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A study on the psychological and social factors related to exercise addiction among middle-aged and elderly people

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Abstract
Middle-aged and elderly people sports participation is favorably connected with their body image. The link of sports participation of Middle-aged and elderly people is based on the nature of the sport and how Middle-aged and elderly people perceive their body size, and they will have a calculating attitude about whether the effect of their participation will be beneficial or negative. As a result, the sports interest has a significant impact on the participation of women in sporting activities. One of the impediments to Middle-aged and elderly people participating in sports is the patriarchal attitude that women should not participate in hard physical activity in front of their male counterpart. This study has analyzed the correlation between sports participation and sports interest. Where, sports participation is used as independent variable and sports interest is used as dependent variable. The data was collected from 60 sports women. This paper has used SEM PLS 3 and AMOS 26 for data analysis. The results indicated that there is a significant association between sports participation and sports interest. The results for Cronbach's Alpha and Composite Reliability were also significant.
Keywords: Sports Participation, Sports Interests, Sports Women, Interrelatedness, Social Barriers

Introduction

The Middle-aged and elderly people historical participation in sports was less, as females in the 19th century could not participate in as many sports as males due to the social barriers that existed. In the Victorian era, from 1837 to 1901, Middle-aged and elderly people were presumed to be weak and delicate (Moine, 2016). The terminal goal expected from the women was to exist as nurturing and embellishing. The physical activities related to sports were contemplated injurious to the Middle-aged and elderly people analysis (Lutter, 1994). The standards set in that era were the main reason for the low participation of women in sports. The men dominated more and did not allow the Middle-aged and elderly people to be part of any club membership, and they were considered the only source of getting money in the house (Owen, 2004). The media related to sports frequently highlight the anatomy of the body's shape; it will have an impact like the impacts of media related to the entertainment: probably adverse impact (Bissell & Zhou, 2004). Although, many publications indicate that subjection to unquestionable kinds of media related to sports does not have a beneficial impact on Middle-aged and elderly people bodies related to the satisfaction and urge for slimness (Kane, 2013). Nevertheless, media related to sports subjection is considered a significant variation between sports participation and interest in Middle-aged and elderly people. Previous literature have proven that the participation of Middle-aged and elderly people is positively correlated with the image related to the body (Gregg & Gregg, 2017). The subjection of media related to sports seems to be associated with the manner Middle-aged and elderly people perceive the shape of their bodies (Bissell, 2004). The disclosure to certain kinds of sports characterized into the non-lean and other is lean also forecast whether the result is pessimistic or optimistic (Swami et al., 2009). The athlete's shape depends on the type of the sport, as ice-skating will force the audience to prioritize the size of the body rather than the athlete's expertise (Bandy, 2014). The sports' broadcaster is also credible to recognize and debate the slimness of the athletes in the ice-starters and gymnasts; however, eventually, extract greater observation of the shape and size of the athlete more than skills (Talha et al., 2022).

The participation in sports by the Middle-aged and elderly people is correlated with the nature of the sport linked with the image of its body size, and the woman will have the calculated attitude that whether the outcome of its participation will be positive or negative (Cheuvront et al., 2005). Therefore, sports media have a significant impact on the participation of women in sports (Sherry et al., 2016). Despite achievements, compel by the women in the sports in the sports has been controlled by the men's authority and power. This concept is barely pinched to sports, representing a wide structure of enriched male-dominant power. This authority restricts the participation of women in sports while if they have an interest in sports (Tännsjö, 2002). The discrimination and disparity based on gender have been the main variable for less participation in sports by women (Kahn, 1991). Female sporting activity has grown all over the world, women fascinated in the sports activities have experienced the countless appearance of opposition and urge to surmount participation in the prestige of huge pressure by the society and male dominating system. The appearance of women's participation in sports was subjected to

