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THE PERSPECTIVES OF SAUDI WOMEN TOWARDS FEMALE SPORTS AND ITS RELATIONSHIP TO THEIR SOCIAL EMPOWERMENT: A STUDY APPLIED TO A SAMPLE OF FEMALE STAFF MEMBERS AT KING ABDULAZIZ UNIVERSITY IN JEDDAH

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ABSTRACT

This study aimed to explore Saudi women's attitudes towards practicing women's sports and analyze their relationship with the level of their social empowerment, in light of the cultural and societal transformations witnessed by the Kingdom of Saudi Arabia within Vision 2030, which has given increasing attention to women's empowerment and enhancing their community and sports participation. The study adopted the social survey methodology in the sample, and the questionnaire tool was applied to a random sample of female employees of King Abdulaziz University in Jeddah, including academics and administrators, amounting to 480 participants. The results also showed that there is a statistically significant correlation between the level of women's sports and the extent of their sense of social empowerment, especially in the work environment, family and community participation. The results highlighted that social, cultural, and functional barriers continue to pose challenges for women's sports, especially among younger age groups or those with limited incomes, while contributing to increasing institutional support and the availability of women's sports facilities in improving participation opportunities. Based on these findings, the study recommended the need to expand the sports infrastructure allocated to women, allocate flexible time for working women, launch sustainable national sports awareness programs, integrate sports into the university work environment, encourage collective participation in sports activities, work to change the stereotype towards women's sports, and empower women athletes in leadership roles.

KEYWORDS: *Saudi Women's Trends, Women's Sports, Social Empowerment, Saudi Vision 2030.*

1. INTRODUCTION

Women are a key pillar in building society, playing a pivotal role in the formation of the family, the upbringing of generations, and participation in economic and social development. Women's empowerment and expansion of their capacities is one of the most important indicators of progress in modern societies, as sustainable development is linked to the extent of women's active participation in

various fields. Despite the progress made by women in recent decades, they still face forms of discrimination in some societies, as a result of cultural legacies and established traditions, and the lack of self-confidence of some women (Al-Qadi, 2021, p. 435). Exercise is one of the most prominent manifestations of the urbanization and progress of societies, as it is no longer just a recreational activity, but an essential element in social, cultural and psychological construction, and an effective means of promoting the mental and physical health of the individual and society (Rashwan, 2011, p. 12). In developed societies, sport is part of the lifestyle, and families encourage their children from a young age to practice it because of the health, psychological, and social benefits it brings (Al-Khalidi and Al-Ruwaili, 2021, p. 35). Exercise contributes to improving women's general health, preventing chronic diseases, enhancing physical fitness, and increasing self-confidence, in addition to its role in achieving psychological balance, relieving stress, and developing social relationships and national belonging (Dhafer, 2020, p. 2; Al-Sayeh, 2007, pp. 76-79). It also gives women a sense of self-satisfaction and the ability to integrate positively into society. The issue of women's empowerment has become a global axis since the Mexico Conference in 1975 until the Beijing Conference in 1995, emphasizing the importance of their participation in development and their empowerment in various sectors, including sports (UN Women, n.d.). In Saudi Arabia, women's issues have received special attention within the goals of Vision 2030, which has made them a key partner in sustainable development, by increasing their societal and economic participation. Data from the General Authority for Statistics (2021) indicates that women constitute about 43.2% of the total population, which confirms the importance of investing their capabilities in various fields (General Authority for Statistics, 2021). In this context, women's sport in the Kingdom has become one of its forms of social and cultural empowerment, as it is now seen as a means of enhancing women's presence in public life and breaking previous stereotypes. From this perspective, this study aims to analyze Saudi women's attitudes towards women's sports and their relationship to their empowerment, in light of the social and cultural transformations that the Kingdom is witnessing in light of Vision 2030.

1.1 The problem of studying

The Kingdom of Saudi Arabia, within the framework of its ambitious Vision 2030, seeks to achieve comprehensive development and societal well-being by empowering all segments of society, especially women, in various educational, economic, cultural, and social fields, including the field of sports. Sport is one of the indicators of the progress of States, as equal opportunities for sport between the sexes is seen as a manifestation of urbanization and societal progress. In this context, the Kingdom seeks to promote women's participation in sport as a pillar of their empowerment and comprehensive development. The literature also confirmed that women's practice of sports contributes to enhancing their self-confidence, improving their fitness and general health, and developing their social skills (Darwish, 2004; Othman and Jabari, 2021). Despite notable achievements since the launch of Vision 2030, such as allowing the establishment of women's sports clubs in 2019, women's participation in local and international events and competitions, and assuming leadership positions in the sports sector (Al-Oyan, 2022), Saudi women still face multiple challenges that limit their regular sports participation. The most prominent of these challenges are: lack of time, work pressures and family responsibilities, poor sports facilities, high subscription fees, in addition to the persistence of some cultural and social legacies that restrict women's practice of sports (Abd Rabbo and Ahmed, 2010; Mustafa, 2011; Al-Kaabi, 2013; Al-Qattan et al., 2015; Al-Shammari, 2019; Al-Naeem, 2021). In light of the qualitative transformations that the Kingdom is witnessing in supporting and empowering women, and the cultural, social and economic challenges that this field still faces, the need has emerged to study the attitudes of Saudi women towards women's sports, and to reveal the extent to which these trends are related to their social empowerment. Hence, the problem of the study is determined in the following main question: What are the attitudes of Saudi women (cognitive, emotional, and behavioral) towards women's sports?

1.2 Importance of the study

- The study contributes to deepening the scientific understanding of the issue of women's empowerment by analyzing its relationship with women's sports, as one of the main indicators of sustainable development and evidence of the progress of Saudi society.
- The study gains its importance from the paucity of research that has dealt with the topic of women's sport and women's social empowerment in the Saudi context, making it a qualitative addition to the social and sports literature.

- The results of the study help guide national policies and programs towards enhancing women's participation in sports in line with the goals of the Kingdom's Vision 2030 and the Quality of Life Program, and removing the social and cultural barriers they face.
- The study provides scientific data and indicators that can be used by decision-makers and those concerned with sports and social empowerment in developing initiatives that support women's participation and expand their presence in the field of sports.
- The study contributes to enhancing awareness of the importance of women's sports as a means of empowering women healthily, psychologically, and socially, and activating their role in building a balanced society capable of achieving comprehensive development.

1.3 Objectives of the study

- Identify the components of Saudi women's attitude (cognitive, emotional, behavioral) towards women's sports.
- Identify the role of women's sports in empowering Saudi women socially from the perspective of the study sample.
- Uncovering the difficulties and obstacles that limit the social empowerment of Saudi women from the perspective of the study sample.
- Studying the relationship between the components of women's attitude towards women's sports and their social empowerment.
- Identify the differences between women practicing and practicing sports in the level of social empowerment.

1.4 Study Questions

- What are the components of Saudi women's attitude (cognitive, emotional, behavioral) towards women's sports?
- What is the role of women's sports in empowering Saudi women socially from the perspective of the study sample?
- What are the difficulties facing the social empowerment of Saudi women from the perspective of the study sample?
- Is there a statistically significant relationship between the components of women's attitude (cognitive, emotional, behavioral) towards women's sports and their social empowerment ?
- Are there any statistically significant differences between the average responses of women in the study sample in terms of practicing sports (practicing sports - not exercising) and their social empowerment?

1.5 Limitations of the study

- Spatial Limitations: This study was applied at King Abdulaziz University - Female Section in Jeddah.
- Human Limitations: The study was applied to a sample of (480) female university employees from academics and administrators.
- Time limits: The study data was collected during the academic year 2025.

