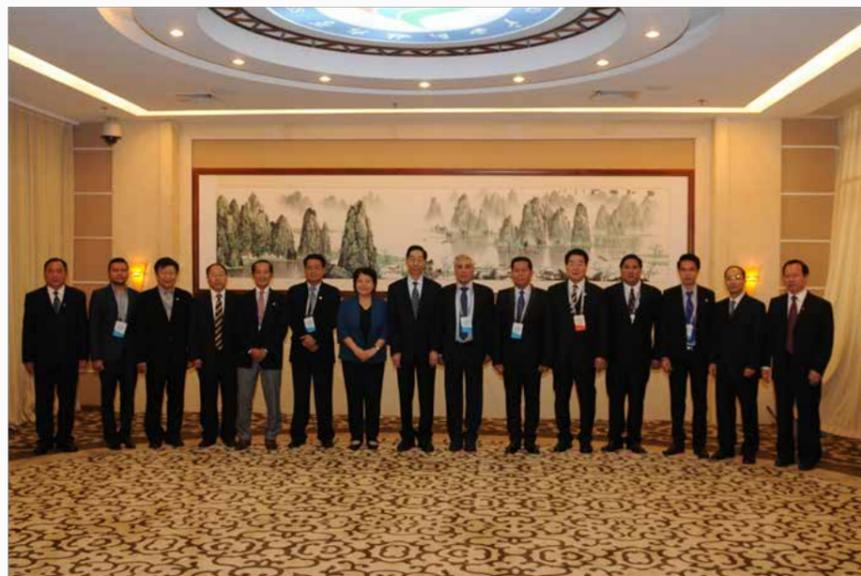
The forum starts in the year 2011 and is held every two years. Till 2015, it has been successfully held for three times. The Forum Organizing Committee will discuss and reset certain theme and topics.

For this year,

Theme: Sport for all and its development in community

Topics:

1. Sport for all and its development in community;
2. The effect of sport for all on development in community;
3. The status quo and outlook between sport for all and the ASEAN sport development



Officials from China, ASEAN countries and ASFAA



Mr. Herzal Hagay, Secretary General of ASFAA



Mr. Feng Jianzhong, Deputy-director of General Sports Administration of China, also Honorary President of ASFAA



Ms. Li Kang, Vice President of the People's Government of Guangxi Zhuang Autonomous Region



Mr. Li Ze, Director of Guangxi Sports Administration



Guideline for Contributors

Language and types of contribution

The Journal of Asiana Sport for All contains several forms of contributions: Articles (8-15 pages), reports (3-8 pages), congress/event reports (2-3 pages), and keynote lecture (8-15pages) including tables figures, and photographs). All manuscripts must contribute to the development of Sport for All and must be submitted in English.

Abstract

An abstract of 100-200 words and 5 key words maximum must also be supplied, typed on a separate sheet, together with a biographical note of 25 to words.

Quotations

All direct quotations of 35-40 words or more should be displayed as indent text, but still double-spaced.

Notes

Try to avoid using too many notes. Where they are necessary, they must be brief and should appear at the bottom of the page.

Submission

All manuscripts are reviewed by the editorial board of ASFAA. When revisions are requested by the journal's editorial board, authors must resubmit the revised manuscript within 3 weeks. If resubmission takes more than 3 weeks, the manuscript will be treated as a new submission. Manuscripts should be submitted in Word format (40 lines), and the file should not exceed 4 MB. For figures, tables and photographs, up to 10MB of PDF, Word, and Excel files can be uploaded.

Top and bottom margins: 2cm

Left margins: 3cm

Right margins: 2cm

Page numbers: bottom center

Full name, organization of authors and contact details (postal address, e-mail address)

Figures, tables, maps and photographs

Photographs are classified in the same category as figures. Figures and tables should be numbered separately and consecutively (e.g., Figure 1, Table 1). Capitalize only the first word of the caption.

Format for reference list

List all entries cited in the text, or any other items used to prepare the manuscript, alphabetically by author and year of publication in a separate, headed, reference section. Please refer the examples given:

McPherson, B.D. (1990) *Ageing as a social process: An introduction to individual and population ageing*. Toronto: Butterworths.

Kidd, B. (1987) Sports and masculinity, in M. Kaufman (ed.) *Beyond patriarchy: essays by men*. Toronto: Oxford.

Laura, R. & White, S., Eds.(1991) *Drug controversy in sport: The socio-ethical and medical issues*. Sydney: Allen & Unwin.

Tsai, M.J. & Jwo, H. (2004) Self-determination perspectives on exercise

Yamaguchi, Y. (2002) Sport, tourism, sport volunteers and Sport for All. *Journal of Asiana Sport for All* 3(1), 29-36.

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