COMPARISON OF IRRATIONAL BELIEFS AMONG BOTH ATHLETE AND NON-ATHLETE SCHOLARS

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Abstract

This study is to compare athlete and non-athlete male scholars in terms of their “Irrational Belief” in University, Farhangian (Iran), and the sample group included 120 scholars of different majors (60 athletes, 60 non-athletes).

The methodology was descriptive-comparative. Questionnaires based on Jones “Irrational Beliefs”. The data were collected and statistically calculated through T-Test, fluency, the deviation of significant, correlative coefficient, percentage. Dependency. The results show that athletes took less marks than non-athletes, it means the middle mark of athletes’ irrational beliefs is less (274/32) than non-athletes’ marks (291/32); their differences are meaningful 0/001. In other words, sport relates to the decrease of irrational beliefs.

Keywords: Belief, Irrational Beliefs, Athlete, Non-athlete, Scholars

Introduction:

A healthy, powerful human is a person who possesses both powerful soul and body. Whereas the human psychological factors influence on both their personalities, and the complete personality attain by rational beliefs, and it seems that athletics help to form the complete personality, hence it is important to discuss the relations between athletes’ personalities and athletes in the field of professional athlete. Athletic and exercise are not only vital to recover tiredness, but also they are important in the fields of society and education to progress the skills of life, they play an important role in the psychological, physical hygiene in the society. The behavioral psychologists say, depression decreases the positive behaviors. Trayon says, high school, male athletes possess higher personality, social respect, and social acceptance than male non-athletes (Naderi, self Naraghi, 1995). Hence, the effects of sport and exercise are considered.

The Exams of Irrational Beliefs (IBI).

This exam was made by Jones in 1968; it was the commonest means to measure the irrational beliefs in world. Every measure was one of Albert Allis’s logical emotional, irrational beliefs. This exam was based on 10 measurements, and every measure includes 10 questions. These measures are:

1. Demand for Approval: To measure the irrational beliefs (IB) in which persons need to be supported by whom they are interested in, or they know them.
2. High self-Expectation: To measure the irrational beliefs (IB) in which persons believe to be successful, in order to achieve their goals, they believe to be so much deserved that they would be worthy.
3. Blame proneness: To measure the irrational beliefs (IB) in which people blame both
themselves, and others, and they deserve to be punished as well.

4. Frustration of Reaction: To measure the irrational beliefs (IB) in which persons say aside, they would be miserable if events were not up to them.

5. Emotional Irresponsibility: To measure the irrational beliefs (IB) in which persons believe that psychological anxieties refer to the problems of life.

6. Anxious Over concern: To measure the irrational beliefs (IB) in which persons believe that dangerous, ominous events lead to deep grief, so we should concern them.

7. Problem Avoidance: To measure the irrational beliefs (IB) in which persons believe, it is easier to avoid problems, duties, issues.

8. Dependency: To measure the irrational beliefs (IB) in which persons believe they should rely on those who are more powerful, since it is impossible to live without them.

9. Helplessness for a change: To measure the irrational beliefs (IB) in which persons believe that their present behaviors are based on their previous behaviors, so they would not change.

10. Perfectionism: In which persons believe, there is only one way to solve a problem, and if they did not find this way, they would be miserable (Poosh, 1999).

The Literature of Study and the Related Researches:

By studying athletes’ and non-athletes’ personalities, Cooper said, athletes are more self-confident, social, they possess high personalities, they except the different conditions, their rivals are more powerful, they concern the problems less than others, they possess male-personality, they are able to tolerate the physical pains more than others (Azadi, 2012).

Morgan set up a research in 1972 in Viscanzin University, he concludes that athlete scholars are more powerful, more social than the common scholar; they experience less depression, tension, and tiredness (Sahebi, 1998).

Regarding questionnaires “Katel, Raber, Tatsuka” Concluded that athletes are more self-confident (Motamedi, 1995).

“Mistra, and Gastilv” (2007) classified American scholar’s tensions into five groups: 1- failure, 2- contrary, 3- pressure, 4- change, 5- self-imposed (Momeni, 2007).

By examining the results of stress on Nepal Scholars’s Asrara Mardy, et al said, the main sources of stress are dormitory, parents’ expectation, high home works, exam, and limited equipments of amusement (Momeni, 2007).

“Koopta and Sherma (1975) found out that athletes are more convenient, social, honest, generous, brave than non-athletes (Bolurian, 1993).

“Gundla” 1991 concluded that female, women tennis players are cleverer, constant-passion. (Motamedi, 1995)

Suzzan and Erikson 1993 concluded that athletes are more realist than non-athletes (Sahebi, 1998).

Vis and Jameson 1989 concluded that swimming is useful to cure depression (Azadi, 2012).

In 1986, Susantrum said sport and physical education are positive causes to change self-confidence in adult careers (Khalji, 1994).

The Definitions of key Words

1. Belief: They way by which persons examine themselves (Garshasbi, 2000).

2. Irrational Beliefs: When a person emphasizes his duties, and his needs, he will have the irrational beliefs. (ShafiAbdi, 2002).

3. Personality: Possesses an active organization which assigns person’s physical-psychological orders (Etikson, 2001).

4. Athlete: In this study, a person who is professional at least in one branch of sport. (Ramazi Nejad, 1994).

5. Non-Athlete: In this study, a person who does not exercise regularly (Ramazani Nejad, 1994).
In 1986, Niman, and Hater show that physical education scholars are able to conceive matters more than other scholars (Motamedi, 1995).