1.6 Study Concepts.

Direction: Direction is a language taken from the substance "face" and its verb "turn", and the direction and direction are the place to which a person addresses and intends to go, and it is said: turn to him with an opinion (Ibn Manzoor, 1994, 161). As for terminology, there are many scientific definitions of trend, as Shehata and Al-Najjar (2003, 16) define it as the attitude that an individual takes or the response he or she shows to a certain thing, a specific event, or a certain issue, either by accepting, rejecting, or opposing, as a result of a certain experience or according to circumstances related to that thing, event, or issue. This concept reflects the sum total of an individual's responses as well as their behavior towards social issues and situations, whose attitudes vary according to different perspectives, and the individual's response may be characterized by varying degrees of acceptance or rejection. In another definition, Andersen (2005, 86) argues that orientation is a state of psychological readiness or preparation that causes an individual to respond to a situation or something in a way that ranges from absolute acceptance to absolute rejection. While Samara and Al-Adili (2008, 122) provided a definition that orientation is a psychological

predisposition or neural mental preparation that makes an individual susceptible to a positive or negative response to people, subjects, situations, or symbols in the environment that triggers this response. At the level of physical and sporting activity, Al-Jafri (2014, 1901) defined the trend as the sum of an individual's responses to the knowledge and experiences associated with physical and sports activity, whether he is for or against it. Procedural Definition: The concept of orientation in this study means: "the state of psychological, cognitive, and social readiness that determines the degree of acceptance of Saudi women to practice physical activity, and influences their behavior towards engaging in women's sports activities, including mental convictions about the importance of sports, the feelings associated with it, and the practical behavior represented in practicing or abstaining, reflecting the three components of the trend (cognitive, emotional, and behavioral) within the sports and social context.

Sports: Sport is a language taken from "Rad", and Ibn Manzoor (1994, 382) says: "Rad-e-Dabbah tame her with kindergarten and sport, i.e., he trampled on her and humiliated her or taught her to walk. Broadly speaking, sport is a physical effort or skill practiced according to agreed rules for entertainment, competition, pleasure, excellence, skill development, or self-confidence. With regard to women, the concept of women's sport refers to the physical activity that women practice, whether it is play, martial arts, competitive exercises or recreation, while adhering to the laws and regulations regulated. Women's sports include sports that women play at the amateur or professional level, individually or collectively, whether in indoor or outdoor spaces (Al-Naeem, 2021). Procedural Definition: The concept of women's sport in this study refers to: "a set of exercises or movements performed by women individually or collectively with the aim of developing physical and motor skills and increasing health and physical fitness, or for the purpose of entertainment and competition, or as a means of emptying and recreational in leisure time and facing the pressures of daily and family life.

Empowerment: Empowerment is a language derived from the substance "enable", which is the source of the verb "enable", and is defined as the ability to do and help something. It is said: "Empower so-and-so from a thing, i.e., I will give it to him" (Ibn Manzoor, 1994, 189). It also indicates the exaltation in status and the ability to control, such as the words of Allah Almighty: "Allah has promised those of you who believe and do good deeds that He will succeed them in the land as He has succeeded those before them, and that He will enable them to have their religion which has been pleasing to them, and that He will replace them after their fear of Us" (Surah An-Noor: Verse 55). Termistically, Abdelmajeed (2015, 332) defined empowerment as a stage of improving decision-making ability through collaboration, participation, training, education, and teamwork. The term women's empowerment refers to the elimination of manifestations of discrimination against them through mechanisms that support them, strengthen their capacities, and help them become self-reliant, enabling them to possess the elements of economic, social and political power to contribute to the development process (Qandil, 2004, 12). Abd al-Salam's study (2005, 172) also defined it as a woman's right to make decisions about her life and influence her surroundings in accordance with her personal and social circumstances, while enhancing her self-reliance. Abdelmajeed (2015, 332) has provided a more comprehensive definition of empowerment as the process of building women's capacity, expanding their options, and enabling them to participate in the sports, political, economic, social, cultural, technological, educational, and health fields, while increasing their awareness of their rights and their ability to manage their lives efficiently. Women's social empowerment is defined as the process of building their capacity to be self-reliant, enhancing their sense of power and independence, decision-making ability, changing negative behaviors and breaking out of the cycle of social marginalization (Helmy, 2003, 159). Al-Hathali (2020, 554) also defined it as the process of advancing women, making them aware of their rights and duties, enhancing their productive capacities in their work, and giving them the opportunity to set goals and plan their roles efficiently within development institutions. Procedural Definition: The concept of empowerment in this study refers to: "the ability of Saudi women to practice sports freely and confidently within a supportive and stimulating environment, enhancing their independence, and developing their physical, psychological, and social abilities. This empowerment is embodied by creating opportunities and resources that enable them to make decisions related to their health and lifestyle, and to engage in sports as part of self-development and achieving quality of life, in line with the goals of the Kingdom's Vision 2030 to empower women and enhance their active participation in all fields, including the sports field."

Theories explaining the study.

Functional constructivist theory

Functional constructivist theory is one of the classical theories presented by Emile Durkheim and Herbert Spencer, where it considers that society is an organized entity consisting of a group of interconnected parts or institutions, each of which performs a specific function that ensures the survival and stability of society (Al-Shammari, 2019). This theory explains that society, as a social construct, is made up of a set of patterns, and each part has a specific function, so that any malfunction of one of these parts affects society as a whole. The study employs this theory on the premise that women's sport is part of the social structure, as it performs important functions that include improving public health, promoting social integration, and activating the role of women in society. Saudi women's participation in sports is an indicator of society's development towards social balance and justice in the distribution of gender roles. Women's empowerment in the field of sports also contributes to the investment of previously untapped human resources, which is considered one of the main requirements to achieve comprehensive development in the Kingdom, especially in light of the national trend to enhance women's participation in all fields in accordance with the goals of Vision 2030 (Ministry of Sports, 2022). Accordingly, functional constructivist theory provides an important explanation of how women's sports contribute to achieving harmony among the components of society and promoting the health system, which reflects positively on the level of social empowerment of Saudi women.

Symbolic Interactive Theory

Symbolic interactionist theory, introduced by George Herbert Mead and Herbert Bloomer, focuses on understanding human behavior through everyday interactions and the meanings that individuals give to objects and situations. This theory indicates that social meanings are formed through repeated social interaction (Al-Hassan, 2015; Al-Issawi, 2006), and believes that the behavior of individuals is not just a biological or psychological response, but rather an expression of the symbols and meanings that individuals practice through their social interaction, as each social symbol carries a connotation that affects the formation of attitudes and behaviors. This study employs symbolic interactive theory to interpret Saudi women's attitudes towards women's sports, as a reflection of the symbols and meanings that women acquire through interaction with family, school, friends, coaches, media, and the sports community. The media also plays an essential role in shaping new symbols by showcasing the success stories of Saudi female athletes, recasting social trends and entrenching positive symbols rather than negative stereotypes. In the light of this theory, women's attitudes towards sport are shaped by interaction with family, school, and media icons, reproducing mental images associated with women's sports, and building new meanings that enhance women's presence in sports.

Feminist Theory

Feminist theory focuses on analyzing women's issues through the critique of social systems that perpetuate male domination, and seek to achieve gender justice and equality of opportunities and rights, and believes that gender-based discrimination excludes women from many fields, including the sports field. In this study, women's sports are one of the most important areas in which Saudi women have suffered from clear discrimination for long periods, as the practice of sports was considered the exclusive domain of men, but with the development of social policies and Vision 2030, it has become Women's sports are a symbol of empowerment and breaking social restrictions. Feminist theory highlights that women's participation in sports is not just a physical exercise, but an act of resistance that redistributes social power and demands equal rights to access clubs, stadiums, and sports opportunities. The establishment of the Saudi Women's Football League in 2022, and the registration of more than 2400 Saudi female players in various sports federations (Okaz, 2021), is evidence of the success of the feminist trend in penetrating the male sports field, as well as the appointment of women to leadership sports positions such as the presidency of women's sports federations and membership Sports councils reflect practical steps towards closing the gender gap. From a feminist perspective, women's sport in Saudi Arabia is a modern social movement that aims to promote awareness of women's sports rights and remove stereotypes that have been associated with them for decades.

Previous Studies.

