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COMPARISON OF STRESS, ANXIETY AND EPHEBUS GAY STUDENTS IN THE CITY OF KHORRAMABAD HIGH SCHOOL ATHLETES AND NON-ATHLETES

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ABSTRACT

Stress, anxiety and depression are not new phenomena. Throughout human history there have always been and will be several of the men have been developed. Objective: The aim of this study was to compare the stress, anxiety and depression athlete and non-athlete students in high school was the city of *Khorramabad*. Methodology: The study was descriptive and causal -For the purpose of comparison and practical. The population of the city of Khorramabad formed all-boys high school students. A. Using sample size formula Cochran information 95 Athletic And 72 Athletes were collected. Scale Standard questionnaire of 21 questions *Lavybvnd* (DASS). Formalized validity and reliability was calculated using *Cronbach* 0/89. Results: For data analysis method Descriptive and inferential statistics were used. The descriptive statistics for the mean, standard deviation, distribution, draw graphs and tables were used. It was determined using the *KS* test data were not normally distributed. The test *U* Man-Whitney tests were used to compare the two groups. The rule the decision all of the variables in the alpha level is five hundred. The results showed that Student Athlete significantly stress, anxiety and depression are less ($P < 0.05$). Result Conclusion: It seems, increased physical activity and the regulation of *serotonin*, a neurotransmitter mediating Creativity like the feeling of hope, joy of life and many other positive features is essential to relieve the symptoms of these disorders can complete.

Keywords: Physical education, school, stress, anxiety, depression.

INTRODUCTION

Stress, anxiety and depression are not new phenomena. Throughout human history there have always been caused by a variety of people. Including natural disasters, warthe massacres, *violent* and tyrannical *rulers*. Stress, anxiety and depression in today's world almost epidemic, and young and old, male and female, educated and illiterate, all the way to the hands of grappling. Scientific research that ester, anxiety and depression affect the physical and mental health and energy potential of waste (1). The most popular methods for relaxation, Meditation, yoga, biofeedback, Hypnosis, problem solving techniques, methods, skills, Social, positive thoughts, cognitive therapy, nutrition and physical activity have been reported (2). Perhaps the *best* and *most* cost-effective and easybest way to deal with stress factors existing in the same psychological needs as well as their physical growth are solved, the physical activity and exercise. How does effect for exercisestress, anxiety and depression? Studies show that daily

exercise in the gym or running fast cans the group activities around the depression, stress and mental disorders is effective. Today we live in and the machine makes you lazy people Exercise is a key element of life in the world to this important matter has been recommended (3). *Bavml* (2000) in their study showed that aerobic against negative phenomena such as fear, anxiety and stress caused by repulsion. If you do aerobics on a regular basis due to better knowledge, more confidence, less anger, improve mental function, more relaxed and stress and depression are conditions (4). Selie (1963), The Great Canadian doctor who knows the stress response of the body against opponents will want to show that. In fact, stress is a factor Stress causes the body to lose balance and stability and (5). As a result, the researcher is to stress, anxiety and depression athlete and non-athlete students to compare and to answer the question whether the stress, anxiety depression in student-athletes athlete's different? So that the positive effects of

physical activity and exercise to reduce stress showed.

Research Methodology

Descriptive research method and Thereason - For the purpose of comparison and practical. The researcher is trying to manipulate without stress, anxiety and depression athlete and non-athlete students Khorramabad city was conducted using questionnaires, while taking into account the limitations of Research after the event, the examine their sports activities. The population of the city of Khorramabad investigator to all high school boys up to 7710 people them. In the meantime the number of 6600 students, athletes and non-athletes of the 1110 participants. Using a sample size formula Cochran 95 non-athletes and athletes of the sample is 72. Scale Standard questionnaire of 21 questions were Lavybv(DASS). Depression, anxiety and Esther the set of Self-report scales for assessing the

