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Constraints to Leisure Physical Activity

Participation for Women:

A Perspective of Young Mothers living in the
Rural Areas of Lesotho

여성의 여가 활동 참여 제약:

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Abstract

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The study on constraints to leisure physical activity participation for women has been a growing research for years. This study focused on knowledge constraints, personal constraints, socio-cultural, socio-economic, perceptions of rural mothers and policy constraints.

The purpose of this study was to explore constraints to leisure physical activity participation for young mothers living in the rural areas of Lesotho in order to add weight to previous researches and to inform policy

makers with interventions tailor made to promote active lifestyle and wellness for this particular group.

A descriptive case study was conducted on a sample size consisting of ten young mothers with ages ranging from 19 to 25 years old. In-depth interviews were conducted and analysed to respond to the research question.

Conclusions drawn from this study include socio-economic and socio-cultural factors as the prevailing constraints limiting participation and the most significant constraint is social identification. For policy makers to promote participation for young mothers in the rural areas, policy should restructure social grouping and add “young mothers” as an additional category at program level in order to appeal to this group.

Key words :Leisure Constraints Model, Physical Activity, Leisure, Young mothers, Rural Areas.

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Table of Contents

Abstract.....	ii
Chapter 1. Introduction.....	1
1.1. Background of the Problem.....	3
1.2. Research Significance	10
1.3. Purpose of the Study.....	10
1.4. Definition of Key Words	10
1.4.1. Hierarchical model of Constraints.....	11
1.4.2. Physical Activity	11
1.4.3. Leisure.....	12
1.4.4. Young mothers	12
1.4.5. Rural Areas.....	12
Chapter 2. Literature Review.....	14
2.1. Gender and Sport Participation.....	14
2.2. Benefits of Physical Activity	17
2.3. Physical Activity and Women in the Rural Areas.....	19
2.4. Leisure Constraints Model.....	20
2.5. Knowledge Constraints.....	21
2.6. Personal Constraints	22
2.7. Perceptions as Constraint.....	23
2.8. Socio Cultural Constraints	24
2.9. Socio-Economic Constraints.....	26
2.10. Policy Constraints.....	26

2.11. Research Question.....	28
Chapter 3. Methodology.....	29
3.1. Type of Research.....	29
3.2. Data Collection Technique	29
3.3. Coding Procedure.....	30
3.4. Purposive Sampling.....	30
3.5. Ethical Protection	31
3.6. Reliability.....	31
Chapter 4. Result.....	32
4.1. Data Description.....	32
4.2. Oualitative Study Interview Protocol.....	35
4.3. Case Study Interview Protocol.....	36
4.4. Knowledge Constraints.....	36
4.5. Interpersonal Constraints	37
4.6. Perceptions of Rural Women.....	39
4.7. Socio Cultural Constraints	40
4.8. Personal Constraints	40
4.9. Socio-Economic Constraints.....	42
Chapter 5. Conclusion	46
5.1. Summary of Study.....	46
5.2. Implications.....	49
5.3. Limitations	50
5.4. Future Directions.....	51

References.....	52
Appendix.....	56
국문 초록	101

Chapter 1. Introduction

From birth, people are intrinsically inclined to move by inner motivations and are naturally moved to do things in order to experience new things so that they grow and gain fulfillment without being forced to do anything (Deci & Ryan, 2011).

The first sporting events were surrounded in a religious endeavor the Olympic Games. These games were sacred festivals and were aimed at celebrating the physical ability and athletic prowess of people. They were held in honour of Zeus and others were used to worship other Gods. The sacred ritualistic events were part of the pledge for prosperity of crops and fertility. Later sport was used for bringing peace and humanity and later as festival for different cultures (Guttman, 1978).

The emergence of cultural festivals deemed that nations had to acquire more skills in order to get recognition and this depicted strong athletic people which symbolized the masculine features and not the field of the feminine features (Boutilier & Sangiovanni, 1983).

There are many benefits derived from participating in leisure physical activities including, facilitation of total well being and health benefits as well as disease prevention in people. Moderate exercise of an unstructured nature seems to facilitate most health promoting benefits for

middle and adults of different ages (United States Public Health Service; Office of the Surgeon General, Centers for Disease Control, President's Council on Physical Fitness, & Sports (US), 1996). When active, people satisfy the basic psychological needs, which are competence, relatedness and autonomy (Deci & Ryan 2011).

Leisure promotes happiness in people as they get opportunities to socialize and participate in activities of their own choice as well as learn new things and improve in new skills which give them total wellness. Play is inherently being human. Play is an activity that people engage in for no “in order to.” It is performed for its own sake, and to play is human. It is an activity that humans engage in for no other purpose or goal other than in an action itself (Boutilier & Sangiovanni, 1983).

Most studies show that women still do not engage in leisure physical activities yet play is said to be human. Benefits of leisure physical activity have been reiterated by many scholars, but women are still seen less represented in these activities. Walter, Du Rant and Venter (2011) maintain that women are the most highest in low physical activity participation and are at risk for chronic diseases.

What motivates children, adolescents, and adults to play sport is for social interaction. If you have ever witnessed a group of athletes getting

together to play volleyball, you might have seen the following interaction: show up, talk for 10 minutes, warm up, talk for 5 minutes, play, laugh for 8 minutes, play again, talk for 15 minutes, leave, do it again next week! These are joys of being able to socialize because of sport.

Not only can greater physical health be a product of sport participation, but sport also provides a context for improved mental health. The mental benefits elicited by sport participation have been well documented. The psychological benefits obtained through physical activity are improved mood, reduced stress as well as an improved ability to cope with stress, improved self-esteem, pride in physical accomplishments, increased self-satisfaction, improved body image, increased feelings of energy, improved confidence in one's physical abilities, and decreased symptoms associated with depression is very important to many age groups and, is often an indicator of ongoing participation (Koh, Blakey & Roper 2014).

1.1. Background of the Problem

In Lesotho, girls become pregnant at ages 15 – 19 years with their first child. Pregnancy rate is higher in rural than in urban areas and all this in a country where more than half the population is under the age of 25 years. One appauling issue is that these mothers most of the time abandon

their children and their response is that they do not know how to take care of their babies (Mturi & Hennink, 2005).

When asked why young mothers abandon their babies, the police responded that “They are mothers, mostly between the ages of 15 and 19. They are alone and scared. Many come from rural areas expecting to get jobs, but if they don't get jobs, they don't have much of a future. They are children themselves, and often have nothing to eat.” We know they are mothers because we see when they are pregnant. "When we ask them why they did it, they say, 'I have done it because I don't know how to care for my child’”. Thaba-Tseka is a district in Lesotho that has a population of about 6000 people and 4.9% of these are girls who fall pregnant between the ages of 15 – 25 years (Mturi & Hennink, 2005).

The underlying problems facing premarital and young pregnancies are, Sesotho culture is still generally opposed to such pregnancies. Local derogatory names are given to children born out-of-wedlock, and their mothers are still referred to as 'spoilt' or 'destroyed' in order to discourage such behaviour, *Journal of Southern African Studies*, premarital childbearing among Adolescents in Lesotho (Mturi & Moerane, 2001).

Yako & Yako (2007) argue that the consequences for these pregnancies are, young mothers have feeling of neglect from boyfriends

who do not want to be associated with the babies and mothers, they feel burdened by the babies as they rely on parents emotionally and financially as well as feeling cut off from their friends from school and friends who do not also reach out to them.

Lesotho is totally land locked by South Africa and it is largely dependant economically as well as traditioanlly influenced by South Africa as a result, most of traditional practices in Lesotho are similar to those in South African culture. One of the causes of early motherhood is marriage abduction mentioned by Nkosi & Buthelezi (2013), in their study on the The Nature and Causes of bride Abduction Cases in KwaZulu-Natal, South Africa, they found out that young girls are forced into marriages and are set up, sometimes with the help of their families to be kidnapped, locked up in guarded huts and forced to have unprotected sex with strangers who suddenly become their husbands.

Abducted girls are beaten if caught trying to escape, and if they managed to get away, they are disowned for defying tradition. The findings show that the practices have devastating physical and psychological effects on girl children as their rights are violated. Although there are measures in place to outlaw child and forced marriages, the practice continues unabated due to lack of capacity, resources and commitment among implementers.

The common cultural practices in the rural areas of Lesotho are that, marriage in Lesotho is a blend of both traditional and modern beliefs and in the rural areas traditional practices are more common. During marriage, a man pays bridewealth called lobola, which is money to the girls' family and as a result of that, the girl becomes the property of the man and leaves her family to live with the family of her husband. As a result of this the married women become under control of the husbands (Nkosi & Buthelezi, 2013).

Caring for infants is a woman's job until a baby is two years old. She carries a baby for this duration while she performs her household chores, hoes fields, goes to market and travels carrying the baby on the back. They endure this until two years when the new baby is born and the two year old can be taken care for by older sisters.

Life skills are considered the most important to teach in the rural areas over academic education. Boys begin herding animals at age six and sometimes as they grow up, herdboys spend months alone with flocks of animals in a mountain valley some distance from their home. Girls as well begin to be taught life skills training as soon as they can carry babies on their backs and when they are able to carry a pail of water on their heads.

Most of agriculture and building homes are done by women. They hoe, plant, weed and harvest crops. They have to walk long distances to

obtain firewood in order to cook and water is fetched from the village pump or from a well. Water fetched is used for cooking, washing, laundry, and drinking. This means they have to fetch a lot of water.

