



# Saving Costs by Preventing Leaving the Sport: Prioritizing Reasons for Leaving the Sport of Bodybuilding Clubs from the Customer Perspective

Maryam Setayeshi<sup>1</sup>, Rokhsareh Badami<sup>2</sup> and Hassan Musazadeh<sup>3</sup>

**ABSTRACT:** lack of sufficient physical activity will cost billions of dollars each year to the world. The aim of this study is to determine the reasons for leaving the sport of bodybuilding to provide solutions to avoid leaving the sport. The population of the city consist of Ganaveh clubs participants who were paid less than a year to fitness activities and in the last two years have left the sport of bodybuilding. Snowball sampling method was chosen. In this case, the phone numbers were collected from club manager and a coordinated questionnaire was sent to 100 people who were willing to participate in the study included 40 female and 60 were male and the age range was between 20-30 years and between 1-12 months who had a history of participating in the sport of bodybuilding. The research instrument was a questionnaire that the questionnaire contained eight subscales of facilities, coaches, other recreational activities, social environment, aspects of motivation, fatigue, pain and injury, time limits and economic aspects. The content validity, construct validity and reliability of the questionnaire were measured and confirmed its validity and reliability. Results: The results were analysed by T-test and Friedman. Results showed that in the scale of facilities, coaching and other leisure activities women more than men left the sport of bodybuilding. As well as the time limit, the first priority and the social environment, the last priority in both men and women have left the sport of bodybuilding. The findings of this study can be used for sports programming, educators and parents.

**KEYWORDS:** quit sports, fitness, sex

---

<sup>1</sup> Master of Sports Psychology, Faculty of Physical Education, Islamic Azad University, Khorasgan, Isfahan, Iran

<sup>2</sup> Department of Physical Education, Faculty of Physical Education, Islamic Azad University, Khorasgan, Isfahan, Iran. Email: Rokhsareh.badam@gmail.com

<sup>3</sup> Young Researchers and Elite Club, gorgan Islamic Azad University, Gorgan, Iran

## 1. INTRODUCTION

Lack of sufficient physical activity will cost billions of dollars each year to the world. It damages health care system. According to the researchers, just one hour of physical activity a day can prevent the creation of these costs (Weinberg and Gould, 2015). Evidence suggests that such interventions (regular physical activity) act as an excellent financial investment because these interventions reduce the risk of disease and require costly treatment for patients (national document non-communicable Disease Control and Prevention, 2006). But, unfortunately, despite many benefits of physical activity, level of physical activity of people with the advancement of science and technology, has had a significant decrease. In recent years, medical research has shown that a large number of diseases, directly, to the lack of physical activity is concerned. Therefore, its officials and experts have to encourage people to do physical activity. However, the first problem faced by the authorities, is how to encourage sedentary population to physical activity and sports (Weinberg and Gould, 2003, quoted by the preacher Mousavi and mosayebi, 2008, p. 88). Therefore, researchers have tried to identify factors involved in physical activity until they are confronted with consideration of work in the field of encouraging people to engage in physical activity and the second problem is how to keep people committed to do regular physical activity (Weinberg and Gould, 2003, quoted by the preacher Mousavi and mosayebi, 2008, p. 92).

Based on research evidence, third sport participants between the ages of 10 to 17 years old, left the sport in which they participated (Gold & Horn, 1984). Therefore, it seems, for many people, starting an exercise program is easier to adhere to it. This is thought-provoking and should be considered as a way to provide it. Accordingly, providers of sports centers have insisted on the loyalty of customers. Some of these centers follow the slogan "the customer is right" to have their walks (Heidarinejad, moral, Nia Shafi Sharifi Bahrain, 2016). However, research shows that on average, fitness centers lose 40% of their previous clients every year (like Ghahfarokhi quoted Ali, jug Qian, Jalali Farahani, Turkish, 2011). Quality of Service (Newman, 2001), the social impact of staff (Henry, 1389), facilities (like Ghahfarokhi Ali et al., 2011), the presence of qualified and committed teachers and payment of appropriate fees (kindness and Shamsipour, 2006) are the factors known as customer satisfaction.