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numerous forms of traditional hurdles (Pape, 2020). One of the hurdles in sports participation by the side of women is the patriarchal notion that females must not indulge in weighty activity related to physical in the sight of men (Ragins, 1996). It is believed that men who watch women indulge in physical motion will elucidate the actions of sexual desire and be incompetent to manage their impure desires (Esmonde et al., 2018). These notions about sexual desires have caused it hard for Middle-aged and elderly people to participate in some specific kinds of sports. It is an opinion that it might be easy for the women participant to be part of basketball as long as she is accurately enfolded insight of men (Wang & Wang, 2021). Still, if she wants to participate in aerobics, which is requisite for the activities related to leg lifting, it will stimulate men to sexual desire (Arnow et al., 2009). Scholars related to womanism sports have noticed the belittled and misquote of female players and female sports with considerable disquiet in media (Bruce, 2016). The scholars had allocated for the making of decision: claiming that surveys at a national level show that best of breed in media of sports work just downward towards the presumption that their viewers are not attentive in Middle-aged and elderly people sports (Bruce, 2015). To question this presumption, the Center of Tucker for the aid of investigation on Girls and women in sport at Minnesota university initiated a project named "HERES PROOF: on social media in 2013. The results show the fan's interest in Middle-aged and elderly people sports events and destroy that presumed myth (Antunovic & Linden, 2015). Participation in sport is dominant situation for individual formation, which is addressed by many peoples of the world. The literature explains that involvement in dispose sport is linked with a various span of advantages in numerous areas. Sports can amplify self-respect and faith in female players. Sports provide to a comprehension in the players and enhance their performances (Wang, 2021). The participation of Middle-aged and elderly people should be increased by developing more clubs, coaching activities, and government spending, and media should promote women's sports in good light. The discrimination, which is incorporate in the society and in the surroundings, can be diminished by encouraging the sports for the Middle-aged and elderly people. The stress of deadlines, the excitement of competition, and the pressure to succeed are all too common in sports and organisations. Athletes have the opportunity to deal with these realities and learn to love and conquer them through participation in sports (Antunovic & Whiteside, 2018). What it is like to be under pressure, meet deadlines, and compete against other teams is revealed when there are only two seconds left on the clock and your team is down by one point. You find that these things may be exhilarating and pleasurable rather than frightening and unpleasant (Bodnar, 1980). The bottom conclusion is that most organisations want to hire individuals who are successful in competitive environments. Sports also teach players about work ethic, stressing the significance of dedication, repetition, and regular practise in order to achieve success in their endeavours (d'Andrea & Mintz, 2019).

Literature Review

Middle-aged and elderly people at the Olympics have had a very turbulent time, particularly in the 19th century and early 1930s. Women did compete at the Paris Olympic Games in 1900 in tennis, golf, and croquet. However, it was not until 1912 that women could swim at the Olympic Games and fence in 1924 but still could not participate in ground. Swimming gold medal came from Sarah fanny jock, who won the 100-meter freestyle in 1912 in Australia first time (Jones, 2003). In 1922, the woman of French Alice Millet arranged the initial Games of Women's world, which was a one-day event held in Paris. A huge number crowd visited sight Middle-aged and elderly people who were participating in the organized event of Olympic (Bell, 2016). This event, which started in 1922, was continued until 1926. After four years, the federation of international amateur athletics was eventually enforced to notify those Middle-aged and elderly people who wanted to participate in the Olympic competition held in Sweden and involved 10 nations (O'Reilly, 2012). Amsterdam was the first Olympic Games where Middle-aged and elderly people could compete in track and field events. However, the controversy was elevated that five of the Middle-aged and elderly people were collapsed at the running of 800 meters. Middle-aged and elderly people were then banned from running the 800 meters until 1960, and so this event led to further debate in favor of banning women from strenuous events (Zhou, 2021). At the Olympic Games in Rome in 1960, Middle-aged and elderly people participated in the 800-meter run again. In 1984, Middle-aged and elderly people were allowed to participate in shooting, and in Atlanta in 1996, softball was added to the limpid games in which Australia was able to win a bronze medal. In Sydney, 2000, Middle-aged and elderly people weightlifting was added, and in London 2012, Middle-aged and elderly people boxing was added to the program. There are two female-only sports in the Olympic Games: rhythmic, Gymnastics, and Synchronized. Swimming going back to the original questions: why has increased female participation in the sport over time and the women's suffrage movement in the 1900s or the right to vote led to increased power and respect for the women? The feminist movement of the late 1960s and 70s followed this, this brought different or differing social expectations, and female capabilities were acknowledged and led to greater independence. Over the years, females have been able to experience far more equal opportunities when it comes to sports. There has certainly been a realization of sports and

