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Disappearance of Traditional games by the imitation of Colonial Culture through the Historical parameters of Cultural Colonialism

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Abstract

History reflects the evolution of mankind in its many facts. Culture, economy, society and polity are so interwoven together that a change in one is reciprocated by changes in the others too. Under colonial rule, political transformation had a great impact on the social and cultural life of the Bengali. Folk games, which are reflections of the cultural life of Bengal, saw a major transformation during this time. The folk games, which flourished in rural Bengal for centuries, had to give way to the more 'institutionalized' games. In Calcutta, there was little scope for the folk games to flourish and develop, as the inhabitants of Calcutta both in its early phase and in the later phase were associated with the colonial administration and colonial trade. In Calcutta, when the Colonial games were making their mark on the life of the Calcuttans in more than one way, the folk-games were eclipsed and lost. Sport is an expression of the societal and cultural manifestation, it can be consider as the mirror of any given society at a particular time. If we are to consider the world of sports in Calcutta during the early twentieth century, it will reflect some realities about its economy, society and polity.

Keywords: Colonial hegemony, Cultural Displacement, Bengaliness, Communicative Space, Pathological Game.

Introduction

Sport is an integral part of the social and cultural life of a modern society, (Groll: 2014) which represents the modern nation state as its distinct identity. From the very ancient times, sports had been the source of identity for localities, provinces and nations. Hence some of the games had been the source of entertainment as well as power of identity for a group of people associated with them. It is through the ages that games have evolved as a part of the cultural, physical and moral educators for the generation. The objective of games spread in a wider process including culture, politics, religious, economics and nationalism (Ørnulf: 2017). Since such issues are very fundamental to the identity of a race, group or nation, from the time of immemorial.

In case of Bengal, it is important to point out that the people of 'Banga' holds a rich history, culture, and identity of their own very distinct from the others. In the pre-colonial period, they had gone through a process of acculturation, where they had assimilated new ideas and ideologies, new cultural traits from those who came to inhabit the region but they continued to hold on to their own cultural and social life. Hence, some of the games, which existed in rural Bengal during the time, were given a boost by the addition of a few more. Though in the historical documents, we do not find a clear reflection of the prevailing sports among the local people, as most of the historical writings, at that time were official documents, which gave little references to the life of the people in general. In recent times, there are some researches, which throw light on the sports and related activities of the people. Though in the recent past, the sport life of a given nation or the folk games have found some interest among the researchers yet the works of some of the scholars clearly project that the modern game and sports have replaced the traditional games, as there is a clear negotiation, in Bengal it has been promulgated by Choudhory. (Choudhory: 1969).

It is our primary concern to trace the cause of this negotiation with an important part of culture in Urban Bengal-Calcutta. During the colonial rule in India, the attempt of the colonizers was to create a class of Indian in blood and colour but English in taste, manner, etiquettes and intellectual. As the idea and institutions of the West became the way of life for this new genre of Bengali called the 'middle class' or the Bhadrlok as they preferred to call themselves. It was the introduction of the new revenue policy, manufacturing and industries, which consolidated the colonial character of this genre of the Bengali Bhadrlok. Nevertheless, the absentee of the landlords, stationed in Calcutta, changed their pattern of amusements, leisure and games to a more colonial pattern, making themselves much closer to their European boss both in office and in the field. Hence, the negotiation was not at a political level but at a cultural level also. From the early nineteenth century, with the acceptance of Western education and government jobs in the British bureaucracy the bhadrlok of Calcutta used to describe themselves as a distinct group separated and cut-off from their tradition and the rural base. They were not late to even distant themselves from the rural and urban poor, as they imbibed the western life-style and games very different from the others. The bhadrlok included the rich Babus (Elite Class) and the Madhyabitta (The Middle class). In the construct of the new identity or gentrification of the Bhadrlok, the first sacrifice was made to the rural life-style and rural cultural system; the so called folk games formed an integral part of the rural life then. As a result, they were sacrificed at the altar of modernity and reform.

Folk sport is a comprehensive term for a diverse group of games, which were mostly taken up for leisure, entertainment, body and mind building. Since such games were played and patronized usually during some cultural or seasonal fair or gatherings, the game has a

common element of depicting as the “popular culture”. For such games the importance of the locality and neighbourhood was very important. In the rural society, earlier before the introduction of television and cell-phones, individual indulge in a social life. For girls the courtyard was the ‘communicative space’ where girls from different household would spend considerable time. This shared space and shared-time become the source of such folk-games among a given neighbourhood. Each neighbourhood or ethnic groups develop a specific game and in the course of time, it became a part of their cultural life too. As the game moved from the position of past-time to that of entertainment for a greater audience in fair or during some festive seasons; and in no time it must have become a pride identifying a locality or a region more specific to Bengal or even a province of Bengal. If such indigenous sports and games were integral part of a certain rural tradition, it is inevitable that when aristocracy and Zamindar out from such neighbourhood, they were cut off from those sports and in Calcutta. It was their desire to promote a western life-style for themselves, which nib in the bud the development of such folk-games in the neighborhood of Calcutta. At least in that part of Calcutta which was inhabited by the natives could easily patronized such folk games but the middle-class moral policing in the age of reform, cut the rural games and rural cultural from the life of the Bhadraklok.

The foreign outdoor games, football and cricket were associated with the mind of indigenous people. It is reasonably clear that football came to India with the East India Company. Football’s early pioneers were the officers and men of trading firms and regimental battalions, European professors of educational institutions and naval men who used to play the game at ports, such as Calcutta, Bombay, Madras, and Karachi (Bondhopadhyay:2015).The Bengali people adopted the football within their cultural activity. Football became like the ‘pathological game’ of Bengali people. After adaptation, within limited time native team, ‘Mohunbagan’ won the Historical I.F.A shield by defeating the British team, and the Mohun Bagan became as the hero of the dream(Nath: 2011). The club represented their identity as the representative of nationalism (Bhatterjee: 2018). The clubs of native state started their game through imitation and became as the medium of reciprocation. From colonial India Football, Cricket and Hockey are discussing from different aspects. Only the positive aspects are describing through the writing of historians, but the negative aspect still now under the lamplight. Because through the adopted games, Bengali reflect their cultural and Social activities, on the other hand, traditional Sports culture had to face various barriers which are the signal of extinction for the near future. History of Sports gains its prosperity in the late twentieth century in Bengal as well as in India. Nevertheless, in India, writing of Sports History was started within the limited area which dealing mainly about the history of Football and Cricket. In 1988, Soumen Mitra through his M.Phil dissertation discussed firstly History of Football in Colonial Calcutta. He published his thesis as the book on the name of ‘In search of an identity: History of football in Colonial Calcutta’ and discussed Sports as the aspect of nationalism. Ramchandra Guha through his book ‘A Corner of a Foreign field: the Indian History of British Sports’ discussed the sports politics from different angles another edited book is ‘Cricket’ deals about the cricket from a different point. After that, the prominent Journalist and historian Boria Majumdar traced on the cricket. His one of the famous book is ‘Twenty-two Yard to Freedom’ and ‘Eleven Gods and a Billion Indian: The on and off the field story of cricket in India and beyond’. In Bengal, another sports Historian is Kausik Bandyopadhyay through his Bengali book ‘Khela jokhon Itihas’ (When Sports is History) discussed purely how a game became a History? After, he wrote many books and published articles about Indian football and culture. All above the writers, he explains the importance about the modern game. Although, Kausik Bodhoypahy discussed the theory of evolution system, how the traditional games transferred into modern games. But, in the pages of

literature folk games and its importance are totally untouched. As a result, there is not any particular documentation about the traditional game of West Bengal. Lack of documents, writing of folks games of Bengal is very tough.

Before the second half of the nineteenth century the indigenous people India followed their traditional games like Lathi Chora (Throw Stick), Danguli (Play through long pieces of wood), Kit-Kit (Girls famous game), Goli (Marbles or Glass ball), Lattu (Top), Luko-Churi (Hide and seek), Rumal Churi (hanky Thief), Ghuri (Kite Flying) and so many traditional games . But after the second half of the nineteenth century those people bending towards the foreign outdoor games. Therefore, in west Bengal especially Calcutta, history of the folk games is a major lacuna in the field of sports culture. Through this article tried to explain some of the most important extinct traditional folk games of West Bengal and its importance in our society which are Ha-Du-Du, lathichora (Throw stick), Kanamachi, Rumal churi (Hanky Thief), Ghuri Orano (Kite Flying) and Kit-Kit.

