

عنوان مقاله:

Examining physical activity on the mental health of employees

محل انتشار:

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خلاصه مقاله:

Any person may suffer from mental discomfort because mental health is not only limited to describing the causes of behavioral disorders, but its main goal is to prevent the occurrence of discomfort. Prevention is the creation of a factor that complements a healthy and normal life, as well as the treatment of minor behavioral disorders in order to prevent the occurrence of severe mental illnesses. One of the basic conditions of basic mental health is that a person respects and loves himself (Shamlo, ۲۰۱۳). Mental health is having enough adaptation and feeling good from a psychological point of view, according to the acceptable standards of human relations and society (Saatchi, ۱۳۶۹). The pressures caused by life and stress and anxiety, as well as busy working periods and the like, turn an employee into a stressful job. Such tensions affect many aspects of life and work activities. The physical and mental health of a person is threatened. His social relations are weakened in the workplace and outside of it, the energy for work activities decreases and finally leads to the weakening of work performance. Such consequences are a serious threat to departments and organizations. Nevertheless, researches have studied the job status and mental health of employees in the mentioned issues. The purpose of this research is to investigate the effectiveness of physical activities on the health of employees, and to compare employees who exercise daily with employees who do not have exercise and physical activity in their life plans. For this purpose, ۳۵۰ office employees were selected through a causal-comparative research project and have completed the Goldberg General Health Questionnaire and the Beck Physical Activity Questionnaire. The data were analyzed by calculating the Pearson correlation coefficient and the T-test. The results showed that the mental health of employees who are physically active is higher than that of employees who do not exercise. Therefore, the issue of mental health of employees is an important issue that should be considered by managers of centers and organizations.

کلمات کلیدی:

mental health, physical activity, employees, physical health

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