physical activity benefits for everybody, including females.

The concept of equality has changed expectations over time to females' roles both in society and in sport. Over time, there are also great achievements of female athletes that have inspired a generation, and the female athletes have been pioneers for Middle-aged and elderly people that have followed. Therefore, Shirley Strickland is an example; the other examples include Margaret Court, Dawn Fraser, Betty Cuthbert, and Cathy Freeman, amongst many others. The extremely incredible poll is not regarding how flourishing male players play: the poll is regarding how females are not sufficiently involving in the sports, which needs awareness. They require all the help as the advantages of being actively in sports matter to females also (Lopiano, 2000). Being young girl has not been part of sports and physical activities it will have the direct impact of its being inactive and not healthier at the time when it will adult, the chances will decline. The half of the percentage of girls participation in sports is less (Bissell & Zhou, 2004). If they had role models, coaches, and leaders, things would be different. Girls need sports and female sports leaders. The sports media needs to believe it too. In 2014, only 4% of sports programming was dedicated to women's sports. Moreover, across 4 years of national print media, women's sports only receive 5.1% of total print media coverage (Ames, 1984). Scruton interrogated the England footballer's team of women and established that in the junior school, many of the females were rather not permitted to play games with the boys and either were not permitted to fight for their rights (Talha et al., 2022).

Pelak's interrogation in South Africa about the footballer's ream of women was that male participants underestimated and depreciated female players. The interrogation made in the U.S. by McGinnis et al. examined the golfer's female team, established the distinction by men's side, and used stats to demonstrate that women are not superior at golf compared to men generate the notion of annoyance (Uygur et al., 2017). The analysis generated by Wright and Clarke reported the narrative to teach seductive, woman-hater words in the U.K. and Australia about the women's rugby players, and it was considered normal. Certainly, the discrimination of gender-related to the correctness or both sides generate capability of female players, which incorporates both sides of athletes: men and women. One of the reporters, Krane et al., questioned the women's athletes, which take part in a diversity of sports, and found that they resemble womanhood with sporting activity. In Australia, Slater and Tiggemann supervise cadre with teenage girls and investigate that it depicts an extraordinary amount of consensus that girls feasibly observe in bad and dark light which participate in sports by other girls (Kiskis, 2017). This supervision reported that teenage girls' views that the girls, more image-conscious and more focused on their body shape and size and looks, are less athletic skill it endures (Harkness, 2012). The inspection of athletes of Muslim females discovers that sports cause the anxiety caused in the male side, and they stare and desire raised (Stone et al., 2009). Simultaneous with this is a preference on the side of athletes of Muslim females to go to those places where women fully administer the activity related to sports. If isolation by the side of men is not granted, then the female players can decline to take part in the activity related to sports. A study made in Egypt about Muslim college reported that definite players 'glance above every sort of activity related to sport and physical as 'threatening' as they trust that activities related to sports can arouse 'desire' in the men which stance at them there' (Ponterotto, 2014). By contrast, some intellectuals regard sports as proportional distinctive in their capability to distress the prevailing form of men's authority and power, generate eminent non-discrimination and distort the un-equality between women and men's identity as athletes (Bodnar, 1980). Eventually, yet, numerous womanism scholars infer that 'magnifying quantity of women athletes does not generate accurate liberty of physical womanism, which should more enlarge confidence of women, generate their respect, increase the pleasure of physical activities and get away from sexual assault and fear of molestation (LaVoi & Baeth, 2018). The historical background states that the society has been "educated" to evaluate sports in terms of "gender biasness." Men are typically encouraged and taught to participate in physically demanding, aggressive, and competitive team sports, whereas women are typically encouraged and taught to participate in individual, aesthetically pleasing activities such as gymnastics, figure skating, and synchronised swimming, as well as other activities (Gregg & Gregg, 2017). Throughout history, women and femininity have been defined in relation to and contrasted with men and masculinity, and this has continued today. Sports and the sports world have generally been identified with the masculine sphere, and there has been a long history of discrimination against female athletes competing in the sport for which they have been recruited (Guo, 2020).

