

عنوان مقاله:

The Predictive Role of Physical Activity in Reactivity to Stress and Mental Toughness of Police Officers

محل انتشار:

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خلاصه مقاله:

Aims: Paying attention to factors affecting mental health in military forces can control mental disorders, maintain the health of employees, and increase their efficiency. This study aimed to investigate the predictive role of physical activity on reactivity to perceived stress and mental toughness of male police officers. MATERIALS & METHODS The present research method is descriptive-correlation type. The statistical population of this research was made up of all male police employees in Yazd City in ۲۰۲۲ in Iran, of which ۱۷۴ people were selected as a statistical sample using the available method. The criteria for entering the research were not taking psychiatric drugs, not having severe physical disorders, and completing the informed consent form in the research, and the criteria for exiting the research were unwillingness to fill in the questionnaires. The tools used in this research were Sharkey's physical activity questionnaires, Clough's mental toughness (MTQ۴۸), and Shultz et al.'s perceived stress reactivity scale (PSRS). Sharkey's physical activity questionnaire: To determine the level of physical activity, Sharkey's standard physical activity level questionnaire [۱۹] was used. The mentioned questionnaire has five questions and each question has five options and it was prepared and compiled based on the Likert scale. Each question is given a minimum of ۱ and a maximum of ۵ points; Therefore, the total score of each person from the questionnaire is between ۵ and ۲۵. The validity of the questionnaire in the military forces has been confirmed by Shah Hosseini et al and its reliability has been reported with Cronbach's alpha method of ۰.۷۲ [۲۰]. In the present study, the reliability of the tool was obtained using Cronbach's alpha coefficient of ۰.۷۹. Clough's Mental toughness Questionnaire (MTQ۴۸): The ۴۸-question mental toughness questionnaire was designed by Clough et al. in ۲۰۰۲ and has six subscales: challenge, commitment, emotional control, life control, self-confidence in abilities, and interpersonal confidence. Answers to each question are evaluated on a five-point Likert scale ranging from ۱ (completely disagree) to ۵ (completely agree). The scoring of some questionnaire questions is reversed. The reliability coefficient was obtained by the test-retest method by Clough, ۰.۹ [۲۱]. In the country, the validity of the verification questionnaire and the reliability of the entire questionnaire and its components using Cronbach's alpha method have been reported from ۰.۷۷ to ۰.۹۳ [۲۲]. In the present study, the

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