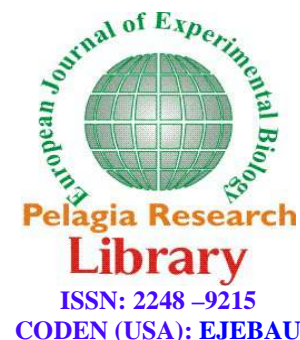




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The relationship between physical activity and mental health in active and inactive employees

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ABSTRACT

Many people exercise due to the nature of happiness and the peace of mind to do. Present study examined the relationship between participation in physical activity and mental health staff is, Islamic Azad University. Exercise and psychological status in both groups of employees (active and inactive), there is a significant positive relationship. ($p < 0.05$ and $r: 0.54$) the findings of research findings Mnzyk (2009), Vjydneya (2009), Toronian (2008) is consistent. This implies a positive relationship between the physical realms of life. Based on strong evidence, physical activity is a major cause of personal and social hygiene, and those who neglect and easily pass along this issue, in fact, still life art not know.

Keywords: Exercise, Mental Health, Employees

INTRODUCTION

Nowadays, regular physical activity and good nutrition to achieve mental health, part of the national health objectives developed country general encourage people to go into these programs that increase survival and improve quality of life and enjoy the blessings that come [1] many of the methods which have been so altered and modified to run exercise sessions per week assigned. The mutation process and social policy with the public interest and developing specialized knowledge about the various effects of physical activity and exercise on a fitness and health, he has led. Effect of exercise and physical fitness can lead to healthy, active and long life of the individual. In contrast, the disease usually causes immobility, inaction, and life is short changing the proportions, a causal chain that leads to the desired and undesired results. Sure favorable results in terms of improved health, longevity and quality of life of the individual or social. Although all the evidence available, evidence of the effects of physical activity in preventing disease and promoting physical health were [2]. Some people have the belief that their work hours reduced, and to maintain health and vitality of business and pleasure pay to exercise [3]. Sports and recreational activities in leisure time, in addition to one's physical and mental health, increase efficiency and productivity and prevent many diseases and save health care costs will be. Along with saving in production, reduction of personnel costs in manufacturing establishments, in all countries of the world is very important [4].

Many of exercise due to the nature of happiness and peace of mind to do. According to various studies conducted have shown that different types of exercise, in addition to the physical benefits, the beneficial effects are also dealing with neurological and psychiatric disorders. Stanford University conducted a study in which the effect of four different exercises on 57 men and women 65-50 years old were studied. The results showed that despite differences in exercise, stress levels, depression, emotion and an almost 30 percent decline in all groups [5]. encourage physical activity with the turning of its riches increase longevity and quality of life benefit [1]. Physical process of human learning important values such as respect, discipline, fair play, and will facilitate collaboration. The man himself healthy and feel mentally refreshed and strengthened confidence and Self Bowery rises Learning will occur more readily. In addition to the positive effects of exercise on the physical abilities a significant contribution in enhancing learning and increasing human mental abilities. Physical exercise makes people feel good in their body just has to feel good about themselves, but in general (self) becomes [1]. Nets edge and colleagues (2008). 's Study of physical activity and mental health in the modern era began on 36 adults without clinical disorders. Results showed that aerobic exercise of moderate intensity physical activity in people with the highest level that causes psychological well-being [6]. Vyjndlya et al (2009) the relationship between participation in leisure time physical activity, stress began. The results showed that physical activity participation among and sporty stressful time was very low [7]. Mnzyk and colleagues [8]. Paper examined the effect of physical activity Psychology (depression and satisfaction) in obese middle-aged women began. His divine and Rafiee (2000) in a study to assess quality of life (psychological) Islamic Azad University personnel began. Results showed that 3/33 % of staff who has a mental disorder is a significant amount [2-9] study the mental health of employees engaged in Semnan University of Medical Sciences. The results showed that the variables of age, education and occupation have a significant effect on mental health. Therefore it is necessary to pay attention to their physical and psychological health, vitality and done. In this way, leisure and sporting activities, fun and happy Incidence more the problems preventing people Performance efficiency increases [9].

MATERIALS AND METHODS

This descriptive correlation study was to collect information in the field. Islamic Azad University is a survey of all employees. Sample of 300 Employee and passive and active resolution of 150 employees, 150 are disabled. Based on the sample estimate of the tables, Morgan (1970), 300 employees randomly standardized questionnaire responded. The questionnaire of quality of life (mental health) and physical activity is stored. Rowland et al (2006) in Geneva alpha levels obtained in a =0/91 reported. To examine the relationships between variables, Pearson correlation test was used. Entire analysis with a confidence level of 99 % was performed using SPSS version 18.

RESULT

Table 1- Describe the mental state of active and passive sex

question	Average mental state	anxiety and depressive	self- satisfaction	the body's Satisfaction	ability to focus	purposeful life	joy of life
in- Active	3.00	3.41	3.08	3.29	3.00	3.03	2.69
Active	3.38	4.44	4.45	4.42	4.30	4.31	4.37
Average	3.19	3.92	3.76	3.85	3.65	3.67	3.53

Table 1. Shows the description of the mental state of anxiety and depression accounted for the highest average score of 3.92 out of 5 In other words, a large percentage of workers with work stress and anxiety are reduced anxiety and depressive. But the least mean 3.53 of 5 satisfactions with body composition were accounted for.

Table 2. The relationship between physical activity and mental health staff

gender	correlation coefficient	non	A significant
In- Active	0/431	150	0/000
Active	0/232	150	0/000

Table2. The results show that the Pearson correlation coefficient (r: 0/54) were reported and given a numerical value (p <0/05) reject the null hypothesis and assume that the contrast between physical activity and psychological connections rather than employees will be accepted. Actually participate in sports activities and state of mind between the two groups of employees (active and inactive); there is a significant positive relationship. (p <0/05 and r :0/54)

CONCLUSION

These results evidence to convince people that exercise and a good amount of it is necessary for a fruitful life. The results show that exercise is the way to live. In addition to the physical benefits of exercise, to deal with the problems of mental and nervous system also has a beneficial effect. People who regularly exercise are well coordinated to prevent many ailments and deficiencies of character , orderly life and are more efficient and more joyful mood enjoy life, enjoy more social relation . As such, many of today's psychologists to engage in physical activity as a factor to overcome anxiety, depression and irritability and the stresses they recommend. So people feel good about life after sports activity implementation report and the resulting sense of satisfaction in life. This implies a positive relationship between the physical realms of life. Based on strong evidence, physical activity is a major cause of personal and social hygiene, and those who neglect and easily pass along this issue, in fact, still life art not know [8].

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