

عنوان مقاله:

The Effect of Spirituality Orientation on the Psychological Health Factors of Athletes in University Sports Teams

محل انتشار:

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خلاصه مقاله:

The aim of the current study was to study the effect of spirituality orientation on the psychological health factors among athletes of university sports teams. According to the research purpose, it was a descriptive and a practical one, that has been done based on structural equation modeling. The research population involved the male athletes of university sports teams who participated in the fifteenth sport and cultural Olympiad of universities and higher education institutions in Tabriz, and a sample of 400 male athletes was selected through random sampling. A researcher-developed questionnaire has been applied as the research tool. The questionnaire validity was verified by six experts, and the reliability of the questionnaires was confirmed based on Chronbach's alpha. SPSS\18 and Amos\18 as well as structural equation modeling were applied for data analysis. The result showed that spirituality orientation had significant effect on anxiety ($\beta = 0.52$), memory and centralization ($\beta = 0.38$), psychological safety ($\beta = 0.44$), psychological and physical happiness ($\beta = 0.46$), as well as personality stability ($\beta = 0.35$) among athletes of university sports teams.

کلمات کلیدی:

Spirituality orientation, University athletes, psychological health

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