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The relationship between spiritual intelligence and mental health among athletes and non-athletes

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ABSTRACT

The overall goal of the research is to investigate the relationship between athletes and non-athletes on the mental health and spiritual intelligence. The methodology of the present study was based on correlation and the statistical sample consists of 1570 male students of Azad University of Sarab. 115 athletes and 157 non-athletes were selected as the sample by using Morgan table. In order to measure of variables, collecting data and other required information, the researcher used from the General Health Questionnaire (GHQ) and spiritual intelligence. In order to analysis data, the researcher also used descriptive and inferential statistics, and other hand; to answer the hypotheses, Pearson's r test and independent T-Test was used to test mean differences. The results indicated that there is no relationship between spiritual intelligence expert and novice athletes and non-athletes of different sports and athletes. There was no significant difference between mental health of athletes and non-athletes. The mental health team sports and individual athletes with no significant difference between expert and novice. The results showed that the mental health of athletes and non-athletes with intellectual intelligence and significant inverse relationship was found.

Keywords: spiritual intelligence, mental health, athletes, non-athletes

INTRODUCTION

In order to explain the individual's abilities, ration and reason, and also emotions and excitement, the psychologists benefit from intelligence quotient (IQ), emotional intelligence (EQ) is used in these contexts. In recent years, the term "spiritual intelligence" has attracted the attention of psychologists. Jain and Pourheit (2006) regarded emotional intelligence as experienced abilities in order to achieve better understanding and knowledge. Spiritual Intelligence can say all those things that we believe and the beliefs and norms, beliefs and values of the activities that we show [9]. Personal beliefs play a vital role in various fields, especially the promotion and provision of mental health plays. According to the World Health Organization's definition of the experts are of the mind and mental health, harmonious relationships with others and the ability to modify individual and social environment, conflict resolution and personal desires, reasonably, is fair and reasonable. Mental health plays an important role in ensuring the effectiveness of every community and plays [13]. Jacob (2010) points out that with increasing spiritual intelligence, happiness levels are also increased. Dickman (1990) refers to the mental health effects of spiritual intelligence [1].spiritual intelligence, mental health [9]. Studies have shown the positive effects of social change - cultural and

psychological roots of the sport and physical activity and physiological changes during exercise include improved mood, mood, mood, anxiety and depression control is a valuable mental health benefits is a [2]. Since in addition to physical exercise, can be effective in promoting mental health and other research has shown that the practice of religious beliefs among athletes than non-athletes [5]. This study is also in line with other research Is the relationship between athletes and non-athletes in spiritual intelligence and psychological testing.

MATERIALS AND METHODS

The methodology of the present study was based on correlation and the subjects consisted of 1570 male students of Islamic Azad University of Sarab. 115 athletes and 157 non-athletes were selected as the sample by using Morgan table. In order to measure of variables, collecting data and other required information, the researcher used from the General Health Questionnaire (GHQ) and spiritual intelligence. In order to analysis data, the researcher also used descriptive and inferential statistics, and other hand; to answer the hypotheses, Pearson's r test and independent T-Test was used to test mean differences. Reliability by using Chronbach's alpha equals to 0.87.

RESULTS

Table 1. Distribution frequencies of respondents' spiritual intelligence

N	Mean	St Err	Sk	Min	Max	Q dev.		
						First Q	Second Q	Third Q
311	81.78	10.85	-0.465	47.55	100	74.01	83.27	90.44

According to Table 1, we can observe that in the average level of spiritual intelligence respondents versus 85.10 ± 78.81 calculated that a minimum level of spiritual intelligence 55.47 and the maximum is 100, and the coefficient of deviation (skew) $-465.0 = Sk$ is negative, indicating that the distribution of the data. So that less than 25% of respondents rate of Intelligence 74.01, 25% between 83.27, 74.01, 25% between 90.44, 83.27 and 25% more than 90.44 is the total respondents' level of spiritual intelligence is said to be high.

Table 2. Distribution frequencies of spiritual intelligence athletes and non-athletes

	N	Mean	St Err	Sk	Min	Max	Q dev.		
							First Q	Second Q	Third Q
Athletes	154	81.88	11.002	-0.320	53.55	100	73.49	83.33	91.46
Nonathletes	157	81.67	10.73	-0.620	47.55	100	74.55	83.02	89.52

According to table 2, it can be seen that the average intelligence level of spiritual training to 81.88 ± 11.002 calculated that a minimum level of spiritual intelligence 53.55 and the maximum is 100. Students, in groups of 81.67 ± 10.73 calculated at the rate of 47.55 and the maximum is 100.

Table 3. Distribution frequencies of spiritual intelligence athletes and non-athletes

N	Mean	St Err	Sk	Min	Max	Q dev.		
						First Q	Second Q	Third Q
311	36.29	10.39	0.837	9.52	70.24	28.57	34.52	41.66

According to Table 3, we observed that the average level of mental health of respondents versus 39.10 ± 29.36 calculated at the rate of mental health, 9.52 and a maximum is 70.24. Coefficient of deviation (skew) $837.0 = Sk$ is positive, indicating that the distribution of the data. So that less than 25% of respondents swung healthy 28.55, 25% between 34.52 – 28.57, 25% between 41.61- 34.52 and 25% more than 41.66 is the total, so it could be felt the mental health of respondents is too low.

