

Designing an Ethics Workbook for Fitness Trainers of the City of Tehran

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Abstract

The purpose of this research is to design and develop an ethics workbook for the physical fitness trainers of the city of Tehran. This research is performed under a descriptive-applied method and also its population includes the entire coaches, trainers and experts of physical fitness in the city of Tehran as 3500 individuals. Through the application of the Morgan chart, the sample size was determined as 375 individuals who are selected under an accessibility sampling method. The measurement instrument applied in this research is a researcher made questionnaire including 75 questions. The aforementioned questions were based on a 5 degrees Likert scale including the options of completely agree, agree, neutral, disagree and completely disagree. In addition, the components of this questionnaire included 8 components of adherence to laws, respect, doping, courage, hatred of fear, being realistic, honesty and justice. For the purpose of statistical representation of data, different descriptive indexes such as mean, standard deviation, abundance distribution and percentages were used. In addition, for the purpose of investigation of the status of components of ethical workbook, the one sample t-test was used and for estimation of reliability of the data collection instrument (questionnaire), the content validity method and the method of Cronbach's alpha were used in conjunction with approval of 10 professors and scholars in the context of physical fitness. Results indicated that the entire mentioned variables were effective on the ethical workbook of the physical fitness trainers.

Keywords: Ethical Workbook, Trainers, Physical Fitness, Tehran

Introduction:

Currently, sports and people's participation in sports activities is considered as a social phenomenon which is worthy of studying and investigation and therefore, it is the subject of attention by many scholars and researchers (Mozafari, 2014). Sports and different aspects related to it are considered as important issues in different circles and also they are known as efficient instruments for establishment of a dynamic society as well as for overcoming many of social, cultural and even economic and political crises (Salimi et al. 2012). Ethics can be considered as a type of mental health. The principles of fairness, generosity, faith, trusteeship and honesty are types of ethics which are praised and respected by everyone. In this

regard, it should be mentioned that whatever is included in public ethic and is applicable in sports fields, should be acted upon. On the other hand, an ethical workbook is shaped according to ethical principles and guidelines and in fact, it shows the values of a career. Professional ethics and rules should be codified for the purpose of providing individuals with a fair behavior accompanied by responsibility. In this regard, a framework exists for making ethical decisions (Shahbani Bahar, 2008). The sports field of physical fitness is popular and bracing. And with respect to the high sensitivity of this sports field and scientific and ethical aspects of religious instructions regarding this sport, all Iranian athletes are expected to pay attention to ethics and accept a mutual ethical code. In fact, the necessity of ethicalness of sports is not the direct outcome sports related rules and regulations. Rather, paying attention to sports ethics is more important than paying attention to ethics in other careers and fields. Because other professions have a limited extent and immoral acts in one career does not influence other careers and professions. Ethics among the trainers of physical fitness have long been considered by public and have been the subject of critical debates for a long time. In addition, Bozorgzad (2015) conducted a research titled as designing and developing an ethical workbook for National Badminton players of Iran. The components which the author had signified for his ethical workbook included adherence to laws, respect, doping, courage, hatred of fear, being realistic, honesty, justice, brotherhood and equality, responsibility and sympathy, trusteeship, secrecy, chivalry, Chastity, patience, impartiality and generosity, contentment, trust, love for the homeland and group interests and solidarity. The national Olympics committee of Sweden concerns for Anti-doping measures, sportsmanship, respect for the rules of others, justice and equality, impartiality, accountability and loyalty and commitment to the country. As a result, the present study's results will be of use for authorities, trainers and managers and furthermore, this research provides an answer to the question that what is the manner of designing and developing an ethical workbook for physical fitness trainers?

Research methodology

In terms of purpose, the present research is an applied study since it will be useful for managers and authorities for hiring efficient and ethical trainers and coaches. The population of this research includes the entire coaches of physical fitness and the entire professionals and scholars of the mentioned field of sports as 3500 individuals. According to the Morgan table, a number 380 subjects were selected as the sample. The subjects were selected under an accessibility sampling method from districts 1, 3, 5, 7 and 13 in addition to experts of public sports federations and different communities. The measurement instrument applied in this research is a research made questionnaire including 75 questions arranged in a five degrees Likert scale. The scale included the options of completely agree, agree, neutral, disagree and completely disagree. Additionally, for the purpose of data analyses, firstly the statistics of descriptive statistics such as dispersal indexes including mean and variance and standard deviation were measured and also for the purpose of measurement of inferential statistics, the normality of data distribution was approved by the Kolmogorov-Smirnoff test. Afterwards, parametric tests of one sample t-test and the Freedman test were applied.

Research Findings

Responsibility and sympathy have a significant effect on the ethical workbook of physical fitness trainers of Tehran.

Table 1, one sample t-test for discussing the effects of responsibility and sympathy on ethical workbook of fitness trainers

variable	number	mean	Hypothesized mean	Freedom degree	T statistic	Sig.
Responsibility and sympathy	375	2.95	3	374	-6.16	0.000**

With respect to the results of table1, it is clear that there is a significant relation between responsibility and sympathy and ethical workbook of fitness trainers.

Trusteeship and secrecy and dignity have a significant effect on the ethical workbook of physical fitness trainers of Tehran.

