

## **Studying the life quality of national karate and kabbedi team athletes of the Islamic Republic of Iran**

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### **ABSTRACT**

*The main goal of the present study is to investigate about the quality of life of national Karate and Kabbedi team athletes. 60 athletes of national team (30 in Karate team and 30 in Kabbedi team) filled out the questionnaire of life quality standards and demographic factors. After data collection, one sample t test, t test, and ANOVA were utilized to do data analysis. The results showed that athletes' life quality variable is in desirable status. Satisfaction and pleasure in life and life quality as a whole were in desirable status and stress and psychological and spiritual factors were in average status and physical factor was not in desirable status. Also the results showed that there is not a meaningful difference between life quality of Karate and Kabbedi national team athletes regarding gender, marriage status, and jobs.*

**Keywords:** Life Quality, Athlete, National Team, Kabbedi, Karate, Islamic Republic of Iran

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### **INTRODUCTION**

Life quality is a broad concept which entails all life aspects such as health. This term, which is used in different fields of politics, social, and economics are often utilized in medical investigations and entails different physical, physiological, social, body, and spiritual aspects regarding most scholars' viewpoints. Life quality means how to live in verbal definition. However, this concept is unique for everybody and differs from others'. Although there are several challenges to define life quality, scholars have a consensus in a bounded area of the definition of this concept. In fact life quality is affected by time, location, and social and individual values and one can investigate scientifically about it in individual, collective, abstract, and concrete aspects [2]. World Health Organization (WHO) has described life quality as the comprehension of individuals from life conditions in the form of culture and the values dominating the society and in relation to the goals, expectations and interests of oneself [1, 4].

During some recent decades we have observed some changes in life fundamentals of groups of people in industrial countries. Material values such as efficiency, job success, obedience, high income and punctuality are becoming weaker. Meanwhile, some values such as happiness, qualified life, enjoying life, adventure, individuality, self-flourishing (ultra-material values) are becoming more and more important gradually. It is obvious that the exclusive modifications in some social factors, values and structures affect athletes and especially the athletes of national teams and their social lives and thus affect their championships. Padrao Santos (2013) found out in his research that there is a meaningful difference between economic-social and psychological status of professional, semi-professional, and amateur athletes. Professional athletes have a higher status regarding economic-social and psychological status compared to semi-professional and amateur athletes [30]. Dalir Heravi & Abbaszadeh (2012) found out in their study about the athletes' life that the life quality of athletes is on the average level [4]. Waez-e-Mousavi (2004) concluded in his research that life quality in individual sports is higher compared to group sports among female athletes. Also life quality in group sports is higher than individual sports among male athletes (5).

Studying the results of the researches carried out shows that athletes have a higher life quality compared to non-athletes in some aspects of physical performance, general health, social performance, and psychological health [3]. On the whole, it seems that competition level (competitive against amateur) and being the genius against being non-genius can have a positive effect on the life quality of athletes. Since we should consider the individual factors affecting the life quality promotion for social development and prepare the promotion and development of life quality after recognizing effective factors, in our country the importance of this issue has led to consider life quality of one of the most important groups of the society, athletes. Also in the present research we will try to deal with the relationship between demographic investigations and life quality of athletes besides studying the life quality of athletes in national Kabbedi and karate teams and this can be considered as an effective step towards developing sociology of sports and athletes.

## MATERIALS AND METHODS

The research method in the present research is descriptive and correlation type of it through which the data are gathered with field studies using questionnaires. The statistical society of the present research entails athletes of national Kabbedi and Karate teams (males and females) during the year 2011 and the number of these athletes was 70 persons according to the statistics. To collect the data using Morgan's method 60 persons were chosen randomly and were investigated.

### Measurement tools

We have used personal features' questionnaire to measure demographic features of athletes. The questionnaire entailed the variables such as age, gender, marriage status, educational degrees, sport type, birth location, and athletic levels and the respondents answered the questions. We also utilized a life quality questionnaire to study about the amount of life quality of athletes. The questionnaire included 37 questions in the form of 5 aspects of physical (6 questions), spiritual and mental (6 questions), stress amount (7 questions), satisfaction and life enjoyment (6 questions), and life quality as a whole (12 questions). The participants answered questionnaire's questions using a 6 alternative scale (very low=1 to very high=6). The reliability of questionnaire was calculated by using the statistical method of Cranach's alpha method to be 0.78.

