

The extent to which women are attracted to participate in fitness gyms in Jerusalem with the presence of a trainer

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Abstract

This study aimed to examine the extent of women's participation in fitness gyms in Jerusalem, specifically focusing on the influence of a trainer's presence, and to assess the impact of various factors such as employment status, educational qualification, type of occupation, income level, marital status, place of residence, and frequency of gym attendance. To achieve these objectives, a standardized questionnaire was designed for data collection. The study targeted women participating in fitness gyms in the Jerusalem governorate, with a sample size of 250 women. The sample was selected using a simple stratified random sampling method.

The findings of the study revealed several key points. First, income

level, educational qualification, and marital status were interrelated. Women with higher educational qualifications and higher incomes were more likely to be married or single and were the primary participants in fitness gyms. This group tends to engage in gym activities for various reasons, including social and personal development, with financial resources allowing them to afford gym memberships, especially considering the relatively high cost of living in Jerusalem.

Additionally, both working and married women, regardless of whether they had children, actively participated in fitness gyms. This is largely due to the increasing trend of couples sharing responsibilities in child-rearing, which has lessened the

barriers to women's participation in physical fitness activities.

Psychological factors also played a significant role in motivating women to engage in exercise. Many women cited the reduction of anxiety and psychological stress as primary reasons for their participation. Regular physical activity not only boosted their self-confidence but also provided a much-needed escape from the daily grind, fostering a sense of optimism and well-being.

*** Introduction**

Physical fitness has become an essential aspect of modern life, offering a wide range of positive benefits for both body and mind. Regular physical activity can help reduce cholesterol and fats in the blood, while also improving mental well-being. Engaging in various forms of exercise is crucial for maintaining the body's functional and structural health, as these needs can only be met through consistent physical activity (Al-Kharouf & Majli, 2004, pp. 77-78).

Exercise provides significant health, psychological, and social benefits. It improves physical fitness, leading to better health, a longer life, and increased energy. It also reduces the risk of heart disease, diabetes, obesity, and lower back pain, among other conditions. Moreover, it fosters

positive attitudes towards health and physical activity, while also enhancing cognitive aspects related to health and nutrition (Al-Atoum, 2009, p. 501).

However, industrial and technological advances have drastically changed the way people live and work. With the rise of remote work, the use of computers, and the development of transportation and automated machinery, many people now spend most of their time sitting at desks. This shift has led to a decline in physical activity, which in turn affects physical fitness and contributes to various health issues. The physiological principle states, "lack of use leads to loss of functionality." The human body was created for movement, and in order to preserve its physical functions, it must be actively engaged in various tasks.

In recent years, the concept of personal health has expanded beyond the mere absence of infectious diseases. It now includes the prevention of hypokinetic diseases—conditions caused by insufficient physical activity, such as atherosclerosis, obesity, back pain, and others. These health concerns have become increasingly prominent in developed countries, particularly in affluent societies where comfort,

luxury, and the availability of processed foods, such as fast food, have led to higher rates of inactivity and poor nutrition.

In response to these trends, many women have started participating in fitness classes, driven by a desire to combat the physical inactivity they experience in their daily routines. The rising rates of obesity among women, resulting from a lack of physical activity, have motivated them to engage in fitness routines to lose weight, reduce body fat and cholesterol, or regain lost agility and improve body tone. Through exercise, women seek not only physical fitness but also personal empowerment, using it as a means to restore balance and confidence in their bodies.

The motives behind participation in any activity, whether sports, cultural, artistic, or social, vary widely based on individual interests and desires. Understanding these motives is essential, as it can influence whether a person continues or stops engaging in an activity. Motives play a central role in psychology, as they explain human behavior in all its forms. Every behavior is driven by an underlying motive or incentive that leads a person to pursue a particular goal. In the case of sports activities,

individuals often seek out the right form of exercise to meet their personal needs and desires (Al-Atoum, 2009, p. 20).

Historically, women's engagement in physical fitness was limited to private spaces, often performed at home and out of sight due to societal customs and traditions that considered it inappropriate. However, in recent years, this has changed significantly. With the advent of globalization and changing social norms, fitness activities are no longer confined to the home. Today, fitness centers and gyms are widely available, allowing women to participate in physical activities outside the home and without the restrictions once imposed by cultural expectations.

