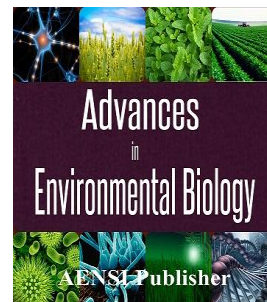




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The Comparison of Athlete and Non-Athlete Students Happiness of Kermanshah City

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ABSTRACT

The aim of this study was to compare happiness among male athletes and non athletes students of high schools of Kermanshah city. 60 athletes and 60 non athletes randomly were chosen. Oxford Happiness Inventory was used to measure happiness. SPSS software and independent T statistical method used to analyze data's. Results indicated significant differences between two groups in self esteem, life satisfaction, positive cognition, physical health and mental health and generally happiness and athletes obtained high scores. This research shows that physical activity through influence on some factors mediating happiness can affect happiness, and athletes toward non-athletes feel more happiness.

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INTRODUCTION

The happiness is recognized as an excitement in psychology and the excitement is a kind of motivation that everyone considers it as a particular case according to his or her mental evaluation. The excitement has been established into two negative and positive terms psychologically. This has been also focused on negative side during one hundred years scientific psychologically studies; one reason may be related to this topic that these negative excitements may also affect on our life harshly. But in the recent years, the positivism based on psychology is strongly emphasized on the positivism topics in confront to life pressures and overcoming depression and getting towards happiness as the most positive basic elements of the excitement. The happiness is one of six important elements in mankind including:

Anger, scare, abhorrence, wonder, annoyance and happiness [20].

The mental happiness is subjected to the cognitive and excitement of a person from his or her life. This evaluation in one hand takes the excitement reactions and in the other hand it includes the cognitive judgments in relation to satisfaction and leading to the responsibility. Thus, the mental happiness is a comprehensive attitude and understanding that includes the most suitable experiences, low level of negative excitements and high satisfaction of the life in this regard. The mental happiness is being reflected in the perceptions and understandings of people from their life in excitement dimension, psychological and social functions. The excitement part of mental happiness includes two elements of satisfaction and happiness of the life [9]. The degree of happiness and satisfaction has a direct relationship with the attitudes of people at life; in other words, how people get satisfied of their life, they will be happy but if the degree gets low the same satisfaction and happiness will decrease in this regard. Based on psychologists' theory, the brain of extrovert people is social and well-established relations to others and they consider everything as positive at their life along with a happy appearance showing long time reaction in this regard. This is the clarified reason for the direct relationship between happiness, personality and success. Some psychologists believe that the happiness is the same extrovert or the stability in Isank theory; and the extrovert is the strongest background of the happiness [4]. There have been different studies in relation to the effect of happiness. Different researchers have shown that the educational level, occupation and religious beliefs are effective factors on happiness [9,1,24]. In the other hand, Plant and Rodin in the study of sport on mental health showed that the exercise activities can increase and make

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recovery the behavior, mental health and self confidence of the participants [30]. Mc Conveille considered nine factors important in the construction of the happiness [28]. Some researchers have studied the possible effects of physical activities on the happiness. Hemayattalab *et al* in the comparison of the happiness degree and the mental health of girl athlete and non athlete students showed that the athlete group has better happiness than non athlete group [3]. Turner compared the happiness of girl and boy athlete students of Tehran University and showed that the high levels of the physical activity are not subjected to the increase of the happiness [22]. Most researches carried out in the field of sport effect on the happiness have been fulfilled among girls and boys students. In the field of possible effect of sport on the happiness, there have been controversial results but in the other hand, other researchers have been rarely carried out among young-aged group; therefore the present study is seeking to reply the question whether the degree of the happiness is different between the athlete and non athlete students?

Methodology:

The present study is a comparative-descriptive and correlation based type of the study. About 60 high school students member of triple district of sport teams in Kermanshah City who were regularly participated three days a week at sport activities were selected in the study and they were also randomly consisted of wrestling field (8 ones), Badminton (6 ones), football (15 ones), Volleyball (9 ones), swimming (8 ones), Basketball (9 ones) and table tennis (5 ones) as athlete group in this study. In order to select the non athlete group from the triple district of the education center, two high schools were randomly selected in this case. Then, a one class was also randomly selected from each high school. Ten students without the sport background were randomly selected as the non athlete group. The oxford happiness questionnaire prepared by Argyle and Lu and translated by Noorbala and Alipour as used to measure the effect of the happiness [7]. This questionnaire includes 29 articles evolving five factors of satisfaction, positive morality, efficacy and self esteem. The responds were scored based on a 4 degree scale from one (never) to four (more). In different researches cronbach alpha coefficient 0.87-0.92 and reexamination coefficient 0.53-0.91 were reported in different periodical sections and interruptions. The validity coefficient through cronbach alpha, description and reexamination coefficients were 0.93, 0.92 and 0.79, respectively. SPSS software along with T statistical method was applied to analysis the related data in this regard.

