

عنوان مقاله:

Comparison of self-esteem and psychological hardiness of male athletes and non-athletic men in Izeh city

محل انتشار:

اولین همایش بین المللی و سومین همایش ملی تازه های پژوهش در علوم ورزشی (سال: 1398)

تعداد صفحات اصل مقاله: 15

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خلاصه مقاله:

Objectives: The purpose of this study was to compare the self-esteem and psychological well-being of athletes and non-athletics men of Izeh city. A sample based on Morgan s table, 150 people (75 male and 75 non-athlete) were selected using sampling method. Simple randomized selection. Methodology: The research tool in this research was Cooperemith Self Esteem Questionnaire (Form 57 Questions), (1967) and Ahwaz Psychological Hardiness Scale (Form 27 questions), (1997). In this study, two methods were used to analyze the data Descriptive and inferential statistics were used. Inferential statistical methods such as independent t test were used. Results: The results showed that the difference between psychological hardiness, athlete s men and non-athlete s athletes with $t = -8$ and $p = 0.001$ which was meaningful at level ($p < .05$). Comparison of total self-esteem of athletic and non-athletic men ($t = -14 / 336$ and $p = 0.001$) $p < .05$). Conclusion: According to the findings of this research and the researches, it seems that there is a significant difference between the psychological hardiness and the attitude of the athlete and non-athlete men.

کلمات کلیدی:

self-esteem, psychological hardiness, athlete

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