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THE RELATIONSHIP BETWEEN GENERAL HEALTH AND HAPPINESS ON ATHLETE AND NON ATHLETE DISABLES IN ARDEBIL CITY

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ABSTRACT

The main purpose of this study was to investigate the relationship between public health and happiness on athlete and non athlete disables in Ardebil city. In this study Oxford Happiness questionnaire and Goldberg General Mental Health questionnaire was used. The populations of this study consisted of 1000 athletes and non athletes disables of Ardebil city that were member of sport teams or regularly participate in sport. The sample of this study was 278 disables which selected through random sampling according to Cochran. The results of this study indicate that there is significant relationship between happiness and general health on athlete and non athlete disable. Again, there is significant relationship between physical indices, anxiety, social disorders and depression on athlete and non athlete disable.

Keywords: public health, happiness, athlete and non athlete, disables

INTRODUCTION

There are an estimated 650 million disabled people worldwide, approximately 10% of the population (Purdam *et al.*, 2008). In recent times, the life chances and opportunities for many disabled people have changed, particularly in the areas of education, health and employment. To a large extent, the political action instigated by disability activists and human rights advocates has heightened awareness of the inequalities and oppression that disabled people experience in social life. Internationally within a sporting context, there is growing recognition that disabled people have a “right” to sport. The United Nations Convention on the Rights of Persons with Disabilities (United Nations, 2006) explicitly expresses this right as do a number of international sporting organizations (International Council for Sport Science and Physical Education, 2003; International Disability in Sport Working Group, 2007). Emotional states such as happiness and attitudes towards life are seen as a key determinant of the somatization of feelings of stress and anxiety related to life events. Findings from medicine and psychology have shown that emotional reactions to life events can affect physiology in ways that are potentially damaging or beneficial for health (Ekman *et al.*, 1983; Levenson *et al.*, 1991; Levenson *et al.*, 1992; Collet *et al.*, 1997). In recent years, several studies have advanced the claim that happiness or, more generally, positive attitudes towards life can predict longevity and other indicators of physical well-being among healthy populations (Scheier and Carver, 1992; Heliwell, 2002; Levy *et al.*, 2002; Lyubomirsky *et al.*, 2005; Bjornskov, 2008).

According to Veenhoven (2008), the size of the effect appears to be so strong to be comparable to that of smoking or not. Besides psych -somatization, the literature has mentioned other transmission mechanisms connecting happiness to health. Happy people are more inclined to act healthy. They engage in sports more often (Rasciute and Downward, 2010), and they are more likely to watch their weight (Veenhoven, 2008). Moreover, happy people may be more likely to avoid unhealthy behaviors such as smoking, drinking and overeating.

Research suggests two ways in which physical activities can contribute to mental health in adolescents. Firstly, there is fairly consistent evidence that regular activity can have a positive effect upon boy’s and girl’s psychological well-being. Secondly, research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression. Evidence is beginning to be gathered for exercise as a treatment for clinical depression, with studies finding that physical activity is as effective a treatment as anti-depressants (Dimeo *et al.*, 2001), and psychotherapy (Martinsen, 1994).

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MATERIALS AND METHODS

Methods

The method of the study is casual comparative. The data was collected using questionnaires and through field study procedure. In this study Oxford Happiness questionnaire and Goldberg General Mental Health questionnaire was used. The populations of this study consisted of 1000 athletes and non athletes disables of Ardebil city that were member of sport teams or regularly participate in sport. The sample of this study was 278 disables which selected through random sampling according to Cochran.

RESULTS AND DISCUSSION

The results of Kolmogorov-Smirnov test showed that the data were normally distributed and thus parametric tests were used for data analysis.

Descriptive Statistics

Participants' scores in happiness and disabled are 78/9% male and 21/1% female and 72/2% are married also most of the them are educated diploma while the the maximum score about age is 29/3% in the range of (25 – 35, 47-57) moreover 56/4% live in a normal economic situation at last 57/5% are athletes Pearson correlation coefficients showed that there are significant positive correlations between the components of happiness and general health (Table 1).

Table 1: Pearson correlation coefficients for the components of happiness and general health

Variable	r	N	Sig.
Physical assigns	-0.169**	280	0.05
anxiety	-0.228**	280	0.000
Social performance	0.293**	280	0.000
depression	0.243**	280	0.000

* $p < 0.01$; ** $p < 0.05$

Table 2: The results of independent samples t-test

Variable	Levene's Test for Equality of Variances		t-test for Equality of Means			
	Mean	SD	t	df	Sig. (2-tailed)	Mean Difference
General health	29.45	9.73	12.27	278	0.00	14.54
happiness	47.31	13.8	2.06	278	0.04	3.76
Physical assigns	4.81	3.6	-11.42	278	0.00	-5.71
anxiety	2.24	3.23	-12.13	278	0.00	-4.6
Social performance	3.77	4.61	-15.87	278	0.00	-8.19
depression	9.38	4.47	9.71	278	0.00	-5.55

Based on the results of t-test for independent samples (Table 2), there is significant difference between the views of athletes and non-athletes disabled regarding the general health and happiness between two groups of athletes and non-athletes disable.

Conclusion

The main purpose of this study was to investigate the relationship between public health and happiness on athlete and non athlete disables in Ardebil city. The result of this study indicates that there is significant relationship between happiness and general health on athlete and non athlete disable. This result is in line with the findings of Sabatini (2011). It means that happiness is the main factor in individual's life. In contrast, stress cause to significantly decrease of happiness. In other words, high levels of stress lead to

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high mental pressure and in turn happiness and mental health is decreased. In fact, with increase of happiness not only general health is increase but also it create suitable situation to development and individuals abilities in various aspects such as effective and efficient interpersonal relations, high general self efficacy and happiness.

The other results of this study indicate that there is significant relationship between physical indices, anxiety, social disorders and depression on athlete and non athlete disable. The obtained results about general health indicate that there is negative significant relationship between physical indices and happiness on athlete and non athlete disable. This finding is in line with the results of Copman (1996) that suggests physical indices as factors that disorders could be painful or general inconsistencies appear in the organism under the influence of happiness, harness and body will follow their normal activities.

The other result showed that there is negative significant relationship between anxiety and insomnia with happiness on athlete and non athlete disable. It means that Anxiety leads to the loss of emotional balance of individuals and in addition to changes in the body and cause a lack of focus on the excitement and also generally influenced main process whilst happiness can control anxiety. This finding is in line with Copman (1996).

The other results of this study indicate that there is negative significant relationship between social dysfunction and happiness on athlete and non athlete disable. Also, there is negative significant relationship between depression and happiness on athlete and non athlete disable. This finding is in line with the results of Deiner *et al.*, (1999) that suggest depression has significant effect on life quality and decrease self esteem.

Other result of this study indicates that there is significant difference on general health between athlete and non athlete disable. Researches about physical and mental benefits of sport indicate that sport programs have significant effects on mental health. Also, other researches indicate that physical activity cause to increase of self concept and general health.

The results of this study indicate that there is significant difference on happiness between athlete and non athlete disable. It means that health improvement on athletes cause to development on life and psychological factors and also it is effective on happiness.

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