Ha-Du-Du:

Growth and development are the biological processes where a child will be a future citizen crossing this stage. The child has to face various problems to become a proper citizen through the biological activities. Physical and mental fitness is the most important factors for being a healthy child. A healthy child is the gift of a healthy nation. All the components of physical fitness and mental health are hidden within the sports. From the early life children are not associates within the organizational games, so, to associate, children have to adopt some methods through their regional traditional games. In Bengal there are many traditional games prevailing in the society, Ha-du-du is the most important among those games. In the rural area of Bengal and in Calcutta, children were involved in their folk game as the age of primary level at the time of precolonial and contemporary of colonial period. Especially this game was favorable within girls under ten to twelve ages. However, ha-du-du and kabadi is well known as the same game in Bangladesh where kabaddi is their national game. In West Bengal, Ha-Du-Du and Kabadi are different games. This game is totally unknown to the new generation who are born and brought up to town and suburban area of Bengal. Some known to this game but not in their eyes or physically practices benefited through the television. In this game boys or girls divided into two groups. Within a limited area, a fixed boundary is selected and rest of the open places where the opponent's teams members are waiting to avoid form the touch and who are in the position of games tried to touch the opponent's members to reduce one by one. It is not possible to play at least two players in each group. After being alert to the two sides, one enters within the others area in a single breath. Within this breath, if the person who entered to the other parts and touches the opponent's group, after that touch one person will be out from the game who was touched the first bye the entry person. On the other side if the entry person came back without touching any opponent person the next chance will be given, in this same way they will get a limited chance, after completing this limitation opponents group will get this chance. In addition, the player who entered by touched to the opponent's group's member but cannot return to his area then he will be out from the game. Here out from the game means actually that is the time he has sent to prison. If their supporting players can out to others then the out players will be eligible to play again

Kanamachi:

Kanamachi is also an important folk game of rural Bengal. This game is more popular among the school children. The folk game of Bengal 'kanamachi' is a wonderful game in the rural area. In this game a child will be thief and his or her eyes will be tied with the cloths (called as Blind Person). After that, rest of the children will stay around the blind person. At that

time, the players have to sound 'kanamachi vho vho' (sound of flying of fly) 'jake pabi take choo' (you touch whom you can). Then he (Theif) tries to touch the other friend. If the thief can touch any person he will be the next blind person. However, the rest of his friend touch the blind person time to time. There is no use of tool to play this game, only need a piece of cloth and an open space. Lack of proper place, this game can be playing on the roof of the house or into the room also. After tide both of the eyes, of a particular person, he is turned around several times , so that there is a problem in guiding himself. Then the blind person's work is to find out the others friend. The person or children had running around to safe themselves. The blind person has to continue his work until to touch others. To play this game minimum three players are required. Nevertheless, there are no problems in the games if more than three people. When the game is played the will be peaceful with the happy children.

Dangulli

This is the one of the most popular game among the school boys in rural Bengal and in colonial period Calcutta. From the origin of the game it is clear that this game is conduct by the tools of 1-1.5 feet long piece of wood which is known as Dang (1-1.5 feet long wooden stick with 1-1.5 c.m breadth) and Gulli (It is less than half of the Dang) which is also made of wood in cylindrical shape. 'It is sharpened from both ends like a lead pencil'. A small omission dug on the ground. The length of this hole is about more than four inches with a little depth. Minimum Two or more than minimum boys can associate with this game where they will divide into two groups. The first player places the gulli across the pit and puts his Danda, the primary tools of this game (Wooden Stick) into the pit under the gulli, (little wooden stick) the secondary tools which will be thrown, it is secondary because if the wooden pieces are available than its alternative various type of plastic bottle can be use and holds.. He then pushes the gulli off. The other player or the other group tries to catch the gulli; if he succeeds in catching it, the first player is out and the second player gets a chance to push the gulli in a similar way. However, if the other player fails to catch the gulli, the first player places the danda on the pit and the one of them (others) player throws the gulli on to the danda from the point where the gulli had landed. Even if he succeeds in hitting the danda, the first player is out and it will be the second player's turn to play. If the throw misses the target, the first player places the gulli on the ground but not on the pit and bounces it slightly by hitting one of its ends with his danda; while the gulli is still in the air, he tries to hit it hard with his danda as far as he can, away from the pit. The others player tries to catch it again. Even if the first player misses the chance to hit the gulli while in the air, the first player is out. The distance between the pit and the place where the gulli falls is measured by the length of the gulli and the player gets points correspondingly.(Ghosh.P. 2015)

Kit-Kit:

Due to limited literature resources I am greatly thankful to Pallab Ghosh for his 'Traditional Sports and Games Culture around the West Bengal'. This game is played with a Guti: a broken piece of an earthen pot, about an inch-and-a-half in diameter, or a round flat stone. A rectangle about three yards long and two yards wide is drawn. This rectangle is divided into six squares each about a foot wide. The fourth and the sixth squares are each subdivided into two and these are crossed diagonally from side to side. (Have many other formats) The first player stands before the starting line and tosses her guti into the first square. Then she skips the first square, hopping to square number two and continues hopping up to square six. Then she turns around and hopes back. She stops in square number two, picks up the guti, hops over square one and comes out. She continues playing by tossing the guti in square number

two, three, four and so on in subsequent steps. All the hopping is done on one foot, except for those squares that are divided into two and drawn side by side. She puts both her feet down into the two squares with one foot in each of them. The player must hop over or skip the square where the guti has been placed. A player is declared out if the guti fails to land in the appropriate (Progressively higher) square, or the player steps on a line, or loses her balance while bending to pick up the guti, or puts her other hand or foot down or steps into the square. This game is popular among girls. They play this game during recess at school.(Ghosh: 2015)

Luko- Churi (Hide and Seek) And Rumal Churi

With the Luko-Churi the children are associated from their childhood age. Without any cause children hide themselves from their mother, which is has not adopted but it is their natural habits (Sengupta: 2016). This kind of habits became as luko-churi (Hide and seek game) (Crawford: 2006). Luko-Churi in bengali meaning hide from others (Here a particular person) consciously, not for any dreadful intentional purpose only for entertainment. Children start playing this game at a very early age. Two-to-three-year-old children play this game with their mothers, grandmothers or elders (Sengupta: 2016). A child is asked to close their eyes with the palms of their hands and the mother hides somewhere. Then she calls the child to come and find her. The child runs here and there and everywhere in search of the mother. If the child finds the mother within a limited time, they laugh; if not, they burst into tears. When the mothers sees the child is crying, she comes out, or sometimes when she senses restlessness in the child she partly reveals herself so that it becomes easy for the child to find her. When a child grows up, they find that this game requires more skills when played with a group of their peers. They can be so clever at hiding themselves that the finder roams about, trying to locate the others, following the sounds they make but does not succeed (Ghosh: 2015). It is because by the time the finder reaches the place from where the sound appeared to have come from, the one hiding has already moved from one to another place. The child who covers the eyes of the finder keeps the palms tightly on the finder's eyes, until everyone has gone hiding. Usually the youngest child is chosen to find the older ones (Ghosh: 2015). It is not only for the little children but also the group of teenagers used this game by grouping.

Rumal churi is an outdoor game but it can also be played inside if one has enough room to run around(Thurman: 2005). This game can be played with as many members as present. Out of whom one is the chor (thief). The members playing the game sit in a circle with their eyes closed. The players sing this song three or four times and within this period the chor leaves his hanky (or a small piece of cloth) behind one of the sitting players. When the singing ends, everybody opens their eyes and looks for the rumal behind them. One of them who finds the rumal runs following the chor to catch him. The chor runs around in circle and tries to save himself from being caught and take the vacant seat of the person chasing him or her (with the rumal); if they are caught by the person with the rumal before grabbing the vacant seat, they switch roles. The game turns more interesting when it is played at a fast pace and involves all the participants, so that every time the rumal is dropped behind a new player' (Ghosh: 2015). (The schools girls about 5th -8th standard are associate with games. Due to proper open space and proper opportunities sports losing its glorious past.(Das: 2016)

Dari Bandha:(Rope Tide)

It is not only a game but also an examination of physical power, Fitness, strength and confidential balance where the opposite team could disbalance. Daribandha is another popular game in the villages of Bengal. In this game a field as equally divided with lines keeping equal distance from each other. Players divided into two equal teams or members. To play minimum two players of both side needed to equal, no limitation of maximum players.

One team stands in the starting line outside the field and each of the players of other team stands on each vertical black line facing at least on opponent player. This player can move towards the horizontal line at a limited range. Players standing outside enter into the field one by one and try to pass across the field to the finishing point and have to return to the starting position. Thus, the team wins the game. if any player in the opposite's touches anybody then the game reversed. It demands high level of physical fitness, strength and speed also. In the climax of the game, depend wins and defeats. In school of rural area maximum in the winter season two groups has arranged between teachers and students for this game, which makes a peaceful environment. (Excel:)

Impact on the society:

Not only the above games, including the others games like Lathi Chora(through Stick) Goli(Marbles or glass Ball), Lattu(Top), Ghuri(Kite Flying), Palalpoli, Chara play, Sap-ludo (snake ludo) more than forty regional games which are booth indoor and outdoor games. Sports and games are the integral part of its own culture of every society. The game is an important part of the contesting competitor's intellectual skills and the main ways to show physical and mental strength and artistry. It is true that the diversity of culture, which related its traditional games, helps to conduct the organizational sports. We should develop in the division of organizational sports including to save our diverse identity through the traditional sports. Now days, we are departing from our traditional games and culture. I surveyed on two groups who are associate into sports field from one is rural area and another is urban area within the age 6 - 15 of Keshur the rural area under Paschim Medinipur District, West Bengal about their future aim about sports in near future.

Standard	Age	Associate with	Interested in	Future aims	Traditional Sports
4 th Standard	8	Football	Mobile Game	Teacher	Except <i>Luko churi</i> don't know any game
4 th Standard	7+	Cricket	Carton of Television	Business	Not interested in any Traditional sports
8 th Standard	12	Tennis	YouTube	Doctor	Not interested
9 th Standard	14+	Mobile Game	Moblie game	Pilot	Only bike racing
6 th standard	10	Watch the sports	In play	Teacher	Kite flying
7 th standard	12	Cricket	Car Racing in smart	Social wprker	Cycle racing

			Phone		
9 th Standard	15	Football	football	Sports person	Not interested
10 th Standard	16	Cricket	PUBG game	Cricketer	Not interested
10 th Standard	15	Badminton	film	Administrator	Known but not interested
8 th Standard	13	Cricket	T.V Serial	Cricketer	Not interested

*Field Survey: August, 2018.