This theme reviews previous studies related to the research topic, in order to provide a comprehensive theoretical framework that contributes to a deeper understanding of Saudi women's attitudes towards women's sports and their relationship to their social empowerment. In this regard, Al-Kaabi's (2013) study addressed the cultural and social determinants affecting women's practice of sports in the Kingdom of Saudi Arabia, focusing on the role of family, school, and economic factors. The study relied on the social survey methodology, and used a specially designed questionnaire to determine the effective standards and values, and the sample included 321 male and female teachers from Dammam schools. The results showed that religious values, customs and traditions are obstacles to women's sports, as they are sometimes considered inappropriate or similar behavior to men, and revealed that women's sports are incompatible with the traditional role of women in Saudi society. Accordingly, the study recommended the need to strengthen the role of the family and school in changing the stereotype towards women's sports, and to provide awareness programs to inform society about the benefits of sports for women. Al-Jafri's study (2014) aimed to identify the attitudes of King Abdulaziz University students towards practicing physical activity, using the descriptive method in its survey method, and the sample included 275 male and female students who were selected by random stratified method. The researcher relied on the questionnaire, which included four main areas: the impact of physical activity on the health, social, psychological, and scientific aspects. The results showed that the students' attitudes were positive, and the order of the fields was as follows: the health field came first, followed by the psychological, then scientific, and finally social.

The results also showed that there were no differences according to body mass index or cumulative average, with differences in the health field according to the gender variable in favor of males. The study of Al-Qattan et al. (2015) sought to assess the reality of women's sports and identify the challenges and needs needed for the development of women's sports, and the results showed that health and psychological factors and available capabilities are among the most important determinants that hinder or motivate the practice of sports, while emphasizing the importance of feeling happy and relaxed in the practices. This present study helps to understand the relationship between psychosocial factors and women's sports practice in the context of Saudi Arabia. Al-Atrash's (2016) study aimed to explore the level of attitudes of An-Najah National University students towards sports activity after they completed the physical fitness course, and sought to identify changes according to the variables of gender, academic specialization, and academic year. The researcher followed the descriptive method, and the sample included 40 male and female students, representing 33.3% of the total study population. A special questionnaire was designed to measure the level of trends, and the results showed that students' attitudes were moderate or neutral, and no statistically significant differences were observed according to gender, academic level, or academic specialization. In a related context, a study by Nouasiriyah (2016) focused on girls' attitudes towards practicing sports at um Al-Bawaqi University, using a descriptive curriculum and a deliberate sample of 150 girls practicing sports activity in 10 university clubs. The results showed a high awareness and sports culture about the importance and benefits of exercise, with strong psychological motivations such as gaining fitness, feeling energetic and energetic, promoting adaptation and social interaction, making friends, self-control and emotions, and feeling of self and beauty, which boosted their self-confidence and appetite for life. On the other hand, the study showed that the high cost of sports equipment and equipment was a factor limiting the practice of sports for some women, in addition to the impact of some negative habits and traditions. The study of Ghadban et al. (2016) addressed the reality of sports practice among girls in the secondary stage, and revealed the weak level of women's practice due to some societal and mental reasons, despite the existence of general positive trends among female students, especially towards sports activity as a psychological, health, social, aesthetic, and life experience, which reflects a great awareness of the psychological, health, and aesthetic benefits of practicing sports.

The study by Lokendra & Sudheera (2018) showed that participation in physical activity can contribute to the development of life skills, increase self-confidence, and achieve social, political, economic, and educational empowerment, which supports the basic hypothesis of the current study on the impact of exercise on the social empowerment of Saudi women. The study of Hayoz et al (2019) also showed that family lifestyle and the sports participation of parents directly and indirectly affect children's sports practice, highlighting the importance of the family role in encouraging women to practice sports, an aspect that was included in the current study to analyze the factors affecting women's attitudes towards women's

sports. In the Kingdom of Saudi Arabia, Al-Shammari's (2019) study aimed to identify the factors leading to women's sports, and to identify individual differences in the responses of the researchers according to the variables of age, marital status, current work, and educational qualification. The study sample was 203 women participating in women's gyms in Riyadh. The results showed that walking activity was the most practiced, and that physical activity enhances vitality and mental activity, while social traditions and habits were found to be not motivating, while lack of awareness of the importance of sports activity is considered a major reason for not exercising. Also, the study of Othman and Jabari (2021) dealt with the mechanisms of empowering and integrating women in sports to improve the quality of life, and the results showed that there is an aspiration among women to practice sports in private halls, with subjective, social, organizational, and economic obstacles. The study showed that empowerment can be achieved through incentive campaigns, the formation of national sports teams, and building community awareness of the importance of sports, which provides practical models that can be used by the current study in developing practical recommendations to enhance Saudi women's participation and social empowerment. Al-Khalidi and Al-Ruwaili's (2021) study provided an analysis of the social factors associated with Saudi women's awareness of physical exercise, with a focus on the role of family, social media, and peer group, and the sample included 200 participants in sports clubs. The results confirmed that the mother was the most influential in encouraging women to exercise, and showed that the most important reasons that push women to exercise are to increase body strength and build muscles, and that the most prominent obstacles are the high prices of clubs.

On the other hand, Al-Naeem's (2021) study focused on the motivations of Saudi women to practice sports activities in Al-Ahsa, using a random sample of 150 women, and a questionnaire divided into psychological, health, aesthetic, and social axes. The results showed that psychological motivation was the most influential, followed by health and social, with multiple benefits including physical, psychological, social and aesthetic health, enhancing women's ability to perform their multiple roles efficiently. Mohammed's (2022) study showed the attitudes of Dar al-Uloom University students in Riyadh towards practicing sports activity, and the sample included 234 male and female students. The results showed that there were positive trends in all fields, where the field of health and fitness came first, followed by the psychological and social field, and finally the scientific field, with significant differences according to body mass index, while there were no differences according to gender, college, or educational level. While a study by Makhdam et al. (2022) showed the motivations of Saudi women to practice physical activity in fitness centers in Al-Ahsa, using a sample of 265 women, and the results showed that the most important reasons for practicing activity are paying attention to the health aspect, maintaining posture, and maintaining the appropriate weight, without significant differences according to age or educational qualification. Finally, Al-Shammari's (2024) study focused on exploring the attitudes of students at King Saud University in Riyadh towards women's sports, using a sample of 384 male and female students through an electronic questionnaire. The results showed that there were generally positive trends among the participants, with females outperforming males, while no differences were shown by stage of study or university major, reflecting a growing acceptance of women's sports with potential gender disparities due to differences in awareness or personal experience.

General comment and benefits from previous studies

Previous studies indicate a growing interest in understanding women's attitudes towards women's sports in Arab and international contexts, with a focus on the influencing factors, motivations, and constraints. It also emphasized the role of institutions and the family in supporting women's sport for the current study. Thirdly, these studies have revealed the barriers and challenges facing women in sports, such as social, physical and cultural constraints, which has allowed the current research to focus on these aspects to examine their impact on women's social empowerment.

Methodology

Type of Study:

This study belongs to descriptive-analytical studies, which is based on the description of a phenomenon to reach the causes of this phenomenon, the factors that control it, and draw conclusions to generalize them through data collection, organization, and analysis. Descriptive studies include the study of current facts related to the nature of a particular phenomenon, situation, or set of events or situations, targeted. This type

of study is limited to describing these phenomena, situations, or events at a specific time, with the aim of understanding reality to guide the future (Abdel Hay, 2009, p. 2).

Study Methodology:

The study relied on the social survey method using the sample, as the social survey helps to provide a comprehensive dynamic picture of a specific society's framework, and this method is a suitable entry point for ecological analysis studies, which focus on the interaction between social and physical aspects. The social survey approach is based on direct contact with the community or a sample of it, and its attention is focused on the current reality through a detailed treatment of its components in order to detect and analyze them, in a way that contributes to anticipating and planning for the future scientifically, while working to avoid the negatives and reduce their effects. (Al-Khatib, 2017, p. 132).

