

Comparison of life satisfaction, job innovation in martial arts athletes and non-athletes in Tehran

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ABSTRACT

The purpose of this study was Comparison of life satisfaction, job innovation in martial arts players and non-athletes in Tehran. The population of the study consisted of 800 athletes of wushu, karate and tekwando that the sample was based on Morgan 260 athletes and 260 non athletes. To collect data Life Satisfaction Scale (Neugarten, Tobi Having Hurst, 1961) and Innovation Scale (Patchen, 1965) were used. The results showed that there is significant differences between both satisfaction of life and innovation in athletes and non athletes ($P<0.05$). Also, there was no significant differences between innovation of athlete men and women ($P<0.05$).

Keywords: life satisfaction, job innovation, martial arts athletes, non-athletes

INTRODUCTION

Regular physical activity through prevention of disease, leading to increased health and decreased the risk of chronic disease [1], and consequently leads to increased life satisfaction. Exercise also reduces stress and increases feelings of happiness and satisfaction of life in peoples [2]. Life satisfaction refers to a judgment - cognitive process [3], which the people evaluated their quality of life's based on a set of criteria [4]. Although various people have agreement with each other in the field of important component of a good life such as health and good relationships, but different weights are belonged to these components [3]. In a more general classification, people could examine from obvious and hidden or non-obvious dimensions. The human body and obvious actions that resulted from the movements of the limbs formed his or her obvious dimension. Thoughts, feelings, decisions, love, relationships, would make hidden dimension that its process was non obvious and its process outcomes are physical movement such as success in the exam, problem solving, marriage, happiness, creativity and innovation. Job stressors have direct and indirect influence on life satisfaction [5]. Therefore, it seems that athletes could use innovation as a tool to decrease stress.

By this reason people should be encouraged to innovation so that their power to adapt with the changes will increase [6]. Innovations represent those of the individual characteristics that make him unique [7]. In society people engage in a job or in the future will get the job. Innovation is an important factor to develop in any job, on the other hand, the current century is the acceleration of creativity and innovation development and different organizations must be use human's moral, scientific and technical achievements and also, creative peoples must be chosen to different positions [8]. The importance of innovation is that if organizations don't make a difference will be doomed. Today's inactivity and silence have any result except destruction [9].

Some researchers have conducted significant research in regard to innovation with other variables. Hosseini et. al [10] found that there was significant relationship between personality dimension and innovation motivation on managers. Kelly et. al. report that innovation was positively related to performance in managers. Ludowise [11]

found that movement execution was significantly correlated with creativity. On the other hand, Kozechian et. al, [12] and Golizadeh, et. al [2] found that there was significant differences between satisfaction of life in athlete and non athlete students. Farid [13] report positively correlation between creativity and innovation on both athletes and non athletes.

Review of the literature shows that the research has not examined relationship between satisfaction of life and innovation, therefore the current study seeks to fill the literature gap and also answer to this question that is there relationship between satisfaction of life and innovation in martial arts players And non-athletes?

MATERIALS AND METHODS

Participant

The population of the study consisted of 800 athletes of wushu, karate and tekwando that workout at least three days a week. The sample was based on Morgan 260 athletes and 260 non athletes. The non athletes were selected through simple random sampling but athletes were selected through random ranking sampling.

Measures

Satisfaction of life was assessed using Life Satisfaction Scale [14]. It consist of 12 item that Participants were required to indicate, on a 5-point Likert scale (strongly disagree, disagree, neutral, agree, strongly agree), whether the statement was true of them. The other instrument was Patchen Innovation Scale [15] that consists of 6 items.

Methods

The method of the study is descriptive correlation. The data was collected using questionnaires and through field study procedure. Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, frequency, SD and table drawing. Also, Mann-Whitney U test and Kolmogorov Smirnov test were used. For analyzing data the SPSS software was applied and 93% of confidence level was considered.

RESULTS AND DISCUSSION

Table1. Descriptive characteristics of variables

| Variable | Range | Frequency | |
|----------------|----------|-----------|--------------|
| | | Athletes | Non-athletes |
| Age | 18-30 | 85.2 | 48 |
| | 31-40 | 13.2 | 28.4 |
| | 41-50 | 1.6 | 15.8 |
| | 51-60 | 0 | 5.8 |
| | 61-70 | 0 | 2 |
| Sex | Man | 23.9 | 48.1 |
| | Woman | 76.1 | 51.9 |
| Marital Status | Bachelor | 67.6 | 46.5 |
| | Married | 32.4 | 53.5 |

The results of table2 showed that there is significant differences between both satisfaction of life and innovation in athletes and non athletes ($P<0.05$).

Table2. The results of Mann-Whitney U test for mean differences in life satisfaction, and job innovation in athletes and non-athletes.

| Variable | | Mean | Frequency | Mann-Whitney U | Z | P |
|----------------------|--------------|--------|-----------|----------------|--------|------|
| Satisfaction of life | athletes | 307.20 | 261 | 21835.50 | -7.112 | 0.00 |
| | non athletes | 213.80 | 259 | | | |
| Innovation | athletes | 283.60 | 261 | 27487.50 | -3.528 | 0.00 |
| | non athletes | 236.86 | 259 | | | |

The results of table3 Showed that between men and women satisfaction of life were significant differences ($P<0.05$). But satisfaction of life mean in athlete men (154.49) was higher than athlete women (123.37). Also, there was no significant differences between innovation of athlete men and women ($P<0.05$).

Table3. The results of Mann-Whitney U test for mean differences in life satisfaction, and job innovation in athletic men and women.

| Variable | | Mean | Frequency | Mann-Whitney U | Z | P |
|----------------------|-------|--------|-----------|----------------|-------|------|
| Satisfaction of life | women | 123.37 | 197 | 4800.50 | -2.89 | 0.00 |
| | men | 154.49 | 64 | | | |
| Innovation | men | 129.52 | 197 | 6011.50 | -0.56 | 0.57 |
| | women | 135.57 | 64 | | | |

CONCLUSION

Physical activities influence on many psychological factors and are one of the innovation factors. Tilman compared the two groups of athletes and non-athletes' innovation that the innovation rate is similar in the two groups (95%).), Wesley and Chapman and Lambert, the results of studies have confirmed the significant relationship between innovation and sportsmanship acquired. According to the above discussions, it can be said that people are more satisfied with their lives have a positive attitudes on life. Therefore they have high self-esteem and self-efficacy that can be resulted in success in different domains of life. Overall results of this study indicate that martial arts have significant influence on life satisfaction, happiness, stress relaxation and depression and job innovation. Positive relationship between martial arts and life satisfaction can be demonstrated that those working in the martial arts due to a sense of control, coping skills and positive assessment of stressful events, have physical and mental health and therefore more satisfied with their life. One of the reasons for a positive relationship between Martial arts and life satisfaction may be due to energy and greater flexibility to pursue their goals in life, which, in turn, leads to have purposeful life. This study showed that life satisfaction in athletes is higher than non-athletes. The present findings are consistent with the findings of ghorbannezhad [16]. Shafie stated that life satisfaction in women due to higher extraversion personality is more than men. In the present study, life satisfaction was higher in female athletes than male athletes. The possible reasons for this discrepancy may be differences in the population.

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