Methodology

This study is based on the evaluating the correlation between sports participation and sports interest in women. This paper has collected data through questionnaire, and collected responses from 40 sports women. The measurement scale was adopted by Smith et al. (2015) and Antunovic and Linden (2015). The research framework shown underneath depicts that Sports Participation is used as Independent Variable. However, Sports interest is used as Dependent Variable. The collected data was analyzed by using SEM PLS 3 and AMOS 26.

Where;

SSP: Sports Participation
SPI: Sports Interest

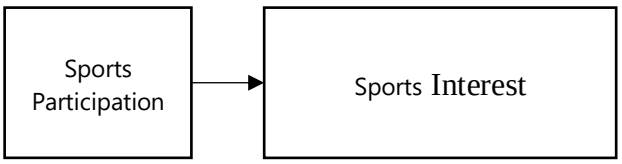

Figure 1: Research Framework

Discussion and Analysis

PLS Algorithm

Partial Least Square is a statistical method used in this paper. By constructing a path model of latent variables, this technique allows for the estimation of complex cause and effect relationships between variables. The PLS Algorithm used in the study is depicted in Figure 2. This PLS Algorithm was created using SEM PLS 3 in this publication. The fitness of a research model is determined by the PLS Algorithm (shown in Figure 2). This study used SPP (Sports Participation) with three items for measuring the variable, and SPI (Sports Interest) with 5 items for measuring the variable. The results from PLS Algorithm have indicated that SPP→ SPI has strong positive path correlation between variables (0.770)

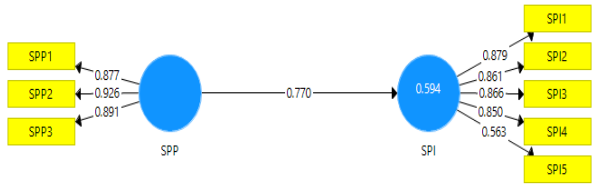

Figure 2: PLS Algorithm

Path Coefficients

Table 1 shows the path coefficients for each variable (shown below). The results indicate positive path coefficient as 0.770 between SPP→ SPI (Sports Participation → Sports Interest).

Table 1

Path Coefficients

	SPI
SPP	0.770

Outer Loadings

Table 2 shows the outer loadings of each item used to measure the variable. The loadings for evaluating the variable Sports Interests (SPI1-0.879), (SPI2- 0.861), (SPI3- 0.866), (SPI4- 0.850), and (SPI- 0.53). Each item shows positive loading against each variable.

Table 2

Outer Loadings

	SPI	SPP
SPI1	0.879	
SPI2	0.861	
SPI3	0.866	
SPI4	0.850	
SPI5	0.563	
SPP1		0.877
SPP2		0.926
SPP3		0.891

Latent Variable Correlations

Table 3

Latent Variable Correlation

	SPI	SPP
SPI	1.000	0.770
SPP	0.770	1.000

The link between the factors is shown in the table above. The components were shown to be highly connected as a consequence of the research. According to the data, SPP to SPI has a positive correlation coefficient of 0.770, which suggests that these latent variables influence each other by 77%.

