

WCES 2014

Comparison Amount Of Mental Health Between Athlete And Non Athlete Girl Students Of Islamic Azad University Omidiyeh Branch

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Abstract

Jahoda (1958) elaborated on the 1947 WHO declaration that “health is not merely the absence of illness but a complete state of physical, psychological and social well-being” by separating mental health into three domains. First, mental health involves self-realization in that individuals are allowed to fully exploit their potential. Second, mental health includes a sense of mastery by the individual over their environment, and, finally, that positive mental health also means autonomy, as in individuals having the ability to identify, confront, and solve problems. This is a descriptive study that has been done on girl students of Islamic Azad University Omidiyeh Branch (IAUOB). **For evaluation of mental health the GHQ-28 questionnaire of Gold Berg and Hiller (1979) was used.** Also we separated athlete and non athlete students with the use of physical activity levels. Therefore those students that had 3 session's regular exercise a week indicated as active and the other students that did not do any exercise during a week indicated as sedentary. The statistical population of this research was all girl students of Omidiyeh University that among them 200 persons (active= 100 & non active = 100) by randomly filled out the general health questionnaire. The statistical analyze ion of data has been done by computer and SPSS program with the use of independent samples test method and also $\alpha \leq 0.05$. The results show that there is significant difference (p -value=0.001) between athlete and non athlete girls students of IAUOB.

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Selection and peer-review under responsibility of the Organizing Committee of WCES 2014

Keywords: mental health , athlete, non athlete , environment

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1. Introduction

Positive mental health is a set of key domains encompassing well-being and positive states of mind. It can influence onset, course, and outcomes of both physical and mental illnesses. For example, research has shown links between depression and anxiety and cardiovascular and cerebrovascular diseases (Kuper, Marmot & Hemingway 2002; Carson et al. 2002). The role of mental disorders in increasing vulnerability to physical morbidity and poorer outcomes is well documented. Psychological beliefs such as optimism, personal control, and a sense of meaning are known to be protective of mental health as well as physical health. Mental health is inextricably linked with human development, both because the social and economic determinants of human development are strongly associated with mental health and because poor mental health will compromise longevity, general health, and creativity. The factors that influence human development are those that influence mental health and it is likely that a dynamic relationship exists between human development and mental health (Patel 2001). Also we know that sound mind in sound body. Well we want to investigate that is there any difference between mental health of athlete and non athlete girl students of Islamic Azad University Omidyeh Branch.

2. Methods

This is a descriptive study that has been done on girl students of IAFOB. For evaluation of mental health the GHQ-28 questionnaire by Gold Berg and Hiller (1979) was used. The statistical population of this research were all girl students of Islamic Azad University Omidyeh Branch that from them 200 persons (athletic students= 100 & nonathletic students = 100) by randomly filled out the general health questionnaire. After the evaluation of mental health and it's dimensions (physical complaint, anxiety, disorder in Social adequacy and depression) of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program (version18) with the use of independent samples test method (T-test) and also $\alpha \leq 0.05$.

3. Results

1- Comparison between mental health scores of athlete and non-athlete girl students show that there is a significant difference (P- VALUE = 0/001) in the significant level of ($\alpha \leq 0.05$) between two groups. (See Table 1).

Table1: comparison between mental health of athletic and non-athletic groups

Variable	Groups	Number	Mean	Standard deviation	Freedom Degree	Amount of t	Significant level
Mental health	athletic	100	36/4	8/84433	198	-18/715	0/001
	Non athletic	100	56/5	0/09272			

Also the below chart related to the mental health score's of two groups show that there is a significant difference between them. (See graph 1).

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