Problem: Less participation in leisure physical activity is very high among women in Lesotho and government is aware of constraints to leisure participation in the rural areas and there have been strategies to engage women in leisure physical activity, but an observation has been that a large number of young mothers lead a sedentary lifestyle. One would believe that with their age, and the benefits of participating in physical activity, an urge to be physically active would be of high importance but on contrary, there seems to be low leisure physical activity participation in both organised recreational activities as well as in individual participation.

Globally, low participation in physical activity by adolescent young women is a major health concern. While the barriers to physical activity for women are well documented, little is known about the views and experiences of young mothers in leisure participation (Brooks & Magnusson 2007).

The result on the study conducted on women, leisure and inequality was that, aspects of women's gender roles constrain women's enjoyment and use of free time (Page, Steele & Connell, 2006), however in the study

on women and Adventure Recreation experiences to negotiate continuing participation, it is mentioned that, while women experienced varying sources of constraints similar to findings of previous leisure, they could also successfully negotiate those constraints by restructuring their adventure experience as a life priority (Little, 2002).

Among some of the institutions that have taken initiatives to improve sport for development in Lesotho, they have previously focused on marginalised groups like, the elderly, girls, youth, people living with disabilities and women. The available institutions using sport for development in Lesotho are, Olympafrika youth ambassador program, a program focusing on sport to develop youth on issues around HIV/AIDS, drug abuse and poverty. The Lesotho sport for mentally handicapped persons was established in 1993 (Mcconkey & Mphole, 2003) and the girls' empowerment programme was established in 2010 in Lesotho focusing on HIV/AIDS, entrepreneurial training for rural girls.

The Lesotho national policy's sport priority area also, is to develop programmes to address issues that prevent participation of women and girls in sport and recreation as well as enhancing inclusion and well being of people with disabilities. Women are included in these interventions

however, there is still less participation of young mothers in leisure physical activities.

Previous reserchers mention that it is important to identify constraints because, even though an organisation may want to achieve certain goals, they may not be attainable because the respondents may be experiencing additional constraints, to mention a few examples, government related issues, societal norms, policy regulations and others. It is also mentioned that, for interventions and programs to be successful, it should clearly be difined what activities are designed and associated with the program, and that programs should have specific goals that need to be attained and they should be asigned to one unit in an organisation. This makes it easy for the implementers to better allocate resourses (Chelladurai, 2005).

Inorder for interventions to be a success, programs should be evaluated to see if they really met what they were designed for. It should also be identified what standards of evaluation shall be used, wherether the evaluation shall be based on the extend to which the program meets the objectives or if it will be evaluated based on the standards set by experts who put forth structured specific prosesses to be followed or wherether the program shall be assesed based on a proffessional help who shall be

basically focused on the output and effectiveness of the program (Chelladurai, 2005).

1.2. Research Significance

The significance of this study is to add weight on previous research and also it can be used as an item bank for future reseachers and as an added knowledge in the field of research for people sharing the same geographical status, and to provide authorities and policy makers with interventions and more strategies tailor made to meet the needs of this specific group to increase sustainable participation in young women in rural areas to promote basic psychological needs, wellness and health.

1.3. Purpose of the Study

The purpose of this study is to explore constraints to leisure physical activity participation in order to promote active life style and improve wellness, health and confidence for young mothers living in the rural areas of Lesotho.

1.4. Definition of Key Words

Definitions of Key words: Hierachical model of constraints, Physical activity, Leisure, young mothers, rural areas.

1.4.1. Hierarchical model of Constraints

The hierarchical model of leisure constraints proposes that participation or non-participation in leisure activities can be caused by three factors, Intrapersonal factors like, stress, depression, reference to group attitudes, prior socialization to specific leisure activities, perceived skill and unavailability of leisure activities.

Interpersonal constraints may be interaction and relationships with people to participate in leisure. Partners or spouses' preference of leisure incompatible with the other spouse's preference may affect participation.

Structural constraints are ,family life cycle status, lack of family life financial resources, season, climate, un available opportunities and unappropriateness of activities and this model proposes that awareness of this may help understand how these constraints affect choices for both people participating and those who are not participating in leisure physical activities (Crawford, 1991).

1.4.2. Physical Activity

Physical activity is any bodily movement produced by the contraction of skeletal muscles which increase energy expenditure above a basal level.

Physical activity can be categorized according to mode, intensity, and purpose (U.S. Department of Health and Human Services, 2008).

1.4.3. Leisure

Leisure is a self determined activity or experience psychologically pleasant. It is a free time away from the daily demands required for existence. Leisure time is assumed to be intrinsically motivated and it is an end in its self not a means to an end. It is a free time that one can do things in their own command and free from predetermined engagement (Weiss, 2012).

1.4.4. Young mothers

For the purpose of this study, young mothers' means women who became mothers from their teen ages and their ages range between 19 years to 25 years old. Young mothers who became mothers out of wet lock or proper marriages as well as those from forced marriages.

1.4.5. Rural Areas

Rural areas means places where the majority of people are poor and live below poverty line. They lack access to many basic needs like clean water, infrustruture, education, food consumption and many livelyhoods. Rural areas are places where poor people lack access to capital assets like human capital, natural capital, financial capital and socio capital assets and these form livelihood building blocks. For the purpose of this study, Thaba

Tseka is a rural area where most people live from agricultural products, where there is no access to many basic needs and most people live below poverty line (Farrington, Carney, Ashley & Turton, 1999).

Chapter 2. Literature Review

2.1. Gender and Sport Participation

A persons' sex whether female or male is predetermined by others and often thought to be a characteristic that cannot change. Even though sex refers to one's biological attributes, society has structured female and male expectations which are considered appropriate for masculine and feminine gender and these constructions rather than biological facts justify unfounded beliefs that men are naturally superior and masculine hence their illegibility to sport participation. This ideology is taught from infancy and continues to shape a persons behavior throughout life (Boutlier & SnaGiovanni, 1983).

In any system of socially structured inequality both the dominant and subordinated groups tend to accept the ideology that justifies the existing system. Women's inequality in sport and physical activity participation may therefore stem from non factual social beliefs from biology, religion, psychology, philosophy, and history and many more. We can depict therefore that, from these socially structured, male appropriate activities, women may be discouraged to participate in sport and physical activity or, the biases may contribute to female's feeling of embarrassment about wanting to participate in play. Boutlier & SnaGiovanni (1983) highlighted that

women's femininity becomes questionable in a case where women are interested to play and are often thought of as abnormal.

From as far as the beginning of the Olympic Games in 1894, the Olympic Games which are deemed to be the most prestigious event, showed marginalization of women until the death of the founder of the Olympic Games Baron Pierre de Coubertin in 1937. It is stated that before he died he strongly prevented women participation in sport with the notion that sport must be reserved for men and men's reward in participating in sport was women's applause. He had an ideology that women's sport was against the laws of nature (Hargreaves, 2002).

Women's praise for their physical strength was previously seen important if it displayed them as future better mothers, sexual appeals, beauty contests which were not in the realm of sport but rather their usefulness and attractiveness to men therefore, this contributed to some of the causes of negativity and fear from sport among other barriers for girls and women (Cahn, 1995).

The historical focus of women's struggles in sports has been over inequalities with men and the attempt to rest power away from men. Women are not a homogenous group and do not have identical needs and desires

therefore separate sports development is desired for different women and girls to take part without getting threatened or alienated (Hargreaves, 1994).

It has been observed by many researchers that, beginning from the smallest settings of play, communities, countries, continents and finally described as a global issue that, women have suffered discrimination and dominance and, this continues to be an issue which manifests itself in a form of less representation of women in sport participation at present.

It is a concern of many activists as to why there is this less participation in leisure physical activities, given the benefits of sport. Play is an activity which humans engage in for no other purpose or goal than the participation in the action itself. Unlike fishing in order to obtain food, play has no “in order to” attached to it. It is performed for its own sake, it is an area of free, non utilitarian activity, it is processually complete and requires no end product, and it is inherently human. To play is to be human, to be human is play (Boutlier & SnaGiovanni, 1983).

To mention a few disparities and non-uniformities which began before the first world war, previous study shows that men’s amateur athletics was founded in 1880, but women’s athletic association was later founded in 1992 and, because running involves action, power, speed and strength, this, at that time brought about hostile claims that exposure to the

working muscles caused masculinization of the female body and deconstructed essential femaleness. Women seldom had free use of facilities and often had difficulty in negotiating with men for time and space (Hargreaves, 1994).

Body building represents a form of female power which can be interpreted as a positive act by women to take control of their own bodies but, female body building was seen as a threat to natural gender order which puts body building as the male domain and women conform to these dominant images because of a sign of masculinization. The anxiety of effeminization among males is a fear that women shall acquire masculine characteristics and appear as dominant over the male. Most women therefore have been afraid of being labeled lesbian hence their concern to construct images which are not sexually ambivalent (Hargreaves, 1994).

This account does not claim to give the general past of women in sport but, gives us a little idea of some of the issues that could explain the patterns of women's sport and physical activity participation in the past in order to understand the present.

2.2. Benefits of Physical Activity

Physical activity is an activity that puts balance to life contributing to the total well being of a human being whereby people get pleasure, self confidence, character building and also has a great deal of health benefits

(Hargreaves 1994). When active, people feel more energy and they satisfy deep psychological needs that contribute to overall sense of wellness (Ryan & Patric, 2009).