Study Population:

Obeidat, et al. (2014, p. 105) define the study population as all elements, individuals, or units that share a particular characteristic or set of characteristics, to which the results of the study are intended to be generalized, and it represents the general framework from which the sample on which the study is actually conducted. According to the study problem and its objectives, the study population was identified in all female academic and administrative staff at King Abdulaziz University in Jeddah. In light of this, the Office of His Excellency the President of King Abdulaziz University was contacted to obtain an official statistic that includes the number of female employees at the university from academies and administrators in the various colleges and departments of the university. The number of female faculty members (professor, associate professor, assistant professor, lecturer, demonstrator, and lecturer) at the university reached (2705) members, while the number of female administrative employees from the first rank to the fifteenth rank reached (1586) administrative staff distributed among all faculties and departments of the university. Direct coordination with Her Excellency the Dean of Graduate Studies and the heads of departments in various colleges, to facilitate the process of distributing the questionnaire and reaching the target groups of academies and administrators. It is worth mentioning that King Abdulaziz University – the female section in Jeddah – includes a wide range of colleges that cover scientific, literary, medical, and engineering disciplines, which reflects the diversity of the study community. The questionnaire was distributed through the official groups of the university's colleges, and under the supervision and follow-up of the Deanship of Graduate Studies, with the aim of ensuring that the tool reaches the target group of university employees accurately. As for the study population of experts in the field of women's sports, a qualitative sample of experts of both sexes (males and females) who possess experiences and specializations related to the subject was selected, and personal interviews were conducted with them in order to deepen the understanding about the reality of women's sports in the Kingdom of Saudi Arabia.

Study Sample:

Based on the objectives of the study and the methodology adopted, and considering the nature of the data and information needed to answer the questions of the study, a simple random sample was selected, which allows equal opportunities for the vocabulary of the study population to participate in the field aspect. With regard to the ethical aspects, the study tools were presented to the Scientific Research Ethics Committee, where they were examined and evaluated by the competent committee, and the required amendments were made based on its observations, and then returned. Send it to the Secretariat of the Standing Committee for Scientific Research Ethics, which has approved the final adoption of the study tools (questionnaire form and interview tool).

The study sample consisted of two main categories as follows:

Academies: The number of female faculty members at King Abdulaziz University, according to official statistics, reached (2705) female academics. The questionnaire was distributed to all of them through the official groups of the university's colleges, and after collecting and reviewing the data, the number of completed and valid questionnaires reached (233) questionnaires, which were approved for statistical analysis.

Female Administrators: The number of female administrators working at the university, from the first rank to the fifteenth rank, reached (1586) female administrators distributed among the various colleges and departments. The questionnaire was distributed to them through the same official channels used with the

academies, and after examining the responses, (247) questionnaires that met the conditions and were valid for analysis. With regard to the method of selecting the sample, the modified Cochran equation was applied to determine the appropriate sample size for the study of the female employees community at King Abdulaziz University, and using the Cochran equation, and relying on an indigenous community of (4291) female employees, it was found that the number required to represent the community at the level of (95%) is (353) individuals. In order to achieve more accuracy, reduce the statistical error rate and increase the comprehensiveness of representation, the sample size was increased to (480) individuals. This number is sufficient and appropriate to ensure the credibility and reliability of the results, reflecting the realistic distribution of the characteristics of the indigenous community.

Data Collection Tools:

The study benefited from the questionnaire as a data collection tool, which included a set of themes about the specific objectives of the study, and was built with reference to the theoretical heritage and previous studies related to the research topic.

The validity and consistency of the study tool:

The validity of the questionnaire tool expresses the extent to which it is able to accurately measure what it is designed to measure, i.e., the extent to which the paragraphs of the tool represent the dimensions and concepts related to the subject of the study, and the extent to which they are compatible with its objectives. As for consistency, it refers to the degree of consistency and stability in the results of the tool when applied more than once in similar conditions, i.e., the extent to which it is able to give similar results each time it is used (Abu Allam, 2005, p. 18), and to ensure the availability of the characteristics of honesty and consistency in the study tool, the following procedures were followed:

- Apparent Honesty (Honesty of the Reviewers): The questionnaire form was presented in its initial form to (10) referees from academics specialized in the field of specialization, with the aim of ascertaining the clarity of the statements and their suitability to the objectives of the study and its society. Based on the referees' observations, the wording of some paragraphs was modified and others were deleted to achieve more clarity and accuracy, and since this type of honesty is considered apparent truthfulness, the method of internal consistency honesty was adopted to verify the truthfulness of the tool.
- Validity of internal consistency: The initial version of the questionnaire was applied to a survey sample of (50) individuals from outside the main study sample, then the Pearson correlation coefficient between each phrase and the total score of the axis to which the phrases belonged, and the phrases that did not achieve the required correlation were deleted, with the aim of enhancing the validity of the tool and ensuring its internal consistency.

Table (1): Item-Dimension Pearson Correlation Coefficient

Item No.	First Dimension (Cognitive)	Item No.	Second Dimension (Affective)	Item No.	Third Dimension (Behavioral)
1	.477**	1	.508**	1	.602**
2	.505**	2	.470**	2	.758**
3	.301*	3	.365*	3	.689**
4	.521**	4	.606**	4	.351*
5	.648**	5	.661**	5	.649**
6	.521**	6	.632**	6	.656**
7	.632**	7	.664**	7	.792**
8	.536**	8	.614**	8	.828**
9	.622**	9	.601**	9	.344*
10	.659**	10	.658**	10	.356*
11	.302*	11	—	11	.422**
12	.651**	12	—	12	.717**
13	.350*	13	—	13	—
Item No.	Fourth Dimension (Requirements)	Item No.	Fifth Dimension (Difficulties)	Item No.	Sixth Dimension (Empowerment)
1	.718**	1	.726**	1	.742**

2	.743**	2	.613**	2	.809**
3	.726**	3	.471**	3	.873**
4	.834**	4	.534**	4	.867**
5	.839**	5	.497**	5	.892**
6	.872**	6	.591**	6	.774**
7	.715**	7	.741**	7	.874**
8	.766**	8	.606**	8	.821**
9	.908**	9	.804**	9	.794**
10	.917**	10	.592**	10	.789**
11	.821**	11	.838**	11	.835**
12	.777**	12	.866**	12	.768**
13	.821**	13	—	13	—
** Correlation is significant at the 0.01 level (2-tailed). * Correlation is significant at the 0.05 level (2-tailed).					

It is clear from the previous table that the values of the correlation coefficients ranged between (.301-0.917), all of which are statistically significant, and this indicates that the instrument has a good level of honesty, i.e., it measures what it is designed to measure.

- Resolution stability (using Cronbach's alpha coefficient)

To ensure the stability of the questionnaire, it was applied to the same survey sample of (50) individuals from outside the original sample of the study. The stability coefficient was then calculated using Cronbach's Alpha coefficient, which is one of the most common methods for measuring the degree of internal consistency between the paragraphs of the tool.

Table (2): Cronbach's Alpha Reliability Coefficients for the Questionnaire Dimensions

No.	Dimension	Number of Items	Cronbach's Alpha
1	First Dimension	13	.703
2	Second Dimension	10	.711
3	Third Dimension	12	.771
4	Fourth Dimension	13	.953
5	Fifth Dimension	12	.883
6	Sixth Dimension	12	.954

The results in Table (2) showed that the values of the stability coefficient for all the axes of the resolution ranged between (0.703) and (0.954), which are statistically acceptable, where values greater than (0.70) are a good indicator of internal consistency and reliability of performance, and indicate the validity of the tool for application. Thus, it was confirmed that the questionnaire tool. It has an appropriate degree of honesty and consistency, which enables it to rely on its results to analyze the data and answer the questions of the study.

Statistical methods used to process the study data:

Based on the nature of the data collected through the field study, and according to the objectives and questions of the study, the SPSS program was used to apply a set of statistical methods and treatments that achieve the following:

- Descriptive Statistics: To calculate frequencies, percentages, arithmetic averages, and standard deviations, with the aim of describing the characteristics of the sample members, determining the level of their responses to the questionnaire items, and identifying their attitudes towards women's sports and women's empowerment.

- Internal Consistency Analysis: Using the Pearson Correlation Coefficient to measure the relationship between each statement and the overall score of the axis to which it belongs, as well as between each axis and the overall score of the questionnaire, in order to verify the honesty of the internal consistency of the paragraphs.
- Use the modified Cochran equation to determine the sample size.
- Use Cronbach's Alpha to measure the stability of the instrument and its results, and to ensure consistency and repetition of the answers when reapplied under similar conditions.
- Applying an Independent Samples T-test to reveal the significance of the statistical differences between the averages of women's responses according to exercise and their social empowerment.

Results and Discussion.

