



## Woman in Development and Politics

### The Model of a Healthy and Women-Friendly Physically Active City in the Interactions of Urban Planning

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Article Info	ABSTRACT
<b>Article type:</b>	<b>Introduction</b>
Research Article	<p>In today's world, gender inequalities in access to urban and sports spaces have become one of the major challenges in achieving sustainable urban development. In many societies, especially in developing countries, women face various barriers in accessing sports facilities and spaces. These obstacles have a detrimental effect on the mental and emotional well-being of women, in addition to their physical capabilities. Numerous studies have demonstrated that physical activities and sports are essential for enhancing the physical and mental health of individuals. However, this opportunity is not accessible to women in numerous locations and communities due to social, cultural, and infrastructural confinements. In particular, in societies where specific norms for women are still considered, many women are unable to freely and safely access public and recreational spaces without fear of harassing or being judged. These challenges can prevent women from fully utilizing their right to participate in physical activities.</p>
<b>Article history:</b>	<p>Given the significance of sports and physical activity in improving the health and well-being of the public, the objective of this research is to offer urban design solutions that would enable women to participate in physical activities with ease and confidence. This research endeavors to provide a model for the development of a "healthy city and a city that supports women's physical activities," in which urban planning interactions and sports management can coexist to eliminate extant barriers and enhance the participation of women in physical activities. The objective of this research is to develop a comprehensive strategy for the design of cities that not only meet the physical and psychological requirements of women but also contribute to sustainable urban development. Factors such as access to sports spaces, ensuring safety, facilitating access to infrastructure, social and cultural support, and promoting public awareness are critical components of the design of a healthy and activity-supportive city. Not only should these factors accommodate the requirements of women in terms of sports spaces, but they should also be constructed in a manner that enables women to access these spaces without any apprehension. Conversely, urban planning can facilitate the establishment of a secure and appropriate environment for women by taking into account the diverse social, economic, cultural, and historical dimensions. As a result, this research aims to introduce the diverse dimensions and essential components of urban design that are conducive to the physical and mental well-being of women and are conducive to their physical activities.</p>
Received: 5 February 2025	<b>Methodology</b>
Received in revised form: 10 June 2025	<p>The grounded theory method of Glaser was employed to conduct this investigation for data analysis. Qualitative methods, particularly grounded theory, were selected due to their ability to facilitate structured data analysis that is informed by the experiences and perspectives of participants. This method facilitates the extraction of patterns and core concepts from the data through initial and secondary classification, thereby enabling researchers to present new theories and strategies in urban and sports design for women. Data collection was conducted through semi-structured interviews. These interviews were intentionally conducted with 15 women, experts, and municipal planners. The sampling in this study was theoretical and persisted until theoretical saturation was achieved. The data were thoroughly analyzed, and no novel concepts for coding were discovered at this stage. The data were initially identified using primary coding, and subsequently, general concepts and patterns were extracted through secondary coding.</p>
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<b>Keywords:</b>	
<i>Healthy City,</i>	
<i>Physical Activity-Friendly,</i>	
<i>Sports Management,</i>	
<i>Urban Planning,</i>	
<i>Women.</i>	

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**Results**

This research demonstrated that a city that is physically active for women and is healthful must take into account a variety of factors, including social, cultural, economic, security, and infrastructural features. The availability of public spaces and athletics is one of the most critical factors that influences access to physical activity. Women are denied the opportunity to engage in sports and social activities due to the scarcity and inaccessibility of sports facilities in numerous urban areas, particularly in low-income communities. Furthermore, the prevalence of women is significantly impacted by the safety of public and sports areas. In general, many women, particularly those residing in urban areas, refrain from entering public spaces due to security concerns. In addition to security and accessibility, it is essential to create infrastructure that is compatible with the requirements of women. It is imperative that these infrastructures are constructed in a manner that facilitates the effortless utilization and accessibility of sports facilities by women. For instance, the establishment of parks, cycling paths, and secure pedestrian walkways can enable women to utilize these areas without concern for external hazards. Additionally, the community, families, and governmental organizations can provide social and cultural support to motivate women to engage in athletics. These supports may include education and awareness-raising about the benefits of sports, changing social attitudes toward women's sports, and creating a culture of active participation in the community.

**Conclusion**

A comprehensive and multi-dimensional approach that takes into account a variety of aspects of urban planning and sports administration is necessary for the creation and development of a "healthy city that supports physical activity for women" in the modern world. The implementation of this model in urban communities will only be feasible through the design and development of appropriate public and recreational spaces, the preservation of safety in urban environments, and the enhancement of access to resources and services, as indicated by the results of this research. Achieving this goal goes beyond just providing physical spaces for sports but also involves addressing the socio-cultural conditions that influence women's participation in physical activities. Therefore, urban design and planning must prioritize the development of environments that facilitate the active participation of women in community life, as well as their health and well-being. Moreover, the successful implementation of the "healthy city" model for women necessitates the close working relationship among various stakeholders, including urban planners, local authorities, policymakers, and community leaders. This collective effort should aim to design spaces that cater to the unique needs of women, ensuring that these spaces are safe, accessible, and conducive to social interaction. By fostering a supportive ecosystem that integrates public policies with thoughtful urban design, cities can enhance women's quality of life and encourage greater participation in physical activities. It is also important to highlight the crucial role of social and cultural support in driving this change. In order to promote awareness of the benefits of physical activity for women, challenge preexisting stereotypes, and alter societal attitudes toward female participation in athletics, it is imperative that governments, communities, and families collaborate. This collective cultural shift will empower women to engage more freely and confidently in physical activities without fear of judgment or societal constraints. The implementation of this model has the potential to advance broader societal and environmental objectives, including gender equality, social inclusion, and sustainable urban development, in addition to enhancing women's health. By designing cities that prioritize women's physical activity and well-being, we can create more equitable environments that benefit all members of society. Not only can we enhance the health and social status of women through this process, but we can also cultivate more sustainable development, economic resilience, and stronger communities in the long-run. This comprehensive approach to urban planning will have an enduring positive effect, guaranteeing that women can fully engage in society, contribute to their communities, and enjoy better overall quality of life.

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