Given this history of women participation in sport, it surely explains why there is less representation of women today in leisure physical activities yet many researchers have discovered benefits of being active.

Women are a large population that does not engage in leisure physical activity because of many constraints they face including gender constraint. Physical activity is a gender issue and women living in this gender type context can impact on their engagement in leisure activities. This assessment further contends that change needs to occur at community level to address the current constraints as well gender roles and how they can limit women's physical activity to stay active and maintain health (Eiler & Wilcox, 2002).

Many people globally suffer from chronic diseases and large amount of money is used in health services while physical activity is an opportunity people can take to reduce the level of increased health, social and economic problems. Physical activity and sport support strategies to improve diet and discourage the use of tobacco, alcohol and drugs. Physical activity and sport help reduce violence, enhance functional capacity, and promote social

interaction and integration (Gostin, 2004).

2.3. Physical Activity and Women in the Rural Areas

The benefits of physical activity for women improve health and helps prevent diseases that may be the major causes of death and dissability. It is mentioned that many women in the world suffer from diseases associated with inadequate participation in physical activity.

Womens reasons for not participating is usually high costs of access to facilities, care giving of children, cultural expectations and also for some women, they might need agreement from members of household who control resourses.

Rural low income areas women may be already physically exhausted by other forms of day long occupational physical activities. This women may then need other forms of support like proper nutrition, education or income generation strategies relevant to their specific conditions however it is pointed out that, genetically happiness cannot be predetermined but what matters is the willingness to be happy and finding the right happiness strategy (Wilcox, Castro & Housemann, 2000).

2.4. Leisure Constraints Model

In trying to understand the most applicable intervention to promote women participation in leisure physical activity, it is important to understand the underlying constraints to participation, and many researchers have done a lot of study to figure out what prevents women from physical activity participation. The hierarchical model of leisure constraints proposes that participation or non participation in leisure activities can be caused by three factors, Intrapersonal, interpersonal and structural constraints and this model proposes that awareness of these constraints may help understand how they affect choices for both people participating and those who are not participating in leisure physical activity.

The hierarchical model of leisure explains intrapersonal constraints as, stress, depression, reference to group attitudes, prior socialization to specific leisure activities, perceived skill and availability of leisure activities. This means that, when women have other stresses of life or they are depressed by life in general, they may not find physical activity as an alternative. Some of them may believe that in order to participate in leisure activities they need to be skillful so if they feel they are not skillful enough, then this becomes a constraint.

Interpersonal, may be interaction and relationships with people to participate in leisure with. Suitable partners or spouses' preference of leisure incompatible with the other spouse's preference affects participation.

Structural constraints are referred to as family life cycle stage, lack of family life financial resources for activities, season, climate, available opportunities and appropriateness of activities (Crawford, 1991). It may be difficult for some women to participate in leisure if there are no facilities for such purposes. Sometimes other people perceive climate and weather as a constraints while, in other settings people participate in leisure regardless of climate.

2.5. Knowledge Constraints

A clear knowledge of benefits of participating in leisure physical activities is the most important factor within societies for promotion of well being of general health. If people understand why and how they do leisure, then engaging in these activities becomes internally driven regardless of constraints. People who know the benefits of physical activity participation gain personal satisfaction and are intrinsically motivated to engage in such activities. It is found in most previous researches that, most people who do not participate in leisure have lack of knowledge of opportunities and benefits of leisure activities and as a result they perceive constraints as an

answer for not participating. They therefore legitimise their lack of participation as a result of constraints instead of negotiating the constraints.

In the study about Latino women, they had lack of knowledge to leisure participation therefore study concluded that to promote opportunities to increase activity levels, they have to target knowledge about physical activity resources and opportunities (Casper & Harrolle, 2013).

2.6. Personal Constraints

It is a well known phenomenon that, women are still less participating in leisure physical activities even though there have been changes compared to the previous regime. Some of the reasons usually discovered are personal constraints like, stressful factors which may prohibit mothers from being confident to participate, depression from other life issues as a result they cannot perceive leisure as an alternative for decreasing their depression. Women sometimes even compare themselves with their group's attitudes therefore may not see fit to join certain groups because of negative self reference.

They may also not have developed good relationships with other people who participate in leisure or there may not be other people who they may participate with and this also stops women from participation. Some women also do not get support from society or spouses. They may have

leisure preferences not compatible with their spouses which, brings about lack of support and participation for mothers. These constraints are classified in the original hierarchical model of constraints as interpersonal and intrapersonal constraints (Crawford & Godbey, 1987). The model “was concerned with describing and explaining the relationship between constraints and leisure activity preferences and subsequent leisure involvement such that constraints were seen as antecedent factors that condition activity preferences (intrapersonal), related to both preferences and participation (interpersonal), or intervene in the preference-participation relationship” (Crawford & Godbey, 1987).

2.7. Perceptions as Constraint

How people perceive leisure determines their participation and people’s perceptions differ across different cultural and geographic settings that is why it is important to learn peoples’ different perceptions in trying to understand leisure constraints. People who are engaged with activities that do not require money may not perceive money as a constraints and non working women who have more free time may not perceive time as a constraint.

In the study to investigate leisure constraints in six Chinese cities, it was discovered that members of the sustaining food collecting simple

horticultural societies where money was less important or even non-existent and free time more abundant than in urban areas, the respondents perceived varied leisure constraints. They did not perceive money as a constraint as well as time as mentioned by the hierarchical model of constraints (Dong & Chick, 2012).

2.8. Socio Cultural Constraints

Some scholars also mention that culture has an impact on how people perceive leisure constraints and also the type of leisure that people get involved in. Factors that constraint people from leisure participation can be different across different geographical settings. What can be perceived as constraints in a certain country may not be seen as constraints in other settings of the world so, in trying to understand leisure constraints, study should be better understood from different cultural settings.

The study on physical activity behaviours of linguistically and culturally diverse women living in Australia, a qualitative study of sociocultural influences, in their research on sociocultural influences on physical activity behaviour of women, they concluded that understanding well-being and health issues is diverse and has a strong socio-cultural influence (Caperchione, Kolt & Mummery, 2009).

Personal and cultural values influence women physical activity behaviours. Young women in the rural areas in most African developing countries culturally have to stay at home looking after children and work on house chores and, physical activity may not be perceived culturally as a woman aspect. Women themselves may perceive their daily house chores as physical activity.

This could be another constraint leading to non participation for women in leisure physical activity that is not mentioned in the hierarchical model of leisure constraints. In the study to investigate the barriers to physical activity participation in two generations of professional women pre and post apartheid, the result was that socio-cultural constraint was the highest ranking constraint.

In another study, participants explained that they did not have exercise as part of the African culture. Exercise is associated with the young generation and there is destructive talk from the community associated with undesirable weight loss when people engage in leisure physical activities. The study then concluded that socio-cultural constraints should be overcome before physical activity can be seen as a normal behaviour for black women in the South African context (Walter, Du Rant & Venter 2011).

2.9. Socio-Economic Constraints

Among other constraints, socio-economic constraint is another structural factor inhibiting women from participating in leisure within women and other groups. According to Brown, Miller and Hansen (2001), in their study, they discovered that young mothers expressed a desire to be more active, they were inhibited in their ability to act out their leisure preferences by a combination of structural constraints, lack of time, money, and energy.

Arab-Moghaddam and Henderson Sheikholeslami (2007) also mentioned in their study that according to the Iranian perspectives to leisure and constraints to participation, personal home expectations and socio-economic factors are more constraining factors.

2.10. Policy Constraints

Policy is one of the structural constraints that may also impede leisure participation if it is not shaped in a way that responds to formulating quality of life standards.

Measures aimed at stimulating social life and at preventing negative side-effects on policies are of crucial importance. A range of policies can affect sport activities as well as funding of cultural activities

indirectly and directly hence policies should be well structured to meet the needs of all people (Becchetti, Ricca & Pelloni, 2012).

Bromley, Reynolds, Tallon, and Thomas (2006) mentioned that without well documented policy, there can be frictional leisure initiatives among different types of people. In their study, they found four policy challenges which are facing the development of a thriving leisure and cultural economy in smaller regional cities across Europe and North America.

Policy should focus on creating a leisure and cultural economy which embraces a wide range and variety of attractions; appeals to a broad spectrum of social groups; adopts an appropriate spatial strategy; and overcomes friction between the different component parts of the leisure and cultural economy.

With the notion that women in different geographical settings do not experience same constraints, to understand constraints, research should be done to understand constraints in people's lived experiences, and that interventions should be clearly defined and evaluated to suit the designed programs for the different groups, it is important to explore what are the constraints to leisure physical activity participation for young mothers living in the rural areas of Lesotho.

2.11. Research Question.

RQ: What are the constraints to leisure physical activity participation for young mothers living in the rural areas of Lesotho?

Chapter 3. Methodology

3.1. Type of Research

The type of this research is a descriptive case study. A descriptive case study enables the researcher to explore differences within and between cases. The goal is to replicate findings across cases. Because comparisons will be drawn, it is imperative that the cases are chosen carefully so that the researcher can predict similar results across cases, or predict contrasting results based on a theory (Baxter & Jack, 2008).