LV Descriptives

The value of descriptive and latent variables is summarized in Table 4. The data show that the Descriptive Statistics Table's Min and Max values are between the permissible range of -2 and 5, indicating that they are within the allowed range of -2 and 5. Skewness values range from -1 to +1, with negatively skewed variables being reasonably symmetrical and acceptable, and positively skewed variables being very symmetrical and unsuitable. The variables' values were most likely tailed to the right due to their positively skewness, resulting in a median and mean that are smaller than the variables' mode.

Table 4

LV Descriptives

	Median	Min	Max	Excess Kurtosis	Skewness
SPI	0.039	-1.739	2.092	-0.743	0.373
SPP	-0.111	-1.540	2.736	0.028	0.604

Outer Model Residual Descriptives

The residual descriptive of the outer model is shown in the table below. SPI has a minimum and maximum value of -2 and 5, respectively, as shown in the table. A total of 40 participants were questioned about their thoughts.

Because the skewness and kurtosis readings were close to zero and in the -1 to 1 range, the data was not modified. The SPI curve is positively skewed, which means that the longer side of the curve is on the right.

Table 5

Outer Model Residual Descriptives

	Median	Min	Max	Standard Deviation	Excess Kurtosis	Skewness

SPI	-0.104	-1.368	1.661	0.638	0.240	0.239

Quality Criteria
R Square

The table below shows the R-square value and adjusted R-square for various scenarios. SPI (Sports Interest) is aided by SSP (Sports Participation). According to the data, the current 0.594 (59.4%) values have an adjusted R-square of 0.583 and a 58.3% model fit for the SPI.

Table 6

R Square

	R Square	R Square Adjusted
SPI	0.594	0.583

f Square

The f-square value is shown in Table 7. The f-square represents the variability in R Square in a research model with an endogenous variable. As seen in the table below, when an endogenous variable changes, the relationship between SPP → SPI deteriorates, with a low ratio of 1.460 change. There will be an abnormal negative shift in SPI if an endogenous variable impacts the link, as shown in the table below.

Table 7

f Square

	SPI
SPP	1.460

Construct Reliability and Validity

Table 8 shows the construct reliability and validity of the study. In reliability testing, Cronbach Alpha is more than 0.70. (This shows that the data in the study was accurate and relevant.) Cronbach's Alpha scores for SPI (0.865) and SPP (0.880) were acceptable. The statistics offer the average variance of all variables collected in the study, while the rho-A values show composite reliability rates. As a result, the hidden variable's overall dependability grade is good. The average fluctuation of the retrieved value for SPI is moderate, with a variance of 0.661, indicating that the data is 66.1 percent volatility reduced.

Table 8

Construct Reliability and Validity

	Cronbach's Alpha	rho_A	Composite Reliability	Average Variance Extracted (AVE)
SPI	0.865	0.889	0.905	0.661
SPP	0.880	0.882	0.926	0.807

Discriminant Validity

Fornell-Larcker Criterion

The Fornell-Larcker Criterion (FLC) calculated in the study is shown in Table 10. It is used to determine how the SPI and SPP interact. According to the statistics, the variables have a positive degree of share variance in terms of their relative shares.
In this situation, the degree of shared variance between the variables is SPP→SPI (0.770), which means that changing one unit of SPP alters the variance of SPI by 77% (which is a huge variation).

Table 9

Fornell-Larcker Criterion

	SPI	SPP
SPI	0.813	
SPP	0.770	0.898

Heterotrait-Monotrait Ratio (HTMT)

The Heterotrait-Monotrait Ratio (HTMT) values are used to determine if a variable is discriminately valid (as shown in Table 10). It demonstrates the close relationship between the latent variables. If SPP→ SPI (Sports Participation → Sports Interest) changes, the link between SPP and SPI will have 0.877 (87.7%) the same validity, according to the data. The above table shows the values of numerous latent variables that correspond to the table's values. The variables exhibited a high level of validity, indicating that linkages between them have been discovered.

