

# Designing the Mental Well-Being Model of Students through Educational Sports (School Sports)

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## Abstract

One of the social phenomena that has grown significantly in recent years and has affected almost all people is physical education and sports. Sports is one of the important human activities that has existed in almost every human society, the purpose of this research is to design a model of mental well-being of students through educational sports (school sports), the method of this research is descriptive-analytical, which in It has been done among the student community. The results of this research showed that different sports at different levels can have different effects and cause the development of some special issues among groups of people, and educational sports can lead to improving the well-being of people's growth in addition to improving mental health. Also, the results showed that educational sports improve students' skills through the types of activities that have an educational and scientific aspect. This problem leads to the improvement of students' efforts in educational sports in order to learn skills. If the students' efforts are successful, they will grow and develop their mental well-being. The presence of students in educational sports will improve their skills, which will improve the sense of progress and growth among them.

**Keywords:** *Mental Well-Being, Students, Sports, Educational Sports.*

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## 1. Introduction

One of the social phenomena that has grown significantly in recent years and has affected almost all people is physical education and sports. Sports is one of the important human activities that has existed in almost every human society. During different ages, mankind has been familiar with this phenomenon and every civilization has had a special approach to it. The thinkers of educational issues in the past realized the valuable aspects of sports and its great power in the socialization of man and his normalization and building a balanced social personality. It has been known for a long time that sports activities and exercises are related to health and well-being (Fitz Gerald, 2018: 176). Sports, as a comprehensive social phenomenon, is considered the best mechanism for providing physical health and mental health; Therefore, investing in it leads to the reduction of costs in the health and treatment sectors and centers for fighting against social corruption and

causes the level of individual and social anomalies to decrease (Baker, El Ansari and Crone, 2017, 87).

## 2. Statement of the problem

Sports and recreation is an important factor in providing physical and mental health, enriching free time, expanding social relationships, moving away from machine life and returning to nature. In fact, nowadays, the motivation of the people of the world to participate in sports activities is not to achieve high grades and the slogan of the Olympics; Rather, promoting health, well-being and vitality is establishing healthy social relationships and avoiding diseases (Humphreys, McLeod and Ruseski, 2014, 33).

Based on the division of the country's comprehensive sports development system, sports are divided into four main components: Educational, public-recreational, championship and professional. Educational sports or sports of schools and universities are followed by the supervision of schools, educational institutions and universities and with two parts of physical education hours and extracurricular. Public-recreational sports emphasize creating and enabling physical activity without physical, sexual and age restrictions, which is the main responsibility of urban and rural sports managers. Championship sport is the medal-winning sport that sports federations and boards strive for. The last component is the professional sports that are followed by the clubs (Ghasemi, Tajari, Boroujerdi, Emami and Amiri, 2012, 2017).

The curriculum of physical education is aligned with other subjects of the national curriculum as an inseparable part of the formal education system, which plays a role in achieving its goals in different ways, and as a fundamental and effective factor in individual, social, cultural development. Educational and economic is an essential tool for the growth and development of healthy and capable people in order to achieve aspects of good life. Educational sports need the most efficient and largest organizational structure to provide the most movement and basic experiences in a wide geography through specialized and committed forces. Balanced physical, skill, cognitive, emotional and social education is one of the important goals of the country's sports organizations at the school level. This level needs extensive facilities and facilities in order to create a positive attitude towards sports and movement activities in children and teenagers during the training period (Ghalibaf, 2010, 23).

Management solutions in the matter of physical education and sports, considering the extent of its mission in the society with an emphasis on popularizing sports, developing championship sports in priority fields, developing professional sports, developing research and paying serious attention to physical education and sports in schools. and universities, as well as macro and micro management and planning by physical and sports training experts, is very important (Ghasemi et al., 2012, 141).