Conversely, failure to achieve positive results in sports activities, conflict of interests, negative experiences, trauma, and dissatisfaction with the coach and the lack of a recreation of the reasons made lack of customer loyalty (Liper, 2009). Some of the customers that their motivation for continued participation in physical activity classes lose, for a long time may have retired from the sport (Petlichekof, 1996). This issue is important and needs to be special attention because it refused to participate in sport and physical activity, sports centers face with low customer and also endangers the physical health of clients (Behrasy and Badami, 2016) accordingly, researchers in recent decades, physical activity and exercise are the reasons for leaving. When studying the phenomenon, researchers have found that some customers leave unwanted physical activity and exercise withdrew due to injury while others are self-imposed and carried out other activities to achieve the physical activity which have abandoned and some considered costs that outweigh the benefits arising out of participation in physical activity (Clint and Weiss, 1986). Linder, John and Butcher (1991) acknowledged that the reasons for leaving the activity, the skill level of participants, gender and depends on the amount of time spent in training and matches. The importance of gender roles among different motivations for leaving the sport in research is somewhat ambiguous and some studies have pointed to important differences while other studies, have achieved few significant differences regarding gender, (Martin and Dodra, 1991).. Similarly, the majority of foreign studies also have examined the reasons for leaving the sport at competitive levels (eg, Polomishno, 2013, Ankson, 2011, Heidari et al, 2014); A evidence-based reasons for leaving the sport may depend on the skill level (Behrasy and Badami, 2016). So, on this basis, the aim of this study was to investigate the

reasons for leaving the sport of bodybuilding on the basis of sex in customers who had done the sport of bodybuilding less than a year.

## 2. LITERATURE REVIEW

Sarrazin et al (2002) in a study of 335 participants aged 13 to 15 years from 53 female handball team league sport of handball leave France showed lower levels of intrinsic motivation (to success), respectively. Leaving mostly felt handball coaches are self-centered. They also found themselves less satisfied and felt less able to communicate with coach and less confident than larger players. Some players due to reasons beyond their control (injury) had left the sport.

Moliner and colleagues (2006) conducted a study to investigate the reasons for leaving the Spanish athletes, the results showed that other sporting activities and having different occupations, such as addressing homework exercise, are the most important reasons for leaving. The lack of interest in coaching, team atmosphere and lack of understanding of failure and lack of emotional support from friends are other factors of retiring from sports.

Frasrtvmas, Kut and Deakin (2008) examined sports dropout rate of youth participation in sports activities in terms of growth with emphasis on social psychology and situations and the status of the athlete's physique. 25 swimmers who quit the sport continued to swim in this study. The results showed that people who had abandoned their sports training and exercise program had fewer stages.

Moniro and colleagues (2009) examined the incentive to leave their main reasons for leaving the sport in young footballs exercise compared them with other team athletes. The research looked at 150 men and 150 women aged 14 to 18 years and questionnaires about their reasons for leaving the sport derived from Horne and Weiss's Church, and Googad questionnaires were used. Teens who participated in the sport of football, basketball and volleyball were selected. The primary reason for leaving their exercise, was being busy in other activities and lack of having a coach or team spirit.

Vekingston Guzman (2011) examined leaving the sport on the basis of self-determination theory. This study was performed in a 19-month period and considered satisfaction of emotional needs as predictors of dropout rates of exercise. The sample consisted of 857 athletes between the ages of 11 to 19 years with a mean age of 15 years.