3.2. Data Collection Technique

Data shall be collected from available literature and, to get an in depth of what are the constraints to leisure physical activity participation, a descriptive case study shall be conducted through interviews among ten young mothers living in the rural areas in ThabaTseka district in Lesotho.

A descriptive case study is used to describe an intervention or a phenomenon in the real-life context in which it occurs (Baxter & Jack, 2008).

3.3. Coding Procedure

Data shall be collected from interviews and similarities shall be compared. To analyse, similarities shall be converged to understand the overall case and answer the research question, (Baxter & Jack 2008).

3.4. Purposive Sampling

The researcher has had a seven years experience of working in rural areas as a senior sport and recreation officer organizing sport and recreation programs for people of all ages. Purposive sampling units are selected on the basis of known characteristics which may be socioeconomic, socio - demographic or might be factors related to experience, behaviour roles relevant to research topic. Units are chosen to represent and symbolize prescribed characteristic (Lewis, Ormston & Ritchie 2013).

This research study shall use a sample size of 10 interviewees because, across all rural areas in the general population responses to constraints might slightly differ because the experiences are the same and the quality of the research is determined by the reliable respondents not the number of people participating in a research. Sample size in qualitative research, is ultimately a matter of judgement in evaluating the quality of the information collected, against the uses to which it will be put (Sandelowski, 1995).

3.5. Ethical Protection

The respondents to this study shall be notified by consent which shall be done by the contact nurses and teachers. The consent information shall include explanation of the interview and the full meaning of the study and its potential to be used in future and free choice to participate in the study. Respondents shall be notified of maintenance of confidentiality. Confidentiality also includes personal information where desirable shall be kept confidential and replaced names shall be used. The respondents shall be asked as to which language they feel comfortable with so that they can provide responses to their level best without fear of misunderstanding if interview is in English. The identity of respondent's not utilized means that the result of this research shall be presented with anonymous names.

3.6. Reliability

For reliability, data base shall be effectively organised to keep raw data available for independent inspection. Using a database improves the reliability of the case study as it enables the researcher to track and organize data sources including notes, key documents, tabular materials, and can be stored for easy retrieval at a later date. Available literature, member checks and debriefing shall be used for trust worthy of this study (Baxter & Jack, 2008).

Chapter 4. Result

4.1. Data Description

The motive for this study emanated from an observation that, regardless of initiatives government provides to promote women and girls' participation, there is still little or no participation of young mothers in leisure physical activity participation in the rural areas. This study is based on the theory of leisure constraints that mentions that constraints may be interpersonal, intrapersonal and structural as well as cultural constraints (Crawford & Godbey, 1987).

Data for this study is divided into the following themes, knowledge constraints, policy constraints and perception, socio-cultural, personal and socio-economic constraints to leisure physical activity participation for young mothers living in the rural areas. The qualitative process involved inductive reasoning working from particular findings to general themes and then making interpretations about these themes. To answer qualitative question of this study, purposive sampling technique was chosen in order to identify participants and to obtain information-rich cases that evident the phenomenon of this study.

Recruitment of the participants occurred in two ways, first through the nurses and teachers who identified women who met the gender and age criteria of the study and secondly the recruitment questions was about women's willingness to take part in the in-depth interviews.

A semi-structured question guide was developed by the researcher in order to obtain in-depth information and qualitative information. Once approved by the advisor, the interviews were held individually over the whatsapp calls and they lasted approximately for 30 – 40 minutes.

Respondents who agreed to take part in the in-depth interviews were gathered together by the nurses and teachers, discussed and agreed on the appropriate time and day for interviews. Respondents were interviewed from the hospital and some at the primary school among young mothers between ages 19 and 25 years old.

Upon beginning of the interviews, the researcher introduced herself and articulated the purpose of the study and confirmed the respondent's confidentiality and it was made clear that the respondents would stop at any time with the interview when ever they felt like. They were also promised that their names would be anonymous. Respondents were then asked about their consent to continue the interviews. Once agreed upon these, interviews resumed.

Peer debriefing, member checking and triangulation were used to ensure the trust worthy of the research. After the interviews, data was transcribed and translated into English by the researcher (Baxter & Jack, 2008).

In the demographics section of the interviews, seven of the respondents in this study reported to be married and three were not married. Number of children from either married or not married mothers ranged from one to two. The approximate age of children from the mothers ranges between two to seven years old. Two of the married mothers reported not to have children.

Four of the women's educational level is middle school while three reported to have completed tertiary level and two respondents completed high school. Only one respondent completed primary school class seven.

Three young mothers responded to be not working while four reported to be working as cooks in a school and one as a nurse assistant, while the other one reported to be working in the insurance company. One respondent reported to be working in photo shooting and pop corn self employed business .Six respondents reported not to own houses and four responded to own houses. The minimum number of the mother's

household's ranges between two to four with one exception of six people in a family.

Three women in this study reported their household annual income ranging from R60.000.00 to R95.000.00. Four women responded their annual income as R3, 600.00 and three respondents reported to be not working and depended on their parents.

The demographics part of this research shows potential to impact on leisure constraints heavily because of the low paying jobs that participants engage in and the fact that some of them are not working therefore they cannot afford to pay for sending their children to the day care centers in order to participate in leisure activities, and also cannot afford to pay for the fitness centers available in the areas.

4.2. Qualitative Study Interview Protocol

On the question about how important the participants think physical activity is most of the participants feel participation in leisure physical activity is important for wellbeing and relieve of stress and some also mentioned that sport is good for meeting people, relaxation of mind and body. One respondent also mentioned that leisure physical activity is important for fitness of body and proper digestion. All the respondents are well informed about the importance of engaging in physical activity and

therefore this aspect does not have a negative impact on participating in leisure.

4.3. Case Study Interview Protocol

Concerning the social life of the respondent's community leisure experiences, on the question on what people in their societies do after work, similar results have been observed and all of the respondents showed that after work, women do house chores like cooking and fetching water, rest, work in gardens and men go drinking or rest. Only Zondy mentioned that a few people do leisure while the overall culture of the different communities is to rest.

“People rest, few do leisure and they watch televisions and some house chores.” (Joyce)

On the premise that all respondents show that people in their communities do not engage in leisure after work and do family house chores, we conclude that the social life style has an impact on leisure participation. People in these societies do not have the culture of exercise.

4.4. Knowledge Constraints

All the respondents reported that they do not do any leisure physical activity however; knowledge did not seem to be a constraint to leisure

participation in this group. The only differences among the respondents which also still show positive knowledge about physical activity were, one mentioned that she does many house chores as part of physical activity and another one mentioned that she runs from work back home as kind of physical activity.

Most of them mentioned that the benefits of physical activity to young mothers are, to relieve stress, well being, and fitness. The differences among the respondents identified in this group show greater knowledge of benefits of physical activity. They mentioned that the benefits for leisure are for socializing; it reduces abuse of alcohol among young mothers, slows down ageing and makes one feel strong. These responses justify that knowledge cannot be considered as a constraint in this group of people. They have a perfect knowledge of the benefits derived from participating in leisure physical activities

4.5. Interpersonal Constraints

Internal satisfaction derived from participating in leisure physical activity seemed to be evident in this study. Six respondents reported that when, they used to participate in leisure physical activity, they used to feel good and four of the respondents each said that when they used to participate in leisure activities, they felt active and never got tired, one

respondent mentioned that she was able to do other things and the other one said she enjoyed and felt strong.

“I was a good runner and netball player in school so; I used to feel really good.” (Lerato).

Another respondent said:

“I feel good. I enjoy them. But that was long time when I was younger” (Zondi).

Lack of support showed to be prevalent in this group. Seven of the women showed that no one motivated them while the remaining three showed that husband, friends and nurses used to motivate them. It is not easy to make an authentic conclusion here because they mentioned that they used to feel good for participating in leisure but they still they need support to participate. If people experience internal satisfaction by participating then they become voluntarily involved in leisure activities without extrinsic factors.

“The nurse once told me to exercise because of my weight but then, I am already heavy and I can’t run.” (Lerato).

But, for the seven respondents, the response was,

“No, no one motivates me.” (Lindiwe).

It is not easy to consider interpersonal factor as a constraint in this study because respondents showed that they have positive feeling in participating in leisure but then again, they do not get support to participate. It is not easy to conclude that they do not participate because they do not get support.

4.6. Perceptions of Rural Women

The women's perception about how they feel about young mothers participating in sport shows that they perceive leisure participation as an important factor. The overall perception for this group is that they do value physical activity and have positive attitude towards leisure participation.

Four of the mothers said "I wish I could do the same."

I like what they do because I know the benefits, they are lucky and have time, I feel happy because I think they feel good about themselves (Molly), and one of them said,

"I feel it stops them from crime." (Buhle).

Perception did not seem to be a constraint for these respondents because their perception is positive about participating in leisure activities so when they see other women participate in leisure they have positive feeling about it.

4.7. Socio Cultural Constraints

Culture among the women seemed to have an impact on less participation of young mothers in physical activity. Most women claimed that they do not get supported to participate in leisure physical activity by society and society does not necessarily talk about it.

A few women also mentioned each that physical activity is not discussed and society mainly focuses on talking about how to get food for families, how to get money for sending children to school, finding ways for building houses and dress code used in physical activity is not culturally appropriate for these societies.

One respondent said,

“Sometimes they think those who participate are funny and crazy, exercise is for white people haaaaaa, so they think they now want to be like rich or white people.” (Mellow).