The strategic goals of the office of physical education and sports activities of the ministry of education include the development of the physical education curriculum, the development of public sports and extra-curricular sports activities, the improvement of the quality of sports space

and equipment, the strengthening and empowerment of human resources, the establishment of a performance management system, development and expansion. Internal and external communication is the creation of a volunteer movement in student sports and the development of productivity in activities in line with the development of movement literacy and a healthy and active lifestyle in students (Vahdani, 2015, 21).

Since ancient times, mankind has been looking for an ideal city where he can live with satisfaction and be satisfied with his life. Mental health, satisfaction with life and mental feeling of well-being (mental health) are the words that are used to express this state today. These words are different from each other in appearance; But they refer to one thing. Some people consider social status, money and access to material resources to be the main factors of mental well-being; But researches have not confirmed this attitude. In most researches, the correlation between income and mental health is reported to be low (Argil, 1999, 354). Mental health includes the scientific analysis of how people evaluate their lives in the present moment as well as in longer periods such as the past year. This assessment includes people's emotional reactions to events, self-creation, and judgments they have about life satisfaction, self-realization, and satisfaction in areas such as marriage and job (Diener and Seligman, 2018, 172). There are several informal empirical models about the construct of mental health. Mental health is a function of independent dimensions of positive and negative emotions (Kashdan, 2004, 1126).

Diener and Seligman (2018) stated that mental health includes three separate parts: Satisfaction with life, positive affect, and negative affect. Researchers often distinguish between cognitive and emotional parts of mental health. Life satisfaction is considered as a cognitive part; Because it is based on the evaluation beliefs (attitudes) of the person's own life. On the contrary, positive and negative emotions evaluate the emotional parts of mental health and show the amount of pleasant and unpleasant emotions that people experience in their lives (Rüf, 2018, 243). Positive experiences in high levels of mental health are a fundamental concept in positive psychology; Because they make life rewarding (Perly Harris and Steers, 2018, 240).

Management solutions in the matter of physical education and sports, considering the extent of its mission in the society with emphasis on publicizing sports, development of championship sports in priority fields, development of professional sports, development of research and serious attention to physical education and sports in schools and universities, as well as macro and micro management and planning by physical and sports training experts, is very important (Ghasemi et al., 2012).

High and long-term participation rate and attractive environments, organized (regular) exercise as an important means to facilitate population level change in health and health behaviors such as improving mental health and social and emotional functioning and quality of life related to health and relationships It makes society positive and well-being (Medadi Nansa and Ghafouri, 2019).

Nowadays, sports, in terms of the wide scope of inclusion, being effective in various conditions and places, low cost and availability and ease of implementation for all strata and different ages of people in the society, have been highly noticed by scientists and scholars of physical education and

sports sciences. Is. Sports and physical activity as an important part of the lifestyle of students in this era can guarantee their physical and mental health (Huang and Humphreys, 2010, 12). For the proper development of sports in every country, each component of sports should be given proper attention and emphasis. The results of various surveys show that the attention and emphasis on different sports components and dimensions are not balanced and equal. Many authors use words without a clear definition; Therefore, evaluations of "Mental health" or "Well-being" often evaluate people's mental health or life satisfaction. Mental health can affect the conditions of some psychological characteristics of people (Koçak and Tatay, 2016, 28).

Tabsom and Belgin (2017) stated in their research that improvement in the condition and sports conditions of karate athletes affects their mental health. Wicker, Coates and Brewer (2015) showed that time spent in health significantly improves leisure satisfaction.

There are many studies that examine factors affecting happiness; But there are limited studies that evaluate the relationship between sports participation and happiness (Pavloski, Brewer, & Leyva, 2011, 225). In recent studies, Downward and Rasciute (2011) found that sports participation is directly involved in mental health. Also, the results of the research of Rasciute et al. (2014) indicate that people who participate in sports have more mental health in their lives.

