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THE COMPARISON BETWEEN RESILIENCY AND MENTAL HEALTH AMONG ATHLETE AND NON-ATHLETE MALE STUDENTS

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Introduction: One of the factors is very important to encounter the stress in daily life is resiliency. People, who had the high resiliency profile, could overcome the obstacles in their lives. Some investigations indicated that people, who had routine exercise, applied better coping strategies to cope with stress.

Objectives: The purpose of this study is to compare resiliency and mental health among athlete and non-athlete male students.

Methods: 100 male students who had routine exercise and the other 100 male students who had not any physical activity from three universities in Tehran were selected in the present study. Total 200 subjects were answered General Health Questionnaire (GHQ-28) and the Resiliency Questionnaire (CD-Resi). The data were analyzed with SPSS version 18.

Results: The results indicated that resiliency and mental health of athlete students were significantly different in comparison to non-athlete students. In other words, the athlete students had higher scores in resiliency and mental health questionnaires. Moreover, the results showed a positive correlation between the resiliency and mental health scores in both groups of students.

Conclusion: According to the results, students who had regular physical activity were more resilient than the other group of students. For coping with stress, people need effective coping strategies like problem-solving strategy. The results of this research indicated that athlete students had a better mental health profile than non-athlete students. It is noteworthy to note that, exercise or regular physical activity could influence the resiliency and mental health of people.