Table 2, one sample t-test for discussing the effects of Trusteeship and secrecy and dignity on ethical workbook of fitness trainers

variable	number	mean	Hypothesized mean	Freedom degree	T statistic	Sig.
Responsibility and sympathy	375	3.15	3	374	-19.65	0.000**

With respect to the results of table3, it is clear that there is a significant relation between Chivalry, Purity and patience and ethical workbook of fitness trainers.

Chivalry, Purity and patience have a significant effect on the ethical workbook of physical fitness trainers of Tehran.

Table 3, one sample t-test for discussing the effects of Chivalry, Purity and patience on ethical workbook of fitness trainers

variable	number	mean	Hypothesized mean	Freedom degree	T statistic	Sig.
Responsibility and sympathy	375	2.62	3	374	5.39	0.000**

With respect to the results of table3, it is clear that there is a significant relation between Chivalry, Purity and patience and ethical workbook of fitness trainers.

Fairness and generosity have a significant effect on the ethical workbook of physical fitness trainers of Tehran.

Table 4, one sample t-test for discussing the effects of Fairness and generosity on ethical workbook of fitness trainers

variable	number	mean	Hypothesized mean	Freedom degree	T statistic	Sig.
Responsibility and sympathy	375	3.1	3	374	-6.85	0.000**

With respect to the results of table4, it is clear that there is a significant relation between Fairness and generosity and ethical workbook of fitness trainers.

Faith, love for the nation and group interests and solidarity have a significant effect on the ethical workbook of physical fitness trainers of Tehran.

Table 5, one sample t-test for discussing the effects of Faith, love for the nation and group interests and solidarity on ethical workbook of fitness trainers

variable	number	mean	Hypothesized mean	Freedom degree	T statistic	Sig.
Responsibility and sympathy	375	3.21	3	374	-6.85	0.000**

With respect to the results of table5, it is clear that there is a significant relation between the components of faith, love for the nation and group interests and solidarity and ethical workbook of fitness trainers. Ultimately, prioritization of the components of ethical workbook of physical fitness trainers of the city of Tehran is as follows:

Table 6, results of the Freedman test regarding prioritization of components of ethical workbook

Sig.	Freedom degree	Chi-do	number	Average	Components of ethical workbook	row
0.001	7	519.34	375	3.89	Adherence to laws and respect	1
				5.46	Doping, courage and hatred of fear	2
				6.13	Being realistic, honesty, justice and brotherhood and equality	3

				4.75	Responsibility and sympathy	4
				3.65	Trusteeship, secrecy and dignity	5
				5.04	Chivalry, purity and patience	6
				4.48	Fairness and generosity	7
				3.78	Faith, love for the nation and group interests and solidarity	8

The outcome of table 6 indicates that there exists a significant difference between the average score of different components of ethical workbook. The highest average score is bound to the component of being realistic, honesty and justice and brotherhood and equality and also the lowest scores were witnessed for the components of trusteeship and secrecy and dignity.

Conclusion:

The results of the research regarding development and design of an ethical workbook for the physical fitness trainers of Tehran are as follows:

- Physical fitness trainers should obey the rules and regulation
- There should be more attention paid to the rights of physical fitness trainers
- The trainers of physical fitness should be familiarized with the rules and regulations from the start
- There should be regular instructions regarding the rules and regulations of physical fitness
- More attention should be paid to adherence to rules and regulations in physical fitness
- Veterans of physical fitness should be respected
- Trainers should respect authorities
- Respect must be considered as a principle in terms of the sports field of physical fitness and should be considered by trainers
- Occurrence of inappropriate behaviors should be reduced
- Coaches and athletes of physical fitness should respect their rivals and co-workers
- Anti-doping measures must be undertaken by trainers and coaches
- Consumption of energizers among athletes should be diminished
- Trainers must increase their courage and dignity
- Fear of failure should not decrease trainers' courage
- Trainers and athletes should not blame their faults and failures on others
- Trainers must deal with events in an appropriate way
- Trainers should be honest
- Justice must be preached among trainers
- Brotherhood and equality must be preached among trainers and athletes and also technical and executive agents should pay more attention to the latter and former.
- Athletes and trainers must treat each other fairly in trainings and matches

- Trainers must be responsible for growth and efflorescence of their athletes.
- Athletes should be left on their own and also their growth must not be incidental
- Trainers must help athletes with their problems
- Trainers must be trusted and keep their secrecy
- Dignity should not be diminished by inappropriate behaviors
- In this field of sports, it must be considered for dignity and the place of individuals
- Conflicts which lead to reduction of dignity must be avoided
- Trainers must keep their purity
- Nowadays, trainers must put their efforts for their country with dignity and chivalry
- A fair play must be more valuable than respect and adherence to laws
- Patience in this sports is not equal to failure
- For obtaining success, we must be patient and avoid being hasty
- Energizers must not be used for obtaining goals
- Caches and trainers must care for the principle of fairness
- Consideration for the principle of fairness should be educated between different levels in the environment of physical fitness.
- All athletes must be treated equally
- No differences should be put among any athletes with any social status
- Trainers must increase their generosity
- Today's trainers must be more compelling
- Athletes should pay attention to the guidelines provided by trainers in order to obtain success and prosperity.

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