Ankson examined (2011) the sport leaving and its causes in a group of successful athletes. 202 men and 98 women, aged  $2 \pm 16$  years in 1975, 1983, 1989 years participated in this study. Questionnaires and interviews on the subject presented leaving the sport at the age of 17 was at its highest. The results showed that women had clearly left more exercise than men. Sports injuries, stagnation in athletic performance, training needs and lack of motivation are considered the main reasons for leaving athletic sport at an early age among other reasons. This can be because of social factors, participating in other sports, and need to work successfully, military service, marriage and other notable reasons for leaving the sport at different ages. according to the five-level of sport leaving based on qualitative research Anukson, Heidari, Badami, Baluch and Duffy (2014) considered 7 level . "Executive" and "Economy" factors were added to the previous levels. The impact of sports officials and law enforcement agents involved in the decision to leave the sport athletes noted and economic factors in any financial cost to exercise and participate in sports competitions is required to be paid.

Heidari, Badami, Baluch and Duffy (2014), designed a questionnaire based on the seven-level reasons and assessed reasons for leaving skaters in teenagers skating sports. The findings suggest that the role of education, law enforcement agents, coercion and restrictions in school and work, motivational aspects, and economic factors on leaving Skateboarding, is higher than

average. Similarly, economic factors, the highest and the lowest rating in the social environment factors affect quitting skating sport themselves.

In summary, the most common reasons offered for leaving sports include: injuries, lack of motivation, negative training environment or training with too much pressure, contradicting interests, spend time for other priorities and conflicts with the coach or sports games.

### **3. THEORETICAL FRAMEWORK**

Participation in sports has positive effects that some of them are mentioned below:

#### **3.1. The effect of exercise on health**

Regular physical exercise has benefits for health. People who are physically active are less likely to cardiovascular disease, cancer, osteoarthritis, and endocrine disorders (Folsam et al., 1997).

#### **3.2. Effects of exercise on socialization**

Exercise leads to Socialization. Socialization through sport is the effect of exercise on beliefs and attitudes .It is assumed that we learn lessons from participation in sport is transferability to other social aspects (Abdoli, 2008). In a society if physical education organizes based on principle, gives out individualism and self-centeredness from athletes and an individual can communicate with other members of the community easier (and Azizabad Farahani, 1995).

#### **3.3. Effect of Exercise on the rights of others**

Because the laws and regulations of each major sport skills and rules of the game for all players is necessary, Consequently, play is a position to teach the rules and social conventions, especially for children who are not involved in social rules in early ages and an individual can communicate with other members of the community easier. (Azizabad Farahani, 1995)

#### **3.4. The effect of exercise on psychological states**

Research shows that exercise has a physiological effect on the body that are the physiological effects of relaxation provider. The researchers say that sport causes euphoria (Azizabadi Farahani et al., 2004).

#### **3.5. The role of sport in leisure**

Leisure includes activities apart from the forces of occupation, family, and community in which a person acts as they like. As a result, leisure is not employment, but a valuable experience of life and in the words of Aristotle, the most serious concern is human leisure (Abdoli, 2008).

#### **3.6. The effects of exercise and cognitive performance**

The benefits of exercise have been known for cardiology for a long time. Nowadays, however, it is specified that exercise is beneficial for the whole body, even the brain. Exercise increases blood flow throughout the body and naturally increases blood flow in the brain (Lowell et al., 2004).

#### **3.7. Disadvantages of leaving the sport**

Today, the benefits of exercise classes is are clear. It seems, the efforts of researchers, educators, practitioners and all those who have a role in this field, in raising the awareness of individuals, has concluded. However, much surprise that despite the awareness of the benefits of exercise, about fifty percent of people who start exercise, leave it in the first six months (preacher Mousavi and mosayebi, 2008). Leaving of the sport, if doesn't lead to the termination of exercise, can have irremediable consequences. At least its disadvantages, is that a person is deprived of the benefits of regular physical and mental exercise.

