

# Comparing the public health and social relationships of the employees with the physical activity and inactivity in Kerman Azad University

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**ABSTRACT:** The aim of this research was to compare the physically active and inactive employees' public health and social relationships of Kerman Azad University. The statistical universe of the present research included 500 employees of Azad university ( members of the faculty board and employees ). Using Morgan sample size determination table, 217 persons of the mentioned universe were randomly selected and the research questionnaire was distributed among them. The results of studying the employees' public health status showed that among 217 respondents, 48.8% (106 persons), 26.3%(57 persons) and 24.9%(54 persons) had healthy public health, moderate and unhealthy public health, respectively. 15.2%(33 persons), 67.7% (147persons) and 17.1%(37 persons) had low, moderate and high social relationships, respectively. The inferential results of the research showed that there is a significant difference between the physical active and inactive employees' public health. The public health of the active employees was more than that of the inactive employees. But there was no significant difference between the physical active and inactive employees' social relationships. Therefore, it is proposed that the administrators provide their employees with the possibility of conversation and attendance in the sport and community programs in planning the various meetings achieving the university objectives and help them promoting their public health level and social relationships.

**Keywords:** public health, social relationships, physical active and inactive employees, university.

## INTRODUCTION

Sport plays an important role in the public health, so that the slogan of World Health Organization (WHO) was "Activity is the key to health". Developing the advanced technology and sciences in the modern age has influenced the life style of many human communities and has significantly reduced the individuals' physical activities. The human physical structure shows that the human naturally needs a variety of physical activities for his own full growth and evolution. Undoubtedly, the professional and wise employees of every country play a critical role in the progress of their country. They can considerably influence the various aspects of their community. For example, they can promote the economy and extend the national and international relationships among the counties. The people life including employees has been influenced by the urban life culture. The type and nature of their job has resulted in an inactive life and kept away them having an active and dynamic life. Considering the numbers of employees, this inactivity may result in physical and mental weakness and associate with the qualitative and quantitative reduction of productivity of these employees and university. Today, the extensive progresses in technology have clearly influenced the life style of many human communities that it is more apparent in the industrialized countries. Although the world will confront the energy crisis in the future, there are considerable reductions in the individuals' physical and motion activities due to appearing the machine and replacement the physical activity by well being and inactivity. The people become inactive more and more and many of them may only do physical and motor activities during their limited leisure. Our today's life is a mechanical one and has resulted in individuals' inactivity. Sport is one of the main elements of our life and has been advised in the world. It has been attempted to include at least 15 – 20

minutes sport and physical activity in the individuals' daily program . Sport makes human happy and active (sport professional exercises database , 2013).

In parallel the public reduction of the physical and motor activities , in the recent years there is a considerable increase in the mortality rate resulting from coronary heart diseases among the various classes of the industrial and developing societies . There is a lot of document related to incidence of mental illness in the modern societies (Asadi, 2000) . Evaluating faculty board 's healthy and their work quality and measuring their views can be effective to obtain data in the different cases and it shows shortages related to facilities , increasing the number of the students , less attention of managers and also lack of their participation in the decision makings and absence of basic strategies (Mostahfezian , 2009) . As above mentioned , decreasing motion and physical activities in the modern life associated with industry and technological achievement and development and dominance of machine on human life and increasing welfare services in the form of modern life styles may result in reducing the public health and social relationships in the various classes of the society including employees .

In this section, it refers to a number of researches relating to the present study . According to Asadi and Goudarzi (2003) in a research titled “ Studying the hyperpaln status of Tehran university professionals “ 55% Tehran university professionals believed that the sport and physical activities were effective for increasing the quality of the educational activities .And according to 37% , they were very effective for the quantity of their educational activities . Also 64% members of the faculty board mentioned the high influence of sport on the mental health and 58% on the physical health . 40% of mentioned professionals referred to the very effective role of the regular physical activities in communication with the peers and students . The sport and physical activities and their positive influences on the human health are the very important research issues which have a close relationship to the other activities . Several scientific studies and researches have emphasized the effect of physical activities on the human mental health and his health ( Tefller 1994, Wall 1994, Yang 1994, Von Dost 1999) . Fontaine (2000) concluded that group and individual physical activities improve the mental health and reduce anxiety and depression .

Kohl(2000) in a research expressed that performing the regular sport and physical activities results in reducing depression and improving the mental health and health development of the athletes .

Aarnio (2002) concluded that the active subjects physically have a better public health and more appropriate social relationships than the inactive subjects . Mozafari and Kashef ( 2006) in their research titled “ comparing the public health of the physical active and inactive members of faculty board in the Iran universities “ concluded that there was no significant difference between the public health of the physical active and inactive members of faculty board in the universities . Narimani (2007) in a research titled “ comparing self- care and public health in the group and individual athletes and the ordinary persons “ concluded that there was a significant difference between three groups in terms of self- care level , it meant that the self – care in the individual athletes was more than group those and in the group athletes was more than the ordinary persons . Also , there was a significant difference between male and female athletes in terms of the level of depression meaning the average point of depression in the males was more than the females . The results of this research showed that the social performance disorder among the group athletes and depression among the ordinary persons is more than the others .

