Title: The Relationship of Physical Activity to Self-Esteem and Health Locus of Control among University Students: a Case-Control Study

Abstract: Background: It is useful to use different psychology theories in order to analyze health behavior because of the complexities of human behaviors. The scientific studies about the effect of self-esteem and health locus of control (HLC) in providing health behaviors have caused that these concepts provided a pattern to intervene in sanitary and psychological subjects. This study survey the physical activities relationship to self-esteem and health locus of control among athlete and non-athlete students at Gonabad University of medical sciences in 1385.

Materials and methods: A case-control study was used. 148 university students recruited into study that 74 athlete students allocated for case group and 74 non-athlete students allocated for control group. The data were collected by demographic questionnaire, MHL-Form B and Rosenberg self-esteem scales. Collected data were analyzed by SPSS-13 software.

Results: The findings showed that there is a significant relationship between athlete and non-athlete groups’ between chance HLC and self-esteem. Also, intra groups, it was not significant differences for health control components but it was significant differences for self-esteem. This indicates relationship between self-esteem and physical activities.

Discussion and Conclusion: Physical activity affects not only physical health but also mental aspects of human. So authorities should provide facilities and motivations to study internal and intellectual aspects in order to adapt mental and physical activities. Human has found his existence in harmonizing his mental and physical with time transitions and creation system. Hence human will deserve a healthy life if there is a harmony between these two remarkable events.

Physical Activity, Health Locus of Control, Self-Esteem, Student

Presentation: Poster