## RESULTS

The results showed that the highest percentage of participants were in age groups of 15-20 years old and 21-25 years old with %25 of frequency and the lowest percentage of the participants were in age groups of 36-40 years old and 41-45 years old, and 46-50 years old with %3.3 of frequency. Male athletes were %78.3 in frequency percentage. Regarding educational degrees, the highest frequency was BA with %40 of frequency and the lowest frequency of degrees was PhD with %1.7 of frequency. Studying the degrees showed that almost half of athletes under investigations have had academic educations in BA level and only a few of athletes investigated could pass their PhD studies. %96.7 of the participants was born in cities and %3.3 was born in rural areas. %91.7 of the participants was living in cities and %1.7 was living in villages.

Table 1: Demographic characteristics of athletes under investigations

Frequency	Age							Gender		Marital		Level Education					Location		Sport filed		Level athletes		
	15-20	21-25	26-30	31-35	36-40	41-45	46-50	Male	Female	Single	Married							City	Village	Karate	Kabbedi	Non professional	Professional
	15	15	14	8	2	2	2	47	13	36	24	9	18	5	24	3	1	55	1	30	30	14	35
Percent	25	25	23.3	13.3	3.3	3.3	3.3	78.3	21.7	60	40	15	30	8.3	40	5	1.7	91.7	6.7	50	50	23.3	58.3

### Studying the status of life quality variables

Regarding table 2 we have used t test of one sample to study the variable of life quality and its constituents and it was found that life quality variable of athletes is in desirable level. Life satisfaction, life enjoyment, and life quality as a whole, from among life quality factors, were desirable and stress amount and spiritual and mental features were in average level and body feature was in undesirable mood.

Table 2: The descriptive statistics of life quality variable and its elements

	N	Mean	Std. Deviation	Std Error Mean
Life quality	60	3.871	0.408	0.052
Body	59	3.129	1.102	0.143
Spiritual and mental	59	3.450	0.921	0.120
Stress amount	60	3.642	1.138	0.147
Satisfaction and life satisfaction	60	4.472	0.651	0.084
Life quality on the whole	60	4.351	0.766	0.098

Table 3: One sample t test of life quality variable and its constituents

	Test value = 3.5					
	t	df	Sig (2 tailed)	Mean Difference	%95 Confidence interval of the Difference	
					low	high
Life quality	7.052	59	0.000	0.371	0.266	0.477
Body	-2.579	58	0.012	-0.370	-0.657	-0.828
Spiritual and mental	0.859	58	0.041	0.133	-0.010	0.490
Stress amount	0.969	59	0.336	0.142	-0.151	0.436
Satisfaction and life satisfaction	11.554	59	0.000	0.972	0.803	1.140
Life quality on the whole	8.604	59	0.000	0.850	0.653	1.048

## DISCUSSION AND CONCLUSION

In analyzing the results we should say that %96.7 of the participants were born in cities and %3.3 were born in villages. %91.7 of the participants was living in cities and %1.7 was living in villages. Studying the life place of athletes' show that most athletes in national level were born in cities and were living in urban areas (especially big cities) and membership in national teams from among athletes residing in villages has appropriated the least percentage for itself. This inharmonious distribution of national teams shows that probably cities and central cities in the provinces have caused a higher percentage of absorption of athletes in sports teams due to having more facilities and also due to the more contacts of urban athletes with the authorities in federations and athletes residing in rural areas have had less access to enter national teams due to the lack of access to the federations and also lack of access to the facilities related.

The results of studying life quality variable and its constituents showed that life quality of athletes under investigations in the present study is in a desirable state. The desirable level of life quality of athletes shows life satisfaction and environmental satisfaction. It can be said that the ability to afford for basic needs and health preservation, focus on performance capabilities, the ability of an individual to create a useful social life, performing an efficient role in the society, having a suitable job opportunity, interaction among anxiety and stress, positive evaluation of an individual about his life quality, satisfaction in different aspects such as love, marriage, friendly relationships, leisure, and jobs will result in increasing life quality of the individuals. Also the results of studying the elements of life quality showed that satisfaction and enjoyment and life quality as a whole have been in a desirable level and stress amount and spiritual and mental element have been average in athletes and body element of athletes has been in an undesirable level.

The undesirable level of body element in athletes shows that athletes under investigations have suffered from body hurts and have had a lot of stress due to several reasons such as: excessive pressures of national teams' practices, isolation from family and friends, family problems, job and social problems and reside in a worried state and thus these factors affect the quality of their lives and result in a reduction in life quality of athletes.

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