Comparing of emotion controlling and evaluation of body imagination among athletes and non-athletes

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ABSTRACT: The survey is a Comparing survey and is performed in other to compare emotions controlling and evaluation of body imagination among athletes (body building) and non-athletes. Forty body building athletes and forty non-athletes completed fisher’s evaluation questionnaires and Williams and Kamels emotion controlling questionnaires. The results show that: -the control of anger among (body building) athletes group is more than non-athlete group. - The evaluation of body imagination among (body building) athlete group is better than non-athletes group. -the level of positive emotion is athlete group is more than non-athletes group. -depression mood in athletes group is less than non-athletes group.

Key words: body building, emotion controlling, body imagination

INTRODUCTION

Recently, exercise psychology course has turned to an important behavioral science and afield for professional activities. Exercise psychology has been known as a well-known profession which needs to skill and well training on psychology and exercise science. (Anthill, 2000). Although, the first exercise psychology university was established by Griffith in us. Lifuise university in 1952, but acceptance of exercise psychology, being known formally by American psychology association in 1984, obtained academic aridity. In 1982, united states Olympic committee divided exercise psychologists services into three extended branches in clouding clinical services, training and educational services and investigational services. Todays, psychology contains multi-dimensional scientific field of studying and performance.

After the war, the form of an ideal body changed and youngest liked to have a big, powerful and more aggressive body. but new ideal has bring new techniques, machines and feeding programs. using hormones to grow muscles among youngest has been developed. recently, body builders try to grow their muscles during the year and a few menthes before the race try to burn their extra fat by eliminating calories and increasing exercises. One of the most interesting subjects for exercise psychologists is to consider and compare personality and mental characteristics of athletes to non-athlete people, and considering reactions of exercise and psychological variables. In the study which was conducted in Urgan university in 1995, relating to affections of exercise on depression, 354 college students were considered. Among them, a group was known as athletes group. A little amount of doing exercise can delay the reduction of cognitive abilities which occurs by aging (christen yare, California university, 2001)

In this study, attending to the importance of the matter, it has been tried to evaluate body building athletes according to two psychological variable, controlling of emotions and evaluation and comparing of the imagination of body to non-athletes.

Debora, lepton (1998) states that the picture which every body has made in her/his mind. About him self or her self body, influences on his/her understanding and experience of physical emotions. (Self-image) or self-identity means a perspective or comprehension which one has about him/her self. the main axis of this imagination includes a persons name, his/her feeling about his/her body, his/her imagination of his/her body, sexuality, age and profession, social ranking, religious and etc. every one’s [body image] makes a
typical part of his imagination about him self. men usually enjoy from their bodies' proficiency, but women like to have more beautiful and grace full bodies (shamloo, 2002).

METHOD

This study can be compared with other ones. the statistical community of our study includes all of the athletes who refer to body – building Saeed club in khalkhal from march 2012 to may 2012 and participant to body building activities. the method of sampling was so that 40 athletes and 40 non – athletes were selected, and it was tries to these group to be equal in age, sexuality, education, culture and etc.

Used tools include: the question Maries of fisher’s evaluation of body picture (1970) witch contains 46 subjects. Other tools which were used in the study, contain the questionnaires of the level of emotions control, which was completed by Williams and complex (1997) and was translated by jafar anisi (2002). This scale consisted of four sub-scales with the titles of anger, depression, stress and positive emotion.

After completing questionnaires by athlete and non-athlete groups, the data was collected and analyzed by statistical software spss according to hypothesis and goals of the survey and then the results of the study were obtained.

RESULT

Table 1. statistical standards of athletes and non-athlete's stress mark

<table>
<thead>
<tr>
<th>Group</th>
<th>Statistical Standards</th>
<th>T</th>
<th>N</th>
<th>S</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes (body building)</td>
<td>4/12</td>
<td>40</td>
<td>0/59</td>
<td>3/42</td>
<td></td>
</tr>
<tr>
<td>Non-athletes</td>
<td>40</td>
<td>0/83</td>
<td></td>
<td>4/08</td>
<td></td>
</tr>
</tbody>
</table>

As you can observe in table 1, since calculated (T) is more than table’s determinant number with validity of 0/05, therefore the zero hypothesis is rejected and survey hypothesis is accepted. 1) there was meaningful difference in body image evaluation between the two groups.