Table 10

Heterotrait-Monotrait Ratio (HTMT)

	SPI
SPP	0.877

Collinearity Statistics (VIF)
Outer VIF Values

In the table below, the values for the outer VIF of the questionnaire items that were used to measure variables are shown. The outer VIF values statistically represent collinearity between all of the items used to measure the variables; this study is represented by the outer VIF values. As a result, statistics show that the VIF exhibit rate values range from one to ten on a scale of one to ten. Take a look at the following possible scenarios: The outside VIF value of the SPP1 (1st Question of Sports Participation) is 2.312, whereas the outer VIF value of the SPP3 (third question of Sports Participation) is 2.348. The outer VIF values show the correlation between the items and the variables.

Table 11

Outer VIF Values

	VIF
SPI1	3.139
SPI2	3.611
SPI3	2.825

SPI4	2.313
SPI5	1.350
SPP1	2.312
SPP2	3.120
SPP3	2.348

Inner VIF Values

The inner VIFs of the variables are valued at their respective values based on the measurement items provided in the table below. The VIF values of the variables have remained within acceptable ranges as a result of this.

Table 12

Inner VIF Values

	SPI
SPP	1.000

Model Fit
Fit Summary

The results of the model fitness study are shown in Table 13, which shows how the saturated model and the estimated model were used to perform the model fitness study. The saturated model has been given a score of 0.071, indicating that it is 7.1 percent appropriate for analysis, according to the model (weak-valid fitness). When employing d-ULS data, the rate is found to be 0.1790. As demonstrated by this rate, SPP have a beneficial impact on SPI, which is consistent with the findings.

Table 13

Model Fitness Summary

	Saturated Model	Estimated Model
SRMR	0.071	0.071
d_ULS	0.179	0.179
d_G	0.141	0.141
Chi-Square	32.665	32.665
NFI	0.851	0.851

rms Theta

The following table depicts the rms Theta function: The root mean squared residual covariance of the variable's outer model residuals is represented as the root mean squared residual covariance in this table. According to the calculations, RMS Theta, which equals 0.273, is the best overall fit for 27.3% of the outer model, making it the best fit.

Table 14

rms Theta

rms Theta	0.273

Bootstrapping Data

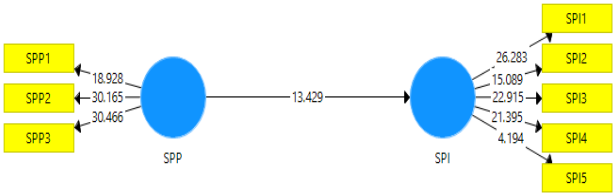

Figure 3: Bootstrapping PLS Algorithm

Mean, STDEV, T-Values, P-Values

The path coefficients for the relationship between all latent variables are shown in Table 15. Because the t-statistics value is close to zero, the data is valid and representative.
Acceptable P-Values imply a relationship between variables. These findings were observed after bootstrapping the data to 700 observations (the results for PLS Algorithm of Bootstrapped data are shown in table underneath). The effect of latent variables on one another as a whole. With P values of 0.000, which means that SPP→ SPI have a significant relationship.

Table 15

Significance Value

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (|O/STDEV|)	P Values
SPP -> SPI	0.770	0.785	0.057	13.429	0.000

Figure 4 underneath shows the graphical representation of Path Coefficients after Bootstrapping the data to 700. Path coefficient analysis of each variable, which covered SPP→ SPI (Sports Participation → Sports Interest), is depicted in the picture below. Additionally, the vertical side displays the frequency levels, which range from 0 to 8, while the horizontal side displays the path coefficient ratios, which begin at -0.10 and end at 0.75, respectively. The red bar line represents the effect of the path coefficient.