“The clothes they wear when they play are crazy. They show too much. What can I say, its unusuall for us, may be in towns they can do that.” (Lerato).

4.8. Personal Constraints

It is significant in this study that having children is not a constraint. Most of the women said that there is a day care center where they could

leave the children even though two women showed that the day care centers close too early, however, they all mentioned that there is someone at home also who would take care of the children, and should they want to participate.

Even though there would be someone to take care of the children, the women mentioned that they are not sure they would participate and even if they could send their children to school.

One respondent mentioned,

“I am not sure, oh boy they will laugh at me haaaaaa, (laughs) I have not seen people of my age do those, only children. Yes I would participate but now the weather and time don’t allow me.” (Zondi)

“There is a day care center, but when I am busy my mom takes care of children.” (Sophie)

Another one said,

“My sister in law takes care of them when I do other things.” (Joyce)

Among the personal constraints that inhibit women from participating in leisure, women responded differently and mentioned that people would laugh at them and that, weather restricts them, school restricts them and they do not have time. It was hard to make an inference in this theme. The respondents’ mentioning different kinds of factors makes it hard to make a general conclusion about this group. One of them said,

“Study stops me from participating and yes there is a school and someone to look after kids but, after work i study, I must give them attention too. May be after I finish studying I can exercise.” (Lerato)

The respondents could not make up their minds if they could participate in leisure physical activities if there would be a possibility to send their children to school. Therefore it becomes difficult to conclude that having children is a constraint to leisure participation even though they mention that there are people who can take care of the children at home like grandmothers.

4.9. Socio-Economic Constraints

This study shows a high prevalence of socio-economic constraints due to low paying jobs and some do not work so most of the participants are not able to pay for the facilities. Nine participants mention that there are facilities, but they do not have money to pay. Only one person on contrary mentioned that there are no facilities hence they do not participate in leisure.

“No, there are no facilities, its only open spaces where kids run around then there are fitness centers..... (Silence...) hotels are expensive. People go to litutleng, (women traditional dance where women are taught woman hood).” (Roseline)

Another respondent said,

“No, I don’t have enough money for physical activity.” (Molly)

Only three respondents showed that they can be able to pay for facilities and the rest responded that they cannot afford to pay for using fitness facilities. This legitimizes the conclusion to identify socio-economic factor as a constraint.

4.10. Policy Constraints

The respondents were asked about if government and the Olympic committee organise leisure physical activities and what kind of activities as well as if they participate in these activities and they were also asked about who participate in the activities organised. Almost all the participants’ except one mentioned that there are activities organised by the government and the national Olympic committee to promote participation for the women and girls but, all the women mentioned that they do not participate in these activities.

They mentioned that common activities organised are for women, men, girls and the disabled. Their reasons for not participating are that these activities are not for young mothers.

“I can’t play with mothers, they are too old. Older mothers participate and girls not us, I have children and..... (Silence....).

Even though I have children I cannot play with those mothers.”

(Molly)

Another respondent said,

“No, I don’t participate cos, they are normally attended by older women than us so, and they are troublesome and noisy so they do…… especially nthufe (traditional net ball).” (Buhle)

Caddis said, “Yes, some time ago by the hospital not for government, haaaa……um, I like them but am scared of other people, in hospital it was all my agemates. Then I lost a baby and didn’t participate anymore.”

Lindy said, “Nooooo haaa, I don’t have time, after work I have to go back and take care of the child. They don’t organise for us, haaaaaa can’t play with my mom. My mom also participates there so, mostly mothers at around 30’s and 40’s participate in these netball games.

Do young mothers participate in these activities?”

“Not really. Older ones may be if there were activities for them too they would.” (Zondi)

The consistency of women mentioning that the activities are not meant for them and that they cannot participate with other women as well as that, if there were games for them they would participate, gives us an implication that this group does not perceive and identify themselves as part of the social groups mentioned, which are women or girls. They refer to themselves as 'us' denoting that they are not part of the other groups. This shows that young women need to be categorised as a special group in order to participate in leisure physical activity participation. Social identification is identified as a constraint to leisure for these respondents.

Chapter 5. Conclusion

5.1. Summary of Study

The purpose of this descriptive case study was to investigate constraints to leisure physical activities for young mothers living in the rural areas. Through interviews, literature review, peer de briefing and member checking, data was triangulated to reveal the predominant factors through the case studies.

Previous study shows that women are less likely participating in leisure physical activities in the rural areas but, to curb the prevalence of less participation for women, the Lesotho government offers interventions as an alternative for physical activity constraints.

Regardless of these interventions, young mothers are still less participating in leisure physical activities. The present study was to find out what are the constraints to leisure physical activity participation for young mothers living in the rural areas of Lesotho.

Socio-cultural and socio-economic factors are the two significant factors to less participation for young mothers in this study and the most prominent powerful factor is social identification.

For the socio-cultural constraint, it is found out that, there is no culture of leisure physical activities in these communities. After work, people find it as time to rest or do house chores so physical activity means waste of time or neglect of other important issues, or rather to some, doing house chores is perceived as physical activity. Society does not really address physical activity as an important issue however they acknowledge its importance.

Cultural dress code also prohibited women from participating. This illustration is consistent with previous research on physical activity for professional women pre and post apartheid in South Africa, where they discovered that cultural constraints not mentioned in the hierarchy of constraints, is the most prevalent among rural women in South Africa and should be overcome before physical activity can be seen as a normal behaviour (Walter, Du Rant & Cheryl, 2011).

Crawford, Jackson and Godbey (1991) mention that structural constraints include socio-economic factors like financial resources, which are the prevailing constraints in this research. Lack of time interlinks with cultural expectations as well as lack of financial resources among the mothers prohibiting them from participation in leisure activities.

In response to the policy constraints, previous researchers mention that women are different and their wants are also different as a result, should not be treated the same. Boutlier and Sangiovanni (1983) maintain that women are not homogenous and their needs should be treated individually. They show that interventions should be done appropriate for each individual “appropriateness of activities” but, this study on contrary, does not discover individual appropriate programs instead, it has discovered that, social identification is the main constraint. Social identification is a perception of oneness with a group of persons. It stems from the categorization of individuals and leads to stereotypical perceptions of self and others.

Social categorization is grouping people with the same features, differentiated and understood to make predictions and decisions compatible with each group. It is the degree to which the intervention should be multidimensional (Ashforth & Mael, 1989). Interventions should be tailored to fit the categories of the unique categories of women (Tallon, Bromley, Reynold & Thomas, 2006).

This study denotes that the characteristics of rural areas, particularly socio- cultural and lack of resources together with unique influence by lack of policy social categorization diversity, have a unique influence on

constraints to leisure physical activity participation for young mothers in the rural areas of Lesotho.

This draws attention to the ongoing debate concerning leisure constraints perspectives in the rural geography and in doing so goes beyond economic and cultural significance but, also the connectivity with policy social categorization.

The conclusions reached in this research suggest that policy should structure a multidimensional social categorization to fit unique groups of women, in this case, “young mothers”. Young mothers should be identified as a social category on its own included in policy, for policy to provide appropriate interventions to promote leisure physical activity participation.

5.2. Implications

This study continues to support the growing literature and adds weight on previous research that, for young mothers living in the rural areas, socio-economic, and socio-cultural constraint are the significant constraints. Social identification is the most prevalent constraint that prohibits young mothers from participating in leisure physical activities. These are structural constraints mentioned in previous literature.

The research not only adds knowledge but also provides policy with strategy on how to promote leisure physical activity participation for young mothers in the rural areas.

According to the findings in this research, social identification is the major constraint for young mothers to participate in leisure physical activities, so young mothers should be added in the policy social structuring to attract their participation.

This finding is consistent with previous research, the study that was conducted in the smaller regional cities across Europe and North America, and the findings argued that, policy should be structured in a manner that it appeals to a larger spectrum of social groups (Tallon, Bromley, Reynolds, & Thomas, 2006).

5.3. Limitations

This study has a limitation that needs to be acknowledged. It lacks the views and inputs of policy makers and implementers of sport and recreation. The results found from this study are intended to suggest directions for future research.

5.4. Future Directions

Future researches should focus on exploring stigmatization attached to teenage mothers and leisure constraints.

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Appendix

DATA TRANSCRIPTIONS

DEMOGRAPHYCS

- | | |
|-------------------------------------|----------------|
| 1. Name | A |
| 2. Age | 19 years |
| 3. Education | Form b |
| 4. Marital status | married |
| 5. Employment status | not employed |
| 6. Number of children | none |
| 7. Age of children | ----- |
| 8. Religion | Roman Catholic |
| 9. Present place of residence | majakaneng |
| 10. Own house or rented | Mother in law |
| 11. How many ppl live in the house | 3 people |
| 12. How much money do earn per year | 0 |

QUALITATIVE STUDY INTERVIEW PROTOCOL

13. How important do you think physical activity is?

CASE STUDY PROTOCOL INTERVIEW

SOCIAL HISTORY

It is important to lose weight, heat, stress and depression

14. What do people in your community do when they have free time?

They cook and other house chores.

KNOWLEDGE CONSTRAINTS

15. Are you doing physical activity?

No

16. What are the benefits of physical activity?

Physical activity reduces conflicts, sugar diabetes, it also reduces stress as we are young mothers and we have many problems.

INTERPERSONAL CONSTRAINTS

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I feel very good when I do physical activity especially with my friends and I used to love exercising.