First: Characteristics of the Study Sample

1) Age:

Table (3): Distribution of the Study Sample According to Age Variable (N = 480)

No.	Age Group	Frequency	Percentage (%)
1	Less than 30 years	23	4.8
2	From 30 to less than 40 years	152	31.7
3	From 40 to less than 50 years	205	42.7
4	50 years and above	100	20.8
Total	—	480	100

Table (3) shows the distribution of the study sample's vocabulary according to the age variable, as it is found that the largest percentage of participants are in the age group from 40 to less than 50 years old, accounting for 42.7% of the total sample. It is followed by the age group from 30 to less than 40 years with 31.7%. It is followed by the age group of 50 years and above with 20.8%, and finally the age group under 30 years with 4.8%. It is clear from these results that the vast majority of the participants in the study are concentrated in the age groups from 30 to under 50 years with a total percentage of 74.4%, and this is related to the practice of sports by Saudi women, as this age stage may be one of the most important stages in which women are most interested in maintaining physical health and fitness, especially in light of work pressures and family responsibilities. It can also be Women at this age are better able to balance the demands of professional life with a commitment to exercise as part of a healthy lifestyle. The decline in the under-30 participation rate may be due to preoccupation with career building, perhaps a lack of awareness of the importance of sport, or the possible poor availability of sports programmes for young female university staff.

2) Education:

Table (4): Distribution of the Study Sample According to Educational Qualification (N = 480)

No.	Educational Qualification	Frequency	Percentage (%)
1	Secondary School Certificate	28	5.8
2	Bachelor's Degree	238	49.6
3	Postgraduate Studies	214	44.6
Total	—	480	100

Table (4) shows the distribution of the study sample vocabulary according to the educational qualification variable, as it is clear that the vast majority of female employees hold a bachelor's degree at 49.6%. It is followed by the category with postgraduate studies at 44.6%, while the category with a high school qualification represents the lowest percentage at 5.8%. These results indicate that most of the participants in the study have a high level of education, which may contribute to enhancing their awareness of the importance of sport and its role in improving public health, and that women with a high academic or administrative qualification are often more informed about studies that support the practice of sports, and may be more open to changing their lifestyle in line with modern health trends in Saudi society, and this is a motivating factor to adopt sports as part of their habits daily, especially in light of the support witnessed by university institutions, and the provision of sports environments dedicated to women.

3) Function:

Table (5): Distribution of the Study Sample According to Job Function (N = 480)

No.	Job Function	Frequency (K)	Percentage (%)
1	Academic Career	233	48.5
2	Administrative Job	247	51.5
Total	—	480	100

Table (5) shows the distribution of the study sample's vocabulary according to the job variable, from which it is noted that 51.5% of the participants work in administrative positions, while 48.5% work in academic positions, and this distribution indicates that the sample represents female university employees from both academic and administrative tracks in a semi-balanced manner, which reflects the diversity of professional backgrounds within the study community. This balance may reflect a difference in the opportunities and challenges associated with Saudi women's sport between the two groups, as the academic employee may have greater temporal flexibility and may be more informed about the scientific benefits of physical activity, by virtue of her connection to the research and academic field. In contrast, the administrative employee may face higher professional pressures, but she is likely to have greater access to the institutional sports programs available on campus, and this balance is an important analytical opportunity to understand the differences between the two groups in their athletic practice, and the extent to which the university work environment affects the level of participation and athletic empowerment of each group.

4) Average monthly income per household:

Table (6): Distribution of the Study Sample According to Average Monthly Income (N = 480)

No.	Average Monthly Income	Frequency (K)	Percentage (%)
1	Less than 5,000	33	6.9
2	From 5,000 to less than 10,000	80	16.7
3	From 10,000 to less than 15,000	126	26.3
4	From 15,000 to less than 20,000	65	13.5
5	From 20,000 to less than 25,000	48	10.0

Table (6) shows the distribution of the study sample according to the average monthly income variable as follows: The largest percentage of female employees receive a monthly income ranging from 10,000 to less than 15,000 riyals by 26.3%, followed by the category from 30,000 riyals and above by 18.8%, followed by the category from 5,000 to less than 10,000 riyals by 16.7%, and the rest of the female employees were distributed among the other categories in varying proportions. The income distribution indicates that most of the female employees of King Abdulaziz University belong to the middle- and high-income groups, which enhances the ability to afford to participate in sports clubs or engage in private sports programs. It is known that the high level of income is one of the important incentives for Saudi women to practice sports, as it may contribute to the removal of economic barriers related to the expenses of practicing sports, such as: Buying sports equipment, or enrolling in private women's clubs, and the university environment may often provide accessible sports facilities for female workers, which may allow them to exercise relatively easily compared to women outside of educational institutions.

Number of family members:

Table (7): Distribution of the Study Sample According to Family Size (N = 480).

No.	Family Size	Frequency (K)	Percentage (%)
1	From 2 to 4 members	244	50.8
2	From 5 to 7 members	220	45.8
3	8 members or more	16	3.3
Total	—	480	100

Table (7) shows the distribution of the study sample according to the variable of the number of family members, as the largest percentage of female employees belong to families with 2 to 4 members by 50.8%, followed by families with 5 to 7 members by 45.8%. While the lowest percentage was for families with 8 members or more by 3.3%. It is clear from these results that most of the participating KAU female employees belong to small to medium-sized families, and this is closely related to the practice of sports by Saudi women, as the small size of the family may provide women with less time and responsibilities, which helps them to dedicate time to practicing sports activities, while women in large families may face

challenges related to lack of time and a lot of household burdens, which may limit their regular practice of sports. Small families often reflect a modern lifestyle that tends to adopt health awareness and seek to improve the quality of life, especially in major cities such as Jeddah.

Women 's Sports:

Table (8): Distribution of the Study Sample According to Sports Practice (N = 480).

No.	Sports Practice	Frequency (K)	Percentage (%)
1	Practices sports	331	69.0
2	Does not practice sports	149	31.0
Total	—	480	100

Table (8) shows the distribution of the study sample vocabulary according to the exercise variable, where it is found that 69% of female employees practice sports, while the percentage of female employees who do not practice sports reached 31%. These results indicate that the vast majority of female university employees practice sports regularly, which reflects a positive shift in women's attitudes towards practicing sports in the university environment. This result can be explained by several factors, most notably: It provides an encouraging environment within the university that supports sports activities dedicated to women, in addition to increasing health and cultural awareness among female employees of the importance of sports as a means of improving the quality of life, which is in line with the Kingdom's Vision 2030 efforts to enhance the participation of Saudi women in sports activities. The high level of education of the participants may also contribute to consolidating the conviction of working women in the importance of sports, not only as a means of entertainment, but as part of a healthy lifestyle that promotes social empowerment. In contrast, the percentage of female employees who do not exercise (31%) may reflect the persistence of some social, professional or personal barriers that limit exercise, such as lack of time, work pressures, family commitments, and poor internal motivation. These findings may reflect that sports practice has become an accepted and widespread culture among university female employees, which enhances opportunities for Saudi women's empowerment athletically and socially. It may also point to the importance of continuing to support the university environment for women's sports activities, and to provide flexible programs to attract those who are not currently practicing sports by addressing barriers and providing appropriate solutions.

Where women practice sports:

Table (9): Distribution of the Study Sample According to Place of Sports Practice (N = 331)

No.	Place of Sports Practice	Frequency (K)	Percentage (%)
1	Sports club	200	60.4
2	At home	84	25.3
3	Inside the university	9	2.7
4	Public places	38	11.4
Total	—	331	100

Table (9) shows the distribution of the vocabulary of the study sample who practice sports according to the place of practicing sports, where sports clubs came in the first place as a preferred place for practicing sports for female employees, as they represent 60.4% of the practices for sports, followed by practicing sports at home with 25.3%, while practicing sports within the university represents the lowest percentage by 2.7%. It was also found that 11.4% of female employees practice sports in public places. These findings suggest that sports clubs may be the most popular choice among female university employees, which may reflect that working Saudi women have become able to access specialized sports facilities outside of the work environment, and may indicate an improved environment for women's sports in Saudi society, and may indicate women's ability to dedicate time and budget to practicing sports in professional settings. Exercising at home is a second preferred option for many. This is likely related to some women's desire to exercise in a private environment for considerations of privacy, comfort, or lack of time. Remarkably, the

percentage of sports practice within the university is low (2.7%), despite the fact that the sample consists entirely of female employees of King Abdulaziz University, which indicates that there is a gap or potential inadequacy in the provision or activation of sports facilities within the university work environment. This requires the university to promote and expand sports programs for female employees to encourage them to exercise easily and without the need to move outside the work environment. Also, the percentage of practicing sports in public places (11.4%) may show an improvement in social acceptance of women practicing sports in open spaces, and may be a positive indicator of the development of societal culture towards women sports in the city of Jeddah in particular.