#### 4. METHODOLOGY

This research is descriptive and causal-comparative method. In this study, the questionnaire was designed to leave the sport in order to identify the causes of leaving the sport of bodybuilding, then the validity, reliability and ultimately measurement of the research hypotheses were performed on athletes in bodybuilding. The population of the study were participants of Ganaveh city clubs who were involved in fitness activities less than a year and have left the sport of bodybuilding in the last two years. Snowball sampling method was chosen. In this case, the telephone number of club officials were collected and a questionnaire was sent to them. 100 people were willing to participate in the study included 40 female and 60 were male and their age range was between 20 to 30 years. And between 1-12 months had a history of participating in the sport of bodybuilding. In this study, a questionnaire was set based on the Likert scale. The questionnaire had two parts: the first part was devoted to demographic and the second part was devoted to the cause of leaving the sport of bodybuilding. The questionnaire consisted of 55 items that 9 items did not get the validity. To assess the validity, content validity ratio (CVR) was used. . To determine the CVR seven experts were asked to comment on each item based on the whole three-part "approved items," "with the term, it is appropriate" and "inappropriate statements" about the case. To determine the validity coefficient, the following formula was used. In this formula nE is number of professionals who have the option of "approved" response and N is the total number of professionals. If the calculated value is larger than the table, content validity of the items will be accepted.

$$CVR = \frac{n_E - \frac{N}{r}}{\frac{N}{r}}$$

The questionnaire contains 8 subscales of facilities, coaching factors, time constraints factors, motivational factors, social environment factors, the choice of other recreational activities, fatigue, pain and injury factors and economic and financial factors. How to distribute the items mentioned in Table 1.

**Table (1):** how to distribute the items. leave the questionnaire Gym

Dimension	The questions distribution
facilities	1 to 15
Coach factors	16 to 23
Other recreational activities	25 to 24
Social environmental factors	26 to 34
Motivational factors	35 to 39
Fatigue Factors, pain and injury	40 to 42
Operating time limits	43 to 44
Economic and financial factors	45 to 46

The construct validity of the questionnaire was confirmed.

Test reliability using Cronbach's alpha was performed, the results indicate the credit for all the sub-components (Table 2). Given that Cronbach's alpha is greater than 7/0 of all sub-components (Table 2), the analysis and statistical inference can be done on the sub-components.

**Table 2.** Cronbach's alpha sub-components for all women and men

The subcomponents	The number of items	women	men
Operating Facilities	15	0.935	0.865
Operating instructions	8	0.935	0.865
Other operating recreational activities	2	0.901	0.765
A social environment	9	0.924	0.847
Motivating factor	5	0.882	0.788
Managing fatigue, pain and injury	3	0.870	0.717
Operating time limits	2	0.834	0.839
Economic and financial factors	2	0.817	0.740
Total	46	0.971	0.926

To collect data, a researcher from the authorities, clubs Ganaveh city requested that the address or phone number at the time of leaving the sport (bodybuilding) were discussed between 20 and 30 years respectively less than a year and fitness activities are available to researchers. The researcher contacted them and explained the purpose of this research. Of those who were willing to participate in the study, email addresses were taken and a questionnaire has been sent to them. A small number who have expressed, via e-mail cannot fill out the questionnaire, and then questionnaires they post were collected.

Analysis of data from this study obtained using SPSS statistical software using descriptive and inferential statistics. The descriptive statistics, statistical characteristics such as average, and standard deviation were reported and inferential statistics department tested the research questions and the following statistical calculations were performed:

- To check the validity of the information received by the collective opinions of relevant experts as well as assessing construct validity, factor analysis was used.
- To determine internal consistency, Cronbach's alpha was used.
- To prioritize reasons for leaving sports, Friedman test was used.
- To check the validity of data items, factor analysis and deductive method was used.

## 5. FINDINGS

In Tables 3 to 6 rating factors affecting sport quit have been reported.

Friedman test was used to answer the questions above. Estimates relating to the tests for women and men respectively have been reported in Tables 3 and 4.