18. Does anyone motivate you to participate in physical activity?

No, no one

POLICY CONSTRAINTS

19. Do the national Olympic committee or the government organise leisure physical activities in your community?

No.

20. What kind of physical activities? Who participate in these activities?

21. Have you ever participated in organised physical activities? Why not? Do you like these activities?

Yes, some time ago by the hospital not for government, haaaa.....um I like them but am scared of other people, in hospital it was all my agemates. Then I lost a baby and didn't participate anymore.

22. Do young mothers participate in organised physical activities in your community?

Sometimes they attend athletics and sometimes netball but not many of us.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY PARTICIPATION

23. How do you you feel about young mothers who participate in physical activities.

I feel that they are doing themselves a favour because they will be fit, I envy them.

SOCIO ECONOMIC CONSTRAINTS

24. Do you have time during the day to participate in leisure physical activities?

Yes I do have time.

25. Are you able to pay for leisure activities participation?

No am not working.

26. Are there sport and recreation facilities in your area? Is it easy to access these exercise facilities?

Yes, there are open play grounds where one can just go run...there are also paid gym places where people pay and exercise.

SOCIO CULTURAL CONSTRAINTS

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

I don't hear people talk about young mothers 'participation, only oabout women and girls epecially over radio.

PERSONAL CONSTRAINTS CATEGORY

28. Is there a day care center or any one whotakes care of your children?

There is a day care center but I don't have a child.

29. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

B.

DEMOGRAPHYCS

1. Name	B
2. Age	19
3. Education	standard seven
4. Marital status	married
5. Employment status	cooker in school
6. Number of children	none
7. Religion	Roman catholic
8. Present place of residence	majakaneng
9. Own house or rented	own
10. How many ppl live in the house	2
11. How much money do yearn earn per year	R3600

QUALITATIVE STUDY INTERVIEW PROTOCOL

12. How important do you think physical activity is?

You become refreshed and your health becomes well.

Case study interview Protocol

What do people in your community do when they have free time?

They do house chores and cook and they don't do exercise.

KNOWLEDGE CONSTRAINTS CATEGORY

13. Are you doing any physical exercise?

Yes I sometimes run after work when I feel like it or if am not late for fetching water and cooking dinner.

14. What are the benefits of physical activity participation for young mothers? Can you give any examples?

Is to stay healthy and your health becomes really good.

15. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

Your body becomes relaxed..... You stay flexible and I like physical activity.

INTERPERSONAL CONSTRAINTS CATEGORY

16. Does anyone motivate you to participate in physical activity?

No. There's no one.

POLICY CONSTRAINTS CATEGORY

17. Do national Olympic committee and government organise leisure physical activities in your community?

Sometimes they do netball for women between 30 and 40 years at Litaleng and I have heard hillside village even has a netball team.

18. What kind of physical activities? Who participate in these activities?

Net ball for women and girls, football for men and even athletics

19. Have you ever participated in any organised physical activities? If not why not? Do you like these physical activities?

No I havent.....silence.....

20. Do young mothers in your community participate in organised physical activities?

I havent heard them talk about participating when we meet but I know my aunt always goes with her friends

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL

ACTIVITY

21. How do you feel about young mothers who participate in physical activities?

I feel like doing it too.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

22. Do you have time during the day, to participate in leisure physical activities?

Sometimes I do but sometimes I don't.

23. Are you able to pay for your leisure activities participation?

No

24. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

No people go to litutleng, (women traditional dance where women are taught woman hood)

PERSONAL FACTORS CONSTRAINTS CATEGORY

25. Is there a day care center or any one who takes care of your children?

I don't have children.

26. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

.....

SOCIO CULTURAL CONSTRAINTS CATEGORY

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

I don't know what they say but no one says we should participate in these things; women choose to go litutleng because they think is good for women to make men happy. Haaah....sigh.

C.

DEMOGRAPHYCS

- | | |
|-----------------------|----------------|
| 1. Name | C |
| 2. Age | 20 years |
| 3. Education | formc |
| 4. Marital status | married |
| 5. Employment status | not working |
| 6. Number of children | 2 (4 AND 2) |
| 7. Religion | Roman catholic |

8. Present place of residence	Majakneng
9. Own house or rented	own house
10. How many ppl live in the house	3
11. How much money do you earn per year	0

QUALITATIVE STUDY PROTOCOL

12. How important do you think physical activity is?

It is important so that the body stays healthy and relaxed.

CASE STUDY INTERVIEW PROTOCOL

Social history

13. What do people in your community do when they have free time?

Women and girls cook, draw water, and boys play football, men go drinking and may be about 3 women jog in my community.

KNOWLEDGE CONSTRAINTS

14. Are you doing any physical exercise?

No I don't

15. What are the benefits of physical activity participation for young mothers? Can you give any examples?

The benefits are for them to be able to do things faster, you know when you exercise you become so strong and fast and they can feel free.

INTERPERSONAL CONSTRAINTS

16. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I used to feel strong and I enjoyed being with others while running.

17. Does any one motivate you to do physical activity?

No. But one time by a nurse and she said I should do it so that the baby can play while I was pregnant.

POLICY CONSTRAINTS

18. Do national Olympic committee and government organise leisure physical activities in your community?

Yes sometimes.

19. What kind of physical activities? Who participate in these activities?

Netball for women and football for men. Athletics for everyone I think. But athletics is mostly attended by good runners, women and men , boy and girls.

20. Have you ever participated in any organised physical activities

No I don't, cos, they are normally attended by older women than us so, they are troublesome and noisy so.....(silence) especially nthufe (traditional net ball).

21. Do young mothers in your community participate in organised physical activities?

A few of them.

PERCEPTIONS OF RURAL YOUNG MOTHERS
REGARDING PHYSICAL ACTIVITY

22. How do you feel about young mothers who participate in physical activities?

I feel happy and I envy them.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

23. Do you have time during the day, to participate in leisure physical activities?

No I don't have time.

24. Are you able to pay for your leisure activities participation?

No.

25. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

Yes there are and open spaces.

SOCIO CULTURAL CONSTRAINT CATEGORY

26. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

I don't know, I don't think they do, I mean my mother in law would never support me to be playing instead of doing house chores haaaa its just not possible, mhh, laughs. They never talk about it.

PERSONAL CONSTRAINTS CATEGORY

27. Is there a day care center or any one who takes care of your children?

My sister in law takes care of them when I do other things.

28. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

May be if mysister in law would agree, I don't know, I have never thought of it.

D

DEMOGRAPHYCS

- | | |
|---------|----------|
| 1. Name | D |
| 2. Age | 25 years |

3. Education	Form e
4. Marital status	Married
5. Employment status	Pop corn and photo shooting
6. Number of children	1
7. Religion	Lesotho evangelical church
8. Present place of residence	Phomolong
9. Own house or rented	own house
10. How many ppl live in the house	3
11. How much money do yearn earn per year	R60.000.00 per year

Qualitative study interview protocol

12. How important do you think physical activity is?

For..... relief of stress, reduses diseases and for well being.

Case study interview protocol

SOCIAL HISTORY

13. What do people in your community do when they have free time?

They rest, watch tv, some work in gardens, some cook and many house chores.

KNOWLEDGE CONSTRAINTS CATEGORY

14. Are you doing any physical exercise?

No now I don't, I used to go alone but now bcos of weather has changed and I have to wake too early and it's too dark outside. If I go later then, it's too late for beginning daily chores. I used to jog early sometimes with husband when he is not tired.

15. What are the benefits of physical activity participation for young mothers? Can you give any examples?

The body grows well and old age comes slower.

INTER PERSONAL CONSTRAINTS CATEGORY

16. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I enjoy physical activity, it makes me feel well and I wake up feeling good and become able to do other things.

17. Does anyone motivate you to participate in physical activity?

Yes my husband does.

POLICY CONSTRAINTS CATEGORY

18. Do national Olympic committee and government organise leisure physical activities in your community?

No, netball died because there too many conflicts, older women took control of everything and the younger ones never participate as they are lazy but if we had our own without the older ones may be it could be better.

19. What kind of physical activities? Who participate in these activities?

Netball, football, am not sure of other ones because sometimes you see playing and you don't know who organised them. Also litolobonya (women traditional dance)

20. Have you ever participated in any organised physical activities?

At school I used to but now we are all mixed and different.

21. Do young mothers in your community participate in organised physical activities?

No. I don't think they feel like it.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY EXERCISE

22. How do you feel about young mothers who participate in physical activities?

I feel they stop them from engaging in crime and reduces stress.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

23. Do you have time during the day, to participate in leisure physical activities?

Yes.

24. Are you able to pay for your leisure activities participation?

Yes I can be able to but i have not yet gone, am still planning to.

25. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

Yes there are and it is easy to access them and because I like exercising I am planning to go even though I havent seen people of my age.

SOCIO CULTURAL CONSTRAINT CATEGORY

26. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

No, they don't support them, many don't get support, they get support to work and take care of heir families.

PERSONAL FACTORS

27. Is there a day care center or any one who takes care of your children?

There is a day care and grand mother also takes care of her.

28. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

Yes I would participate but now the weather and time don't allow me.

