



Comparing mental health and its aspects between athlete and non athlete mothers

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Abstract

Introduction: psychological issues have been taken into consideration along with physical activity to a great degree in recent years. Regarding the increased mental disorders among females, and mothers in particular, who play an important role in the future of the society, the present study designed and performed with the aim of comparing mental health and its aspects between athlete and non athlete mothers.

Methodology: 60 mothers have been chosen through targeted sampling using demographic, physical activity and mental health questionnaire. Independent t test was used to analyze the data. Data analysis was performed by spss 21 version. **Results:** statistical analysis showed significant difference between athlete and non athlete mothers in physical index ($p=00/04$), social disorder ($p=00/001$) and total mental health ($p=00/005$) that athlete mothers group was superior. **Discussion:** female participation in physical activities has useful impact on their individual and social interactions. Considering the findings of this study, mothers' participation in physical activities is highly recommended.

Key words: mental health, mother, athlete, non athlete.