The beginning of women's sports:

Table (10): Distribution of the Study Sample According to the Onset of Sports Practice (N = 331)

No.	Onset of Sports Practice	Frequency (K)	Percentage (%)
1	Less than one year	71	21.4
2	From one year to less than three years	67	20.2
3	Three years or more	193	58.3
Total	—	331	100

Table (10) shows the distribution of the vocabulary of the study sample who practice sports according to the duration of the beginning of sports. The data of the table shows that the largest percentage of female employees have been practicing sports for more than three years, representing 58.3% of the sample, while the percentage of female employees who have been practicing sports for less than a year represents about 21.4%, and the percentage of female employees who have been practicing sports for less than three years is about 20.2%. These results can be explained by the fact that the practice of sports by Saudi women among the female employees of King Abdulaziz University is not a recent or emergency phenomenon, but rather a stable practice among more than half of the sample over a period of three years or more, and this indicates that the practice of sports has turned into a continuous and deep-rooted behavior among many female employees, which promotes women's physical and social empowerment in a real way, and not only at the level of theoretical trends. On the other hand, the continuation of a good percentage of female employees (About 41.6% have been practicing sports for less than three years, which may reflect the impact of the rapid social changes that have taken place in recent years in the Kingdom, especially after the launch of the Kingdom's Vision 2030, which encouraged the inclusion of women in the sports field, both locally and institutionally. It may be clear from these findings that the practice of sports among KAUST female employees is part of a continuous and evolving lifestyle, and this reinforces the position of sport as a pivotal tool for the social empowerment of Saudi women and supports the continued expansion of providing supportive sports environments within universities and educational institutions to meet this growing trend.

Motivations for women to play sports:

Table (11): Distribution of the Study Sample According to Motivations for Practicing Sports (N = 331)

No.	Motivations for Practicing Sports	Frequency (K)	Percentage (%)
1	Achieving a fit and slim body	145	43.8
2	Health benefits gained from practicing sports	298	90.0
3	Using leisure time positively through sports practice	63	19.0
4	Availability of places that encourage sports practice	36	10.9

Table (11) shows the motivations for exercising among the study sample, taking into account that the participants could have chosen more than one motivation. Health motivation: The health benefits of sports for women were highest (90%), reflecting that maintaining health and preventing diseases is the driving force behind exercise in employed women. The motivation to achieve a slim figure came in second place with 43.8%, which reflects that improving physical appearance is one of the most important incentives for

working women, and the motivation to occupy leisure time positively in practicing sports ranked third with 19%, which indicates that time investment is not the main motivation for most participants, while the motivation of the availability of places that encourage sports came in last place with 10.8%. This means that the availability of space, while important, is not the strongest motivation compared to health and personal motivations. These findings may indicate that working Saudi women have become more aware of the importance of exercise as a means of improving physical health in the first place, and this is consistent with the results of an analysis of interviews, especially among women working in educational institutions, such as King Abdulaziz University. Women's quest to reach a slim figure is also a motivation linked to self-esteem and self-confidence, and it is one of the approaches to women's social empowerment in modern Saudi society. The low percentages of motivation associated with the availability of spaces and the occupancy of leisure time may reflect that the practice of sports has become part of women's convictions and not just a temporary activity or related to the availability of opportunity, and this may indicate a real cultural shift towards a deep personal conviction of the importance of sport. The high percentage of health motivation can indicate the importance of focusing sports programs in educational and university institutions on highlighting the benefits of preventive sports. The decrease in the impact of the availability of places as a major driver may give an indication that women are adapting to alternatives (at home, clubs, public spaces) and do not see the place as an obstacle to their boss as it once was.

Second: Results of Answering the Study's Questions

Results related to the first question

What are the components of Saudi women's attitude (cognitive, emotional, behavioral) towards women's sports?)

The cognitive component of Saudi women towards women's sports.

Table (12): Distribution of the Study Sample According to the Cognitive Component of Women's Attitudes toward Sports (N = 480)

No.	Statements	Mean	Std. Deviation	Response Level	Rank
1	Practicing sports contributes to improving women's health level	2.940	0.247	High	1
2	Practicing sports enhances women's physical fitness	2.860	0.365	High	4
3	Practicing sports is a waste of time	1.125	0.439	Low	13
4	Regular sports practice contributes to developing women's personality	2.475	0.616	High	10
5	Practicing sports strengthens women's social relationships	2.490	0.592	High	9
6	Sports exercises help women get rid of excess weight	2.862	0.362	High	3
7	Practicing sports helps women perform daily activities	2.794	0.449	High	7
8	Practicing sports reduces women's risk of aging-related diseases	2.833	0.410	High	5
9	Practicing sports provides women with information about the body	2.606	0.564	High	8
10	Practicing sports contributes to reducing chronic diseases	2.815	0.420	High	6
11	Practicing some sports causes physical injuries (e.g., neck, knee, ankle)	2.179	0.624	Moderate	12
12	Practicing sports helps women relieve daily stress	2.869	0.350	High	2
13	Women's sports participation is considered a new culture in society	2.294	0.759	Moderate	11
Overall Mean of the Dimension		2.549	—	High	—

Table (12) shows the distribution of the vocabulary of the study sample according to the cognitive components related to the attitude towards women's sports. The results show that the phrase "Exercise leads to raising the health level of women" came in first place with an arithmetic average of (2.940), a standard deviation of (0.247) and a high level of response, which reflects a deep awareness among female

employees of the importance of sports in promoting public health, and this is consistent with the results of a study by Makhdama et al. (2022) and a study Al-Naeem (2021) confirmed that the most important reasons for Saudi women to visit fitness centers are: paying attention to the health and aesthetic aspect, maintaining posture, and enjoying a better state of health. Then followed by the phrase (Exercise helps women get rid of daily stress) This is consistent with the results of the study of Ghadban et al. (2016) that having positive attitudes towards sports helps reduce stress, and this highlights the growing awareness of the therapeutic and psychological role of sports. The phrase "Exercise develops women's aesthetic values" also received an average of (2.860) and a high response level, which indicates the working woman's interest in her appearance and social image. The rest of the phrases that received high response levels reflect the awareness of female employees about the importance of sports in building a woman's personality, improving social relationships, getting rid of excess weight, improving daily activities, and preventing diseases. While the phrase "exercising is a waste of time" received a low arithmetic average (1.125) and a low response level, which indicates that most female employees reject this idea, and reflect the existence of positive cognitive attitudes towards practicing sports. This may differ from the findings of Abd Rabbu and Ahmed (2010), which considered the personal belief that "exercise is a waste of time" as one of the academic constraints, and this difference may reflect progress in awareness of the importance of sport in the Kingdom's Vision 2030. Accordingly, these results may confirm that KAUST female employees have a high level of knowledge of the importance of exercise, whether in terms of physical or mental health or social and aesthetic aspects. This awareness is a key element in promoting the sports and social empowerment of Saudi women, as the right knowledge contributes to building positive attitudes that push women to exercise regularly.

The emotional component of Saudi women towards women's sports.