Not only in Rural area, but in town area I surveyed on 110 boys and Girls who are the Students of Bishnupur High School and Kalipark Girls High School, Rajarhat, New Town of Rajarhat area. According one students “My parents pressure me to read and write, in the afternoon I spend my time by watching Kartoon on the Television, and in the holy day , maximum Saturday and Sunday in the afternoon allow me to go sports ground, where I preferred the cricket”(Field Survey). Another Student of class 10th Standard claimed to his parent “what is the future in your sports? it better to send your time on computer which will associate you in your future”. Among them 56% students are not associate with any games and sports, 22% students are associated with the Cricket, football, tennis, badminton and others organizational games, 12% students watching the game protect themselves, and 10% students participate with their parents in the morning and evening walk. Though there is little interest in the rural area in traditional game, but in urban and sub-urban area that is out of range. The Sports that originated from ancient times has been elevated to the final phase (Masterson: 1976). Where sports are analyzed as one of the main sources of physical health and mental fitness (Edmunds : 2013). The Greek city-state used the game and sports to create health and physically strong citizen but our society demands from sports economical supports for future not proper future citizen. The purpose of sports expended its area from Anixtey, love, physical and mental fitness, national identity to economics. (Australia Govt).

In the context of cultural hegemony of the colonial state over the Bengali people, it is pathetic to see the extinction of a large number of folk-games, as such games had to give way to the dominant culture of the colonizing masters. Kausik Bandhopadhay in his much discussed book pointed out sports as the ‘cultural weapon’ of the emerging nation against its domination. (Bondhopadhay: 2006). Here I would like to argue that in an age when the nationalist like Bankim Chandra Chaterjee and Vivekananda were laying the seed of nationalism among the Bhadrlok, their argument had been the importance of the nations history, culture and religion. The Bengal revolutionaries preached a new philosophy of nationalism which placed patriotism as a religion, where the motherland is perceive not only as the mother but also as the Supreme Deity. Service to the cause of the motherland was considered by them as the only way to salvation or moksha. It is important to point out that they publicly expressed their deep faith in God and promoted the idea that God was the supreme leader behind the nationalist movement. “The motherland is no other than Divinity itself”, declared Aurobindo Ghose, “the Motherland in all her beauty and splendor entitled, Kali, the mother made Aurobindo view resistance from a new angle, as the play of shakti (power). As early as 1893-94, Aurobindo Ghose, in his “New Lamps for old” also put forward

a radical philosophy of politics. He demanded freedom openly as the inalienable birth right of India. (Singh: 1970) It is important to point out that he declared that the freedom of India must be won relying on her own limited inner strength and power. That the revolutionaries thought of using the indigenous ideas and indigenous belief system to build up an understanding of patriotism can be argued from the speech of Aurobindo delivered at Jhalakati in Barisal on the 19th June, 1909. He said, Swaraj, is not the colonial form of government nor any form of government. It means the fulfillment of our national life... Our object, our claim is that we shall not perish as a nation but live as a nation... we preach the gospel of unqualified Swaraj (Singh: 1970). Sri Aurobindo's vision of India as a nation happens to be an important part of his social and political philosophy. He worked on the background of the 19th century Bengal Renaissance which was losing its glamour in the midst of an artificial atmosphere produced by the western educated intelligentsia.

In the 'nation imagined', by the use religious idioms and vocabularies, continues as an integral part of the living history and living culture of the people, here it is indeed intriguing to see how an European game like that of foot-ball can become the 'cultural weapon' against the European power. The revolutionaries used the samitis or secret societies to revive some of the traditional games to build the spiritual strength and physical power. Akharas were organized by them to rebuild the lost cultural spirit. To my understanding they were the 'cultural weapon' to fight the ever soaring domination of the colonial power and atrocities. Through those 'akharas' the youth were able to build their lost confidence and the spirit of social life which was erode by the colonial socio-political system. Akharas, were not only space for organizing and cultivating the lost cultural spirit of the nation or the groups but they were also communicative spaces for mobilization of political sentiments. Such akharas once again created a shared cultural and public space which had become oblivion in the memory of the common man. It was not the gentry or the elites of Bengal who went out to recover their tradition, their culture and their folk-game but the lower middle class who set the tempo for the nationalist movement through the Extremist movement. Within those game rules and regulation the basic cultural ethics of the Bengali was found, as the hierarchy between the teacher and his students made possible there-establishment of the traditional moral and ethical value system. J.A Mangan judged the games, based on the fundamental but complementary relationship of imperialism and games on the question of social development in India (Bondhopadhyay: 2015). In modern society, there are many outdoors game but their replacement by our traditional games is threatening to our moral and spiritual life. As the new generation of children grew up on the high tide of western games, which install team spirit no doubt but it takes from them their natural instinct for social and cultural life. If games is part of our soft-culture than the lost of traditional games is definitely the loss of cultural and ethical values for the child. If we are to revive our traditional games and give them that organizational and institutional backing needed for any sports to survive, we are not setting the hands of the clock backward but we are actually setting the clock to work on its own natural system.

Discussion and Conclusion

Since the establishment of British Empire to the twentieth century's first decades Calcutta was the capital as well as the main trading city of British in India. The mercantile nation tried to establish them as the ruler of India by centering the Calcutta. Slowly the merchant became as the ruler. The brilliant nation carry on homogeneous three identity when they came anywhere from their country. It was not only for the British, but the difference was there that other nations did not try to establish this three ideology as their own to the foreign, but British Established. This three concept are firstly; Their Religious, where they went they described

their religious thought and its objectives, Secondly; English Language and they tried to implement their language to this particular Nations and Lastly; the most important equipment is their culture which they put into practice where they ruled. (Choudhory: 2018; Higgins : 1962). The natives cultivated the british cultures among this sports culture was the most important. The Badralok Class associated the british culture with the Calcutta societies by imitation the British habits. The british used their sports as their medium of lessiure and entertainment and the Bhadrlok class imitated the games and culture and cultivated within themselves. According to Bondhypadhy ‘Sports in colonial and post colonial era in Bengal has been closely linked to wider process that have been shaped the society and culture of the reign since twentieth century’(Bondhopadhy: 2015). But the link connected within the Bhadrlok Societies of Calcutta and Britishers. Though All games have certain criteria such as goal, chance, competition, Collaboration, common experience equality, freedom to impact on reality, and depending on the game. (O’Keefe: 2013). ‘Behind any sporting event and beyond the emotional complexities of victory and defeat lie deep currents of socio-psychological behavior and politico-ideological apparatuses that are often overlooked (Mitra: 2006). Much of the literature on the relationship between sport and politics has been concerned with the ways in which nation states seek to promote themselves, or simply carry out their business, using sport as a useful and highly visible medium. (Bairner: 2008). To imitation the colonial games in Calcutta two angles had been emerged. It impact that a competition emerged between the natives and the colonial masters who were the driven power of the sports, and secondly was that by adopting the British Sports Culture the Bhadrlok Society limited within the limited Share Space. They neglected their traditional games due to cultural Colonialism. It was the cultural hegemony because that was the domination of culturally diverse society by the ruling Class who manipulate the culture of that Bengali society (Lears:1985). Nevertheless the Bengali native people lost their control from their traditional cultural activity, and easily within colonial Calcutta sporting culture came into the share space as bengaleeness . We can get a concept of culture of a nation from their traditional games, not from any organizational borrowed sports. Likewise , to realize the Bengali nation, traditional games of Bengal must comprehend. Not only the describe games but also Golla Chut, hari vanga, chor police, bouchi, lathi chora... those folk games extincted from the calcuttans’ cultural activity. In the world communicative space (Roxå: 2002) folks games of Calcutta were unable to erect an identity under colonial rule still now.

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Social status of physical education teachers

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Abstract

The aim of this study was to investigate the social status of physical education teachers in Hamedan province, Iran. Data gathering done by means of a researcher made questionnaire. After approving the validity by experts, the reliability approved by 11 professors through Chronbakh alpha equal to 0.87. Research society was all physical education teacher of Hamedan province consist of 800 people. The sample was estimated using Morgan table and the total number of 235 questionnaires returned and analyzed. After detecting the normal distribution of data using kolmogorov-smirnov test, independent t test and one way ANOVA were applied to test the hypothesis. A significant difference found among the mean of job interest and economic factor in samples compare to the society. In other words, teacher's interest was higher than the average and also, the economic factors are not the main reason to choose their job. Also, significant difference found between the mean of social status of chosen jobs in sample compare to the mean of society. it means that based on respondents ideas, the social status of jobs such as seller, barber, waiter and taxi driver is lower than physical education teacher and this status is higher for physician, employee and non- physical education teacher. Totally, no matter the social status of other jobs, the credibility and status of the job of physical education teachers recognized high by respondents.

Keywords: Social Status, Job, Teachers, Physical Education

Introduction

Although teachers around the world share educational backgrounds, rights, and obligations, physical education (PE) teachers are often different. In many cases, the social status and rights and benefits of physical education teachers are not the same as those of other subjects (Stroot et al, 2006). Although compulsory education is compulsory, many people do not find it constructive or useful compared to other courses (Christodoulou, 2010). Physical education teachers are often regarded by some people as students and other teachers as having a fun, non-physical job, and just whistling. In many countries, physical education teachers are derided by others and are not widely respected. It can be said that the status of physical education in schools depends on the level of physical education teacher in his / her work (Zahner et al., 2005) and on the other hand, the status of physical education teachers can be related to the low position of physical education. Waddington (2000) stated in his research that physical education teachers are well aware of their low social status and know that they are considered inferior to other academic subjects.