*** Study Problem**

Physical fitness has become essential for individuals due to the risks of sedentary lifestyles, which are linked to various health issues, including diabetes, cancer, cardiovascular diseases, obesity, and respiratory issues. In modern society, the goal of physical fitness has expanded beyond athletes to encompass general health for everyone, regardless of gender.

In many conservative societies, however, cultural norms complicate women's ability to

exercise outside the home. While some regions of Jerusalem and the West Bank have seen the emergence of women-only fitness centers, the cultural and social barriers still present a challenge to women's participation in physical fitness activities. This study aims to assess the popularity of fitness gyms among women in Jerusalem, particularly focusing on the role of trainers in influencing participation.

*** Main Question of the Study**

How popular are fitness gyms among women in Jerusalem, especially those with the presence of a trainer, despite the cultural and social constraints?

*** Objectives of the Study**

The study aims to identify several key factors influencing women's participation in fitness gyms in Jerusalem: -

- 1- Demand for Fitness Gyms: To determine the level of women's demand for fitness gyms that offer the presence of a trainer in Jerusalem.
- 2- Age-related Differences: To explore how the level of demand varies based on women's age.
- 3- Educational Qualification Differences: To examine whether women's educational background influences their interest in fitness gyms with trainers.

4- Work-related Differences: To analyze how women's employment status (e.g., employed vs. non-employed) affects their participation in fitness gyms.

5- Social Status Differences: To investigate the influence of social status (e.g., marital status, family responsibilities) on women's gym attendance.

6- Income-related Differences: To assess how income levels impact women's ability to participate in fitness gyms with a trainer.

7- Time of Attendance: To determine if the time-of-day women prefer to attend the gym influences their participation rates.

*** Study Questions**

- 1- What is the level of demand among women for fitness gyms with a trainer in Jerusalem?
- 2- Are there statistically significant differences in women's demand for fitness gyms based on age?
- 3- Are there statistically significant differences in women's demand for fitness gyms based on educational qualification?
- 4- Are there statistically significant differences in women's demand for fitness gyms based on their employment type?
- 5- Are there statistically significant differences in women's demand for

fitness gyms based on social status (e.g., marital status)?

6- Are there statistically significant differences in women's demand for fitness gyms based on income level?

7- Are there statistically significant differences in women's demand for fitness gyms based on the times they attend the gym?

*** Importance of the Study**

Theoretical Significance: -

1- Contribution to Knowledge: The study contributes to understanding the extent to which women in Jerusalem are interested in fitness gyms with trainers. It adds to existing research on women's fitness behaviors in culturally sensitive contexts.

2- Filling Research Gaps: This study is one of the first to explore women's fitness practices in Jerusalem, especially concerning fitness centers for women and the role of trainers. It provides new insights into why women choose to engage in fitness activities.

*** Practical Significance**

1- Guiding Fitness Center Owners: The findings will be useful to fitness center owners and operators, helping them understand the level of demand for fitness services tailored to women, especially those with trainers. This can help in shaping the

offerings and marketing strategies for such gyms.

2- Understanding Motivations: The study will provide a detailed assessment of the motivations behind women's fitness practices in Jerusalem, helping stakeholders (e.g., gym owners, health professionals) better cater to this demographic.

3- Implications for Policy and Development: Insights from the study can help policymakers and fitness center developers create targeted interventions to encourage more women to participate in fitness activities, improving public health in the process.

*** Study Limitations**

1- Human Limitation: The study is restricted to women practicing physical fitness at fitness centers in the Jerusalem governorate.

2- Spatial Limitation: The study focuses only on the limited number of fitness centers available for women in the Jerusalem governorate.

3- Time Limitation: The study is conducted between November 2023 and October 2024, meaning the results reflect a snapshot of women's fitness trends during this period.

4- Statistical and Procedural Limitation: The research is confined to the tools used for data collection (e.g., surveys or interviews) and the

statistical methods applied in data analysis.

*** Key Terms**

1- Physical Fitness: Defined as general health and physical condition that allows an individual to perform daily tasks without fatigue. It also involves eliminating harmful substances from the body and promoting agility and flexibility.

2- Fitness Centers for Women: Defined as centers where women engage in physical fitness activities, specifically designed to cater to female clientele and, in this study, those that offer a trainer's presence.

