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Relationship between Health-Related Quality of Life with Physical Activity Level of Participants in the Public Sport of Babol City

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ABSTRACT

Background: The aim of this study is to investigate the relationship between quality of life with different levels of activity of participants in the public sport of Babol city.

Objective: Statistical samples are included 226 subjects among those who were active in public sports stations. In the present study, quality of life questionnaire was used with 72 questions which are measured 6 of the 15 scales of quality of life include: physical well-being, personal growth, job satisfaction, social relationships, creative and innovative behavior, altruistic behavior. Research information is analyzed using statistical correlation tests with SPSS22 software at a significance level ($p < 0.05$) were analyzed. **Results:** The results showed that there is a significant relationship between quality of life, physical well-being, job satisfaction, creative and innovative behavior and altruistic behavior with the activity level of participants in the public sports.

Conclusion: These results are not consistent with the results of this study that social and cultural differences between the two communities and outside the control limits of the researcher can also be reasons for above result.

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INTRODUCTION

The concept of "Sport for All" or public sport emerged when the vital role of sport exercises in all behavioral levels and its impact on preservation of health and well-being is known among the obvious and indisputable affairs. Consistent with reducing mobility and physical activity in nowadays life due to the development and advance of technology, industry and development of facilities, cause to outbreak of new ways of living. Parallel to the general decline in physical and dynamic activity in recent years, significant increase in mortality and complications due to cardiovascular disease among the various classes of industrial societies is surrounded, as many citizens having comfort and welfare of machine life suffer from several organic, muscle and joint adversities and problems and such complications due to the development and influence of technology in contemporary life is growing day to day. On the other hand, 21 percent of the population suffers from depression and various physical and mental abnormalities exist approximately the same rate in the community. The amount of these diseases can be considered as indicators of physical inactivity or lack of public sport development. Improving physical and mental health only is possible through the development of public sport and attention to its different dimensions [18].

Various scientific researches shows that regular physical activity helps to improve situation of mental and body hygiene and prevent or treatment of coronary artery disease, high blood pressure and fat, excessive weight, osteoporosis, certain types of diabetes, stroke, clinical depression and even some cancers and increases longevity through this [16].

So that the research results of Morse Losier, Vakaro & Clark, Curtis & Mctier, Varsa, *et al*, Varka, *et al*, Mclyster, Valoyz, *et al*, Vaezmousavi showed that sport and physical activity has positive effect on health-related quality of life of individuals [22]. So sport and physical activity has an important role in public health and is a vital element in today's society which enhance the quality of life. According to the World Health Organization, Quality of Life is a comprehensive concept which includes physical health, professional growth, psychological states, level of independence in social relationships and relationship with the environment which

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is also based on the individual's perception from these dimensions. In fact, quality of life includes subjective and objective dimensions that are interacting with each other [24].

Peluso & Andrade [19] also express that physical activity as an important tool for maintaining the hygiene and health of the society can be used in the treatment and prevention of various physical diseases and at the same amount in control and treatment of mental problems like depression and anxiety [19]. Disease and disability, which is caused by immobility, cause to increase human sufferings and damage the quality of human life. People, who are encouraged to sedentary life style, basically increase the risk of developing a number of diseases such as cardiovascular disease and others [23]. Each person to achieve the qualitative standards of life begins various measures in the context of physical and mental health that one of these measures can be recreational and sport activities. It seems that those who take part in a variety of sports and recreational activities, benefit from physical and mental advantages of these activities and enhance their quality of life and even may be at a higher level from this view [22]. In Iran, responsible persons of planning and development policy still have not paid attention to the concept of quality of life and has not been done researches in the context of quality of life of people participating in public sport, therefore due to increasing number of participants in public sport, it is essential that quality of life of the participants will be studied scientifically so that information about the quality of life position of people participating in public sport shall be made public in a way and various aspects of the general trend towards public sport is investigated. In this study, researchers sought to investigate this question whether there is relationship between health-related quality of life and also quality of life indices (material well-being, personal growth, social relationships, altruistic behavior, job satisfaction and creative behavior) with physical activity level of participants in public sport?

Methodology:

Statistical universe of this study included all participants in public sport stations of Babol city which their number based on statistics and data of the physical education department of Babol city is equal to 526. Based on the statistics and data of the physical education department of Babol city and Morgan table, the number of samples for active people is 226 that these people were selected among the people who engage in physical activity at least 6 months in the public sport stations of Babol city. This study is descriptive and correlation. Justification and referral was received after coordination of the physical education department of Babol city and chairman of the board of public sports of Babol city. To complete the questionnaire by people in all public sport stations, at first necessary coordination with coaches of these stations was performed and then questionnaire is placed at disposal of participants by visiting to these stations and at the same time, it is completed and collected, the time of visiting to the stations was in the morning and evening. In this study, according to the purposes in order to collect the required information to test the research hypotheses were used two questionnaires including:

Personal characteristics of samples questionnaire: This questionnaire contained eight questions which was measured the individual characteristics (gender, age, occupation, education level, marital status, economic position and time of an exercise session and the number of exercise sessions in a week).