Table (13): Distribution of the Study Sample According to the Affective Component of Women's Attitudes toward Sports (N = 480)

No.	Statements	Mean	Std. Deviation	Response Level	Rank
1	Women feel happy when practicing sports	2.549	0.231	High	6
2	Practicing sports helps women control their emotions	2.854	0.365	High	1
3	Women refrain from practicing sports due to family responsibilities	1.452	0.703	Low	10
4	Practicing some sports helps women develop self-confidence	2.300	0.604	Moderate	8
5	Practicing sports gives women a sense of challenge	2.587	0.549	High	5
6	Friends usually talk about different sports activities	2.771	0.445	High	4
7	Practicing sports helps women break daily routine boredom	2.448	0.631	High	7
8	Women practice sports in clubs encouraged by their friends	2.823	0.398	High	3
9	Practicing sports enhances women's self-confidence	2.077	0.684	Moderate	9
10	Women prefer to spend their leisure time practicing sports	2.827	0.410	High	2
Overall Mean of the Dimension		2.435	—	High	—

Table (13) shows the distribution of the study sample's vocabulary according to the emotional components towards the trend towards women's sports, where the phrase (women's practice sports has a benefit in controlling emotions) obtained the first rank with an arithmetic average of (2.854), a standard deviation (0.365) and a high level of response, which reflects a strong emotional awareness among female employees of the importance of sports in improving psychological control and emotional balance. in practicing sports) with an average of (2.827), a standard deviation of (0.410) and a high level of response, which indicates that practicing sports has become a favorite emotional preference among female university employees to discharge energies positively, and this trend confirms that sports is no longer a duty or a side activity, but has become a personal desire and a preferred option for many. with an average of (2.823) with a high level of response, which reflects the effect of the social environment and personal relationships in promoting emotional tendencies towards exercise.

The rest of the statements, which included feeling happy with exercise, relieving mental stress, and the diversity of sports activities, received high response levels, all of which were indicators of positive emotional attitudes of female employees towards sports. On the other hand, the phrase "women stay away

from exercising in sports clubs because of their family responsibility" was achieved. It was an average of (1.452) with a low response level, which indicates the rejection of the idea of a conflict between sports practice and family responsibilities, and it can be said that this may be considered an indication of the disappearance of some traditional beliefs that considered sports to be a waste of time or contradicted women's duties, and contradict This finding is in line with the fact that religious values, customs and traditions may consider women's sports to be inappropriate behavior or contradict the traditional role of women. These findings also indicate that female employees of King Abdulaziz University have positive emotional attitudes towards sports, as sports have become part of their emotional and daily desires, and are no longer just a health commitment or a formality. Rather, exercise is an effective way to control emotions and get rid of daily stresses associated with professional and family life. The choice of female employees to spend their leisure time practicing sports instead of traditional activities reflects a remarkable cultural change in Saudi society regarding women's sports, which is in line with the goals of the Kingdom's Vision 2030 in enhancing the quality of life and empowering women in the sports and social fields. The influence of female friends and the social environment as an emotional motivation for practice also points to the importance of building women's support networks within educational institutions such as universities, which enhances the continuity of practice and supports women's athletic empowerment efforts.

The behavioral component of Saudi women towards women's sports.

Table (14): Distribution of the Study Sample According to the Behavioral Component of Women's Attitudes toward Sports (N = 480)

No.	Statements	Mean	Std. Deviation	Response Level	Rank
1	Practicing sports helps women perform daily tasks actively	2.717	0.499	Moderate	4
2	Practicing sports makes women deal positively with their bodies	2.873	0.346	Moderate	3
3	Practicing sports helps women get rid of fatigue	2.710	0.502	Moderate	5
4	Women practice sports irregularly	1.456	0.695	Low	11
5	Women's sports hobbies are often linked to commitment to sports practice	2.581	0.579	Moderate	7
6	Women regularly practice sports to prevent various diseases	2.708	0.486	Moderate	6
7	Practicing sports helps women improve their outward appearance	2.890	0.314	Moderate	2
8	Practicing sports helps women improve their physical fitness	2.940	0.247	Moderate	1
9	Women refrain from practicing sports due to work conditions	2.506	0.560	Moderate	9
10	Women refrain from practicing sports due to family obligations	2.494	0.552	Moderate	10
11	Practicing sports helps women form social relationships	2.563	0.556	Moderate	8
12	Practicing sports helps women acquire new social skills (time commitment, teamwork, participation in group sports)	2.717	0.478	Moderate	4 (tie)
Overall Mean of the Dimension		2.596	—	High	—

Table (14) shows the distribution of the study sample's vocabulary according to the behavioral components towards women's sports, and the results showed that the phrase "exercising helps women improve their physical fitness" ranked first with an arithmetic average of (2.940) and a standard deviation of (0.247) with a high level of response, which reflects a strong behavioral commitment among female employees to practice sports with the aim of improving physical abilities. It was followed by the phrase "Exercise helps women improve their appearance" with an average of (2.890) and an average response level that tends to rise, which shows that the athletic behavior of female employees is related to the aesthetic aspect. Other phrases also showed that practicing sports helps women exchange positive energy, achieve morning activity, get rid of fatigue, and contribute to the prevention of various diseases, which shows a positive practical application of sports concepts in their daily lives. While the phrase "women are busy practicing sports due to working conditions" obtained an average of (2.506) in a relatively late order, which indicates that there are some professional obstacles that may hinder the regularity of female employees in practicing sports despite their awareness of its importance, and this result is partially consistent with the findings of

the study of Abd Rabbo and Ahmed (2010) that the time allocated for study is not proportional to the time available for practicing sports. This can be generalized to working conditions.

The phrase "women are busy practicing sports due to family requirements" also received an average of (2.494), which is an indication that family commitments are still one of the challenges facing female university employees in allocating enough time to exercise, and this may be consistent with the study of Al-Kaabi (2013) which indicated that sports may not be compatible with the traditional role of women. On the other hand, female employees showed positive social behaviors, as they agreed that practicing sports helps in forming new social relationships, and acquires social skills for women, such as group commitment and cooperation, and showed that sports behaviors are related to their efforts to achieve a balance between work and sports, despite the existence of some challenges, such as work pressures and family responsibilities that may hinder them from continuity. However, these obstacles have not eliminated the positive behavioural trend of the majority, but are important points for the development of pro-women's policies within the university work environment.

Results related to the second question:

What is the role of women's sports in empowering Saudi women socially from the perspective of the study sample?

Table (15): Distribution of the Study Sample According to the Role of Sports Practice in Women's Social Empowerment (N = 480).

No.	Statements	Mean	Std. Deviation	Response Level	Rank
1	Practicing sports contributes to achieving gender equality	2.206	0.470	Moderate	10
2	Practicing sports increases women's self-confidence to participate in public opinion	1.923	0.805	Moderate	12
3	Practicing sports increases women's awareness of their rights	2.248	0.772	Moderate	9
4	Practicing sports enhances women's ability to make decisions	2.073	0.797	Moderate	11
5	Practicing sports modifies women's concepts about participation in public life (outside the home and work)	2.256	0.761	Moderate	8
6	Practicing sports increases women's sense of independence	2.425	0.683	High	6
7	Practicing sports promotes the spirit of cooperation among women	2.371	0.722	High	7
8	Through practicing sports, women acquire new skills and experiences	2.523	0.659	High	3
9	Practicing sports enhances women's ability for self-discovery	2.594	0.555	High	2
10	Successful women athletes serve as role models for girls	2.650	0.573	High	1
11	Practicing sports helps women assume responsibility	2.515	0.640	High	4
12	Practicing sports increases women's ability to accept competition	2.475	0.674	High	5
Overall Mean of the Dimension		2.388	—	High	—

Table (15) showed that the phrase (women's integration in sports increases their commitment to the laws) came in first place with an average of (2.650) with a high level of response, which reflects the awareness of female employees of the strong role played by sports in strongly integrating women in exercising their rights in accordance with laws and legislations, and this is in line with the results of Al-Qahtani's (2022) study, which indicated the importance of legislation as resources for empowerment. It opened new horizons for women, followed by the phrase (exercise enhances women's ability to discover themselves) with an average of (2.594), and in the third place came the phrase (emphasizing the sample vocabulary on women acquiring new skills and abilities from practicing sports) with an average of (2.523), and in the fourth place came the emphasis that (practicing sports helps women to endure responsibility) with an arithmetic average of (2.515), followed by the phrase "Sport increases women's ability to accept competition" with an arithmetic average of (2.475), increased sense of independence (2.425), and the development of a spirit of cooperation (2.371). The reflectant finds that most of the responses are high, suggesting that sport has become an important means of improving women's image in society and increasing their integration. The rest of the statements that received moderate response levels included:

adding to women's perceptions of participation in public life (outside the home and work) (2,256) and encouraging them to claim their rights (2,248), as well as achieving gender equality (2,206), decision-making (2,073) and participation in public opinion (1,923).