E

DEMOGRAPHYCS

- | | |
|-------------------------------|--------------------------------|
| 1. Name | E |
| 2. Age | 25 years |
| 3. Education | Tertiary |
| 4. Marital status | Married |
| 5. Employment status | messenger at insurance company |
| 6. Number of children | 2 |
| 7. Age of children | 8 and 4 |
| 8. Religion | Lesotho evangelical church |
| 9. Present place of residence | Thabong |
| 10. Own house or rented | rented |

11. How many ppl live in the house 4
12. How much money do you earn per year R96.000.00 per year

Qualitative study interview protocol

13. How important do you think physical activity is?

It is very important. It relieves tension, keeps the digestive system normal, the body becomes fit and the body cleans itself.

Case study interview protocol

SOCIAL HISTORY

14. What do people in your community do when they have free time?

They work in gardens, family chores, attend some meetings and young peopl exercise.

KNOWLEDGE CONSTRAINTS CATEGORY

15. Are you doing any physical exercise?

I do many house chores as a form of exercise, do some muscle stretches, I do very little exercise.

I don't have time, and honestly, and now that you are asking if like I should find women of my age and we do it together.

16. What are the benefits of physical activity participation for young mothers? Can you give any examples?

It keeps the body fit, puts the womb in place if it got misplaced after birth, improves blood circulation and stress level lower down.

INTER PERSONAL CONSTRAINTS CATEGORY

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

It is difficult and painful in the beginning but as I continue I feel good especially if there are other people to do it with but that was in school.

18. Does anyone motivate you to participate in physical activity?

Yes , my sister in law and her daughter.

POLICY CONSTRAINTS CATEGORY

19. Do national Olympic committee and government organise leisure physical activities in your community?

At the town districts mainly you can hear on radio that there are many activities organised but here in the rural highlands no, we exercise by long distance walking and very few activities not attended by many people. Mostly here you find leagues and school sport.

Most activities are done by different ministries like the police, nurses and players who work in government not done in villages.

20. What kind of physical activities? Who participate in these activities?

You mean for government...um... netball and football and horse race and athletics.

Boys and men. For netball it's some girls and women of different ages.

21. Do young mothers in your community participate in organised physical activities?

Not really. Older ones may be if there were for them too they would.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY

22. How do you feel about young mothers who participate in physical activities?

I envy them because I realize am not doing myself justice. They are able to maintain their figures and I am waisting time. They are able to take care of themselves.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

23. Do you have time during the day, to participate in leisure physical activities?

Yes I can have a 30 minute time for exercise.

24. Are you able to pay for your leisure activities participation?

Yes I can.

25. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

There are self owned exercise centers and not really accessible for other people.

SOCIO CULTURAL CONSTRAINT CATEGORY

26. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

Haaaaaaa, they say we like recognition and we like big things which we cannot afford. Haaaa. Laughs..... and then the kind of clothing used for exercising is revealing our bodies too much as young mothers not culturally unacceptable.

PERSONAL FACTORS

27. Is there a day care center or any one who takes care of your children?

Yes there is a day care center and for me I would have to negotiate the mother in law to take of kids when I begin exercise.

28. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

The thing is I have become lazy and people here are self centered, if they feel good themselves they don't want to exercise with others, so yes if she agrees to take care of the children then I can organise women my age and we exercise.

F

DEMOGRAPHYCS

- | | |
|-----------------------|---------------------|
| 1. Name | F |
| 2. Age | 25 years |
| 3. Education | Tertiary |
| 4. Marital status | Married |
| 5. Employment status | nurse assistant |
| 6. Number of children | 2 |
| 7. Age of children | 5 years and 2 years |

- | | |
|---|----------------------------|
| 8. Religion | Lesotho evangelical church |
| 9. Present place of residence | Thabong |
| 10. Own house or rented | rented |
| 11. How many ppl live in the house | 4 |
| 12. How much money do you earn per year | R96.000.00 per year |

Qualitative study interview protocol

13. How important do you think physical activity is?

A person stays active and it is good for well being.

Case study interview protocol

SOCIAL HISTORY

14. What do people in your community do when they have free time?

People rest, few do leisure and they watch televisions and some house chores.

KNOWLEDGE CONSTRAINTS CATEGORY

15. Are you doing any physical exercise?

I used to do taekwondo, now I don't.

16. What are the benefits of physical activity participation for young mothers? Can you give any examples?

People live a good life totally if they exercise. Blood circulation goes well.

INTER PERSONAL CONSTRAINTS CATEGORY

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I felt very active and never tired. I enjoyed it a lot but now people who do it are only young people. There are no young mothers who do taekwondo in this area.

18. Does anyone motivate you to participate in physical activity?

No, I motivate myself sometime to do a little movement.

POLICY CONSTRAINTS CATEGORY

19. Do national Olympic committee and government organise leisure physical activities in your community?

No activities.

20. What kind of physical activities? Who participate in these activities?

Only fitness places and hardly organised activities.

21. Have you ever participated in any organised physical activities?

Young mothers participate in those organised by the hospital not by government haaaa isn't that in hospital they even get free food. I don't participate. I don't like them. Just.....

22. Do young mothers in your community participate in organised physical activities

I don't really know, no I don't think so, even on radio I have never heard about young mothers participating in any organised form of physical activity.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY EXERCISE

23. How do you feel about young mothers who participate in physical activities?

I become happy for them because I know the benefit they are getting from that.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

24. Do you have time during the day, to participate in leisure physical activities?

No I don't have time, am studying part time and after work I have to also have time for the children and for the husband haaaaaa.
(laughs)

25. Are you able to pay for your leisure activities participation?

Yes but I don't have time.

26. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

I know three fitness centers otherwise there are no recreational centers where people can freely go.

SOCIO CULTURAL CONSTRAINT CATEGORY

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

Honestly it's not considered that important, they don't even talk much about it. So I cannot say they support them, otherwise I could see young women active.

PERSONAL FACTORS

28. Is there a day care center or any one who takes care of your children

Yes there is but I study that's why.

29. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

Study stops me from participating and yes there is a school and someone to look after kids but, after work and study, I must give them attention too. May be after I finish studying I can exercise.

G

DEMOGRAPHYCS

- | | |
|---|-------------------------------|
| 1. Name | G |
| 2. Age | 24 years |
| 3. Education | Technical institute |
| 4. Marital status | Not married |
| 5. Employment status | not yet employed |
| 6. Number of children | 2 |
| 7. Age of children | 6 years and 5years |
| 8. Religion | Lesotho evangelical
church |
| 9. Present place of residence | pontsheng |
| 10. Own house or rented | mom's house |
| 11. How many ppl live in the house | 5 |
| 12. How much money do you earn per year |Nothing |

Qualitative study interview protocol

13. How important do you think physical activity is?

The body becomes relaxed and you meet people.

Case study interview protocol

SOCIAL HISTORY

14. What do people in your community do when they have free time?

Gardening and men go drinking. Women do home house chores.

KNOWLEDGE CONSTRAINTS CATEGORY

15. Are you doing any physical exercise?

No I don't.

16. What are the benefits of physical activity participation for young mothers? Can you give any examples?

The improved blood circulation and a person's well being.

INTER PERSONAL CONSTRAINTS CATEGORY

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I was good runner and netball player in school so; I used to feel really good.

18. Does anyone motivate you to participate in physical activity?

No.

POLICY CONSTRAINTS CATEGORY

19. Do national Olympic committee and government organise leisure physical activities in your community?

Yes, government sometimes does netball and football for men, women and girls.

20. What kind of physical activities? Who participate in these activities?

Traditional net ball for women and football, and also football for boys and men.

21. Have you ever participated in any organised physical activities?

I cant play with mothers, they are too old. Older mothers participate and girls not us, I have children and.....silence..... even though I have children I cannot play with those mothers.

22. Do young mothers in your community participate in organised physical activities?

Of my age a few do but not that much because there are also few activities and they hardly happen.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY EXERCISE

23. How do you feel about young mothers who participate in physical activities?

I feel jelous and wish I could also participate and have fun. I know its fun.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

24. Do you have time during the day, to participate in leisure physical activities?

No, I have a lot of work to do, cooking, cleaning and preparing for everyone in the family is what I mostly do and gets me very tired.

25. Are you able to pay for your leisure activities participation?

No.

26. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

Yes there are a few I think. I heard my neighbour saying she is going to the gym at the hotel and I hear theres two more but, I don't knoww if it's easy to access them.

SOCIO CULTURAL CONSTRAINTS CATEGORY

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

Sometimes they think they are funny and crazy, exercise is for white people haaaaaaaaa, so they think they now want to be like rich or white people.

PERSONAL FACTORS

28. Is there a day care center or any one who takes care of your children?

There is a day care center, but when I am busy my mom takes care of children.

29. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

I am not sure, oh boy they will laugh at me haaaaaa, (laughs)
I have not seen people of my age do those, only children.

H

DEMOGRAPHYCS

- | | |
|-----------------------|--------------|
| 1. Name | H |
| 2. Age | 21years |
| 3. Education | Form b |
| 4. Marital status | Not married |
| 5. Employment status | Not employed |
| 6. Number of children | 1 |

- | | |
|---|----------------------------|
| 7. Age of children | 6 years and 2years |
| 8. Religion | Lesotho evangelical church |
| 9. Present place of residence | pontsheng |
| 10. Own house or rented | mom's house |
| 11. How many ppl live in the house | 5 |
| 12. How much money do you earn per year | ----- |

Qualitative study interview protocol

13. How important do you think physical activity is?

It is very important because people feel happy and become fit.

