Title: Determine relationship between dimensions of mental health with exercise quality candidates of physical education course

Authors: Bidgoli Golkhatmi A*, Ahmadi A, Nezakati Alizade K

Abstract: Introduction: Today, it is well known that exercise play an important role in both physical and mental health. Aim of study was to determine relationship between dimensions of mental health with exercise quality.

Methodology: The population of this study was (n=1415; 648 males and 767 females) candidates of physical education course. 145 males with age 20.33± 3.80 years and 158 females with age 19.63 ± 1.99 years by simple random sampling were selected as sample of this study. After checking reliability of general health questionnaires (Alpha Cronbach=0.94); the questionnaires of quality of exercise and general health (GHQ28) were distributed among males and females candidates.

Results: K-S Test showed that distribution of data was abnormal (p<0.05). The result indicated that there is a significant relationship between regular exercise and sub-scale of mental health (anxiety and sleep loss, depression and Total score of mental health) (p<0.05). The result also indicated that there is a significant relationship between history of exercise and anxiety and Total score of mental health (p<0.05). The result also indicated that there is a significant relationship between intensity of exercise and anxiety and sleep loss (p<0.05). No significant relationship was observed between regular exercise with physical signs and Social dysfunctions (p≥0.05). Farther, mental health between males and females candidates was not significantly different (p≥0.05).

Discussion and conclusion: Based on the results of performed research, subjects who were involved with regular exercise, had higher levels of mental health. Subjects with regular exercise had lower anxiety, sleep loss and depression. The results of this study also indicated that subjects with the highest levels of history of exercise had lowering anxiety and sleep loss. Moreover, as observed in results with enhance exercise quality (regular and history of exercise and intensity of exercise) can lowered anxiety and sleep loss and depression and increased total score of mental health. Gender was not effective factor on mental health of the candidates. In this investigation it was observed that subjects with higher intensity of exercise had lower level of anxiety and sleep loss; but in overall, total score mental health had no significant relationship with intensity of exercise. In addition Physical activities improve mental health in various ways. Sanstrom psychological models (1978) with positive effect of physical activities on self-credence and self-esteem, Brik¬¬ and Morgan (1978) distractibility hypothesis with relaxing factor from stimuli and stress-hearing emotions and biological model with biochemical and biological effect on mental health.

Key word: Mental health. Exercise quality. Physical education

Presentation: Poster