The concept of social status is a multidimensional concept and relates to issues such as dignity, credibility, respect, independence, competence and professionalism (Hoyle, 2001). The social status of physical education teachers depends on the culture, history, and political conditions of society, and in some countries the profession is not widely credited. In many countries, elementary school teachers are not used to teach elementary school, but other teachers provide physical education lessons to students, and qualified physical education teachers begin their career only in middle school. This may be because the profession does not require any special training or skills, so people with an unrelated education also start teaching it. The social status of physical education teachers is affected by various factors. According to Christodoulos (2011) research, factors such as job interest, social status, athletic background, and economic factor are involved in achieving the social desirable status of physical education teachers. Although the social status of physical education teachers has been examined in a number of studies and many articles and articles have been published on the role and position of physical education teachers in student education, internal research has focused on the social status of physical education teachers. They are very small and there are not enough resources in this field. Yousefi and Moradikhah (2011) examined the relationship between effort-reward imbalance and burnout of physical education teachers (path analysis) in Kermanshah. The results of path analysis showed that there was a significant relationship between effort-reward imbalance and overwork commitment. There was also a significant relationship between effort-reward imbalance with emotional exhaustion and depersonalization of personality, but there was no significant relationship with individual achievement. There was also a significant relationship between work commitment and emotional exhaustion. As a result, the imbalance of effort and reward and overwork commitment can lead to emotional exhaustion and depersonalization. Heidarinejad and Moradipour (2011) investigated the relationship between job orientation of physical education teachers and the organizational climate of high schools in Ahvaz. The results showed that there is a positive and significant relationship between occupational attachment of high school teachers and organizational climate of high schools. Keshavarz et al. (2013) in a study compared the attitude of students and teachers of other courses to high school physical education teachers in Bandar Abbas. The findings of the study showed that the attitude of other teachers and students towards physical education teachers is undesirable. Researchers, citing previous research and findings on attitudes of students and teachers to other physical education teachers, stated that many factors influence their attitudes toward physical education teachers: Lack of classroom management; Lack of effective communication with

students, parents, and other teachers; Lack of control over some sports; Inadequate physical education of physical education teachers; Inadequate coverage of physical education teachers in schools; Students; unpleasant things in the physical education classroom; and excessive harshness of physical education teachers. Also, lack of direct and regular supervision leads to inadequate performance of physical education teachers in physical education classroom, which leads to less importance of physical education lessons compared to other courses and irregularities of physical education teacher. Also, the research showed a significant relationship between the attitude of teachers of other courses and students towards physical education teachers and with 95% confidence that the attitude of other teachers to physical education teachers in science and sport indexes was average and in research indexes. Educational, teaching, social, behavioral and ethical is undesirable. Also, other teachers' attitudes toward physical education teachers were generally unfavorable. In the present study, social status is defined as feeling restricted in socioeconomic status in a job or occupation and attempts to explain and examine the social status and its components (job interest, social status, economic factor, and athletic background). Educate teachers of physical education in Hamedan province.

Method

The statistical population in the present study consisted of all physical education teachers of Hamedan province in 2014 which was about 800. Multistage cluster sampling was used and the cities of Hamadan, Malayer, Nahavand, Tuyserkan and Saman were randomly selected. The research instrument was a researcher-made questionnaire, the initial framework of which was the Christodoulos (2011) questionnaire. After translating to Farsi, a number of items were removed for cultural mismatch. The final questionnaire assessed the social status of physical education teachers, 4 components of job interest, social status, athletic background, and economic factor. After the face and content validity was confirmed by the professors, the reliability of the final version of the questionnaire was confirmed by conducting a pilot study involving 11 university professors with Cronbach's alpha coefficient of 0.87. The sample was estimated 367 using Morgan table and 254 questionnaires were returned after the questionnaires were submitted and followed up. Questionnaires were analyzed. To analyze the data using spss software, after determining the normality of the data distribution by Kalmogorov Smirnov test, descriptive statistics indices (mean, standard deviation and standard error) and inferential statistics (independent t-test and one-way analysis of variance). It was reported for each hypothesis.

Findings

The sample size was 235 people. After executing the questionnaire, descriptive statistics indices such as number, lowest, maximum, mean, standard deviation, standard error of mean and distance estimation were reported for the variables under study.

The distribution of gender and age of participants is given in Tables 1 and 2.

Table 1. Gender distribution of gender strata

Percentage	Abundance	Levels	Gender
40	95	Man	
55	128	Female	
5	12	unanswered	

Table 2. Distribution of class frequency and age and variable age bars and bars (most teachers are 26 to 35 years old)

Percentage	Abundance	Extent	Age
6	14	20-25	
49	116	26-35	
32	76	36-45	
10	24	46-65	
2	5	unanswered	

77% of respondents were married, 22% were single and 1% (3) did not answer the question. Regarding the degree, 10% of the respondents had a post-diploma, 63% a bachelor's degree and 27% a master's degree. 3% of respondents were graduated before 1991, 19% were graduated between 1991-2001, 43% were graduated between 2001 and 2011 and 27% did not answer the question. Regarding the city of residence, 36% of respondents lived in Nahavand, 37% in Hamedan, 14% in Malayer, 7% in Tuyserkan and 7% in Saman.

To check the normality of the data distribution, the Kolmogorov-Smirnov test was used at the significant level of 0.05 (Table 3).

Table 3. Determination of Statistical Level for Calculation of Kalmogrov Smirnov Data

Total score	Economic factor	Sports history	Social status	Job interest	Variables	
					Statistical indicators	
235	235	235	235	235	The statistical sample	
3.1041	2.8012	3.006	3.0204	4377.3	Average	Normal parameters
0.41209	0.42165	0.64172	0.62866	0.49756	The standard deviation	
0.061	0.085	0.072	0.060	0.089	Absolute	Maximum difference
0.039	0.085	0.054	0.033	0.050	Positive	
-0.061	-0.055	-0.072	-0.060	-0.089	Negative	
0.061	.0.054	0.079	0.073	0.092	Kalmogrov Smirnov	
0.055	.0.099	0.061	0.051	0.06	Significance level (bidirectional)	

Confirmation	Confirmation	Confirmation	Confirmation	Confirmation	Assume data is normal
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According to the findings in Table 3, since the significance level of the Kalmogorov-Smirnov test in all variables is greater than 0.05, we conclude that the distribution of scores is normal and normal. There was a significant difference between the mean components of job interest and economic factor of physical education teachers in the sample with the mean of community. This hypothesis was not significant for the component of social status and athletic background.

Table 4. Descriptive statistics indices and variable distance estimates

Mean deviation error	The standard deviation	Average	Number	Components
0.03	0.50	3.44	235	Job interest
0.04	0.63	3.02	235	Social status
0.04	0.64	3.00	235	Sports history
0.03	0.42	2.80	235	Economic factor
0.03	0.41	3.10	235	Total score

As can be seen in Figure 1, the highest and the lowest averages are related to the component of job interest and economic factor, respectively

Table 5. Inferential statistics indices used to calculate single-sample t-test

Result	The significance level	T test	df	The standard error of the differences	Averages difference	Average	Hypothesis
Zero redundancy	P <0.01	13.49	234	0.03	0.44	3.44	Job interest
Confirm zero assumption	P <0.05	0.50	234	0.04	.0.02	3.02	Social status
Confirm zero assumption	P <0.05	0.02	234	0.04	00	3.00	Sports history
Zero redundancy	P <0.01	-7.23	234	0.03	-0.2	2.80	Economic factor
Zero redundancy	P <0.01	3.87	234	0.03	0.1	3.10	Total score

According to the results of Table 5, the absolute value (t) of the components of job interest, economic factor, and total score is greater than the critical value of t with a degree of freedom

234 and significance level $P < 0.01$, with 99% confidence that the average The components of job interest and economic factor of physical education teachers in the sample were significantly different from the average of the population. As shown in Table 6, there was a significant difference between the mean of validity of the surveyed jobs (medical, teacher, taxi driver, salesperson, sandwich maker, hairdresser, government teacher) in the sample with the mean community.

Table 6. Descriptive statistics indices and longitudinal estimation of variable occupational validity

Mean deviation error	The standard deviation	Average	Number	jobs
0.80	12.20	93.36	232	medical
1.23	18.52	72.63	228	Employee
1.25	18.74	37.52	226	Taxi driver
1.27	18.94	46.28	223	the seller
1.24	18.90	37.66	231	Sandwich
1.38	20.74	39.61	228	hair stylist
1.39	21.07	63.25	231	Sports teacher
1.14	17.23	68.86	229	Non-sports teachers

Table 7. Inferential statistics indices used to calculate single-sample t-test

Result	The significance level	T test	df	Standard Error Differences	Averages difference	Average	Hypothesis
Zero redundancy	$P < 0.01$	54.1	231	0.80	43.4	93.36	medical
Zero redundancy	$P < 0.01$	18.5	227	1.23	22.6	72.63	Employee
Zero redundancy	$P < 0.01$	-10.0	225	1.25	-12.5	37.52	Taxi driver
Zero redundancy	$P < 0.01$	-2.9	222	1.27	-3.7	46.28	the seller
Zero redundancy	$P < 0.01$	-9.9	230	1.24	-12.3	37.66	Sandwich
Zero redundancy	$P < 0.01$	-7.6	227	1.38	-10.4	39.61	hair stylist
Zero	$P < 0.01$	9.6	230	1.39	13.2	63.25	Sports teacher

redundancy							
Zero redundancy	P <0.01	16.6	228	1.14	18.9	68.86	Non-sports teachers

According to the results of Table 7, since the absolute value (t) calculated for all jobs is greater than the critical value of t with the degree of freedom and the level of significance $P < 0.01$, the null hypothesis and research hypothesis are confirmed.