Extensive literature on mental health factors has been reviewed, including data sets used in the analyses, which include essential empirical literature that examines the direct impact of exercise on mental health and reflects its growth in importance of politics. Many of them have focused on mental health due to the interaction of sports and physical activity (Pavloski et al., 2011, 225). Kumar, Manoli, Hodgkinson and Downward (2018) indicated that sports participation plays an important role in improving the mental health of students. Pan, Wu, Morrison, Huang and Huang (2018) stated that even being in sports fields, including being a spectator, can lead to improvement of their mental health. Becchetti, Pelloni, and Rossetti (2008) examined the German social-economic panel to show that mental health increases with the sequence of attending social gatherings, attending cultural events, participating in sports, doing volunteer work, and attending church or religious organizations.

Lechner identified the positive effects of sports participation on mental health in men and its insignificant effects in women (Lechner, 2009, 840). In contrast, by using an instrumental variable method, Huang and Humphreys (2012) found a significant positive effect of sports participation on mental health for both males and females, using the data of the closed system of behavioral risk factors. This relationship was widely confirmed for Korean disabled people (Lee & Park, 2010). More studies indicate that part of the effects of exercise on mental health may depend on the type of exercise; Such as how much they are involved in social interactions (Downward and Rasciute, 2011, 332) and also the age of people can be involved in it (Pavloski et al., 2011, 224).

Among the important forms of sports in the country is educational sports. Educational sports, as a type of sports that tries to develop sports among people from a quantitative and qualitative perspective by teaching different sports skills, has an important role in the development of psychomotor skills in people. In general, educational sports means holding training and development

classes in one or more sports or skills. Considering the importance and functions of educational sports in physical, cultural and social aspects, it is necessary to expand it in every society. In order to expand educational sports in societies, there is a need for strong scientific reasons and evidences regarding the functions of this sport in different dimensions and areas. This issue has caused the need for the role of educational sports in mental well-being to be well evident (Paes and Amaral, 2017, 717).

The importance of mental well-being has led to efforts to improve it, especially through sports. Considering the importance of mental health in societies and the need to improve it, it is necessary to investigate the effects of different types of exercise on mental well-being by conducting comprehensive research. Considering the functions of educational sports and the need for transparency regarding the role of this sport in various mental and physical fields, it is necessary to create scientific evidences regarding the mental health of people participating in educational sports in order to conduct comprehensive research. It seems that understanding the functions of educational sports will lead to mental health, so that the necessity of developing educational sports in a more scientific way is followed; Therefore, in addition to creating scientific evidence about the mental well-being components of people participating in educational sports, conducting the present research can lead to efforts in the field of increasing mental health by using educational sports.

Considering the lack of sufficient evidence about the functions of educational sports in mental health, especially in our country, and also considering the characteristics of educational sports in our country, which is mostly focused on schools and universities, there is a need to study the role of this sport in Iran in terms of health to understand mentally. According to the researches carried out so far, no research has been done inside or outside the country with the aim of examining the mental well-being of students in educational sports. The research gap caused by the lack of comprehensive research in the field of mental health of students in educational sports has caused the importance of educational sports in the path of growth and promotion of psychological characteristics of people, including mental health, to be practically not understood. This issue has even led to a decrease in the importance of educational sports at the community level; So, in the plans made for education, educational sports do not have a proper place. The lack of comprehensive researches about the role of educational sports in some fields, including mental health, has led to the lack of transparency of the importance of this sport at the community level. Considering the functions of mental well-being in various fields, especially among students, it is necessary to pay special attention to the examination of the components of mental health of people in educational sports; Therefore, this research, relying on the background of the research and using the opinions of experts and managers of the country's sports field, seeks to design a model of mental health of athletes participating in educational sports.

### **3. The concept of educational sports**

Based on the division of the country's comprehensive sports system, sports are divided into four main components: Educational, public-recreational, championship and professional. In the strategic document of the comprehensive system for the development of physical education and sports, educational sports are defined as follows: Sports through which a person consciously learns sports skills in the form of family and official educational institutions in special courses; In such a way that he realizes the role and value of the process in physical and mental health and success in life. The process of educational sports includes two educational and extracurricular parts, which are:

#### **A) Physical education lesson**

Educational program, implementation of educational programs, evaluation, monitoring, modification and continuous improvement.

