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Original

Standardization of Physical Activity and Leisure Motivation Scale in Iranian Society

Abstract

Background: The purpose of the current research was to standardize the result of motivation of physical activity and leisure in Iranian society. The design of the current research is a description of the field of type finding according to the nature of that stage and according to the data collection method.

Method: In this study, a tool called the PALMS questionnaire was used to measure these changes in age, socio-economic level, and physical motivational activities. The statistical population of the present study was all the people living in Iran, and similar questionnaires were distributed among 30 people of the statistical sample as a trial before being duplicated and evaluated to evaluate and check the validity and reliability. This distribution is after checking the appropriate order of questions, determining the return rate and response time, as well as the appropriateness of the type Questions and non-overlapping were done and using multi-stage cluster sampling, a sample of 3200 people was selected for this research and 3000 questionnaires were returned. Then the data was analyzed using Spss software and SPSS, SMCSDS, and REMM software were used to analyze the findings. In Iran, the reliability of this questionnaire was obtained by Shahlai (1390) with Cronbach's alpha method of 0.83, which indicates its acceptable reliability.

Results: Among these methods is the use of the distribution shape, or in other words, the calculation of the skewness of the research variables, researchers believe that when the skewness and skewness of the data is between -2 and -2, the distribution of the variables is normal.

Conclusion: The results of this research showed that this questionnaire It has good reliability and validity.

Keywords: Physical activity, Motivation, Leisure, Iran