Discussion and Conclusion

Low social status is not a new phenomenon (Hardman & Marshall, 2000), and in many countries, including Iran, sports teachers are regarded as a comfortable, low-cost, high-income job. In many other countries, there is not a very positive attitude towards physical education teachers. It is a common belief that physical education teachers should be trained to shoot the ball and nothing else, and that there is no real awareness that physical education teachers are professionals and that their profession should be respected. One of the reasons for the lack of credibility and value of the physical education discipline over time has been the inadequate teaching style of the old teachers. In addition to the lack of motivation, these individuals appear to lack the knowledge necessary to teach this lesson and to communicate with students. Although in the past there was a problem that people practicing sports (including coaches, teachers, and athletes) were less likely to study and did not have sufficient general knowledge (Freeman, 1987), today there are a number of Higher education and a variety of specialties are on the rise among these people. Understanding the position and social status of physical education teachers is very important and provides us with insights and insights on the importance of education and health (Fwu and Wang, 2002). Therefore, in this study, the social status of physical education teachers in Hamedan province was investigated. In the present study, according to the obtained data, there was a significant difference between the social status of teachers in the components of job interest, economic factor and total score with the mean of the community. In other words, the interest of teachers was above average and the economic factor and high benefits did not make them a teacher. The field evidence from the researcher and colleagues over the years of teacher experience is different from the above finding, with one of the issues regularly objected to by teachers being the relatively low pay. The justification that can be made for the above finding can be the employment and employment considerations involved in the type of teacher accountability, since a significant portion of job satisfaction depends on the actual wage paid to the individual. A job can be a source of satisfaction if it can meet some of your most important needs. Ganzach (2003) stated that wages are even influenced by the desired attitude toward the job. Some of the physical education teachers participating in the present study also stated that they were working for additional income.

There was no significant difference between the mean of the sample and the mean of the community regarding the components of sport history and social status. The results of the present study showed that most physical education teachers take care of their lifestyle. Almost all of the physical education teachers in the study were taking care of their nutrition and were well aware of the importance of a healthy diet; They were trying to encourage other people to participate in physical activity and exercise. Finally, almost all physical education teachers liked sports in general, and therefore watched sports competitions and competitions. Physical education teachers should be better aware of the illnesses and dangers of physical activity deficits than anyone else, and encourage others to do the same. The role of physical education

teachers is not just limited to schools, but they also have a duty to encourage others to lead a healthy lifestyle. According to the European Sports Charter (2001), physical education professionals should behave in a positive way for children and adolescents. Physical education teachers are expected to have behaviors that include physical activity, non-addiction, health, and healthy recreation (Kristonne et al, 2007). Also, physical education teachers in schools are well placed to promote a healthy and active lifestyle (McKenzie, 2007). Teachers are not only responsible for raising awareness and teaching sports skills to children and students, but also to guide them in a way that they love sports activities and persuade them to continue this activity throughout their lives.

The feeling of pride in a job comes from a variety of factors. According to Crossman and Harris (2006), the factors that influence this feeling are divided into three main categories: environmental (self-employment or work environment), psychological (personality and attitude), and demographic (age, gender). Teachers have traditionally been highly respected in most societies (Freeman, 1987), but the status of physical education teachers is relatively different. In the present study, the highest and lowest job credit ratings were, respectively, for medical and taxi drivers. The point to note is that in terms of physical education teachers, non-physical education teachers' job credit was higher than that of physical education teachers. Also, according to the results of the survey and according to the respondents, jobs such as salesperson, hairdresser, sandwich and taxi driver were less reputable than the sports teacher and the physician, staff and non-physical educator felt more honor and credit than the sports teacher. The unexpected result was that although physical education teachers are on the same footing as other staff and teachers (because they are paid by the government), their estimates and perceptions of their jobs were lower than those mentioned above, and even Employees in the present study also had higher validity than physical education teachers. It is important to note that, regardless of the other occupations surveyed in the study, high school teachers rated their job high (over 68%) alone.

Overall, the results showed that physical education teachers believed that they deserved a higher social status; they believed that physical education teachers were considered less valuable than many other occupations and that they did not enjoy the dignity and social status of other teachers. Given that physical education teachers spend many hours in the open air and often in the open environment, a lack of pride in their jobs and a lack of favorable social status can have a negative impact on their working lives.

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Assessment of Football Fans' Willingness for Attendance in Football Stadiums and Associated Factors

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Abstract

Present study aims to assess the football fans' willingness to attend in football stadiums and its related factors. This applied study is among descriptive correlative ones and is quantitative in terms of data collection. The statistical society of present study consists of all football fans in the football stadiums of Hamedan province during 1990. Given the point that the statistical community of this study was indefinite, so the Cochran formula was used to estimate statistical samples. In such a way that 384 subjects were selected in random as the statistical sample. The 31-item questionnaire of Alimohammadi and colleagues (2015) was used to measure the factors affecting the willingness of the football fans in stadiums and 5-item questionnaire of Magnus (2008) was used to measure their willingness to attend the stadiums. The findings of the study revealed that the level of willingness to attend the stadiums of Hamedan province was 74.2%. Results showed that the factors of installations, information and attractiveness, age of teams, timing and notification, proxy victory, presence and support, interaction and escape and thrill are significantly effective on football fans' willingness to attend the football stadiums of Hamedan province.

Keywords: Willingness for presence in stadiums, installations, information and attractiveness, performance and age of teams, presence and support, interaction and escape.

Introduction

Sports is one of the important categories of the industrial societies where much of the population of each country is involved in it (Alimohammadi, 2011). This industry has considerably been affected by the changes in the lifestyle of the individuals (Yoon and Chole, 2005) and sports is considered as one of the most important, useful and varied activities for spending leisure time of the people in the society (Abduli, 2005). Watching sports matches could be referred to as activities associated with sports where thousands of enthusiastic people attend. The presence of sports enthusiasts in the events of different sports fields and given the point that individuals including men and woman, old and young and individuals from different races and ethnics from different social classes attend and watch sports events, indicates that sports activities play an important role in the health of society. The audience, given the role they play in creating the excitement and atmosphere of various events, are considered one of the most important components of the leagues and different sports events (Woo Bae, 2003), and the sports organizations must constantly be assessed in terms of meeting or satisfying the needs and expectations of the customers for the purpose of maintaining and increasing the number of audience and the loyal fans attending the sports events. Since the fans and audience play a direct role in determining the revenues of a sports event through selling tickets on one hand, and they play an indirect role through selling other products, on the other hand. It is necessary to perceive the behavior of the audience and study factors affecting the presence of fans for the purpose of raising the knowledge as to why the fans attend the sports events since meeting the needs of the audience provides more opportunity for sports clubs to attend the play of the team (Alimohammadi, et al. 2014). Increasing the number of audience and fans is the most important factor in boosting professional sports. In addition to creating revenues directly for the professional clubs and leagues, fans have a large share in income by attracting financial supporters and selling television broadcasting rights (TV commercials) and extra services (Hansen and Gauthier, 1992).

These days selling tickets provides a trivial part of the income of the sports clubs so the financial costs of the clubs are met mostly by governmental organizations, but the Macropolicies of the Asian football confederation and the ministry of the young and sports is toward privatization of the clubs and financial independence and self-sufficiency and in this way in near future, the clubs must look for ways to attract their fans and audience more and ultimately increase their income (Parsamehr, 2000). Thus the managers and marketers of sports teams must identify factors affecting the attendance of the fans in sports clubs in order to raise the presence of the audience in the stadiums and obtain more income. For this reason, a growing interest has been created toward studying the motivations and factors affecting the presence of the given audience in order to understand their behavior better in sports events. This question that what factors are effective on the presence of the audience is of special importance to the marketers of sports events or competitions. If the influential factors in the presence of the audience are determined, the sports marketers will be able to design more appropriate marketing strategies for the presence of the audience in stadiums (Dehghani, 2014). This issue in football clubs of Hamedan province has turned into the main and serious concern of the sports authorities of the province. Since after the presence of pas team in Hamedan province in 2007 and the victories gained by this team in the premier league in the first years attracted a lot of football fans toward football stadiums and among these affective factors on the welcome of fans we can refer to the high level of premier league matches, the presence of national team players, the brand of pas team and raising the name of Hamedan

province in the country but this success was short-term and this team fell to its downside rapidly. These events disappointed a lot of football fans in this province, of course, it is worth noting that Alvand and Shahrdari (Municipality) football teams are other teams of Hamedan city that have almost been growing, but the presence of pas team was a new experience for the fans and after this failure, the passion and motivation of the fans were adversely affected. So the research in this study seeks to answer this question that to what extent the football fans in Hamedan province tend to attend the football stadiums and what factors it is associated with?

Now given above explanations. The hypotheses of the study are as following:

First hypothesis of research: There is a significant relationship between installations and willingness of the football fans to attend football stadiums of Hamedan province.

Second hypothesis of research: There is a significant relationship between information and attractiveness with tendency or willingness of football fans to attend the football stadiums of Hamedan province.