#### **B) Outside the teaching hours**

Extra-curricular activities, conducting competitions, finding talent, evaluating the development of educational sports and continuous improvement. Educational sports have a special place in the formal education system (from preschool to university). At this level, the highest internal and innate motivation, the largest number of active participants, as well as the most appropriate time and the most talented people can be seen. This level includes physical education and sports in formal education units including schools, universities and higher education institutions of the country. Sports education and training aims to put all students in healthy educational situations by providing the necessary grounds and creating the right environment and opportunities, and by responding to their basic needs, programs to strengthen the body, in sync with the principles and stages. To grow and provide in harmony with the cultivation of the soul (Shokri, 2010).

Sports education and training needs the most efficient and largest organizational and organizational structure to provide the most movement and basic experiences in a wide geography through specialized and committed forces. Balanced physical, skill, cognitive, emotional and social education is one of the important goals of the country's sports organizations at the school level. This level needs extensive facilities and facilities in order to create a positive attitude towards sports and movement activities in children and teenagers during the training period. Therefore, one of the duties of the government in any country is to prepare the ground for sports in schools and the institutionalization of sports in schools. This important duty is due to the importance and necessity of exercise in the health of the body, freshness, vitality and finally, the health of the soul of the scholars and all the statesmen are aware of this (Ghasemi, Tajari, Boroujerdi, Emami and Amiri, 2012).

In the fundamental document of education, which was approved in 2010, physical training is mentioned as an important tool for education. In this document, the value propositions of the formal public education system are

- 1- The process of education and training in all areas of education and training, including religious, religious and moral education and training, social and political education and training, biological

and physical education and training, aesthetic and artistic education and training, economic and professional education and training, and scientific and technological education and training. According to the Islamic standard system (basics and values derived from the Holy Qur'an, the tradition of the Prophets of the Innocents (PBUH) and the intellect, in which religious, devotional and moral education and training are central).

2- Physical health, vitality and strengthening will (Rasekh et al., 2017, 44).

### **Student sports**

Unfortunately, this issue has not been addressed according to the student population. School sports are faced with fundamental deficiencies, the most important of which is the lack of sports teachers, especially in elementary schools. Also, school sports have the most shortcomings in the field of physical facilities and sports facilities as needed (especially in big cities), which has hindered the achievement of the goals. One of the important axes in the field of educational sports is the participation rate of students in sports programs (Rasekh et al., 2017, 44).

### **University Student sports**

University Student sports is also one of the axes that is important in order to attract students and prevent the disconnection of sports activities during the transition period from student sports and high school to university, as well as the development of universal and championship sports (Rasekh et al., 2017, 44).

### **Mental well-being and its types**

Mental well-being is widely accepted as an indicator of mental health and has been investigated in different populations. Mental well-being is one of the basic criteria in examining the quality of life of individuals and societies. For a long time, there have been two separate philosophical approaches in the field of studies related to well-being under the title of hedonism and virtue approach. In the first approach, well-being is synonymous with happiness and is focused on positive emotions and life satisfaction (Ghaibi, 2022). The emotional dimension refers to the negative and positive mood in a person's immediate experience. Life satisfaction, which refers to people's judgments about their lives, expresses the cognitive dimension of well-being. This dimension is now defined as emotional well-being. In the late 1980s, researchers such as Carol Riff pointed out that happiness is not only associated with experiencing positive emotions, but is more related to positive relationships and purpose and meaning in life. From this point of view, well-being means good performance in life. Therefore, in the view of virtue, happiness is presented on both individual and social levels. At the individual level, it is related to personal growth and the realization of one's true potential, and at the social level, it is related to commitment to common goals and values (Riif, 1989).

