

عنوان مقاله:

Surveying on effects of physical fitness & psychological characteristics 9mental health & tenacity on fire fighters of Tehran

محل انتشار:

نشریه پژوهش در مدیریت ورزش و روانشناسی، دوره 2، شماره 4 (سال: 1393)

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خلاصه مقاله:

Background: Regarding to the fire fighters has key & important roles in each society & fire fighters' performances are affected by different factors. So this research is done by goal of surveying on the effects of physical fitness & psychological characteristics (tenacity & mental health) of fire fighters of Tehran. Materials and Methods: The method of current research is descriptive. Statistical population included all fire fighters of 18, 73, 53, 71 fire stations that they were about 361 persons & 118 person of them were selected regarding to the Morgan's table. The tools of this research included the physical fitness measurement tests (agility 540 test, sit up test; pull up test, agility 4& 9 & flexibility). Goldberg's general health questionnaire(physical syndrome, anxiety & sleep disorders, social function disorders severe depression) with 0.82 reliability & Ahwaz tenacity questionnaire (with three componentscommitment, control, militant) with 0.88 reliability & fire fighters' performance questionnaire (which adjusted by organization) with 0.79 reliability that their preliminary plan of reliability is higher than 0.75. For analyzing the data is used deductive & descriptive statistic (regression analysis) in the $p \leq 0.05$ level. Results and Discussions: The results of physical fitness affects on psychological characteristics & fire fighters' performance of Tehran & also physical fitness components & mental health component & finally tenacity component affect in firefighters' performance of Tehran. Conclusion: Since the importance of fire fighters than others, so need to the increasing the psychological characteristics & mental health in improvement their efficiency

کلمات کلیدی:

Physical fitness, tenacity, mental health & fire fighters

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