*** Theoretical Framework and Previous Studies**

First: Theoretical Framework

*** Introduction**

Fitness has become a central topic in modern health discussions, especially in the context of the increasing reliance on machines in daily life and the physical toll of modernity. Technological advancements have contributed to sedentary lifestyles, causing a decline in physical activity that affects health. The reliance on machinery has led to muscle atrophy and a reduction in natural physical activity, motivating people to engage in physical fitness activities to restore bodily balance and well-being. This shift from manual labor to machine dependence

necessitates changes in lifestyle, especially through exercise, to maintain health and physical fitness (Kharov and Magli, 2004).

Sports activities, including fitness exercises, promote the internal balance of an individual by improving the body's physiological systems and reducing stress. Motivation plays a significant role in sustaining participation in physical fitness activities, and it has a direct impact on the effectiveness of learning physical skills and achieving fitness goals (Duikat, 2004). Today, physical fitness is not just a goal for athletes but is pursued by individuals across all age groups for overall health improvement (Abdul Haq, Abu Jag, Abdul Haq, 2009).

*** The Concept and Definition of Physical Fitness**

Physical fitness has evolved with advancements in science and technology, particularly in the latter half of the twentieth century. Traditionally, physical fitness was measured based on muscular strength, which was essential for daily survival. However, modern definitions now emphasize cardiovascular and respiratory efficiency, with physical fitness considered as the ability to perform daily activities with vitality and minimal fatigue (Rahima, 2009).

Physical fitness can be categorized into two types: -

1- General Physical Fitness: This refers to the overall fitness that supports the proper functioning of the body's physiological systems, achieved through regular physical activity.

2- Special Physical Fitness: This is the ability to meet the demands of specific physical or motor activities that require specialized training.

*** The Importance of Physical Fitness for Women**

The need for exercise is more pronounced for women than for men, due to the physiological and physical changes women undergo at various stages of their lives. Despite the challenges that women face, such as societal pressures, family responsibilities, and physical changes, the importance of physical fitness cannot be overstated.

Exercise helps women maintain a healthy weight, reduce the risk of diseases like obesity and cardiovascular problems, and counteract the effects of hormonal imbalances that occur during stages like pregnancy, menopause, or advanced age (Abdul Haq, 2010). Moreover, physical activity has positive effects on mental health, such as reducing stress, improving mood, and enhancing self-esteem

(Abdul Haq, 2012). Studies have also shown that regular physical activity can delay the signs of aging, maintain beauty, and improve overall well-being, both socially and aesthetically.

*** Health Benefits of Physical Activity for Pregnant Women**

Pregnant women also stand to benefit from regular physical activity. Exercise during pregnancy can help manage weight gain, improve mood, and decrease the risks of complications such as gestational diabetes and preeclampsia. Women who engage in physical activity during pregnancy tend to return to their pre-pregnancy weight more quickly after childbirth and are less likely to suffer from conditions like back pain and depressive episodes (Hazza, 2008).

*** Motivation in Physical Fitness**

Motivation is the driving force behind all human behavior, including physical fitness. It is essential in determining whether an individual starts or continues a particular behavior. In the realm of physical fitness, motivation can be categorized into direct and indirect factors. Direct motives include achieving satisfaction, improving aesthetic appeal, and experiencing relief after strenuous activities. Indirect motives include health benefits, enhancing

work performance, and stress relief (Alkhakani, 2008).

Motivation plays a crucial role in sports activity, particularly in enhancing performance and sustaining participation. In sports, intrinsic motivation (such as enjoyment) and extrinsic motivation (such as rewards) both influence participation (Allawi, 2002). For women, the primary motivations to participate in physical fitness include improving physical appearance, mental well-being, and overall health.

*** Motivation and Sports Activity**

In sports, motivation is both an internal and external process. People engage in sports either for intrinsic reasons (e.g., enjoyment or satisfaction) or extrinsic reasons (e.g., health, social status). In terms of direct motives for engaging in fitness, individuals seek satisfaction, fitness, and social interaction through physical activity. Indirectly, physical activity is seen as a tool for maintaining health, improving work productivity, and relieving stress (Arab & Kazem, 2009).