Emotional well-being includes the presence of positive emotions, the absence of negative emotions and enjoyment of life, which is called hedonistic well-being. According to Riff, psychological well-

being is an effort to realize one's real potential abilities. He considers psychological well-being to include dimensions of self-acceptance, purposefulness in life, personal growth, having positive relationships with others, mastering the environment, and autonomy. Psychological well-being indicates a person's achievement of full psychological capabilities. Psychological well-being is more indicative of individual and private criteria for evaluating one's performance, while positive performance includes challenges and social tasks as well. How individuals function in their social lives as members of the larger community (Musaei, 2022). From this point of view, Amal's social well-being is the dimensions of cohesion, prosperity, solidarity, acceptance and finally social participation. These two well-being (psychological and social) together constitute virtuous well-being. (Stamp, 2015).

### Discussion and conclusion

The results of the research showed that the components of social well-being, psychological well-being, emotional well-being (negative emotion) and emotional well-being (positive emotion) are among the most important indicators of mental health of students participating in educational sports. The results of the research show this important fact that educational sports have the capacity to improve and expand the components of mental health, especially in the field of growth, political and physical well-being. Diener and Seligman (2018) pointed out that the components of mental health have different status in different environments. Pan et al. (2018) determined that different fields of sports have fundamental differences from each other, which has caused the components of mental health to have fundamental changes in different fields of sports. Few studies have investigated the mental well-being of students participating in educational sports.

Brewer, Hallman and Wicker (2011) pointed out in their research that different sports at different levels can have different effects and cause the development of some special issues among groups of people. Among the researchers conducted in this field is the study of Bloodworth, McNamee and Bailey (2012). In their research, they found out that educational sports can lead to improving the well-being and growth of people in addition to improving mental health; Therefore, it can be said that the results of the present study are consistent with the results of Bloodworth et al.'s study (2012). Educational sports improve the skills of students through the types of activities that have an educational and scientific aspect (Kumar et al., 2018). This issue leads to the improvement of students' efforts in educational sports in order to learn skills. If the students' efforts are successful, they will grow and develop their mental health. The presence of students in educational sports will improve their skills, which will improve the sense of progress and growth among them. Few researches have investigated the effect of educational sports on students. This problem has caused there to be little evidence of the process of educational sports and its effects on people. In the current research, it was well established that educational sports can improve some components of this health, including the well-being of growth (development), political well-being and physical well-being, in addition to improving the mental health of students. Well-being is growth as people's feeling of their own development and improvement in different areas. In the current



research, this component is the most important event in the effect of doing educational sports. Progress and growth are important functions of educational sports. By improving the skills of people, educational sports increase the feeling of growth and progress in students; Therefore, educational sports cause the feeling of well-being of growth among people (Reis et al., 2015). On the other hand, political well-being refers to the level of people's satisfaction with exchanges and participation in political groups and parties. Reis et al. (2015) stated that political well-being increases by increasing interpersonal exchanges in some environments, including sports. People's activity in the form of educational sports increases interpersonal communication and they don't want to participate in political and party groups. Also, teaching and learning different sports skills in the process of educational sports leads to improvement of people's satisfaction with the level of growth and development of their performance.

This problem causes the growth and well-being among students participating in educational sports to grow and improve. On the other hand, physical well-being is one of the components of well-being that increases in educational sports. The trainings carried out in educational sports lead to the improvement of physical abilities of people. In other words, people's physical factors will have a certain improvement in the form of educational sports, which will make people feel better about their physical condition; Therefore, educational sports will have appropriate functions in the path of growth and improving the physical condition of people (Bloodworth et al., 2012).

