

عنوان مقاله:

Comparison of mental health of athlete and non-athlete male students of Islamic Azad University of Ardabil Branch

محل انتشار:

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خلاصه مقاله:

Background: Mental health as one of the criteria to be considered in determining general health. Considering the importance given the high prevalence of mental health impaired students. with a study to evaluate the public health aspects was done in students. Materials and Methods: In this study mental health of students has been surveyed and compared by using the standard questionnaire of mental health of GHQ 28 questions. Data analyzed by T-test Results and Discussions: The results of research indicated that there is meaningful difference among mental health of male athlete and non-athlete students. Also, in small criteria on questionnaire, in relationship with disorder of social performance, a meaningful difference has not been observed among athletes and non-athletes. Conclusion: With regard to the results of the present research, it can be declared that participation in sport activities, as a device and suitable approach is very significant for improving the mental health among students

کلمات کلیدی:

Mental health, athlete students, non-athlete students

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