Third hypothesis of research: There is a significant relationship between the performance and the age of teams with the willingness of football fans to attend the football stadiums of Hamedan province

Fourth hypothesis of research: There is a significant relationship between timing and notification with willingness of the football fans to attend the stadiums of Hamedan province.

Fifth hypothesis of research: There is a significant relationship between proxy victory and willingness of football fans to attend football stadiums of Hamedan province.

Sixth hypothesis of research: There is a significant relationship between presence and support with the willingness of football fans to attend the stadiums of Hamedan province.

Seventh hypothesis of research: There is a significant relationship between interaction and escape with the willingness of football fans to attend the stadiums of Hamedan province.

Eighth hypothesis of research: There is a significant relationship between thrill and the willingness of football fans to attend the stadiums of Hamedan province.

Theoretical Foundations

Today, the competitive environment and high costs that are caused as a result of weak decision-makings, require investment into the market in order to obtain correct, logical and flawless information. The problem that marketers are encountered with is that how they can assess their financial support effect of the sports consumer behavior and how to determine its commercial value (Harvey, 2001). Logical decisions cannot be made based on feelings, inspiration and even personal judgment and in case of lack of access to correct information, the correct decision will also be faced with difficulties. Today, researchers in the field of market face more problems in regard with decision- making day by day and marketing managers are involved in the problems associated with investigations more than past. Including the target markets, audience and organizations including federations, groups, teams, clubs and fans are considered the motivators and persuaders of the audience and present customers for higher attendance and more times, being their basic objectives (Hasanzadeh, 2005). Given the role the audience play in creating excitement and the atmosphere of different sports events, they are considered as one of the most important components of the leagues and different sports competitions (Sang woo, 2003). Sports organizations must constantly evaluate the better meeting of the needs and expectations of their customers so as to maintain and

increase the number of audience and loyal fans attending sports events. A large number of researchers and service marketers have recognized the cognitive and emotional responses of the customers and proportionate to their perceptions, they provided them with services for the purpose of earning profit through meeting the needs of consumers or an effective approach. They consider the consumer satisfaction as the most basic issue in the field of services marketing since it can create loyalty and repurchase of the product or services (Gi yong, 2009). Sports enthusiasts, on one hand, have a direct role in determining the revenues of the sports events through selling tickets and on the other hand, they play an indirect role, through selling other products. Understanding the behavior of viewers or audience is necessary in order to increase the knowledge as to why individuals take part in sports events. When the needs of the audience are met in relation with the sports games, there will be more chance for them to take part in the game (Sang woo, 2003). Therefore, the principles of marketing management should be known in order to attract more audience and create the basis for their presence in the stadiums for supporting their desired teams that are completely explained below:

1-2- Factors affecting the presence of the audience in the stadiums

Different factors affect the level and quality of the presence of the audience in sports events of which the games attractiveness, economic factors, anthropological factors, sports-related factors, the value of sports in society, the identity of the audience and motivation factors could be referred to (Yong Koo and Hardin, 2008). The attractiveness of a play or game depends on the amount of the game importance, the skill level of the players and its position in the league or tournament (Shank, 2001).

Economic factors are also divided into two groups of controllable and non-controllable ones. For example, the price of ticket is controllable and the income level of individuals is non-controllable (Welfare et al, 2008). Anthropological variables such as age, gender, education level, job, income level and race are also effective on the presence of individuals in sports events (James & Ridinger, 2002; shank, 2001; Robinson & Trail, 2005). Access to stadiums, aesthetics of the stadiums, its cleanliness, comfortable chairs, safety and security of the stadiums are also among the very important factors in attracting the audience, known under the title of stadiums-related factors (Wakefield & Sloan, 1995). Other effective factors including the value and importance of sports in society that consist of cases such as community solidarity, public behavior, supremacy, social equality and health awareness level (Zhang & et al., 1996).

2-2. Experimental studies on sports audience

Studies that have been carried out in relation with sports in terms of sociology are mainly divided into five categories, that is, economic, social, cultural, political and anthropological (Lahsaezadeh, et al., 2006). Researchers have studied different factors and reasons affecting following and watching different sports games (Milne & McDonald, 1999). Some studies conducted on the factors affecting the individuals, and motivation for taking part in sports events show individual factors such as attractiveness and entertainment, passion and thrill and spending spare time (James & Ridinger, 2002; Milne & McDonald, 1999). And some researchers have studied the mutual or interactive effect of individual and social variables like race, age, gender, etc. In supporting sports teams (Won, et al, 1999). According to studies conducted it could be concluded that a lot of variables are affective on supporting sports teams especially football by individuals. In the following, the results of some sports studies carried out in Iran are stated.

Lahsaezadeh and colleagues have studied influential factors on the interest of students in sports, the case study of Shiraz Medical University. They aim at revealing or studying the factors that could be effective in the willingness of the students for sports and physical exercises. This research studied twelve hypotheses in connection with the effect of parent's income, pocket money, education level, field of study, age, gender, nationality or ethnicity, place of birth, access to sports tools inside the university, access to sports tools outside the university, awareness of the physical effect of sports on students' interest in sports. Results showed that five variables, in general, have the highest impression on the interest of students in sports including awareness of the mental effect of sports, awareness of the physical effect of sports, access to sports facilities outside the university, gender of respondents and sufficiency or inadequacy of sports facilities (Lahsaezadeh et al., 2006).

Methodology

Present study is applied in terms of objective, descriptive of correlative type in terms of methodology and quantitative in terms of data collection method. Its statistical community that is called statistical population refers to the set of individuals or elements that have a common feature or features and the study is carried out about them. Overall, the statistical community is identified by one or more common characteristics. The statistical community of this study consists of football fans in stadiums of Hamedan province in 2017. Given the fact that the statistical society of this study is indefinite, thus Cochran formula was used to estimate the statistical samples, in a way that 384 subjects were selected randomly. To collect data in present study, two questionnaires were used that are described in the following. Also, valid domestic and foreign sources, books and magazines were used in order to enrich the research literature and increase its credibility. To measure factors influencing the tendency for presence of football fans, Alimohammadi and colleagues' 31-item questionnaire (2014) was used. This questionnaire consists of eight factors of installations (questions 1 to 5), information and attractiveness (questions 6 to 11), performance and age of teams (questions 12 to 16), timing and notification (questions 17 to 21), proxy victory (questions 22 to 23), presence and support (question 24 to 26), interaction and escape (questions 27 to 29) and excitement (questions 30 to 31). The method of this questionnaire was according to Likert Spectrum as follows: 1= very little, 2= little, 3= somewhat, 4= much, 5= very much. This questionnaire consists of two aspects of the fans' satisfaction, oral and spoken. Also, the reliability of the questionnaire in Magnus study was equal to 0.88 (2008).

Findings

Prior to studying the hypotheses of the investigation, it is necessary to assess the normality of the variables using Kolmogrov-Smirnov (KS) test. Hence, table(1) demonstrates the normality of the variables.

Table 1. Normality of variables

Variables	Statistics Z	Significance level
Willingness of football fans to attend stadiums	1.09	0.124
Installations	0.912	0.208
Information and attractiveness	0.824	0.277
Performance and age of teams	1.079	0.131
Timing and notification	1.114	0.097

Proxy victory	0.818	0.287
Presence and support	0.725	0.355
Interaction and escape	1.071	0.139
Excitement	0.919	0.204

According to table (1), it could be concluded that the significance level of all variables is more than 0.05.

4-1- Pearson parametric correlations test was used to study the hypotheses of the research. Therefore, table (2) studies the relationship between installations and willingness of the football fans in the stadiums of Hamedan province using above-mentioned test.

Table 2. Study of research hypotheses

Hypotheses	Correlation Coefficients	Significance level	Results
H ₁	0.446	0.001	H ₁ confirmed
H ₂	0.564	0.001	H ₁ confirmed
H ₃	0.543	0.001	H ₁ confirmed
H ₄	0.271	0.001	H ₁ confirmed
H ₅	0.161	0.002	H ₁ confirmed
H ₆	0.36	0.001	H ₁ confirmed
H ₇	0.256	0.001	H ₁ confirmed
H ₈	0.235	0.001	H ₁ confirmed

The significance level obtained from Pearson test is lower than 0.01, showing that there is a significant relationship between the two variables with a confidence level of 99%. Also, the positive correlation coefficients indicate this point that the more the factors of installations, information and attractiveness, performance and age of teams, timing and notification, proxy victory, presence and support, interaction and escape and excitement in the stadiums of Hamedan province increase, willingness of football fans to attend the stadiums will be more in the stadiums of Hamedan province. Thus, the study hypotheses are proved and Null (zero) hypothesis is rejected.

Discussion and Conclusion

Considering the first hypothesis of the research that studies the relationship between installations and the presence of football fans in the stadiums of Hamedan province, it could be said that there is a significant relationship between installations and willingness of football fans to attend the stadiums of Hamedan province and in other words, the more the quality of installations in the stadiums of Hamedan province, the more the willingness of football fans for presence in the stadiums will be. To this end, the results of studies carried out by Abbaslu (2016), Shahamat and colleagues (2016), Dehghani (2014), Emadi and Naseh (2014), Alimohammadi and colleagues (2014), Alimohammadi and colleagues (2013), Nemati and colleagues (2012), Parsamehr and Turkan (2009), Disk and Kernick (2016), Anderson (2015), Teodaryx and colleagues (2013), Masayuki and Jeffery (2010), Caro and Garcia (2009), Pease and Zhang (2009) and Aminodin and Lee (2008) were in agreement with the result of the first hypothesis. Since they showed that different factors affect the willingness of the football fans for presence in football stadiums.