Second: Previous Studies

*** Arabic Studies**

1- Epic and Dolat (2012): This study explored the motives for practicing tennis in Jordan and examined differences in motives based on variables like gender, age, education,

and income. The study found that the primary motivations for practicing tennis were health-related, followed by psychological and social factors. It also showed that there were significant differences in motivations based on demographic factors such as age and education.

2- Good (2014): This study investigated the motives of hearing-impaired basketball players in Jordan. It found that the most important motives for engaging in basketball were physical health and technical skills, followed by psychological and social factors. The study also highlighted that occupation had a significant effect on the fitness motivation of participants.

3- Muhammad (2015): This research aimed to identify the obstacles to practicing sports in vocational training centers in Khartoum. The study found that lack of facilities, limited sports activities, and insufficient time were the major barriers to participation in sports.

*** Foreign Studies**

1- Salselas, Gonzales-Boto, & Marquez (2007): This study investigated the motives for practicing swimming among young Portuguese swimmers. It found that motivations varied significantly depending on experience, with fitness

and competition being key drivers for those with more experience.

2- Molanorozi et al. (2015): This study analyzed the motivations for physical activity among both men and women in two age groups. It found that women were primarily motivated by external appearance, psychological conditions, and health benefits. Older participants, however, were motivated more by psychological reasons and appearance.

3- Mohammadian et al. (2015): This study focused on older women's participation in recreational sports in Tehran. It found that psychological and cultural factors were the most influential in encouraging participation, while physical factors and time constraints were the main barriers.

*** Feedback on Previous Studies**

1- Consistency with Previous Studies: The current study aligns with previous research on the role of physical fitness for women. It also supports the findings that motivation plays a critical role in physical fitness, as seen in studies by Kharov and Magli (2004) and others. However, it differs in terms of the region and specific focus on fitness gyms in Jerusalem.

2- Differences with Previous Studies: Unlike most previous studies, which

mainly focus on broader sports activities or general fitness, this study specifically examines the demand for fitness gyms for women in Jerusalem. Previous studies, like those by Kharov and Majli (2004) or Ghazanfar (2005), focused on general physical activity or university students, while this study specifically addresses the social and cultural context of Jerusalem.

3- Unique Contribution: This study is the first of its kind in Jerusalem, and it provides a valuable insight into the extent of women's participation in fitness gyms and the motivational factors influencing their involvement. It highlights both the cultural barriers and the increasing demand for women's fitness spaces in a conservative society.

*** Method and Procedure**

*** Study Methodology**

For the purposes of this study, the descriptive-analytical method was employed, which is considered appropriate for the nature and objectives of the research. The descriptive-analytical approach is effective in describing and analyzing the factors influencing women's participation in fitness gyms and understanding the motivations behind their physical fitness activities.

*** Study Community**

The study community comprises women who train in fitness gyms in the city of Jerusalem. This group is estimated to be around 1000 trainees.

*** Study Sample**

The sample for this study consisted of 250 female trainees from various fitness gyms in Jerusalem Governorate. These participants were selected using a simple random sampling method, ensuring that each trainee had an equal chance of being selected for inclusion in the study.

*** Study Tool**

To collect the necessary data, the researchers designed a questionnaire specifically for this study. The questionnaire was structured to assess the extent of women's participation in fitness gyms and identify the underlying motivations for their involvement in physical fitness activities.

The questionnaire comprised 37 items, divided into two sections: -
1- Personal Information Section: This section contained items related to the demographic and personal details of the respondents, such as age, marital status, educational background, type of employment, and income level.
2- Motivation Section: The second section was designed to measure the various motives behind women's

participation in fitness activities. This section was further subdivided into two main types of motivation:

3- Physical Fitness Motives: This subscale consisted of 23 items, assessing factors such as health, fitness goals, and physical well-being.

4- Social Motives: This subscale included 14 items, exploring the social aspects of fitness participation, such as socializing, group activities, and community engagement.

*** Validation of the Tool**

The initial draft of the questionnaire was presented to a research professor for feedback. Based on their suggestions, certain items were removed or revised to improve the tool's clarity and relevance. The final version of the questionnaire contained 37 items across the two sections mentioned above.

*** Reliability of the Study Instrument**

To ensure the reliability of the questionnaire, the Cronbach Alpha coefficient was calculated, yielding a value of 0.949. This high reliability coefficient indicates that the instrument is highly consistent and suitable for the purposes of this study.