Table 4. Distribution of mental health of athletes and non-athletes

	N	Mean	St Err	Sk	Min	Max	Q dev.		
							First Q	Second Q	Third Q
Athletes	154	35.08	9.47	1.199	20.24	70.24	28.57	33.33	39.28
Non-athletes	157	37.47	11.12	0.549	9.52	9.52	29.76	34.52	44.04

According to Table 4, we observed that the average amount of mental health training for 35.08 ± 9.47 calculated at the rate of mental health, 20.24 and a maximum is 70.24. Students, in groups of 37.47 ± 11.12 calculated at the rate of 9.52 and a maximum is 70.24.

Table 5. Spiritual intelligence test mean differences between athletes and non-athletes

	N	Mean	St dev.	T	Df	Sig
Athletes	154	81.88	11.002	0.170	309	0.320
Non-athletes	157	81.67	10.73			

According to Table 5, we observed that no significant difference exists between athletes and non-athletes spiritual intelligence, it tests the significance level to 0.320 which indicates that there is no difference in mean spiritual intelligence of athletes and non-athletes.

Table 6. Test the difference between athletes and non-mental health

	N	Mean	St dev.	T	Df	Sig
Athletes	154	35.08	9.47	2.037	309	0.016
Non-athletes	157	37.47	11.12			

According to Table 6, we observed that there is a significant difference between mental health and non-athletes, because tests of significance equal to 0.016, which represents the difference in mean mental health of athletes and non-athletes, and athletes' mental health more than the workout.

Table 7. Correlation between spiritual intelligence and mental health of athletes' Psychological variables Spiritual intelligence

Variables	Psychological health
spiritual intelligence	r=-0.189 p=0.019 n=154

According to Table 7 and the Pearson correlation coefficient is considered significant negative correlation between spiritual intelligence and mental health of athletes there. Correlation coefficient with significance so $r=-0.189$, $P=0.019$ is calculated, which showed a significant relationship with an alpha error level of 0.05 is, which showed a very weak correlation between spiritual intelligence and mental health of athletes.

Table 8. Correlation of non-athletes spiritual intelligence and mental health

Variables	Psychological health
spiritual intelligence	r=-0.282 p=0.000 n=157

According to table 8 and the Pearson correlation coefficient was observed between spiritual intelligence and mental health, there is a significant inverse correlation with non-athletes. Correlation coefficient with significance so $r=-0.282$, $p=0.000$ is calculated, which showed a significant relationship with an alpha error level of 0.01 is indicating a weak correlation between spiritual intelligence and mental health in a workout.

DISCUSSION AND CONCLUSION

The results indicate that there is significant difference between mental health of athletes and non-athletes. Although the mental health of all the students was low in this present study, the results indicated that in comparison to non-athletes, the athletes students are higher public health. Comparison of the average athlete and non-athlete groups shows that those of non-athletes who participants in all four measures of general health and overall scale scores are lower significantly. That is, the athletes have less and better social functioning. But when the relationship between regular exercise and mental health are examined, it appears that most of the researchers findings suggest that the prevalence of mental disorders than in athletes than non-athletes. Goltash et al (2011) found that there is no significant difference between mental health and educational performance of athletes and non-athletes found. Ghaseminejad (2011) showed that physical and mental health and quality of life for athletes than non-athletes. Research Kiyani et al. (2010) showed that there is a significant and positive relationship between mental health and

happiness. Boustani et al (2011) observed that there was no significant relationship between mental health in both athletes and non-athletes. The findings of Khodabakhshi (2011) suggest that there is significant relationship between resilience and mental health among male student-athletes and non-athletes. On the other hand, many studies have shown that exercise is not only a valuable tool for maintaining health relationship with mental health and mental disorders are particularly prevention. Of mental health with regular aerobic exercise significantly increases [5]. Physical and mental health of regular walking may increase [12]. Exercise reduces anxiety and depression and increases self-esteem. Exercise, especially in childhood and adolescence is a great way to release energy savings and this is a very enjoyable and relation and anxiety, and control is essential mental and physical health, especially students and gave them up. Participate in sports activities and socialization skills and competence and friendships and healthy relationships with peers helps them increases the amount of endorphins released during extreme sports activities and exercises so athletes feel comfortable after a while. In view of the above, and the results of several studies and research, it can be stated that regular exercise sport had been effective on mental and physical health and play a vital role in increasing self-confidence. The results showed that the mental health of athletes and non-athletes with significant spiritual intelligence is an inverse relationship. Recently spirituality as one of the tools that can affect the mental health of the people, is taken into consideration. This is the spiritual intelligence and spirituality research on the impact of mental health and improve it. In other words, people with high spiritual intelligence have better mental health [4].

CONCLUSION

Although the nature of spirituality and spiritual intelligence is one of the factors influencing mental health and multiple studies have confirmed this discussion, it is not able to bring mental health. It seemed that there are important and powerful factors in the occurrence or non-occurrence of mental disorders are involved. In this regard, the device must be devised to minimize the destructive impact of these factors and as a result we see a healthy and dynamic academic community. Young people and promote general health and psychological university and society.

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