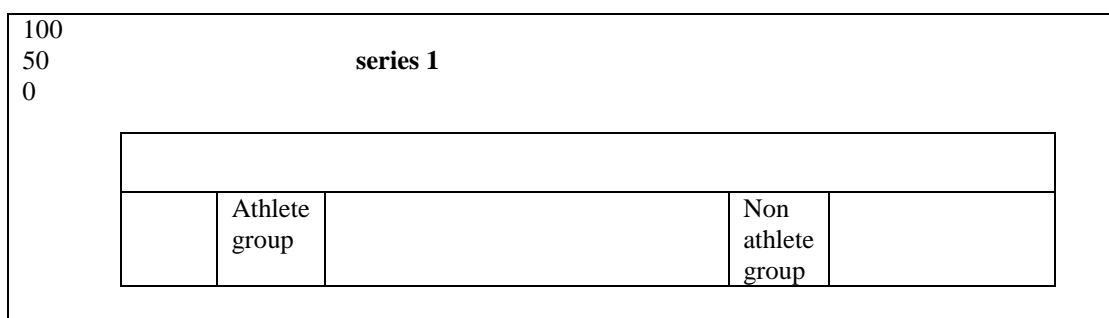
Results:

Table 1 shows the status of participants.

Table 1: The description of mean, deviation and significance level of two groups.

	Mean		Deviation		Degree of p	Result
	Athlete	Non athlete	Athlete	Non athlete		
Self esteem	3.22	2.28	1.84	1.80	0.003	Significant difference
Life satisfaction	18.90	15.72	4.40	5.82	0.003	Significant difference
Efficacy	6.70	5.04	1.97	2.25	0.00	Significant difference
Positive morality	14.70	8.22	4.58	3.65	0.00	Significant difference
Mental health	10.70	7.22	3.52	3.77	0.00	Significant difference
Happiness	48.52	36.96	9.93	10.56	0.00	Significant difference

As shown in table 1, there is observed significance difference in self esteem ($p=0.003$), life satisfaction ($p=0.003$), efficacy ($p=0.00$), positive morality ($p=0.00$), mental health ($p=0.00$) and athletes and non athletes; athletes with high self esteem, life satisfaction, efficacy, positive morality and mental health have better function than non athletes; that is, in the whole parts of the happiness, the athlete group showed better significance difference than non athlete group. Another finding of the present study was that there is observed significant difference between the happiness of athlete group 48.52 and non athletes 36.96 ($p=0.00$), so the athletes had higher happiness than non athlete group.



Discussion and conclusion:

The results of the present study showed that there is a significant difference between the self esteem of athletes and non athletes; that is, athlete students had higher self esteem than non athlete students. This is coincident with the results of Gruber, Bizman, union, Neisi Shoshtari, Froughipour, Khorand and also Noorbakhsh and Hassanpour but it did not coincident with the results of Parrott and Yaghouti. According to the mentioned results, it seems that sport and physical activities influence on the self esteem leading to the increase of the self esteem [18,23,14,8,5,13]. Other result from the present study showed that there is a significant difference in the life satisfaction between athlete and non athlete groups. According to the fact that the sport can increase the physical health (31), those ones with high physical health have higher life satisfaction than non athletes. In the other hand, participation in sport activities can make high potential feeling and this leads to people's satisfaction from their life. The present study showed significant difference in terms of efficacy and positive morality of athletes and non athletes. These results are coincident with the reaserach of Hemayattalab *et al*. Clapp *et al* stated that the physical practices can impact on the morality amendment through two direct ways: the first way is subjected to the release of Endorphin and the second is the decrease of Cortizole level (a hormone that is secreted with neural pressure in the blood). Endorphins are pain reliefs making the satisfaction feeling in people. The physical activities increase the secretion of these drugs in the body [19]. Some researchers have shown that the physical exercises can also increase the level of serotonin (a hormone of morality in the body. Therefore it seems that the exercise can increase the levels of endorphins and its longevity in the body [21]. Other finding of the present study is subjected to the fact that boy athlete students had better performance than non athletes. The results of Haddad and Mousavi Ghilani indicated that athlete students have better mental health than non athletes [2]. King also showed in his studies that the continuous practice can lead to the benefits of mental health [25]. Also, McMahan in a study concluded that following sport activities, the features of depression, anxiety would change efficiently [26]. The general result from the present study was that the degree of students' happiness in athlete ones is better than non athletes. The present study is coincident with the results of Hemayattalab *et al* but it is opposed of Turner's study. In the determination of effective factors on happiness, Mirshah Jaafari *et al* mentioned ten factors in this regard as followings:

Personality, self esteem religious beliefs, social investment, leisure times, economical status, job satisfaction, health, marital status and gender [12]. Researchers have shown that the physical activity can impact on these factors as well. Some psychologists have studied about the effect of personality on happiness confirming the whole extrovert positivism relationship with happiness in this regard. The extrovert is the strongest predictor of happiness but introvert is the best indicator of negative emotions and unhappiness [27]; as it mentioned before, the sport can be effective in the optimization of the self esteem. One of the most important factors efficiently impact on the happiness is subjected to the way of spending leisure time. Sport can eliminate tiredness increasing people's happiness. In addition, sport facilitates the blood circulation and respiratory system in the body that it makes the muscles strongest in this regard. Following the physical optimization, the one feels his or her abilities have been increased and the whole affairs seem to be easy fulfilled in this case. Steptoe and Bolton believed that the sport can decrease the depression, tension, anxiety and tiredness and increases people's energy [32]. Biddle and Mutrie believed that sport not only decreases the effects of depression and anxiety but also it boosts people's self esteem and finally it leads to their happiness [17]. Another factor on the happiness is related to the process of health. Generally it seems that physical activity and sport can be effective on the happiness through the effectiveness of some effective factors in this regard.

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