

Studying The effect of sport competitions on developing the mental health of students participating in the Student Olympiad Sports

Abstract

The aim of this study is to study the effect of sport competitions on developing the mental health of participant students in Student Olympiad Sports. The sampling method is clustering and 336 students (contains 168 Athlete students who take a part in Student Olympiad Sports in 1394-1395 competition in shiraz city and 168 non athlete ones.)

Data are gathered by general health Goldberg Hiller questionnaire.

The t independent test reveals there is meaningful correlation between mental health and its subcategories in both athlete and non-athlete group ($p < 0/001$).

In general we can conclude, female athlete students have high mental health, and have less body , stress, depression complains .these results are in accordance with the previous studies

Key words: development, mental health, sport Olympiad, students