Easy access of the fans to stadiums in terms of the availability of public free transportation system, existence of large parking lots with high capacity and lack of confusion about

choosing a place in the stadium lead to the fans' feeling more satisfaction and this could result in an increase in their willingness for presence at the stadiums. On the other hand, appropriate treatment of the stadium personal and police or law enforcement forces with fans cause them feel more security in addition to feeling satisfaction and this feeling could raise the willingness level for watching the next matches of their desired teams and show more interest.

Cleanliness of the stadiums and hygienic facilities send this message to the fans that the related authorities pay much attention to the desires and needs of them and as a result the fans are encouraged to go to the stadiums more and more to watch the football matches. Since the existence of problems in one part of stadium installations create problems and difficulties for the fans and take his mind away from encouraging his desired team and this can create negative changes in his willingness for presence in the stadium.

Now, given this result or outcome, it is recommended to all football authorities of Hamedan province to raise the willingness level of football fans for presence in stadiums by more principled and better management of the physical conditions of the stadiums in terms of stadium platforms, toilets (washrooms), way of handling by the personnel while distributing tickets or their way of treatment with fans and also creating appropriate security in the stadiums by trained police (security) forces.

Considering the second hypothesis that studies the relationship between information and attractiveness with the presence of football fans in the stadiums of Hamedan province, it could be said that there is a significant correlation between information and attractiveness and the willingness to attend stadiums and in some sense, the more this component is among fans, their willingness to attend the stadiums will be more.

It could be concluded that there is a significant correlation between the factors of information and attractiveness including the interest of fans in football field, interest in watching the football skills of the players from near, excitement and importance of the given match, interest in high competition among the teams attending the match and also high knowledge in regard with football rules and the presence or willingness of the fans for presence in stadiums.

Now, given the result, it is recommended to all football authorities of Hamedan province to increase the willingness level of fans in stadiums through presenting brochures at the beginning of the matches aiming at both a promotion aspect (that is the cost of the brochures be provided by sponsors) and educational aspect about the information of both teams and their present position in the league.

Considering the third hypotheses that studies the correlation between the performance and age of the team with the fans' willingness to attend the football stadiums of Hamedan province, it could be said that there is a significant relationship between the team performance, its age and its fans' willingness for presence in the stadiums of Hamedan province. And in other words, the more the performance and age of a team is in the viewpoint of the fans, the more their willingness for presence in the football stadiums of Hamedan will be. It can be concluded that there is a significant relationship between the factors of performance and age of the team including the high position of the team in the league table, getting good an appropriate results by the team in recent weeks, the long history of the team in the league, presence of prominent and style-owner players in the team, long history or record of the team, in other words, being a rooted team and appropriate performance of the team proportionate to the general capabilities of the team and the presence level of its fans in the stadiums.

Now, given above result, it is suggested to all football authorities of Hamedan province to raise the football fans' willingness level for presence in stadiums by installing photos of the

old players of the desired teams in the stadiums in a way that they remind the age of the team to the fans and also by using or utilizing the experience of pioneers in team affairs.

Considering the fourth hypothesis, that studies the correlation between timing and notification with the willingness level of fans in the stadiums of Hamedan province, it could be said that there is a significant relationship between timing and notification with the fans willingness for presence in the stadiums of Hamedan province. In other words, the more the timing and notification in viewpoint of the fans, the more the fans willingness for presence in the stadiums of Hamedan province.

It could be concluded that there is a significant correlation between the factors of timing and notification including suitability of tournament time in terms of not having interference with the plans of life, work and education of the audience, having enough time for watching the matches in terms of holding them on formal holidays or at weekends, exact notification, on time notification, by authorities according to the time and place of the match and suitability of weather conditions and willingness of fans for presence in the stadiums.

Now, considering the result, it is suggested to all authorities related with football of Hamedan province to increase the willingness level of football fans by installing banners informing the day and place of team play in highly visited places and also selling tickets in recreational centers and purchase with special discounts throughout the city with coordination with the municipality and also accurate planning in terms of lack of coordination in regard with interference in the day and time of the match and work days.

Given the fifth hypothesis that studies the relationship between proxy victory and willingness of fans for presence in the stadiums of Hamedan province, it could be said that there is a significant correlation between proxy victory and the willingness of fans for presence in the stadiums. In other words, the more the proxy victory in view of fans is, the more their willingness to attend the stadiums will be.

So it could be concluded that there is a significant relationship between the factor of proxy victory including the feeling of the desired teams victory in the match, feeling pride toward being a fan of the team and strong feeling of belongingness of fans toward the background and performance of the desired team and willingness to attend the stadiums.

Now, according to above result, it is recommended to all football authorities of Hamedan province to grow the fans' Willingness for presence at the stadiums by holding gatherings and work or business meetings prior to matches among the public relations authorities of the team and the leaders and some of the fans with long history for the purpose of creating motivation in them so that they can transfer the feeling of victory and proude energetically to other fans.

According to the sixth hypothesis that studies the correlation between presence and support with the fans willingness for presence at the stadiums of Hamedan province and, in other words, the more presence and support in view of the fans is, the more the fans' willingness for presence at stadiums will be.

It can be concluded that there is a significant relationship between the factor of presence and support including giving more importance to the future of the team, membership in the club of team fans, material and spiritual contributions to the team and also belief in effectiveness of their individual presence in the stadiums and the willingness of the fans for presence in the stadiums.

According to above result, all football authorities of Hamedan province are advised to increase the willingness level of football fans for attendance at stadiums by presenting

material and non-material motivations including interviewing the long-lasting fans of the team and asking for their opinions and also awarding sports prizes including The dress and flag of the team for the purpose of more and more support of the team and also giving sports awards and/or giving discount for tickets of future matches by drawing lotteries among the fans after the match.

According to the seventh hypothesis of the study, that studies the correlation between interaction and escape with fans' willingness for presence at the stadiums of Hamedan province, it could be said that there is a significant relationship between interaction and escape with willingness for presence at the stadiums of Hamedan province and, in other words, the more/ higher the interaction and escape in view of fans are, the higher the willingness to attend the stadiums of Hamedan province will be. It could be concluded that the factors of interaction and escape including being with friends at the stadiums, interest in presence in social environments such as stadiums, interest in agreement in encouraging their desired teams, enjoying watching the match and reducing life pressures through attending stadiums are associated with the fans' willingness for presence at stadiums.

According to above result, it is suggested to all football authorities of Hamedan province to increase willingness level of fans for presence at stadiums by increasing the entertainment and recreation in the stadium environment through performing athletic movements and dramatic activities along with playing motivational and exciting songs between the two half-times and also by building suitable culture at the stadiums through distributing brochures among the audience toward observing the existing rules and regulations and also by raising questions in the brochures relating presenting awards by drawing lottery.

According to the eighth hypothesis of the research that studies the relationship between excitement and willingness to attend the football stadiums of Hamedan province, it could be said that there is a significant correlation between excitement and willingness of fans for presence in the stadiums of Hamedan province and in other words, the more the excitement in view of the fans is, the more their presence at the stadiums of Hamedan province will be. It can be concluded that there is a significant correlation between the factor of excitement including enjoying watching matches from near, emptying the excitement at the stadiums, expressing excitement while watching the matches, more domination on the aspects of competition, interest in encouraging their desired team and participation in sadness and happiness and willingness of football fans for presence at the stadiums.

Now based on above result, it is recommended to all football authorities of Hamedan province to raise the willingness level of football fans through establishing more and more security in the stadiums toward creating appropriate background for expressing healthy excitements and lack of any kind of tension and conflict among the audience and, in other words, establishing a healthy environment in the stadiums through full control of respected authorities and law enforcement forces.

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Effects of Physical Exercise on Lower Body Strength, Balance and Reducing Risk of Falls of Older People

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Abstract

The main aim of this study was to investigate the effects of physical exercises on lower body strength, balance and reducing risk of falls of community-dwelling older people in order to suggest an effective intervention for fall prevention for this population. Participants were divided into intervention and control groups. Intervention group followed exercise program in twelve weeks whereas control group still remain daily activities and did not participate in any new exercise program. The lower body strength and balance of research groups were evaluated by Chair stand test, 8-foot up and go test, Stand on one leg with eyes open and eyes closed tests. After twelve-week intervention, participants in intervention group obtained better results in all tests calculated by t-test ($p < .05$), making a significant improvement in lower body strength and balance which may reduce the risk of falls. It can be suggested that the exercise program was effective in improving lower body strength, balance and reducing risk of falls of older people.

Keywords: Physical exercises, Strength, Balance, Risk of falls

Introduction

With the increase in the elderly population, the fractures associated with falls in the elderly are becoming a major social problem. Falling is the sixth leading cause of death among the elderly (Tinetti, Richman, & Powell, 1990). Musculoskeletal diseases and visual defects were common medical problems responsible for falls (Shanthi & Krishnaswamy, 2005). Falls are a dangerous matter for the elderly. However, most of them are preventable. Numerous factors, both intrinsic and extrinsic factors, can cause falls in the elderly and lead to injury. Older persons, often with multiple medical problems, move through their daily routine exposed to many environmental risk factors such as grass, curbs, steps, slippery surfaces and more. Among the intrinsic risk factors that the elderly face are changes in vision and hearing, use of medications, and a declining strength in bones and muscles. As the number of risk factors present increases, so does the risk for falls (Tinetti et al., 1994).