Friedman test results indicate that there is very significant difference between the different components according to leave an impact on the sport of bodybuilding in women and men.

**Table (3):** Women Friedman's test results to determine the sub-components of leaving an impact on the sport of bodybuilding

Sources of changes Significance level 0/000	Degrees of freedom	sum of squares	average of squares	Chi-square -Friedman statistics
Among the sub-components	7	13/14	1/88	29/93
Error	273	109/83	0/40	
Total	280	122/97		

\*\*: Significant at the 1% level

**Table 4.** Friedman's test results to compare men to leave the sub-components of an impact on the sport of bodybuilding

Sources of changes Significance level 0/000	Degrees of freedom	sum of squares	average of squares	Chi-square statistic Friedman
Among the sub-components	7	15/59	2/23	30/54
Error	413	198/72	0/48	
Total	420	214/31		

\*\*: Significant at the 1% level

That's why the average impact of the sub-components of sport quit of bodybuilding in women and men has been proposed in Figures 1 and 2.

Figure 1: Comparison of the different components of leaving an impact on the sport of bodybuilding in women

As seen in Figure 1 operating time constraints, other recreational activities and facilities have left the greatest impact on the sport of bodybuilding in women.

Figure 2: Comparison of the different components of sport quit impact on the sport of bodybuilding in men

In the men also shows the results of comparing the average of the following components (Figure 2), which time constraints and fatigue factor, pain damage has left the greatest impact on the sport of bodybuilding in men. On the other hand, social media platforms and operating instructions left the least impact on the sport of bodybuilding in men.

Tables 5 and 6, respectively, show ranking the result of the following factors in terms of the impact on women and men in the sport of bodybuilding.

**Table 5:** Ranking of Factors Affecting leaving in the sport of bodybuilding in women

Operating Facilities	Operating instructions	Other operating recreational activities	A social environment	Motivating factor	Managing fatigue pain and injury	Operating time Limits	Economic and financial Factors
2	4	3	8	5	7	1	6

**Table 5:** Ranking of Factors Affecting leaving in the sport of bodybuilding in men

Operating Facilities	Operating instructions	Other operating recreational activities	A social environment	Motivating factor	Managing fatigue pain and injury	Operating time Limits	Economic and financial Factors
3	7	5	8	4	2	1	6

## 6. DISCUSSION AND CONCLUSION

The aim of this study was to prioritize reasons for sport quit in bodybuilding. According to research findings, average rating of sport quit of men and women in the highest average operating time limits factor and in social environment had the lowest mean. Similarly, among the 8 Subscales, time limit and facilities, other leisure activities and coach were first 4 priority in the women's sport quit and the time limit, fatigue, pain and injury, facilities and motivation were 4 first priority in the sport quit of bodybuilding in men, respectively.

Allocation of first priority of sport quit to time limit in both men and women is consistent with the findings of studies of Yazdanparast and Badami (1394), Heidari, Badami, Baluch and Duffy (2014) and Anoksen (2011). In the study of Yazdanparast and Badami (2016), coercion and restrictions are girls' first priority to leave the team sports. Also, Anoksen (2011) mentioned educational and job requirements are the reasons that lead to sport quit. Education and work requirements on the one hand and following exercise activities for athletes on the other hand can make contradictions between time priorities.

The second priority of women's sport quit is facilities factor and it was the third priority in men. In this regard, many studies have shown optimal service quality to customers' satisfaction and loyalty. Javadein Sayed et al (2011) by providing model showed that service quality of clubs or sports complexes customer's satisfaction and loyalty affect them. So, it seems, with the arrival of services to the sports industry as an extremely competitive service industry, offering excellent service, is a prerequisite for the survival and success of any club sport.

Another finding of this study showed that the effect of leaving the sport in scale facilities was higher in women than men. This finding is consistent with studies finding of Hak Lee et al. (2010). Golf clubs in Korea about the impact of service quality on customer satisfaction and intention to re-register made conclusion that the importance of service quality and clean and



new club and club facilities for women than for men is that it represents the influence of gender on reasons for leaving the sport.