These results reflect that KAU employees believe that practicing sports represents a real way to empower women socially, and not just a recreational activity. The results also show that working women who practice sports enhance their self-confidence and become more able to assume responsibilities, which is in line with the goals of women's empowerment in accordance with the Kingdom's Vision 2030, which seeks to build a leading and effective female personality in society. The high level of support for the role of sports in improving women's societal image indicates that women are no longer afraid of social judgments that might have discouraged their participation in sports activities, but have come to believe that practicing sports helps society to accept and appreciate their role more.

Results of the third question

What are the difficulties facing the social empowerment of Saudi women from the perspective of the study sample?

Table (16): Distribution of the Study Sample According to the Obstacles Facing Women's Social Empowerment through Sports Practice (N = 480)

No.	Statements	Mean	Std. Deviation	Response Level	Rank
1	Social upbringing methods based on discrimination and marginalization	2.333	0.676	Moderate	3
2	Women's lack of self-confidence	2.215	0.694	Moderate	4
3	Women's inability to make decisions	2.040	0.743	Moderate	12
4	Women's fear of assuming social responsibilities and tasks	2.108	0.751	Moderate	9
5	The heavy burden of social roles placed on women	2.508	0.616	High	1
6	Weak role of women's organizations in advocating women's rights	2.196	0.736	Moderate	7
7	Society's negative perception of women's abilities and potentials	2.208	0.712	Moderate	5
8	Limited women's initiatives aimed at supporting women	2.190	0.756	Moderate	8
9	Adherence to traditions and social norms that restrict women's participation in work	2.067	0.756	Moderate	10
10	Women's fear of failing to balance family and work responsibilities	2.348	0.660	High	2
11	Family dominance, especially in decisions concerning women	2.200	0.724	Moderate	6
12	Restricting women's freedom to engage in free/entrepreneurial work	2.058	0.754	Moderate	11
Overall Mean of the Dimension		2.206	—	Moderate	—

Table (16) shows the most prominent difficulties facing women's social empowerment in the field of women's sports as identified by the female employees of King Abdulaziz University in Jeddah (n = 480), the most prominent of which are the following: The phrase (the large number of social burdens placed on women) came in first place with an average of (2.508) with a high level of response, which reflects the existence of psychological challenges and a feeling of fear or hesitation among some women towards social roles and leadership, followed by the phrase (women's fear of not being able to reconcile their family duties with their job commitments) with an average of (2.348) with a high level of response, which indicates that working women continue to suffer with time pressures and the difficulty of balancing work and family life. This result is consistent with the study of Abdel Majeed (2015), which confirmed that women's empowerment faces challenges from some social values and negative cultural heritage, and these values often impose a double burden on women at home and in the family. In third place was the phrase "socialization methods based on the distinction between male and female" with an average of (2.333).

This highlights the continued impact of socialization in shaping the constraints that limit women's empowerment, and it is noted that the rest of the phrases received moderate levels of response, including: women's low self-confidence, negative perception of women, weak support for women's organizations, the scarcity of qualified women leaders to assist and advance women, and the challenges facing women's entrepreneurship. Reflecting on these findings, one finds that the social difficulties facing Saudi women directly affect their practice of sports, (fear of taking on responsibilities, and lack of time due to family and work commitments) are among the most prominent obstacles that prevent women from regularly practicing sports. The continuation of gender-based socialization creates an environment that may reduce women's confidence in community participation, including sports activities, as some women may feel not accepted by society for their practice, especially in traditional environments that may restrict its movement, as well as the weak support of women's institutions and organizations affects the limited sports programs directed at women, and women leaders who are not strongly represented in decision-making positions may not give priority. In addition, economic difficulties such as family bullying over financial decisions or the challenges of entrepreneurship may limit a woman's ability to allocate an independent budget for participation in sporting activities or to have the freedom to make personal decisions related to her physical health.

Results related to the fourth question

Is there a statistically significant relationship between the components of women's attitude (cognitive, emotional, behavioral) towards women's sports and their social empowerment?

Table (17): Correlation Matrix among the Components of Attitudes toward Sports Practice and Women's Social Empowerment

Variables	Cognitive	Affective	Behavioral	Empowerment
Cognitive	—	0.392***	—	—
Affective	0.392***	—	0.617***	—
Behavioral	0.416***	0.617***	—	—
Empowerment	0.222***	0.258***	0.307***	—

The data of the previous table show that there is a statistically significant direct relationship between the components of women's attitude (cognitive, affective, and behavioral) to exercise and their social empowerment, where the correlation value of the cognitive component was ($R=0.222$, $p\text{-value}<.001$), while the correlation value of the emotional component ($R=0.258$, $p\text{-value}<.001$) was reached, while the correlation value of the behavioral component ($R=0.307$, $p\text{-value}<.001$) was, which are statistically significant, meaning that the deeper a woman's understanding, appreciation and passion for sport (cognitive, emotional, and behavioral components), the more socially empowered she is.

Results of the Fifth Question

Are there any statistically significant differences between the average responses of women in the study sample in terms of practicing sports (practicing sports - not exercising) and their social empowerment?

Table (18): Statistical Significance of Differences in Mean Scores of Women's Responses toward Sports Practice and Social Empowerment According to Sports Practice (N = 480)

Sports Practice	N	Mean	Std. Deviation	df	t-value	Sig. (p)
Practices sports	331	29.20	6.270	478	2.82	.005
Does not practice sports	149	27.43	6.554	—	—	—

The data of the previous table show the significance of the statistical differences between the average responses of women according to the practice of sports (practicing sports - not practicing sports) and their social empowerment, and it is noted from the results of the (v) test that there are statistically significant differences between the average of their responses in favor of women who practice sports, and the calculated value of (v) reached (2.82), which is greater than the value of (t) tabular (2.58) at degrees of freedom (478) and the significance level of (0.05), and progress These results are strong statistical evidence that there is a positive and statistically significant relationship between women's exercise and a higher level of social empowerment. The results of this table are consistent with the findings of the (2022) study of Laar, et al, where they found that regular participation in sports is not only improving physical health, but

also contributes to boosting self-confidence, strengthening social relationships, and challenging gender-related stereotypes, all of which are indicators of social empowerment.

Recommendations

- In light of the results of the field study, the frame of reference from previous studies, and theoretical directions on Saudi women's attitudes towards sports and their social empowerment, the study provides the following recommendations:
- Expanding the sports infrastructure for women, including increasing the number of low-cost women's clubs and distributing them geographically in proportion to women's living and working locations, in response to the results showing that there are fewer women's clubs and their high prices as one of the most prominent obstacles to the practice of sports.
- Allocating flexible times for working women, including scheduling sports classes at multiple times in the morning and evening, with digital (remote) sports options that allow female employees to exercise easily, given the difficulty of reconciling work, family and physical activity.
- Launching sustainable national sports awareness programs that will intensify media and community campaigns that highlight the relationship between sport and women's social and health empowerment, in light of the need to promote health and social awareness of the importance of sports.
- Integrating sports within the university work environment and establishing sports centers or halls within universities and workplaces to facilitate the practice of sports for female employees, based on what the participants pointed out about the remoteness of sports facilities and the difficulty of accessing them.
- Encourage group participation in sports activities by establishing women's sports groups within the university (such as walking groups or fitness teams) to foster commitment, motivation, team spirit, and social support.
- Changing the stereotype towards women's sports by holding seminars and workshops with the participation of specialists and opinion leaders to clarify the importance of sports for women and link it to religious, health and social values, in order to confront some customs and traditions that hinder the practice of sports.
- Empowering women in leadership roles by qualifying women to assume training, administrative and organizational tasks in the field of sports, in a way that enhances their self-confidence and contributes to creating female entrepreneurial role models in society.
- Conduct future comparative studies that compare the attitudes of different groups of women (students, employees, housewives) to understand the differences in practices and challenges, and explore the relationship between sport and other dimensions of empowerment such as economic and political.
- Measuring the impact of national initiatives within the Kingdom's Vision 2030 by following up and evaluating the effectiveness of the programs and initiatives launched within the framework of the vision with the aim of empowering women athletically and socially, and ensuring that they achieve the set goals.

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