Falls are a major cause of dependence in older age and can result in long term disability, loss of mobility, reduced quality of life and even death (Campbell et al., 1990). Falling in older age greatly increases the risk of being admitted to a residential aged care facility (Tinetti & Williams, 1997) and falls account for approximately 18% of emergency hospital admissions by older people (Bell, Talbot-Stern, & Hennessy, 2000). Muscle mass and function are important for stability and correct balance (Kannus, Parkkari, & Niemi, 2000). Falls and injuries are among the top geriatric issues because falls are often devastating and costly (Gillespie et al., 2012) and the rate of falls and severity of the resulting complication increases with age (Rubenstein, 2006).

Purpose of this study was to investigate the effects of physical exercises on lower body strength, balance and reducing risk of falls of community-dwelling older people in order to suggest an effective intervention for fall prevention for this population.

Materials and Methods

Design

This is a pre and post study. Two hundred and fifty subjects were asked to take part in the first survey for the concernings of falls. Fifty one subjects were recruited to be on the intervention. Subjects were randomly divided into two groups: Intervention and Control groups. Subjects aged seventy and older. They gave their written informed consent to participation in the study after the experimental procedures had been explained.

Intervention group included 26 subjects, were conducted to practice selected exercises in three month. Control group included 25 subjects, were informed not to do any exercise program, however, still maintain daily activities as usual.

Inclusion criteria included participants age 70 and older. All subjects are able to do exercises under instructor' instruction. Subjects were excluded if they had neurological impairments, severe cardiovascular diseases, persistent joint pain, or musculoskeletal impairment; required assistance from another person or a device during ambulation, or severe vision problems.

Intervention Protocol

Subjects in intervention group were instructed to do exercises in 12 weeks (including training at center and at home). Subjects were also instructed to do exercises two times a week at the citizen centers for the first two weeks. After that the individuals performed the exercises at home by themselves three times a week for ten weeks. All one-hour sessions consisted of 10 minutes of warm-up and stretching, 40 minutes of main exercise, and 10 minutes of cool down.

Measurement of Lower Body Strength and Balance

Chair stand test for assessing low body strength: Participant sit in the middle of the chair with back straight, feet flat on the floor, arms crossed at the wrists and held against the chest. On the signal “go”, participant rises to a full stand and returns to fully seated position in 30 seconds as described in (Rikli & Jones, 2001).

8-foot up and go for assessing agility and balance: Participant sit in the middle of the chair with back straight, feet flat on the floor, and on the thighs. The torso slightly leaning forward. On the signal “go” the participant gets up from the chair, walks as quickly as possible around either side of the cone and sits back down in the chair. The distance is 8 feet (2.44m) as described in (Rikli & Jones, 2001).

Romeberg test for assessing static and dynamic balance includes stand on one foot with open eyes and stand on one foot with open closed, as described in (Khasnis & Gokula, 2003; Lee, 1998; Pearce & John, 2005; Rogers, 1980).

Statistical Analysis

All analyses were conducted using SPSS version 19.0. An independent simple t-test was performed to analyze the differences between groups. Analysis of variance (ANOVA) was used to analyze the differences in test phases. A $p < .05$ was considered to be statistical significant.

Results

Characteristics of Study Samples

The intervention group has one more subject than that of control group. None of subjects dropped or resigned from this study. The average age of the two groups are equal. There are no significant differences for genders, chair stand, 8-foot up and go, stand on one leg with eyes open and stand on one leg with eyes closed between two research groups. P-value $> .05$ proved the comparisons.

Table 1. Characteristics of research samples

Characteristics	Intervention Group (n = 26)	Control Group (n = 25)	P
Gender (Male/Female)	6/10	6/19	
Average age	74.76 ± 2.84	74.99 ± 2.58	>.05
Chair stand (time/30s)	16.33 ± 2.76	16.35 ± 2.59	>.05
8 foot up and go (s)	6.95 ± .84	7.12 ± .63	>.05
Stand on one leg with eyes open (s)	15.02 ± 9.30	14.02 ± 11	>.05
Stand on one leg with eyes closed (s)	4.15 ± 3.00	4.30 ± 2.00	>.05

Selecting exercises for improving lower body strength and balance

Exercises were taken from NIA (National Institute of Aging, 2018). Before these exercises have been applied for intervention, we interviewed experts and lectures in physical fields in order to select which exercises could be most suited for this study. In addition, participants were asked to fill the interview form for selecting which exercises they most want to do. Also, some previous findings have applied these some kinds of exercises for preventing falls (Carter, Kannus, & Khan, 2001; Clinical Excellence Commission, 2012; Land & Dinan, 2010). The results of selected exercise showed in table 2.

Table 2. Selected exercises for improving lower body strength and balance*

Exercises	Area of assessment
Chair Dip	Lower - body strength
Back leg raise	Lower - body strength
Side leg raise	Lower - body strength
Knee curl	Lower - body strength
Leg strengthening	Lower - body strength
Chair stand	Lower - body strength
Step in place	Lower - body strength
Heel – to – toe walk	Agility and Balance
Balance walk	Agility and Balance
Stand on one foot with eyes open	Agility and Balance
Stand on one foot with eyes closed	Agility and Balance
Toe stand	Agility and Balance

* Taken from National Institute of Aging

All selected exercises of assessing lower body strength, and balance are briefly described and taken from NIA (National Institute of Aging, 2018).

Assessing the effectiveness of selected exercises for reducing the risk of fall of older people

After three months of intervention, the results of tests for lower body strength, balance are shown in table 3. These results indicated that after three months of exercises training, subjects in intervention group showed better results in lower body strength, balance than control group (between groups) and the subjects in intervention group showed significant differences within pre and post (within group). That was examined by tests: chair stand, 8-foot up go and standing on one leg with eyes open and eyes close tests with $p < .05$, respectively.

Table 3. Comparison of the results of tests between the two research groups

Test	Phases	Intervention Group (n = 26)	Control Group (n = 25)	P value
Chair-stand (time/30s)	Pre	16.33 ± 2.76	16.35 ± 2.59	>.05
	Post	19.22 ± 3.65	16.51 ± 4.02	<.05
	P	<.05	>.05	
8-foot up and go (s)	Pre	6.95 ± .84	7.12 ± .63	>.05
	Post	6.11 ± .75	7.61 ± 1.31	<.05
	P	<.05	>.05	
Standing on one leg with eyes open mean of 3 trials (s)	Pre	15.02 ± 9.30	14.02 ± 11.55	>.05
	Post	19.50 ± 10.01	14.18 ± 10.21	<.05
	P	<.05	>.05	
Standing on one leg	Pre	4.15 ± 3.00	4.30 ± 2.00	>.05

with eyes closed mean of 3 trials (s)	Post	7.94 ± 4.04	4.45 ± 2.00	<.05
	P	<.05	>.05	

Discussion and Conclusion

In this study, the strength of lower body and balance of older people were assessed by training selected exercises. After three months of exercises training, lower body strength and balance of older people were significantly improved.

Previous findings proved that strength and lower limbs strength, and time for reaction of muscles and balance might be improved with suitable exercises (Deschenes, 2004; Keller & Engelhardt, 2014). Furthermore, previous studies have indicated that physical exercises may reduce falls for the elderly in community (Clemson et al., 2012; Gardner, Robertson, & Campbell, 2000; Hagedorn & Holm, 2010). The results of this study are concurrent with the results of several studies that improve balance for older people (Day et al., 2002), reduce falls in older people and identify the important components of effective exercise intervention strategies (Sherrington et al., 2008), reduce falls and fall risk in the community-dwelling elderly (Arnold, Sran, & Harrison, 2008), prevent injuries caused by falls (El-Khoury, Cassou, Charles, & Dargent-Molina, 2013). Study of Freiburger also suggested that a fitness program focusing on functional skills, strength, endurance and flexibility improve some aspects of physical performance and is moderately effective in reducing fall in physically active older people living in the community (Freiberger, Menz, Abu-Omar, & Rutten, 2007) and exercise is effective in lowering fall risk in older people (Gardner et al., 2000).

This result is also in accordance with the results of Cho, who conducted recreational exercises on the strength, flexibility, and balance of older-older elderly individuals (Cho, An, & Yoo, 2014) and Cho with study on exercise of dynamic stability under unstable conditions increase muscle strength and balance ability in the elderly (Cho & An, 2014), study of Hafström on exercise offer an efficient cost-effective way to improve balance control and confidence in the elderly and it is possible to enhance balance control and stability in relatively healthy community-dwelling elderly by regularly performing a few balance exercises (Hafström, Malmström, Terdèn, Fransson, & Magnusson, 2016), and a randomized control trial of Tomicki (Tomicki et al., 2016) indicated the effects of proposed exercise program in improving body balance and the performance of functional tasks, contributing to an improvement in the risk of falls.

This study revealed that regular exercises is beneficial for improving lower body strength and balance and that may help to reduce the risk of falls for community dwelling older people. The participants from intervention group had better results in chair stand test, 8-foot up and go test, standing on one leg with eyes open and eyes closed tests. However, with small sample size, it may not be represented for large population, especially, for frail elderly or people who required assistance from another person or a device during ambulation, or severe vision problems and other concernings. The subjects of intervention group were instructed to do exercise only for the first two weeks then they did at home by themselves, this made it difficult to conduct the experiment perfectly and, in somehow, reliability decreased.

Conflict of Interest

The author has not declared any conflicts of interest.

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