Based on these findings, fatigue, pain and injury have the second priority dedicated to the sport of bodybuilding in men. Baker and Abernethy (2007) contended that, in many educational programs that focus on training hard, dropping out of sport is more likely. Gold Mobry, and also toffee (2001) have suggested that exercise leads to a feeling of tiredness and left repetitive and boring exercise. Also, sports injuries is one of the main reasons that makes the athlete unable to perform well. The ensuing lack of medical treatment and professional sports is also cause of leaving. In general, sports injury as a factor in leaving the sport, has been the most cited factor in literature (Slater and Tigman, 2010; Boucher and John Linder, 2002). Another finding of this study showed that sports and other recreational activities subscales were more on women in leaving sports than men and the third priority is given to women's sport leaving. In other words, women have abandoned the sport of bodybuilding exercises to a greater extent than men. This finding may be related to the fact that there are varieties of fitness activities for women than for men, and they have more freedom to choose the type of exercise.

Another finding of this study showed that coach is the fourth priority in women's sport leaving. This finding is consistent with study's findings of Yazdanparast and Badami (2015), Heidari, Badami, Baluch and Duffy (2014) and Basman (2004). Basman results (2004) showed that about 75% of women and 57% of male athletes' coach role in athletic success which is a "very high" estimation. Jackson (2001) found that "adolescent girls tend to coach athletes on the fun and excitement during exercise stress more than boys.

In a study conducted on young swimmers, it has shown that teens who feel support of their coach, still interested in continuing sport, but young swimmers who found their coach controller were trying to leave the sport (Politer, Fortier, Valrond Breyer 2001). The behavior of coaches, have especially great impact on attitudes and clients, and multiple studies clearly shows great importance of relationship between client and coach to early end of exercise period (Martin Dale, and Jackson, 2001). In other words, the key importance of human resources in the modern advanced organization is to the extent that realization of the effectiveness of all methods and strategies ultimately is attributed to human factor.

Economic reasons were sixth priority for leaving sports among men and women. These finding is inconsistent with Heidari, Badami, Baluch and Duffy (2014) and Yazdanparast studies (2015). Economic factor was the first priority of leaving the sport in the study of Heidari et al (2014) and case study Yazdanparast and Badami men (2015), respectively. Perhaps this difference is related to differences in skill level case studies. In this study, participants had less than one year of experience in the study of Heidari et al (2014) and Yazdan Parsat and Badami (2015) was higher skill level of the participants.

In this study, the social environment has less impact on the sport of bodybuilding. This finding is consistent with research findings of Heidari et al. (2014), Yazdanparast and badami and is incompatible with the findings of Anokson (2011).

## **7. PRACTICAL SUGGESTIONS**

The findings showed that the first priority of leaving the sport of bodybuilding in male and female clients have been attributed to time constraints. However, the reality is that more excuse of lack of time and the main thing is that exercise is not a priority in the lives of these people. In other words, culture exercise is not created because the people have time to watch TV and circulation. So, it seems, the first step in preventing quit sports, sports culture and put it in the first step is to create another, enjoyable the sport. If coaches and sports programs be satisfying and provide recreation and other community members as much as or even more than they are attracted to sports (preacher Mousavi and Mosayebi, 2008).

