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# The Relationship between of positive emotion and sport competitions in expert's athletes

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### ABSTRACT

*The purpose of this study was Relationship between of positive emotion and sport competitions in expert's athletes. In order to this study, expert's athletes 87 were selected randomly from participated students in Shahrood sport Olympiad at the 2010 year. In order to investing their happiness degree, Oxford happiness inventory was used and it validity has been determined in our country and also personal information questionnaire was used for determination win and failure in competitions. After distribution and collection of the questionnaires among expert's athletes students data were analyzed. The results of this study show that winner expert's athletes had a high happiness rather than failure expert's athletes in while before competitions.*

**Keywords:** positive emotion, sport competitions, expert's athletes

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### INTRODUCTION

The Relationship between bulk and body, including psychological factors affect the body and physical phenomena, scientists have been investigated of years ago. Healthy Concept is rather flexibility; it may not exclusively as the concept of disease and disability, or consider it to be more positive, like what the 1948 Constitution has defined the World Health Organization said. According to experts, the organization's health include: the welfare state of complete physical, mental, and social and not just absence of disease [1, 2]. For many decades following World War II, mainstream psychology researchers placed negative emotions (e.g., anxiety) ahead of positive emotions (e.g., happiness) but positive emotions are now a genuine, promising field of research because of their influence on specific components of performance (e.g., attention) and psychological well-being [3].

Colman Griffith's 1930 publication in the Research Quarterly, 'A Laboratory for Research in Athletes', requested a more scientific and experimental approach to understand the effects of emotion on sport performance. Though his request was specific, there was only a modest response among sport emotion researchers while those in the wider contours of emotion research constructed a comprehensive and methodically researched field. Such was their Endeavour that the quantity of publications alone makes it impossible to be exhaustive, especially as interest in emotions spreads across many fields such as psychology, sociology, philosophy, neuroscience, psychiatry, biology, and anthropology [4]. When people experience positive emotion, they broaden their attention, which fosters

openness, flexibility and an efficient integration of information [5]. Positive emotions also influence social goals such as attachment, affiliation and assertion [4].

These experiences are linked with fun or enjoyment [6]. Positive emotions are associated with many attributes, characteristics, and behaviors such as optimism, resilience, self-belief, self-esteem, commitment, control, challenge, concentration, attention control, overcoming adversity, intrinsic motivation, internal locus of control and decision-making [7, 8 and 9]. This partial list suggests that a balance of these emotions is necessary to compete successfully in sport. These attributes, characteristics and behaviours are also related to the multitudinous mental toughness qualities [10, 11 and 12].

Scientific studies regarding happiness or subjective well-being (SWB) gained momentum with the advent of Positive Psychology, particularly since the 1990s, which proposed a change of focus: From the repair of the negative aspects and of disease to promoting health and positive aspects of the human being [13, 14]

Happiness can be defined as the predominance of the frequency of occurrence of positive emotional experiences over negative ones [15]. Quality of life is divided into two dimensions: objective well-being (welfare), which includes the objective circumstances of life (income, education, health, leisure, transport, among other domains) and subjective well-being (well-being), explained by the subjective experiences of life [16]. The study of Subjective Well-being (SWB) has as its central objective the understanding of the evaluation that people make of their lives, and may receive other designations, such as happiness, satisfaction, mood state or positive emotions, also being considered, by some authors, a subjective evaluation of quality of life. A contemporary tendency to relate SWB with the promotion of health is noted. The boundaries of these concepts are still confused and, consequently, its activation in terms of how it is measured was often shown to be misleading [17].

Predicting athletic performance using only pre-competition anxiety has been a consistent limitation in sport psychology [18]. Frameworks such as the multidimensional theory of anxiety represent a traditional group-oriented approach, which restricts the relevance of its findings to an individual athlete in a particular situation [19]. The purpose of this study was Relationship between of positive emotion and sport competitions in expert’s athletes

**MATERIALS AND METHODS**

In order to this study, expert’s athletes 87 were selected randomly from participated students in Shahrood sport Olympiad at the 2010 year. In order to investing their happiness degree, Oxford happiness inventory was used and it validity has been determined in our country and also personal information questionnaire was used for determination win and failure in competitions. After distribution and collection of the questionnaires among expert’s athletes students data were analyzed. Statistical analyses were done using SPSS/16. The Relationship between of positive emotion and sport competitions in expert’s athletes was tested using spearman test correlation ( $p < 0.05$ ).

**RESULTS AND DISCUSSION**

The results of this study show that winner expert’s athletes had a high happiness rather than failure expert’s athletes in while before competitions. The results had significant relation ( $p < 0.05$ ). Results are shown in following table.

**TABLE I RELATIONSHIP BETWEEN OF POSITIVE EMOTION AND SPORT COMPETITIONS IN EXPERT’S ATHLETES**

| INDEX<br>VARIABLES                    | SPEARMAN TEST | ERROR LEVEL | P VALUE |
|---------------------------------------|---------------|-------------|---------|
| RELATION OF BETWEEN HAPPINESS AND WIN | 0.699         | 0.05        | 0.000*  |

*Positive Emotion = Happiness*  
\* = Significant

**CONCLUSION**

The main thrust of sport emotion research has focused on anxiety because of its effect on cognitive functioning and physical activity [20 and 21]. Emotions are part of the fabric of everyday life but there is an unsettling ledger of

limits to our understanding of positive emotions in sport performance. The embryonic research on positive emotions has lifted the curiosity of researchers from psychology, sociology, philosophy, neuroscience, psychiatry, biology, and anthropology to passionately pursue answers to critical conceptual and empirical questions that have hitherto impeded this research. The touchstone set with the emergence of positive psychology (i.e., the study of positive emotions, positive character traits, and enabling institutions) [22 and 23]. Research in the Mc Mahan [24], about the psychological effects and benefits of exercise training did these results were confirmed, so that in his study of the effect of exercise on self-esteem of female athletes and non athletes to a size But the results Myers [25] with results that were contrary to the reasons for this contradiction more psychological problems compared to non athletic girls female athlete knows that exercise did not [26]. We need to know more about the effect of positive emotions on sport performers and sport psychology. The results of this study support by many studies [For example 5, 6, 10, 11 and 12].

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