affective states of depression, anxiety and stress A. Use of this scale to measure the severity of symptoms of depression, anxiety and stress. To complete a questionnaire to determine the status of a sign over the last week. Since This scale can provide a comparison of the different symptoms during the week, it can be used to assess progress during the validity of the formal approval of the professors were 6 people. Its reliability by distributing 20 the population of the questionnaires and using the Cronbach's alpha 0/89 respectively. Methods for data analysis. Descriptive statistics were used. Asimernof to determine the mean, standard deviation, distribution, draw graphs and tables were used. It was determined using the KS test data were not normally distributed. The test U Mann-Whitney tests were used to compare groups. Criteria The decision variables of the alpha level is five hundredths ($p < 0.05$).

FINDINGS

Table1:Results of the testUMan of anxiety, stress, depression

Abundance	The total average rating of anxiety	The total average rating stress	The total average rating Depression
Student-Athlete	298.08	291.10	295.91
Non-athlete students	802.46	807.74	804.10
ZU Man	26.680	27.306	26.828
Significant level.	0.0001	0.0001	0.0001

In Table A of anxiety can be seen that the null hypothesis is rejected at a significance level of anxiety is so high school students, athletes and non-athletes, there are significant differences in Khorramabad city. In the stress can be seen that given the significance level the null hypothesis is rejected and therefore the stress of high school student-athletes and non-athletes, there is a significant difference in the city of Khorramabad. The depression is seen that the null hypothesis is rejected at significant levels so between depression and high school students, athletes and non-athletes, there are significant differences in Khorramabad city.

Discussion and Conclusion

The results show that student-athletes are significantly stressed, anxiety and depression are less. These results are consistent with findings by Bavml (2000), based on a pneumatic impact on

reducing the negative phenomena of fear, anxiety, stress and depression, Veovey et al. (2004), Smith et al (2007) and Telels et al (2009) to reduce anxiety, depression and stress by doing regular exercise, is consistent. Anxiety series of unpleasant state of complete physical, mental and consistently identify the source, No objective and reasonable and humiliation followed. Anxiety ambiguous, uncertain and generalized feeling of discomfort with the fear that the person most able to explain and interpret it. Stress is also a kind of emotional tensions the normal physiological responses or activities of daily life and work and to limit disturbance and, in particular, a risk factor for the development of physical and emotional illnesses. disorders like headaches, heart disease, hypertension, aggressive Gary, nervousness and

irritability, addiction, lack of ability to make the correct decisions, reducing efficiency and productivity, the consequences of stress(3) and more than half of America's annual deaths due to high blood pressure is caused by stress. The depression is a mental illness that causes feelings of sadness, hopelessness, helplessness and worthlessness can. Depressed people are carrying out unable daily and frequent crying, guilt, helplessness, the thought of death or suicide, loss of appetite, feelings of restlessness and nervousness of their usual behavior (6). On the other hand, physical activity, especially activities Serotonin is a neurotransmitter-mediated increase aerobic and creativity in arranging such a sense of hope, joy of life, sleep regulation, interest and several other positive features is essential to relieve the symptoms of anxiety disorders, stress and depression, collectively. On the other hand, a natural substance in the body called endorphins secreted drugs that physical activity, secretion has escalated this matter and yet the person to benefit from the feeling

of hopes. Exercise to intensify the secretion of neurotransmitters, or chemical mediators - the nervethis process leads to the formation leads to a sense of joy in exercise and this mechanism in the treatment of anxiety disorders, stress and depression is important. Norotransmytrhayy decreased secretion and activity, such as serotonin, dopamine of epinephrine and leads develop the depression that this problem disappears and thus individual sport athletes will double happiness. On the other hand, athletes typically substances such as alcohol, caffeine, cocaine and other narcotics, and this results in less overall- freshness, vitality and provides them naturally lead to mental disorders. Based on the above, the results of this study confirms the role of exercise in reducing disorders such as anxiety, stress and depression, students Therefore, we need to pay more attention to sports activities, particularly in the cortex will remind future.

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