## REFERENCES:

- Kindness, M & Shmsy Pvr, S. (1384). "Customer Opinion Survey Gym women in Isfahan". *Move*, Issue 25, pp. 149-135.
- Heidari nejad, P., moral, E, Sharifnia, c and Sharifi Bahreini, n. (1394). "Assessment of service quality clubs Ahvaz from the customer perspective". *Bulletin Y sports management and motor behavior*, Year 11, No. 21, pp. 156-149.
- National prevention and control of non-communicable diseases document and associated risk factors in the Islamic Republic of Iran in the period 1394-1404.
- Sydjvodyn, S.-Y.-R, Dejagah, of the Styria, M. (1389). "The model of assessing the impact of service quality on customer loyalty and sports services". *Olympic Journal*, Vol. 18, Issue 52, pp. 54-41.
- Abdoli, b. (1386. (Psychological and social foundations of physical education and sport, Tehran: Publication am, Second Edition.
- Azizabadi Farahani, or. (1373). *Physical education*, Tehran: Publication of PNU, Eighth Edition.
- Ali like Ghahfarokhi, or, Kvz-h-Chyan, E, Jlaly-Frahany, CE and Turkish, M. (1389). "Investigate and compare private and public clubs in Tehran woman customer satisfaction". *Sports Management*, No. 5, pp. 140-127.
- Mousavi preacher, SM K; mosayebi, p. (1391). "Sport psychology". Fourth Edition, Tehran: the side, pp. 86-93.
- Yazdanparast, the almonds, the. (1393). "Reasons for leaving the team sports in adolescents". Master's thesis, Islamic Azad University, Faculty of Physical Education, 45-60.
- Behresi, F & Badami, R. (2016). "Prioritizing the factors affecting leaving the martial sports based on gender, type of sport and level of competition". *Research Journal of Sport Sciences*, Vol 4, No 8, PP: 270-278.
- Bussmann, G. (2004). "How to prevent dropout in competitive sport". *New Studies in Athletics*, Vol 14, No 1
- Butcher, J., Lindner, K. L., Johns, D. P. (2002). "Withdrawal from competitive sports: a retrospective ten-year study". *Journal of Sport Behavior*, Vol 25, No 2, PP: 145-163.
- Cote, J., Baker, J., & Abernethy, B. (2007). "Practice and play in the development of sport expertise". In R. PP: 184-202.
- Enoksen, E. (2011). "Drop-out Rate and Drop-out Reasons among Promising Norwegian Track and Field Athletes". *Scandinavian sport studies forum*, Vol 2, PP: 19-43.
- Folsom, A.R, Arnett, D.K, Hutchinson, R.G., Liao, F., Clegg, L.X., & Cooper, L.S. (1997). "Physical activity and incidence of coronary heart disease in middle. *Medicine and Science in Sports Exercise*", 29:901-909
- Fraser-Thomas, J., Côté, J., & Deakin, J. (2008). "Understanding dropout and prolonged engagement in adolescent competitive sport". *Psychology of Sport and Exercise*, 9, 645-662.
- Gould, D., & Horn, T. (1984). "Participation motivation in young athletes". In J. M. Silva and R. S. Weinberg (Eds.). *Psychological foundations of sport* (pp 359-370). Champaign, IL: Human Kinetics.
- Gould, D., Medbery, R., & Tuffey, S. (2001). "Sources of fun and no fun in age group swimmers". *Journal of Swimming Research*, Vol 15, PP: 1-11.