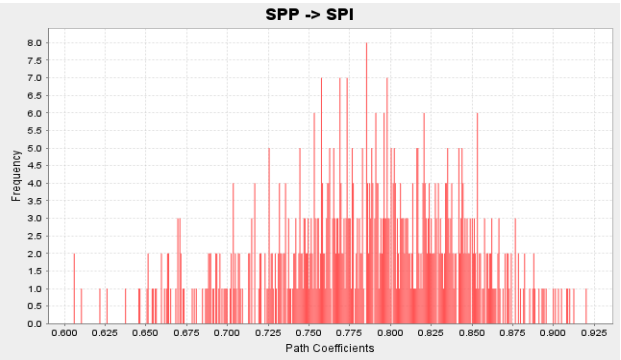

Figure 4: Bootstrapping Path Coefficients

Confirmatory Factor Model

*X*2= Chi-square; GFI= goodness of fit index; DF= degree of freedom; CMIN= minimum chi-square; NFI= normed fit index; TLI= Tucker Lewis's index; RMR= root mean square residual; RMSEA= root mean square error of approximation; CFI= comparative fit index; AGFI=

adjusted goodness of fit index; RMR= root mean square residual; RMSEA= root mean square error of approximation; NFI= normed fit The confirmatory factor analysis test is used to ensure that the factors loading impacting the variables in the model is correct, as well as to identify any difficulties or inaccuracies in the factors loading between the items and the model fit. The values recovered from the confirmatory factor analysis result are fine, indicating that the model is fit and acceptable because the required values appear in the result, as shown in the table.

GFI= 0.992 (Should be more than 0.90); CFI= 0.991 (Should be larger than 0.90); RMR= 0.070 (Should be less than 0.07); RMSEA=0.048 (should be less than 0.08).

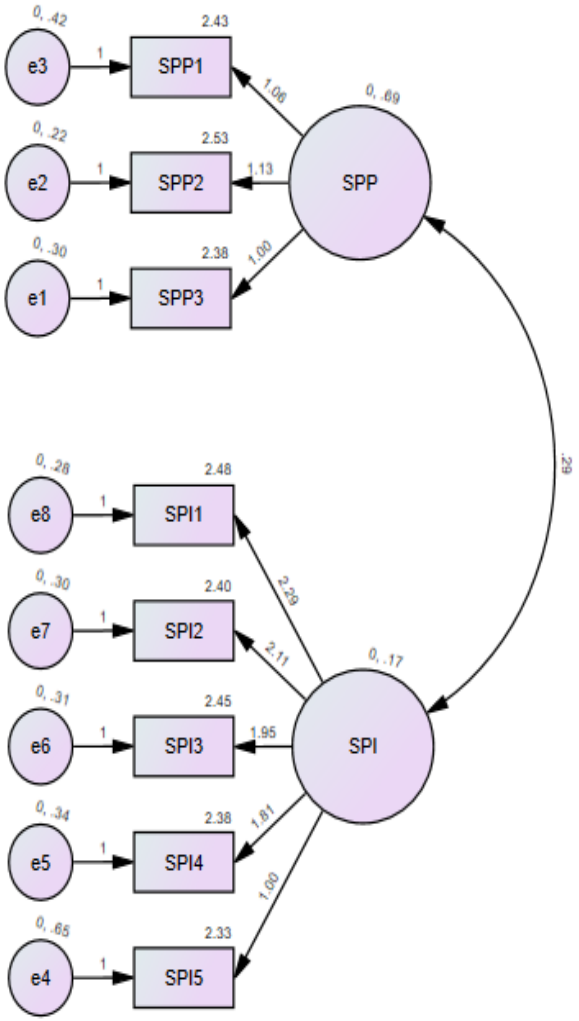

Figure 5: Confirmatory Factor Analysis

Table 16

CFA Summary

Statistics	Fit indices	Acceptable threshold value	Model
Absolute fit	x2	As close as to zero	0.002
	DF	As close as to zero	19
	CMIN/DF	As low as 2 and as high as 5	20.707
Incremental fit	GFI	>.90	0.992
	RMR	<.07	0.070
	RMSEA	<.08	0.048
	NFI	>.90	.906
	TLI	>.90	.987
	CFI	>.90	.991
Parsimony fit	AGFI	>.90	.961