*** Study Procedures**

The research process followed these steps: -

1- Data Collection and Tool Design:

The first step was to design the initial version of the questionnaire and gather the necessary data for its refinement.

2- Tool Refinement: The questionnaire was then adjusted based on expert feedback, and the final version was prepared for distribution.

3- Sampling: The finalized questionnaire was distributed to a sample of 250 female trainees from various fitness gyms in Jerusalem Governorate. This sample represented 25% of the total study community.

4- Data Collection: A total of 205 completed questionnaires were returned and deemed valid for analysis. The questionnaires were distributed and collected electronically to facilitate ease of access and completion.

5- Data Entry and Analysis: The collected data were encoded, entered into a computer for processing, and analyzed using the SPSS (Statistical Package for the Social Sciences) software.

6- Results Extraction and Discussion: The results were analyzed and discussed, and conclusions were drawn based on the findings.

* Study Variables

Independent Variables: -

1- Age: Categorized into four age groups.

2- Marital Status: Classified into four groups (e.g., single, married, divorced, widowed).

3- Place of Residence: Divided into three levels (e.g., urban, suburban, rural).

4- Academic Qualification: Categorized into four levels (e.g., high school, bachelor's degree, master's degree, etc.).

5- Type of Work: Divided into five categories (e.g., employed full-time, part-time, self-employed, unemployed, student).

6- Income Level: Classified into four levels (e.g., low, moderate, high).

7- Times to Go to the Gym: Categorized into three levels (e.g., weekly, bi-weekly, monthly).

* Dependent Variable

1- The dependent variable in this study is the responses to the questionnaire items, which represent the motivations of women to participate in fitness gym activities. This variable was analyzed to assess the impact of various independent factors on the level of motivation.

* Statistical Processing

Once the data were collected and coded, they were entered into a computer system for statistical

analysis. The data were processed using the SPSS software, which facilitated the analysis of the relationships between the independent and dependent variables. Various statistical techniques, such as descriptive statistics, correlation analysis, and regression analysis, were employed to derive meaningful conclusions from the collected data.

* Study Results

This chapter presents the results of the study based on the research questions posed. The results of the first question are outlined below, along with relevant tables and interpretations.

* Results of the First Question

What is the level of demand among women for fitness gyms to participate in them, with the presence of a trainer in the city of Jerusalem?

To determine the level of demand for women's participation in fitness gyms in Jerusalem, the arithmetic means and response percentages for each questionnaire item were calculated. The following scale was used to interpret the results:-

- 1- 4 and above (80% and above): Very High Motivation Level
- 2- 3.5 – 3.99 (70% – 79.9%): High Motivation Level
- 3- 3.0 – 3.49 (60% – 69%): Intermediate Motivation Level

4- 2.50 – 2.99 (50% – 59%): Low Motivation Level

5- Below 2.50 (below 50%): Very Low Motivation Level

Table 1: Motives That Made Women Practice Physical Fitness

The level of motivation	of women%	the average response	of paragraphs	The number
is too high	87	4.44	to get rid of anger	1
very high	88.9	4.49	to get rid of excess weight	2
very high	88.4	4.45	to maintain the level of fitness	3
very high	86.4	4.10	out of the House	4
is very high	88	4.40	to get rid of the life	5
very high	87.6	4.38	break the routine	6
very high	84.7	4.23	work new signs	7
very high	87.5	4.38	The development of the personal aspects	8
very high	88.6	4.43	Recreation during leisure	9
is very high	82	4.10	the development of abilities and talents sports	10
very high	88.2	4.41	to improve the appearance and beauty	11
very high	87.8	4.39	maintaining weight	12
very high	83.8	4.19	not to stay alone in the House	13
too high	85.2	4.30	the motivation hotel in the future	14
is very high	83	4.15	increase self-confidence	15
very high	83.4	4.17	kissing getting rid of the anxiety	16
very high	87.2	4.36	give me a wind of positive energy	17
very high	84.8	4.24	the wind of the means that help in the growth of the awareness of Arab women	18
high	72	3.50	near the gym from a place of residential	19
high	72.8	3.64	programs and sports activities in the gym	20
Very high	87.1	4.34	provides treatment programs, programs to build body	21
very high	86.2	4.32	fitness exercise helps me to achieve my inclinations and my identity	22
very high	85.4	4.27	underestimation of the disease era (heart disease, diabetes)	23
is too high	85	4.24	overall level of	

Macro Level: 4.24 | 85% | Very High

Interpretation of Results for Question 1

The results presented in Table 1 indicate that the overall level of demand for fitness gyms, with the presence of a trainer, is very high among women in Jerusalem. The mean response across all items is 4.24, corresponding to 85%, which falls into the "Very High Motivation Level" category.

