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Comparison the amount of hostility, psychotics and phobic anxiety between active and sedentary students

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Abstract

The socioeconomic determinants of health have been well studied. In brief, people who are more socially isolated and people who are disadvantaged have poorer health than others (House, Landis & Umberson 1988). More socially cohesive societies are healthier, with lower mortality (Kawachi & Kennedy 1997). Many studies have shown the powerful health associations of social connectedness (Putnam 2001). The evidence on the personal, social, and environmental factors associated with mental health and mental illness has been reviewed by a number of authors (e.g. HEA 1997; Lahtinen et al. 1999; Wilkinson & Marmot 1998; Eaton & Harrison 1998; Patel & Kleinman 2003). Therefore the aim of present research is Comparison amount of hostility, psychotics and phobic anxiety between active and sedentary men students of Islamic Azad University Omidiyeh Branch (IAUOB). This is a descriptive study that has been done on men students of IAUOB. For evaluation of depression, anxiety and obsession the SCL-90-R (symptom check list-90-Revised) questionnaire by Derogatis and et al (1973) was used. It has 9 dimensions that in this research we just focused on 3 dimensions that mentioned in the title. The statistical population of this research was all men students of University that from them 200 persons (active students= 100 & sedentary students = 100) by randomly filled out the psychiatric symptom questionnaire. After their psychiatric symptom evaluation of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program with the use of difference between two groups on variable of hostility (p-value=0.632), psychotics (p-value=0.937) and phobic anxiety (p-value=0.829).

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1. Introduction

The World Health Organization (WHO) defines health as: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 2001, p.1). Mental health is clearly an integral part of this definition. The goals and traditions of public health and health promotion can be applied just as usefully in the field

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of mental health as they have been in heart health, infectious diseases and tobacco control. Nowadays psychologists know well that the Man’s spirit is directly affected by his physical and body conditions, and reciprocally Man’s body gestures are affected by his psychic and intellectual behaviour. (Norbert et al., 2004) in their research which named considering the relation between physical activities with mental health and life quality among German society concluded that there is positive correlation between stress and physical disabilities with life and health damages of people. Also there is positive relation between high physical activities with good life quality. (Mirchel et al., 2004) considered the effect of exercise in water on depression, pain and disabilities of 261 women, they reported the improvement of depression signs in exercising group. (Benson et al., 2009) conducted the effect of aerobic exercises on sexual and depression of 200 clinical patients, they concluded that aerobic exercises can decrease depression. From the above said, it can be concluded that people who don’t participate in physical activities and have a sedentary life, are in physical and mental risks. Such people would have physical disorders such as cardiovascular, diabetes, blood pressure, several kind of joint pains, and also would have mental disorders such as depression, stress, disorder in social adequacy, decrease in self steam and self confidence. Depression and anxiety are disorders that between 9 to 26 percent of women and 5 to 12 percent of men have complained them (Robin, 1984) Therefore to attention of positives effects of physical activity and also confirm of saying another researchers we want to know that, is there any difference between active and sedentary students of Islamic Azad University Omidiyeh Branch on variable of hostility, psychotics and phobic anxiety.

2. Methods

This is a descriptive study that has been done on men students of IAUOB. For evaluation of hostility, psychotics and phobic anxiety the SCL-90-R (symptom check list-90-Revised) questionnaire by Derogatis and et al (1973) was used. The statistical population of this research were all men students of Islamic Azad University Omidiyeh Branch that from them 200 persons (active students= 100 & sedentary students = 100) by randomly filled out the psychiatric symptom questionnaire. After the hostility, psychotics and phobic anxiety evaluation of statistical sample and collect of information the statistical analyze ion of data has been done by computer and SPSS program (version 15) with the use of independent samples test method (T-test) and also α≤0.05.

3. Results

1- Comparison between Hostility scores of active and sedentary students show that there is no significant difference (P- VALUE = 0.936) in the significant level of (α ≤ 0.05) between two groups. Although active students had less Hostility compare with sedentary students. However, it was not more important (See Table 1).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hostility</td>
<td>active</td>
<td>100</td>
<td>0.5333</td>
<td>0.57589</td>
<td>198</td>
<td>-0.314</td>
<td>0.632</td>
</tr>
<tr>
<td></td>
<td>Sedentary</td>
<td>100</td>
<td>0.5600</td>
<td>0.62519</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In addition, the data of the chart related to the scores of two groups show that active students have less Hostility, but this difference in not significant. (See graph 1).
2- Comparison between psychotics scores of active and sedentary students show that there is no significant difference (P- VALUE = 0/937) in the significant level of (a ≤ 0.05) between two groups. (See Table 2).

Table 2: comparison Psychotics of active and inactive groups

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychotics</td>
<td>active</td>
<td>100</td>
<td>0/5270</td>
<td>0/52201</td>
<td>198</td>
<td>0/362</td>
<td>0/937</td>
</tr>
<tr>
<td></td>
<td>Sedentary</td>
<td>100</td>
<td>0/5000</td>
<td>0/53333</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In addition, the data of the chart related to the scores of two groups show that active students have more Psychotics than sedentary group (See graph2).
3- Comparison between phobic anxiety scores of active and sedentary students show that there is no significant difference (P-VALUE = 0/001) in the significant level of (a ≤ 0.05) between two groups. (See Table3).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Groups</th>
<th>Number</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Freedom Degree</th>
<th>Amount of t</th>
<th>Significant level</th>
</tr>
</thead>
<tbody>
<tr>
<td>phobic anxiety</td>
<td>active</td>
<td>100</td>
<td>0/2914</td>
<td>0/37819</td>
<td>198</td>
<td>0/249</td>
<td>0/829</td>
</tr>
<tr>
<td></td>
<td>Sedentary</td>
<td>100</td>
<td>0/2786</td>
<td>0/35132</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Also the data of the chart related to the scores of two groups show that active students have more phobic anxiety than sedentary group, (See graph 3).

Graph3: phobic anxiety scores of two groups

4. Discussion and Conclusion

Public health is the science and art of promoting health, preventing disease, and prolonging life through the organized efforts of society (WHO 1998, p. 3). This [20th] century has seen greater gains in health for the populations of the world than at any other time in history. These gains have been made partly as a result of improvements in income and education, with accompanying improvements in nutrition, hygiene, housing, water supply and sanitation. They are also the result of new knowledge about the causes, prevention and treatment of disease and the introduction of policies that have made intervention programmes more accessible. The greatest advances in health have been made through a combination of structural change and the actions of individuals (Nutmee 2000 p.1). Health polices in the 21st century will need to be constructed from the key question..."What makes people healthy?" (Kickbusch 2003, p. 386). Most of previous studies show that physical activities have benefit effects on physical fitness and also mental health of humans. For example (Benson & et al, 2009) in their research with the title of "the effect of aerobic exercise on sexual intercourse of 200 depression patients got that aerobic exercises like( running, walking, cycling) have positive affects on patients. Also the results of another researcher (Assis&Silva, 2006) show that physical activity has positive effect on psychiatric symptom. Therefore to attention the results of pervious study we can say that physical activity has positive effect on mental health but the results of this research can not confirm these saying and it seems that some of the detrimental factors could effect on the results of this research.
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