Comparative Study of Emotional Stability in Personal and Group with Non-Athletic Teenagers in Bushehr

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Introduction: Exercise is one of the most important factors in the prevention and treatment of mental and physical health. This study sought to exercise influence on the emotional stability of adolescents in Bushehr. Objectives: The aim of this study was to investigate emotional stability in adolescents athletes and non-athletes adolescents. Methods and materials: Method of this study was causal comparative. The statistical community of this research was adolescents in Bushehr city. The sample size included 290 subjects who were randomly selected. Instrument for data collection was social adjustment scale (Bytzen and Inder, 1992). Results: Multivariate analysis of variance (MANOVA) between the three groups of students participated in individual and group exercises with non-athletic adolescents showed that the three groups significantly differences in terms of their emotional stability. Conclusion: Finding of this study show emotional stability affected by exercise whether group or personal form in adolescents on basis more study is necessary.

Key words: Emotional stability, individual sport, group sport, adolescents