Specifically, the highest levels of motivation were associated with: -
 1- Getting rid of excess weight (4.49, 88.9% response rate)
 2- Maintaining the level of physical fitness (4.45, 88.4% response rate)

3- Getting rid of the stresses of life (4.40, 88.0% response rate)

These responses suggest that women in Jerusalem are primarily motivated by personal fitness goals (e.g., weight loss, fitness maintenance) and mental well-being (e.g., stress relief, anxiety reduction). Furthermore, proximity of the gym (3.50, 72%) and the availability of sports programs and activities (3.64, 72.8%) received somewhat lower ratings but still indicated a high motivation level.

Table 2: Social Motives

50 and above N=22		50-41 N=28		40-31 N=120		group 30-21 N=90		Age
deviation	average	deviation	average	deviation	average	deviation	average	fields
0.45	4.17	0.53	4.36	0.47	4.38	0.60	4.20	the motives that made women practice physical fitness
0.67	3.74	0.75	3.72	0.70	3.73	0.75	3.69	
0.56	3.95	0.64	4.04	0.58	4.05	0.67	3.94	social motives
								the level Total

The social motives behind women's participation in fitness gyms will be explored in Table 2, which has not yet been provided in the current text. It is likely that this table will focus on aspects such as social interaction, community building, and the role of social networks in motivating women to engage in fitness activities.

* Study Results (Continued)

This chapter continues with the presentation of the study's results in response to the questions posed in the methodology. We will now focus on the **social motives** behind women's participation in fitness gyms, and the

statistical analysis related to different demographic variables.

* Results of the Second Question

Are there any statistically significant differences in the level of women's turnout for fitness gyms due to the presence of a trainer in the city of Jerusalem based on age?

To answer this, the study examined women's participation in fitness gyms according to their age groups. The age groups and their corresponding average responses are presented below:

* Interpretation

The results show that women in the 31-40 age group have the highest level of participation in fitness gyms, followed by the younger age group (21-30). The oldest age groups (41-50 and 50+) had slightly lower levels of participation, likely due to social and family responsibilities. Women in the younger age groups (21-30) are more likely to be unmarried or newly married, allowing them more flexibility in attending fitness gyms. In contrast, older women face more domestic obligations, such as taking care of children or managing household responsibilities, which might reduce their ability to participate.

* Results of the Third Question

Are there any statistically significant differences in the level of women's turnout for fitness gyms due to the presence of a trainer in the city of Jerusalem based on educational qualification?

The study assessed how women's educational qualification affected their participation in fitness gyms:

PhD N= 10		master N= 30		Bachelor n= 170		General Secondary Education qualification N= 40		Academic qualification	
deviation	average	deviation	average	deviation	average	deviation	average	fields	
0.53	4.27	0.48	4.33	0.57	4.26	0.54	4.23	the motives that made women practice physical fitness	
0.70	3.76	0.72	3.68	0.75	3.77	0.68	3.80	social motives	
0.61	4.01	0.60	4.00	0.66	4.01	0.61	4.01	total level	

* Interpretation

The results show no statistically significant differences in women's turnout based on educational qualification. Regardless of whether women have completed high school, a bachelor's degree, or higher qualifications, their participation in fitness gyms remains similar. This suggests that educational level does not significantly influence women's decision to attend fitness gyms in Jerusalem.

* Results of the Fourth Question

Are there any statistically significant differences in the level of women's turnout for fitness gyms based on the type of work they do?

