



## The Comparison of Psychological Profile of Adolescent Athletes and Non-Athletes in Kashan

### Oral Presentation

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### Abstract

**Introduction:** According to WHO, adolescence is one of the most critical periods of life, and in fact, the transition from childhood to adulthood. The fundamental of many behaviors that affect an individual's health and lifestyle is formed during adolescence. Different societies always encourage people to exercise and even use exercise as a complementary therapy to recover patients with mental disorders. This study aimed to compare the psychological profile of adolescent athletes and non-athletes in Kashan.

**Methods:** The present study was a causal-comparative study. The statistical population of this study included all adolescents in Kashan in 2017-2018. One hundred fifty adolescent student-athletes, who exercised regularly three times a week, and 150 non-athlete students who did not exercise periodically three times a week, were selected as the sample by the available sampling method, making up a total cohort of three hundred adolescent students. In the present study, the SCL 90-R questionnaire was used.

**Results:** A T-test was used to examine the variances of the two groups. This test showed the equality of variances between the two groups of adolescent athletes and non-athletes ( $F=11.70$ ). Also, the results of the t-test based on comparing the mean scores of psychological profiles in teenage athletes ( $M=0.73$ ) and non-athletes ( $M=0.98$ ) show a significant difference ( $P=0.001$ ). Overall, the mean of general mental health, specifically in some aspects of psychological profile such as aggression (0.81 vs. 1.19), obsession (0.96 vs. 1.22), and depression (0.67 vs. 1.00), was better in adolescents' athletes compared to non-athletes.

**Conclusion:** In conclusion, such activities should be included in the mandatory training programs. Familiarity of scholars with different activity programs and daily activities of sensory and motor activities leads to mental activation for individuals. It causes mental vitality, and freshness enhances their self-confidence, and of course, their mental health.

### Keywords

exercise; Psychological Profile; Adolescent

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