

## عنوان مقاله:

The effects of individual and group activities on depression and trait anxiety and its relationship with non-athlete girls in secondary school education in Ilam

## محل انتشار:

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## خلاصه مقاله:

Background: The purpose of this research was effects survey of individual and group activities on depression and trait anxiety and its relationship with non-athlete girls in secondary school education in Ilam. Materials and Methods: A total of 100 high school students from all schools are untrained high school students were considered as Ilam. Independent variables included group activities, sports activities and individual and dependent variables, depression, anxiety, and academic achievement of the experimental and control groups. Methods of study are causal – comparative. Data was collected to investigate the relationship between two variables to measure the mean and mean Pearson correlation (The amount of Kai square match) And to evaluate the effect of independent variables on depression and anxiety of Chi ATA Dependent and independent t-test was used and the following results were obtained. Results and Discussions: There are significant differences between anxiety and depression in girls' high school athletes benefit from psychosocial effects of exercise and indicate a significant effect of exercise and sport endorse affects Students with educational status and lack of time due to short courses and valid measure for the assessment of 2 GPA, and compare these results require further investigation and re-examined within the broader and larger sample sizes are selected Conclusion: The results of this study, the role of exercise in modulating the structure of personality and mental health revealed and given the importance of such studies for educators and authorities identified

## کلمات کلیدی:

Group activities, individual activities, depression, anxiety, academic status

## لینک ثابت مقاله در پایگاه سیویلیکا:

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