The study examined the impact of women's employment status on their participation in fitness gyms:

international institutions N= 10		private sector N= 35		private sector N= 80		public sector N= 70		housewife N= 55		Type of work
deviation	average	deviation	average	deviation	average	deviation	average	deviation	average	fields
0.42	4.04	0.65	4.13	0.56	4.21	0.66	4.10	0.52	4.26	the motives that made women practice physical fitness
0.49	3.77	0.75	3.76	0.69	3.61	0.45	3.74	0.75	3.60	social motives
0.45	3.90	0.70	3.94	0.62	3.91	0.55	3.92	0.63	3.93	macro level

* Interpretation

The study shows that there are no statistically significant differences in women's participation in fitness gyms based on the type of work they do. However, women working in the private and public sectors have slightly higher participation compared to housewives or women working in international institutions. This suggests that employment status does not strongly affect gym participation, although women in the private and public sectors may have more financial flexibility or time to engage in fitness activities.

* Results of the Fifth Question

Are there any statistically significant differences in the level of women's turnout for fitness gyms based on social status?

The study analyzed how women's social status (single, married, divorced, widow) affects their gym participation:

widowed N= 25		divorced N= 15		married N= 90		status Single N=120		Marital
deviation	average	deviation	average	deviation	average	deviation	average	fields
0.51	3.91	0.44	3.88	0.46	4.332	0.55	4.3333	the motives that made women practice physical fitness
0.44	4.06	0.550	3.78	0.559	4.59.59	0.558	4.5.56	social motives
0.47	3.98	0.447	3.83	0.53	4.45	0.56	4.45	overall level

* Interpretation

The study finds statistically significant differences in women's participation in fitness gyms based on their social status. Single and married women are the most likely to attend gyms, as they have more freedom to leave the house compared to divorced or widowed women, who may face more social constraints, particularly in conservative communities. Widowed and divorced women may experience more restrictions due to social perceptions, affecting their participation in public activities such as fitness gyms.

* Results of the Sixth Question

Are there any statistically significant differences in the level of women's participation in fitness gyms based on income level?

Income was another variable that was analyzed to assess its impact on women's participation in fitness gyms:

more than 10000 N= 85		10000 – 8001 N= 110		8000 – 6000 N= 35		less than 6000 N= 20		Income level
deviation	average	deviation	average	deviation	average	deviation	average	fields
0.44	4.31	0.49	4.29	0.58	4.22	0.47	4.24	the motives that made women practice physical fitness
0.66	3.69	0.69	3.74	0.79	3.64	0.63	3.65	social motives
0.55	4.00	0.49	4.01	0.68	3.93	0.55	3.94	Macro level

* Interpretation

There are statistically significant differences in women's participation in fitness gyms based on their income level. Women with higher income are more likely to participate in fitness gyms in Jerusalem. This suggests that financial resources play a role in determining access to fitness facilities, as gym memberships and related services can be costly.

* Results of the Seventh Question

Are there any statistically significant differences in the level of women's turnout for fitness gyms based on the times they attend gyms? The study explored how the time of day affects women's participation in fitness gyms:

evening period N= 120		afternoon period N= 50		Morning period N= 80		Times
deviation	average	deviation	average	deviation	average	fields
0.62	4.25	0.57	4.16	0.67	4.21	average deviation motives that made women practice physical fitness
0.67	3.80	0.65	3.62	0.70	3.68	social motives
0.64	4.02	0.61	3.89	0.68	3.94	total level

* Interpretation

Women tend to prefer evening sessions, especially those who are married or working. In the evening, these women can rely on their husbands or family members to take care of the children, allowing them more freedom to attend fitness gyms. This trend reflects the social and

familial dynamics that influence women's ability to engage in fitness activities.

*** Discussion and Recommendations**

The results of this study indicate that several social, economic, and personal factors influence women's participation in fitness gyms in Jerusalem. Women with higher incomes, certain educational qualifications, and younger ages (specifically between 31-40 years old) are more likely to attend fitness gyms. Social constraints, such as marital status and family responsibilities, especially among divorced or widowed women, play a significant role in limiting their participation.

*** Recommendations:**

- 1- Continue promoting positive social and psychological motives for women to attend fitness gyms.
- 2- Develop programs to increase awareness about the benefits of exercise for mental and physical health.
- 3- Offer programs and activities that cater to women's specific social and recreational needs.
- 4- Integrate psychological counselors into fitness gyms to help women achieve mental well-being through exercise.

By considering these factors, fitness gyms can tailor their offerings to meet the needs of different women and increase their participation.

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