Table 2. statistical standards of athletes and non-athlete's the level of anger controlling

<table>
<thead>
<tr>
<th>Group</th>
<th>Statistical Standards</th>
<th>T</th>
<th>N</th>
<th>S</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes</td>
<td>4/57</td>
<td>40</td>
<td>0/72</td>
<td>3/82</td>
<td></td>
</tr>
<tr>
<td>Non-athletes</td>
<td>40</td>
<td>0/30</td>
<td></td>
<td>4/46</td>
<td></td>
</tr>
</tbody>
</table>

As it is observable in above table, since calculated (t) is more than table’s determinant number with validity of 0/05, therefore the zero hypothesis is rejected and survey hypothesis is accepted, i.e. 2) there was meaningful difference in anger contra between groups

Table 3. statistical standards of athletes and non-athlete's the level of depression controlling

<table>
<thead>
<tr>
<th>Group</th>
<th>Statistical Standards</th>
<th>T</th>
<th>N</th>
<th>S</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes</td>
<td>8/47</td>
<td>40</td>
<td>0/64</td>
<td>1/90</td>
<td></td>
</tr>
<tr>
<td>Non-athletes</td>
<td>40</td>
<td>1/10</td>
<td></td>
<td>3/51</td>
<td></td>
</tr>
</tbody>
</table>

As it is observable in above table, since calculated (t) is more than table’s determinant number with validity of 0/05, so the zero hypothesis is rejected and survey hypothesis is accepted. 3) There was meaningful difference in depressed mood scale between the two groups.

Table 4. statistical standards of athletes and non-athlete's the level of positive emotions

<table>
<thead>
<tr>
<th>Group</th>
<th>Statistical Standards</th>
<th>T</th>
<th>N</th>
<th>S</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletes</td>
<td>12/72</td>
<td>40</td>
<td>1/42</td>
<td>2/81</td>
<td></td>
</tr>
<tr>
<td>Non-athletes</td>
<td>40</td>
<td>0/84</td>
<td></td>
<td>3/58</td>
<td></td>
</tr>
</tbody>
</table>

As it can be observed from above table, since calculated (t) is more than table’s determinant number with validity of 0/05, so the zero hypothesis is rejected and survey hypothesis is accepted. 4) There was meaningful difference in positive affection between groups.
5) There was meaningful difference in amount of anxiety control between the two groups. Exercise is a kind of behavior, so has a psychological dimension. Why do some people desire to exercise and others not? What is the difference of exercise behaviors between children and adults? What is the difference of exercise branches between men and women? (Anthill, 2000)

**DISCUSSION**

Exercise psychologists like to consider and compare personality and mental characteristics of athletes and non-athletes and also to consider the relations and reactions of exercise and psychological variables. This study's aim is considering and comparing the level of emotions controlling and the evaluation of body imagination among a group of body building athletes and group of non-athletes. The results indicate that there is a meaningful full difference of the evaluation of body image and the level of emotions controlling (depression, stress, anger and positive emotions) between two groups of athletes (body building) and non-athletes. In the at word, people who did body building exercise were more pleased and evaluated their body pictures more positive that non-athletes. These findings were like to the results of galena's study (1988) in America. He found that the people, who are pleased with their body imagination, have healthy mental, high. Self – reliance and less depression to non-athletes. Although, recently vireo, Lora and martini (2008) considered un satisfactions of body among same of women athletes, warlike and non-athletes and found that un satisfaction of body among women athletes is more that two other groups, but these findings are unlike the results of this study.

Ride vital (1999) concluded that: lack of satisfaction with not being muscled body among young men goes especially along with high degrees of depression and low degrees of self-reliance and lack of satisfaction with living. Their findings like to the results of this study which is on fact that the level of depression among body building athletes is less than non-athletes. Also, re-tested results indicate that there is a meaning full difference of the digress controlling, anger and positive emotions between athlete and non-athlete groups, i.e. In compare with non-athlete, athlete groups behave reasonably in controlling of stress, anger and positive emotions.

These findings like to the results of super weblog (1992) in a studying which indicated that some disabled who do exercise have positive self – reliance, less depression and more needs to progress to non-athletes.

The study which was conducted by chore (2000), indicated that among athlete men and women, this is the group of women which report meaning fully the reason of women which report meaning fully the reason of doing bodily activates as controlling of weight and physical picture according to women, exercise is a kind of activity that helps them to abstain an ideal body, not an activities to reach health.

In more recent years, we have observed developed acceptance of exercise psychologist's reports about different teams and typical athletes in conferences and professional literatures. This matter indicates to athletes and trainers, so, as mentioned before, exercise psychologists desire to consider and compare mental and personality characteristics and influences of exercise and variables of psychology. In this study, for the reasons of the limitations like the shortage of time, expenses and etc, we just prefer to consider and compare two psychological characteristics including emotions controlling and body imagination between athletes and non-athletes groups. Therefore, it is proposed that in future studies, much samples. To be used and more considerations and comparing of psychological variables to be used between athletes and non-athletes groups.

**REFERENCES**

Hones.2002 emotional intelligence. Translate by royal Kocher