Health-related quality of life questionnaire: The main questionnaire of study was standard quality of life questionnaire which with 192 questions measured 15 scales of quality of life. The modified 72-questions questionnaire was used in this study that includes six components of physical well-being, personal growth, social relationships, altruistic behavior, job satisfaction and creative and innovative behavior. The quality of life questionnaire quoted by Hoshangi was performed by Sadeghi & Delavar on a sample of 140 people and overall reliability is obtained 0.85.

Initially, research information and data were analyzed based on descriptive statistics methods (tables, graphs, frequencies, and means) and for achieving the objectives of the study and determining the relationship between the variables was used statistical methods of Spearman correlation test.

As can be seen in Table 1, participating samples in public sport is divided into the overall group of male and female based on gender that 67.7% of the samples were male and 32.3% were female. The samples also according to age were divided into 4 groups of less than 35 years, 35 to 45 years, 46 to 60 years and above 60 years. According to the table, the most age range of participants in public sport is between 45-60 years and the lowest age range of participants in the public sport is more than 60 years. Meanwhile, samples are divided into four groups according to Table 1 and investigated in terms of the number of participating in public sport, according to this, the most participants were individuals who have participated in the public sport for every day of the week (66 people) and least one was related to the persons who have participated in the public sport once in a week (24 people).

As can be seen in Table 2, among the variables of health-related quality of life, job satisfaction has the highest mean compared to the other variables (7.38). Physical well-being is in the next order after that (7.36), altruistic behavior has the lowest mean among the variables of quality of life (5.95), above data is given in Table 2 separately.

Spearman correlation analysis was used to investigate the relationship between quality of work life and its component with physical activity level of participants in public sport which its results are presented in Table 3.

Results:**Table 1:** Individual characteristics of samples.

individual characteristics		Frequency	percent
gender	men	153	67.7
	Female	73	32.3
	Total	226	100.0
Age	Less than 35	51	22.6
	35-45	65	28.8
	46-60	81	35.8
	More than 60	29	12.8
	Total	226	100.0
Number of sessions in a week	Each day	66	29.2
	3 days	64	28.3
	2 days	72	31.9
	1 day	24	10.6
	Total	226	100.0

Table 2: Mean, standard deviation and research variables.

variables	quality of life	altruistic behavior	personal growth	social relationships	Creative behavior	job satisfaction	physical well-being
Mean	41.54	5.95	6.92	7.08	6.86	7.38	7.36
SD	3.52	1.69	1.84	1.67	1.57	1.92	1.86

Table 3: Spearman correlation analysis results for the relationship between quality of work life and its components with the physical activity level.

emotional intelligence indices	indicators of health-related quality of life	altruistic behavior	personal growth	social relationships	creative and innovative behavior	job satisfaction	physical well-being	health-related quality of life
	Statistical indices							
physical activity level	correlation coefficient	0.22	0.08	0.04	0.20	0.30	0.36	0.67
	Significance level	0.001	0.220	0.520	0.002	0.001	0.001	0.001

P<0.001**

According to the results of the correlation analysis (Table 3) there is significant and positive relationship between health-related quality of life and physical activity level ($p=0.001$, $r=0.67$) there is significant and positive relationship between component of physical well-being and physical activity level ($r=0.36$, $p=0.001$) there is significant and positive relationship between component of job satisfaction and physical activity level ($r=0.30$, $p=0.001$). There is significant and positive relationship between component of creative and innovative behavior and physical activity level ($r=0.20$, $p=0.002$). there is significant and positive relationship between component of altruistic behavior and physical activity level ($r=0.22$, $p=0.001$), however, there was not significant relationship between component of social relationships and physical activity level ($r=0.04$, $p=0.520$) there was also not a significant relationship between component of personal growth and physical activity level ($r=0.08$, $p=0.220$).