Ruseski et al. (2014) and Lupiano (2014) determined that physical well-being increases through educational sports. Also, Brewer et al. (2011) pointed out that the increase in sports skills among people leads to the improvement of their physical condition in addition to the development of people's skills. They pointed out that this issue causes the growth and improvement of physical well-being among people. It seems that educational sports in the first stage can give people independence and proper self-confidence. This issue causes educational sports to create personality among people and in addition to preparing students in a particular sport, it also strengthens their mental abilities; Therefore, it is not far-fetched to expect that educational sports can increase well-being and growth. Educational sports can introduce students to different groups. Also, educational sports help to expand people's social interaction by strengthening people's sports skills. Therefore, educational sports can lead to political well-being among students in these sports.

The lack of development of educational sports can cause disruption in the path of improving mental health in the society. On the other hand, moving away from the nature of educational sports has caused these sports to distance themselves from their main spirit and purpose, which can cause serious harm to the students participating in these sports. Improper development of the mental health of students participating in educational sports can affect the sports future of these people. Considering the sensitivities in the development of mental health of people in the society, it is definitely clear that the inappropriate atmosphere of educational sports is ineffective at least in terms of the development of mental health of students. The unique characteristics of educational sports have caused developmental well-being, political well-being, and physical well-being to be among the components of mental health that are promoted in the form of educational sports in a

well-defined way. Educational sports have been able to affect mental health and all its components; But the welfare of growth, political welfare and physical welfare of people participating in educational sports have grown the most. Deep changes in the path of development of athletes in educational sports have caused some athletes to participate in activities that are against their values in order to achieve success. This issue can make their mental health undergo fundamental changes and take them away from the path of their mental development.

This is despite the fact that in many plans and executive programs in the country, including the transformation plan of the country's health system, the fifth and sixth development plans, as well as some executive programs in the ministry of sports and youth, the ministry of education and health, treatment and medical education the lack of sports and planning for its development is clearly observed (Milanifard, 2018). The great goals of many of these programs are the development of mental health among people; But the lack of inclusion of sports in different dimensions and according to the groups in these programs and projects has caused the big programs in the field of improving mental health to fail. This issue can be partly due to the lack of scientific researches to investigate the various effects of exercise at different levels on the mental health of people.

Different levels of educational exercise should be on the level of mental health of people. Considering the functions of educational sports in the development of students in different dimensions, the present research provided good evidence in the field of the influence of this sport on mental health in different dimensions among students. Considering the functions of educational sports in various fields of mental health, including developmental well-being, political well-being, and physical well-being, it is suggested to improve the state of educational sports in the country by developing standard training classes in various sports. On the other hand, due to the inappropriateness of some mental health components among athletes in educational sciences, including the psychological components of mental health, it is suggested to teach some sports that are effective in improving the psychological state of people, including sports that improve the mental state, including swimming, badminton and Volleyball should be placed on the agenda of education. This issue is due to the unique characteristics of these sports. On the other hand, considering the importance of educational sports in the mental health of people, it is suggested to improve the state of facilities and equipment, especially in schools, by using the facilities and sports equipment of other organizations to improve the state of educational sports at the community level. Also, considering the importance of educational sports and the need to expand it in the society, it is suggested to strengthen the educational programs of the institutions by creating joint programs in the ministry of education, the ministry of science, technology and research and the ministry of health, treatment and medical education. Related to these ministries, action should be taken with the aim of developing educational sports in schools and universities.

In the meantime, in order to achieve the goals of educational sports in order to improve mental health, it is suggested to increase the skills of trainers active in educational sports, and increase the effectiveness of their training. The competitive nature of educational sports in our country, as well

as neglecting the physical and mental development of students, have caused the arena of educational sports in our country to become a field for showing the authority and capacities of the coaches in this field who want their professional growth and promotion of educational sport is like professional sport. Considering the competitiveness of educational sports in the country, it is suggested to standardize the atmosphere of educational sports among students by strengthening the culture of students in order to increase their skills and avoid inappropriate competition. Finally, in addition to improving the scientific evidence regarding the impact of educational sports on the components of mental health, the present research can be a suitable guide for the development of educational sports and the mental health of students in this field.

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