

The effect of body building on stress and mental health of sportsmen in Rasht city

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ABSTRACT:

Mental health is one of the important parameters in the daily life of human beings. There are many factors that affect mental health, but in this research two factors of body building and stress are counted as factors affecting mental health of sportsmen in Rasht city. Therefore current research is applied and regarding classification of research based on the way of data collection it is descriptive and correlation based research. Statistical society of research is sportsmen in the field of body building. Sampling method is available improbable and sharing method. Number of studying sample in this research is 334 people. Tool of data collection is questionnaire. All data analysis has been done through SPSS and PLS software. For considering hypothesis of research confirming factor analysis and structural equation modeling with partial least square method has been used. Result of research hypothesis denotes positive and meaningful effect of body building on mental health. On the other hand in second hypothesis negative and meaningful effect of stress and depression on mental health has been approved.

Keywords:

Mental health, body building, stress and depression, Rasht city, partial least square