Discussion and conclusion:

The aim of this study is to investigate the relationship between health-related quality of life with physical activity level of participants in public sport of Babol city. Analysis of research descriptive statistics shows that sports participation in men is higher than women. This means that more than 65% of participants in public sport of Babol city is formed by men. According to government policies in recent years based on presentation of proper planning in order to facilitate the participation of women in public and champion sports, it seems that these programs were not effective well until now and could not cause the more presence of women in these sports. Although women's participation in physical sport activities is increasing day by day, problems due to family responsibilities and cultural barriers could be considered the reasons for above results. The results from the research of Morse Losier, Vakaro & Clark, Curtis & McTier, Varsa *et al*, Varka *et al*, Mclyster, Valoyz *et al* and Vaezmousavi also confirm the role of sport and physical activity on health-related quality of life of people which are consistent with the results obtained from this study. The research results showed that there is significant relationship between physical well-being with physical activity level of participants in public sport. In Brach *et al*, study people, who are paid to physical activity during the week, had better physical function than inactive people [11]. In this regard Okandomiaky, in investigating leisure time, and Gangel & Barengo and in addition, Garcia *et al* by investigating blood pressure [18, 20], Tian *et al* by Measuring percent of fat and aerobic fitness reached to the similar above results which are consistent with the results of this study. This light

and moderate physical activity probably is caused that sample has positive perceptions and feeling from real health or health image. This subject even is along with the abundant literature on the remedial role of sport. In this regard, Plant with a review of some studies suggests that understanding of real physical fitness with physical development in physical function has a significant impact on human health. So maybe people participating in public sport by impressing from the role of health beliefs have a high sense of public health; because in some people even imagining that they are in fitness than they are really in good fitness and health is useful and healthful [10]. Undoubtedly, the purpose of health, well-being and physical fitness is the first and highest goal of physical education and sport for all ages and social groups. This study showed that there is significant relationship between job satisfactions, creative and innovative behavior and also altruistic behavior with physical activity level of participants in public sport. In order to be consistent with the results of this study, the researchers showed that having mental health, job satisfaction, creative and altruistic behaviors only is possible if you have a healthy and strong morale and spirit. Many researches proved the effects of sport and physical activity on mental health and depression that some of them are mentioned below. The results of these researches could be consistent with the results of this study. Lee and Russell concluded that physical activity has relationship with mental health of older women in the cross-sectional study and also long-term study. Nekchel argues that aerobic exercises cause mental health and reduce mental and physical problems and improve mood and behavior [5]. Easter *et al* showed that the sport activities depending on age, gender, work and participate in the types of sport activities can have a significant impact on people's mental and physical health. Kohl proved that participating in regular sport activities cause to decrease depression and improve mental health and develop the health of the athletes.

Also, Ancy showed that there is an inverse relationship between depression and physical activity [21]. Salmon reported the immediate effects of aerobic activity after a bout of exercise on depression improvement that its effects remained for several hours after sport in the same day or more than a day [14]. The results of this study are consistent with the results of many other studies and confirm the relationship between physical activity and depression reduction and thus increase the levels of health-related quality of life.

Decarvalho & Filho [6] show that a training program can has benefits associated with the development of physical performance, depression reduction, prevent downfall of mental function in the elderly people and cause to improve the quality of life and health. Chatel argues that aerobic exercises cause mental health and reduce mental and physical problems and improve mood and behavior. Also the creation of a better mood after physical activity is the result of producing risible materials which the body produce in effect of sport [20]. Levels of stress and anxiety are among the factors that can affect mental health, job satisfaction and physical health which are among the measurement factors of health-related quality of life. Several researches have demonstrated beneficial and useful effects of physical activities on the above factors that are concurrent with the results of this research. Some of these researches are described in the following.

According to the Karmack *et al*, study they know recreational physical activity as a remover factor of light anxiety and stress in students [15]. Delorenzo *et al* expressed that increasing and improving aerobic fitness due to exercise has short-term and long-term benefits on the process of trait anxiety [17]. Mcaly *et al* showed that sport has lowering effects on the trait and situational anxiety and in some cases can improve self-esteem [1].

This study shows that there is no significant relationship between social relationships with physical activity level of participants in public sport. In this regard, researchers have achieved the results that some of them are mentioned below. Herison & Naeayan concluded that there is a significant relationship between participation in school sports (as a public sport) with students' physical and social mental health [9]. In research of Scottish executive Institute, the results showed that sport can act as a strong factor in the battle against social backwardness and also sport as a solvent can help in favor of social problems of people. Aarnio *et al* (2002) in their study concluded that active samples have better general health and proper social relationships than inactive samples. Brown argues that sport essentially is a social and dynamic category for socializing people. Sports for youth and adults is a tool that helps to their social identity and participation in the sport is valuable for the development of individual capacities and causes to socializing people through acquisition of positive and enjoyable experiences and also sport helps to train good citizens for society [3]. Cote & Fraser states that youth sport in the long term should pay to the issues such as social growth of youth and providing opportunities for learning important and essential skills of life such as cooperation, discipline, leadership and self-control. Hamer *et al* in Scotland Research Center and Wright *et al* showed that those who participated in regular physical activities show lower risk about developing psychiatric disorders and fewer mental and subjective problems threaten them. These results are not consistent with the results of this study that social and cultural differences between the two communities and outside the control limits of the researcher can also be reasons for above result.

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