There were some psychological factors in some of researches such as: Personality factors, psychological-physical skills, mood factors, the ways to face the different conditions, perfectionism, seriousness in the different levels of sport success (Besharat a, 2007, Besharat b, 2007, Abasi, Shaja Al Din 2002, Thomas Vaver, 1994, Gald, Difenbak, and Mooft, 2002, BorGaz, and Maray 1998, Myrez, Lyanz, Boor coaz, 1996, Williamz Karin 2001). One of the important results of psychology is to recognize the psychological processes which are affective in success (Besharat, 2007), The researches been done show that sport has positive effects on the spiritual, physical and mental aspects of the athletes.

Conclusions show that sport decreases the persons’ irrational beliefs.

**Methods**

This study is descriptive-comparative, in which exercises are affective in the irrational beliefs.

The indignations of study including:

1. Independent indignation: In this study, they are sport and, regular, exercises.
2. Dependant indignation: In this study, they are irrational beliefs.

<table>
<thead>
<tr>
<th>indigation</th>
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<td>60</td>
<td>25/97</td>
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<td>29/70</td>
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<td></td>
<td>non-athlete</td>
<td>60</td>
<td>30/63</td>
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<td>29/65</td>
<td>4/60</td>
<td>118</td>
<td>2/22</td>
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<td>Frustration</td>
<td>athlete</td>
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<td>27/90</td>
<td>4/75</td>
<td>118</td>
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The statistical group: are scholars in kermanshah University.

The sample and the sample-way: The sample group included 120 student’s (Go athletes, 60 non-athletes) randomly.

The vehicle of Research: The questionnaires of Jones’s Irrational Beliefs “IBI” Which are taken by narrative, guarantee methods.

Questionnaire is based on Likert, it is multiple-5 choices, every choice has 1 to 5 marks.

**Findings**

As table and diagram show, the average mark of athletes and non-athletes were near in the irrational beliefs, it seems the highest average of athletes’ marks belong to “Anxious over concern”, 30/40, and the highest mark of non-athletes’ mark show “Blame Proneness”, 31/48. According to table (Deviation of significant) athletes’ marks were 5/42 in “Demand for Approval” and the most dissipation (Deviation of Significant) of non-athletes’ marks were 5/20 in “Anxious ore concern

The table of statistical examination among athletes’ and non-athletes’ irrational beliefs.
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The results of Hypotheses

1. The difference between the two groups concerning the irrational beliefs (IB), “Demand for Approval” was not significant. (α= 0.10).
2. The difference between the two groups concerning the IB, “High self Expectation” was not significant. (α= 0.295)
3. The difference between the two groups concerning the IB, “Blame proneness” was significant. (α=0.029)
4. The difference between the two groups concerning the IB, “Frustration of Reaction” was significant. (α=0.014)
5. The difference between the two groups concerning the IB, “Emotional Irresponsibility” was significant. (α=0.003)
6. The difference between the two groups concerning the IB, “Anxious over concern” was not significant (α=0.608)
7. The difference between the two groups concerning the IB, “problem Avoidance” was significant. (α=0.001)
8. The difference between the two groups concerning the IB, “Dependency” was not significant. (α=0.37)
9. The difference between the two groups concerning the IB, “Helplessness for a change” was significant. (α=0.001)
10. The difference between the two groups concerning the IB, “Perfectionism” was significant. (α=0.65)
11. The difference between the two groups concerning all the IB was significant. (α=0.001)

Discussion and Conclusion

The findings of study show that athletes are more healthy- psychological than non-athletes, it concludes that this fact refers to exercise.

Exercise is very important to protect persons of psychological problems, In Elis’s “Emotional- Logical Tendency”, he said, the psychological tensions referred to “Irrational Beliefs”. The finding show that athletes take less marks in the “Irrational Beliefs”, it means the middle mark of athletes’ “Irrational Beliefs” (274/32) is less than the average mark of non-athletes’ (291/32) which is significant, in other words, sport influences on decreasing the “Irrational Beliefs”.

These finding were comparable with Mation Homai’s study results, and the middle marks of “Irrational Beliefs” cause to decrease the psychological tensions of both athletes and non-athletes, it shows that athletes have less irrational beliefs.

The results of this research were suitable to Suzan and Erikson’s (1993) study results, non-athletes and athletes’ failure-personality. The results were convenient to those of Skandel (1965) comparison of athletes and non-athletes student’s personalities, this study was for athletes.

The results of study show that athlete student’s “Irrational Beliefs” are better than non-athlete student’s; this fact refers to experience which protect persons of psychological problems.

Exercise was a good means to recover those who have emotional problems. There were limited
studies about athletes’ and non-athletes’ “Irrational Beliefs”. The present study is limited to male students, they are (18-25) years old, their sample are limited to B.A. and Borujerd University as well. The previous sources of study were limited. There were a great deal of questionnaires (100) questions which waste the time, and they increase the errors. The complexity of “Irrational Beliefs” might influence on the answer of questions.

Suggestions

1. In order to decrease the “Irrational Beliefs”, exercise is a means.
2. The coaches’ knowledge of athletes in the field of Elis’s emotional-logical tendency prevents the athletes from personality problems.
3. It suggests that there is no research in the women group which compares to the men group.
4. This study refers to economical, social, cultural, and religious indignations.
5. The number of Jones’s “Irrational Beliefs” questions is analyzed, regarding the theoretical aspects.

References