- Guzmán, J. F., & Kingston, K. (2011). "Prospective study of sport dropout: A motivational analysis as a function of age and gender". *European Journal of Sport Science*, DOI:10.1080/17461391.2011.573002..
- Hak Lee, J. et al. (2011). "The influence of service quality on satisfaction and intention: a gender segmentation strategy". *Sport Management Review*, Vol 14, No 1, PP: 54-63.
- Henry Habib (1389). "Evaluation of satisfaction, needs and problems of users clubs of fitness and aerobics". *Abstracts of the International Congress of fitness and aerobics*, Tehran, P.120.
- Heydari H, Badami R, Baluch B, Duffy I. (2014). "Dropout Reasons in Iranian Youth Roller Skaters". *International Journal of Science Culture and Sport*, Vol 2, No 4, PP: 89-102
- Klint, K. & Weis, M. R. (1986). "Dropping in and dropping out: Participation motives of current and former youth gymnasts". *Canadian Journal of Applied Sport Sciences*, Vol 11, No 2, pp: 106-114.
- Lavallee, D., Kremer, J., Moran, A. P. & Williams, M. (2004). *Sport Psychology Contemporary Themes*. New York: Palgrave Macmillan.
- Lepir, D. (2009). "Reasons for Withdrawing from Sport in the Formerly Active Athletes". *Physical Culture*, Belgrade, Vol 63, No 2, PP: 193 – 203.
- Lindner, K. J., Johns, D. P. & Butcher, J. (1991). "Factors withdrawal from youth sport: A proposed model". *Journal of Sport Behavior*. Vol. 14 No 1, PP: 3-16.
- Martin, D. E., & Dodder, R. A. (1991). "Socialization experiences and level of terminating sport participation". *Journal of Sport Behavior*, Vol 14, PP: 113-128.
- Martin, S.B., Dale, G.A. & Jackson, A.W. (2001). "Youth Coaching Preferences of Adolescent athletes and Their Parents". *Journal of Sport Behavior*, Vol.24, No 26, PP: 197-212.
- Molinero, O., Salguero, A., Tuero, C., Alvarez, E., Marques, S. (2006). "Dropout reasons in young Spanish athletes: Relationships to Gender, Type of sport and level of competition". *Journal of Sport Behavior*, 29 (3): 255-269.
- Molinero, O., Salguero, A., Álvarez, E. and Márquez, S. (2009). "Reasons for Dropout in Youth Soccer: A Comparison with Other Team Sports", *European Journal of Human Movement*, 22, 21-30.
- Newman, K (2001). "Interrogating SERVQUAL: a critical assessment of service quality measurement in a high street retail bank". *International Journal of Bank Marketing*, Vol 19, No 3, PP: 126-139.
- Pelletier, L. G., Fortier, M. S., Vallerand, R. J., & Brikre, N. M. (2001). "Associations among perceived autonomy support, forms of self-regulations, and persistence: A prospective study". *Motivation and Emotion*, Vol 25, PP: 279-306.
- Petlichkoff, LLM. . (1996). "The drop-out dilemma in youth sports". In O. Bar-Or (Ed.), *The Child and Adolescent Athlete: Encyclopedia of Sports Medicine (Vol The Child and Adolescent Athlete: Encyclopedia of Sports Medicine.)* (pp. 418-432). Oxford: Blackwell Science.
- Polomoshnov D. (2013). "Dropout as a phenomenon among 15-18 year old cross country skiers at vuokatti sports academy". *Commissioned by vuokatti sports academy*, pp: 10-35.
- Sarrazin, P., Vallerand, E., Guillet, E., Pelletier, L., Cury, F. (2002). "Motivation and dropout in female handballers: a 21-month prospective study". *European Journal of Social Psychology* 32: 395-418
- Siesmaa, E.J., Blitvich, J.D. and Finch, C.F. (2011). "A systematic review of the factors which are most influential in children's decisions to drop out of organized sport". In A.D. Farelli (Ed.), *Sport*

Participation: Health Benefits, Injuries, and Psychological Effects (pp. 1–45). Hauppauge, NY: Nova Science Publishers, Inc.

Slater, A. and Tiggemann, M. (2010). “Uncool to do sport”: A focus group study of adolescent girls’ reasons for withdrawing from physical activity”. *Psychology of Sport and Exercise*, Vol 11, No 6, PP: 619-626.

Vaezmousavi, S.M. K., Mosayebi, F. (2007). *Sport Psychology*. Tehran: Samt publication, [In Persian].

Vorobjev, E. (1994). “A medical report from the sports congress in Helsinki in 1994”. Too early specialisation in children and youth sport. Helsingfors, p: 24.

Weinberg, R.S., & Gould, D. (2015). *Foundations of sport and exercise psychology* (6th Ed.). Champaign, IL: human kinetics.