Regression Weights

With the use of estimate values, the result (given below) illustrates the relationship between each variable's regression weight and ICEPT and SLOPE. The SPP is an independent variable, with estimate values of 1.000 and 0.000 at the ICEPT level, and an estimated value of 100 percent significant at the SLOPE level, respectively. The ability to comprehend Sports Interest plays a function as a dependent; the estimated levels of 1.000 and 0.500 are used, respectively. The final point is Sports Interest, which has an estimated value of 1.000 for both ICEPT and SLOPE points combined.

Table 17

Regression Weights

			Estimate	S.E.	C.R.	P
SPP3	<---	SPP	1.000			
SPP2	<---	SPP	1.129	.168	6.729	***
SPP1	<---	SPP	1.061	.181	5.863	***
SPI5	<---	SPI	1.000			
SPI4	<---	SPI	1.812	.649	2.793	.005
SPI3	<---	SPI	1.954	.690	2.832	.005
SPI2	<---	SPI	2.114	.739	2.861	.004
SPI1	<---	SPI	2.291	.793	2.887	.004

Covariances

With the use of specific values, the above result illustrates how the covariance estimate matrices are related to one another. The outcome also includes a description of the covariance analysis of relationship between variables (SPI←→ SPP). According to the covariance ratio, a positive and statistically significant variance ratio with each other at the rate level is 0.021. The results demonstrate that there is a statistically significant and positive relationship between the variables.

Table 18

Covariances

	Estimate	S.E.	C.R.	P	Label
SPI ←→ SPP	.286	.124	2.311	.021	par_7

Correlations

Table 19 underneath shows the correlation between the variables. The results indicated that there is a strong correlation between the variables of 0.845 (which means SPP and SPI are having 84.5%

correlation).

Table 19

Correlation

	Estimate
SPI ← → SPP	.845

Factor Score Weights

Table 20 underneath shows the factor score weights for each variable. FSW shows the estimated weight of each item against the variables. These weights are between +1 to -1. For example SPI1 gives the strongest loadings against SPI by providing it 0.112 load against the variable.

Table 20

Factor Score Weights

	SPI1	SPI2	SPI3	SPI4	SPI5	SPP1	SPP2	SPP3
SPP	.058	.050	.044	.037	.011	.159	.320	.213
SPI	.112	.096	.084	.072	.021	.018	.036	.024

Conclusion

Female athletes' self-esteem and confidence can be boosted via participation in sports. Sports help athletes have a better understanding of their surroundings and improve their overall performance. Women's engagement in sports should be encouraged through the development of additional clubs, coaching activities, and government funding, and the media should promote women's sports in a positive manner, according to the International Olympic Committee. In sports, women's participation is correlated with the nature of the sport and the image of their body size, and the woman will adopt a calculated attitude about whether the effect of her participation will be positive or bad. When it comes to ice starts and gymnasts, the sports broadcaster is also credible to notice and dispute the athletes' slimness; nonetheless, the broadcaster will eventually extract more attention from the shape and size of the athlete than from their abilities. Previous research has demonstrated that women's participation is favourably connected with their self-perceptions of their bodies. The introduction of women's sports participation was met with a slew of customary roadblocks along the way. Specifically, the purpose of this study is to determine the relationship between female sports participation and female sports interest. The information for this article was gathered by a questionnaire, which received replies from 40 female athletes. The findings indicate that the relationship between SPP and SPI is positively associated and statistically significant.

Recommendations

Following are the limitation and recommendations for the study;

- This paper has used limited variables. The future studies can expand the research framework by adding up gender base comparison for active sports participation.
- The paper didn't consider cultural and regional hurdles for active participation of sports women.
- The sample size for the study was limited, the future studies can count on regional data collection.

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