A COMPARATIVE STUDY ON DYSFUNCTIONAL ATTITUDES BETWEEN ATHLETE AND NON-ATHLETE STUDENTS

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The purpose of this study was to compare dysfunctional attitudes leading to depression in two groups of athlete and non-athlete of high school student. The questions to be answered included: can sport activities (e.g. Soccer, track and field) make significant difference in dysfunctional attitudes leading to depression between two groups? In which group the dysfunctional attitudes are more negative? Can sport be considered as a cognitive therapy method? The statistic population composed of 1436 athletes and non-athletes of high school students. 150 athletes and 94 non-athletes (N = 244) who were chosen as subjects, using randomly cluster sampling method. The independent variable of dysfunctional attitude was measured using (D.A.S) scale. To test research hypothesis, the statistical parametric method (SPSS) and T test for independent group (P = 0.05) were used.

Comparison between total grades and seven factors (confirmation, kindness, success, perfectionism, competence, absolute strength and independent opinion) relevant to dysfunctional attitudes leading to depression in two groups of athletes and non-athletes showed that there were a significant relationship between total grades and confirmation, kindness and absolute strength, however, relationship between success and independent opinion were not significant. These findings indicate that cognitive attitudes in athletes sometimes make them more susceptible to catch with depression. Confirmation, kindness, success and failure were more important to athletes than non-athletes. According to results, the athletes are more sensitive to others' feelings and events around them than non-athletes, thus in situations like losing a game, suffering from an injury and retirement, they are more ready to catch with depression. Therefore they need more attention of parents, coaches and relatives. Results show that physical activities can not decrease dysfunctional attitudes leading to depression, and it is necessary to study other consequences of physical activities such as behavioral and biological ones. Results of the present study confirm that using cognitive-therapy method, accompanied by physical activity can be more effective in decreasing dysfunctional attitudes.