Case study interview protocol

SOCIAL HISTORY

14. What do people in your community do when they have free time?

They rest, cook fetch water most women and men go drinking. Rich ones watch T.V.

KNOWLEDGE CONSTRAINTS CATEGORY

15. Are you doing any physical exercise?

No I don't, we don't that here.

16. What are the benefits of physical activity participation for young mothers? Can you give any examples?

Young mothers,(silence ummmm, it keeps them away from drinking and relieves stress.

I don't .

INTER PERSONAL CONSTRAINTS CATEGORY

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity?

I used to feel really good and happy and enjoyed a lot.

18. Does anyone motivate you to participate in physical activity?

No, no one motivates me.

POLICY CONSTRAINTS CATEGORY

19. Do national Olympic committee and government organise leisure physical activities in your community?

They do sometimes in the community especially many times football for men. Just few times for women.

20. What kind of physical activities? Who participate in these activities?

Football for men and once in a while netball for women, sometimes for the disabled and athletics for everyone.

21. Have you ever participated in any organised physical activities?

Nooooo haaa, I don't have time, after work I have to go back and take care of the child. They don't organise for us, haaaaaa can't play with my mom. My mom also participates there so mostly mothers at around 30's and 40's participate in these netball games.

22. Do young mothers in your community participate in organised physical activities?

They sometimes participate in those organised by moafrica fm but mostly older ones.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY EXERCISE

23. How do you feel about young mothers who participate in physical activities?

I feel they are lucky, they have time.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

24. Do you have time during the day, to participate in leisure physical activities?

I don't have time because when I get home its already late.

25. Are you able to pay for your leisure activities participation?

I earn little money.

26. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

There are paid facilities, from there there are just open spaces where kids run and play football. Open spaces are normally full of men and boys playing football.

SOCIO CULTURAL CONSTRAINT CATEGORY

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

They don't say anything,silence....you see I think they don't think its important because they talk about how to get food and how children go to school mostly and also building own houses.

PERSONAL FACTORS

28. Is there a day care center or any one who takes care of your children?

Theres a day care center but it closes at 3:00pm however my mom takes care of the children.

29. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

If possible I would go with others may be.

I

DEMOGRAPHYCS

- | | |
|---|-----------------|
| 1. Name | I |
| 2. Age | 23 years |
| 3. Education | Form e |
| 4. Marital status | Not married |
| 5. Employment status | cook in school |
| 6. Number of children | 1 |
| 7. Age of children | 6 years |
| 8. Religion | Anglican church |
| 9. Present place of residence | Maqethong |
| 10. Own house or rented | mom's house |
| 11. How many ppl live in the house | 6 people |
| 12. How much money do you earn per year | R3600 |

Qualitative study interview protocol

13. How important do you think physical activity is?

Physical activity is important, it is very important indeed,
because it makes people very happy.

Case study interview protocol

SOCIAL HISTORY

What do people in your community do when they have free time?

They sit and rest.

KNOWLEDGE CONSTRAINTS CATEGORY

14. Are you doing any physical exercise?

No, never, we don't do that. I do house things.

15. What are the benefits of physical activity participation for young mothers? Can you give any examples?

It keeps them fit and takes away stress as young people and they get to meet other young mothers and share problems. Young mothers have problems.

INTER PERSONAL CONSTRAINTS CATEGORY

How does it make you feel to participate in physical activity?

Do you enjoy physical activity?

I feel good. I enjoy them. But that was long time when I was younger.

16. Does anyone motivate you to participate in physical activity?

The nurse once told me to exercise because of my weight but then, I am already heavy and I can't run.

POLICY CONSTRAINTS CATEGORY

17. Do national Olympic committee and government organise leisure physical activities in your community ?

Yes they do sometimes.

18. What kind of physical activities? Who participate in these activities?

Football and netball for both women and men.

19. Have you ever participated in any organised physical activities?

No I haven't, I go watch others play, can't play with girls who don't have kids, I don't feel free. They say we are not girls anymore.

20. Do young mothers in your community participate in organised physical activities?

Eeeeem, some years ago.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL ACTIVITY EXERCISE

21. How do you feel about young mothers who participate in physical activities?

I like what they do because I think they feel good about themselves.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

22. Do you have time during the day, to participate in leisure physical activities?

No I don't have enough for physical activity.

23. Are you able to pay for your leisure activities participation?

No I don't have enough money to pay for that.

24. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

There are a few that I have heard of where government people go. There used to be netball sometime ago but people think

SOCIO CULTURAL CONSTRAINT CATEGORY

25. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

I don't know. I don't know if they support them. There used to be netball sometime ago but people think we want to run away from ageing so they don't support us I think.

PERSONAL FACTORS

26. Is there a day care center or any one who takes care of your children?

There is a day care center but my mom takes care of the child even though I don't know if she could do that while I go to play and not work.

27. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

Am not sure if I could haaaaa, (laughs) am imagining if mom would be happy to baby sit while I play haaaaa, (laughs) I don't know.....(sigh).

J

DEMOGRAPHYCS

- | | |
|-----------------------|----------------|
| 1. Name | J |
| 2. Age | 25 years |
| 3. Education | Standart 7 |
| 4. Marital status | Married |
| 5. Employment status | cook in school |
| 6. Number of children | 1 |
| 7. Age of children | 3years |

- | | |
|---|----------------------------|
| 8. Religion | Lesotho evangelical church |
| 9. Present place of residence | Maqethong |
| 10. Own house or rented | own house |
| 11. How many ppl live in the house | 3 people |
| 12. How much money do you earn per year | R6000 |

Qualitative study interview protocol

13. How important do you think physical activity is?

Because it makes the mind relax, the body relaxes too and rests well.

Case study interview protocol

SOCIAL HISTORY

14. What do people in your community do when they have free time?

They work in the gardens and get water.

KNOWLEDGE CONSTRAINTS CATEGORY

15. Are you doing any physical exercise?

No more, I used to. Now I have a problem on my leg.

16. What are the benefits of physical activity participation for young mothers? Can you give

Any examples?

Reduces drunkenness and prostitution among young mothers.

INTER PERSONAL CONSTRAINTS CATEGORY

17. How does it make you feel to participate in physical activity? Do you enjoy physical activity

I feel relaxed and well rested.

18. Does anyone motivate you to participate in physical activity?

My friends. And myself.

POLICY CONSTRAINTS CATEGORY

19. Do national Olympic committee and government organise leisure physical activities in your community?

Yes at district level yes, not at village level and it's the most important need in the village.

20. What kind of physical activities? Who participate in these activities?

Football and netball for both men and women.

21. Have you ever participated in any organised physical activities?

I used to participate in netball.

22. Do young mothers in your community participate in organised physical activities?

Young mothers participate if the activities begin at village level and then move to district level. And also if they are also included but not no one takes initiative for them.

PERCEPTIONS OF RURAL WOMEN REGARDING PHYSICAL

ACTIVITY EXERCISE

23. How do you feel about young mothers who participate in physical activities?

I think it is good, I feel like I was like them. I envy them.

But I can try road work with this leg problem.

SOCIO ECONOMIC CONSTRAINTS CATEGORY

24. Do you have time during the day, to participate in leisure physical activities?

I have time.

25. Are you able to pay for your leisure activities participation?

I am able to pay.

26. Are there sport and recreation facilities in your area? Is it easy to access these facilities?

There are those owned by hotels or schools and those at hotels are easy to access.

SOCIO CULTURAL CONSTRAINT CATEGORY

27. How do people in your society think about young mothers' participation in physical activities? Do they support them to participate?

It's not that important. But when they are organised, women get supported.

PERSONAL FACTORS

28. Is there a day care center or any one who takes care of your children?

There is a day care center and I also have a care taker, my mother in law.

29. If you had someone to take care of your baby or had a day care center in your community, would you want to participate in leisure physical activity?

I think I can especially when my leg gets better. It is so hard to do it alone however.

국 문 초 록

여성의 여가 활동의 제약 사항
: 레소토 지역의 젊은 어머니의 관점으로

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여성을 위한 여가 신체 활동 참여에 대한 제약에 대한 연구는 수년 동안 연구가 되어왔다. 이 연구는 지식 제약, 개인 제약, 사회 문화적, 사회 경제적, 농촌 어머니의 인식 및 정책 제약에 초점을 두었다.

이 연구의 목적은 레소토 시골 지역에 거주하는 젊은 엄마들의 여가 활동 참여를 제한하여 이전 연구의 중요성을 부각시키고 정책 입안자들에게 이 그룹의 적극적인 생활 방식과 건강 증재를 알리는 것이다.

19 세에서 25 세 사이의 젊은 어머니 10 명으로 구성된 표본 크기에 대한 설명적인 사례 연구가 수행되었다. 심층적 인터뷰를 실시했으며, 질문에 응하는 인터뷰 방식을 사용하였다.

이 연구에서 도출된 결론은 참여를 제한하는 지배적인 제약으로서 사회 경제적 및 사회 문화적 요인을 포함하고 가장 보편적인 제약은 정책적 사회적 분류다. 정책 입안자가 농촌 지역의 젊은 어머니를 위한 참여를 촉진시키기 위해서는 이 그룹에 호소하기 위해 정책이 사회적 그룹을 재구성하고 "젊은 어머니"를 추가 카테고리 추가해야 한다.

주요어: 여가 제약 모델, 신체 활동, 여가, 젊은 어머니, 전원 지역

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