Amir Nejad (2008) in his research “ The effect of selected periodic sport activities on the social growth and public health of the male students “ concluded that the regular sport activities results in improvement and development of the social capabilities and public health in the students . Mozafari (2009) in a research titled “ Comparing the communication relationships and work life quality of the physical active and inactive members of the faculty board in East Azerbaijan Azad universities concluded that there was no significant difference between the active and inactive subjects . Comparing the communication skills of the active and inactive subjects showed a significant difference . Ernius (2005) studied the physical activity , physical fitness and public health in the patient with rheumatoid arthritis and reported that the persons with the more activity and the better physical fitness had a better public health . Doglas brown (2005) explained that sport mainly is a social and motion category to socialize the persons . Sport as an instrument helps the youth and adults to find their social identity . Participating in the sport is valuable to develop individual capabilities and resulting in the socialization of the individuals through obtaining some positive and pleasing experiences . Studying the promotion of the physical activities and public health in Australia,

Marshal (2005) concluded that the individuals with more physical activity have the more desired public health . The physical activity results in promoting the level of the society health . Biz (2007) in their research titled “ The level of physical activity and its related health quality in the public life of the adult society “ referred to the influence of the adults' physical activity level on the adults' public health participated in their research . They reported that the more physical activity has an effective and positive effect on the promotion of the society public health . Krindel (2007) in a research explained that reducing the physical activity level in the children and adolescents results in reducing their public health . Cheng (2008) studied the effect of the physical activities on the female public health . They reported that the physical activity has more desire influence s on the female public health . Bachner (2009) referred to the

effective effects of the physical activities on the development and increase of the public health level and reported the individuals with more activity and better physical fitness have more appropriate public health . Brawn and Ralph (2010) showed that there is a reverse significant relationship between the public health and burnout components . Taleb zade Shooshtari and Pour Shafei ( 2011) in their research titled “ The relationship between the life concept and the employees' public health “ concluded that having goal in the life guarantees the individuals' public health and the society healthy performance . Hashemi Motlagh (2011) in a study titled “ Comparing the communication skills and the work life quality of the physically active and inactive members of the faculty board of Azad university “ concluded that there was no significant difference between the life quality of the active and inactive subjects . Comparing the communication skills of the active and inactive subjects showed a significant difference . Shabani Bahar and Zaman Kunani (2012) studied the relationship between burnout and the public health of the physical education teachers and concluded that there is a reverse significant relationship between the physical education teachers' burnout and public health .

Bakhshayesh (2013) in his research titled “ Studying the relationship between the public health and personality types with the employees' job satisfaction “ concluded that reducing or increasing the public health and the effect of personality traits reduces or increases the job satisfaction , respectively . Considering the studies performed , there has not been any comparison between the public health and the social relationships of the physical active and inactive employees . While there are many studies on the public health of the other society classes including the study of the relationship between doing sports and the guards crops managers' public health (Derakhshan 1998) , comparing the public health of the physically active and inactive members of the faculty board in Azad universities , district 4 ( Mostahfezian & mozafari 2007) , comparing the public health of the athlete and non athlete disables ( Mousavi&Sadeghi (2001) , comparing the health of athlete and non athlete male students ( Asadi&Ahmadi 2000) and the relationship between sport activities and the public health of the disables (Poursoltani 2003) . The present research attempts to compare the status of the public health and the social relationship of the government physical active and inactive employees in Kerman Azad university . The main goal of this article is to study the inappropriate and negative effects of not to do the regular physical activities and sport by the employments on their public health and social relationship . Also, they will face a lot of physical and mental problems due to doing continuous and lasting works of the university and therefore their work efficiency will reduce over time .In the present research , the researchers have attempted to answer some questions as follows : what are the differences between the public health status and the social relationships of the university physically active and inactive employees ? what are the effects of the physical activities and sport on providing the employees' public health and social relationship of Kerman Azad university? Providing some functional strategies and recommendations given to the findings of this research along with the research variables is the other objective of this study.

## **MATERIALS AND METHODS**

The comparative – causal method was used for this research . Here , the public health and the social relationships of the physically active and inactive employees of Kerman Azad university were studied and compared . The statistical universe of this research included all employees of Kerman Azad university whose number was 500 ( the members of faculty board and employees ) . 217 employees of the present universe were selected using the table of Morgan sample size determination by stratified method from the different parts of the university . The measurement tool used was three kinds of questionnaires .

### **1-The personal traits questionnaire**

In order to collecting the subjects' individual traits and motor status , research-made inventory was used .

### **2- The public health inventory**

This inventory was used for the subjects' public health status which was a 28- *question* standard questionnaire of Goldberg and Hiller (GHQ).

### **3- The social relationship inventory**

This was a 20-question standard questionnaire related to the social relationships which applied to the social relationships status .

The statistical methods

The collected data was analyzed by software SPSS. To analyze data given to the measurement scales the research objectives and questions , the descriptive statistic methods including frequency , frequency percentage ,

bar charts and to test the research hypotheses the dependent T inferential statistics were used . The research findings

- 1- Age : 58.1 % individuals were 41 and more and 11.5% were 30 years and less .
- 2- Gender : 56.2% and 43.8% were male and female , respectively .
- 3- Marital status : 85.3% individuals were married and 14.7% were single .
- 4- Education : 32.7% had bachelor' s degree and 8.3% had PhD.
- 5- Record of service : 74.7% persons had 20 years and 3.2% had less than 10 years of service.
- 6- Status of the employees' motor activity : 53% persons were active and 47% were inactive .
- 7- Status of the motor and sport activity of the active employees weekly : 32.2% persons had motor and sport activity 2days in a week and 20% had more than 3 days in a week .
- 8- Time of the motor and sport activity of the active motor employees : 56.6% persons practiced during the afternoon and 13.9% did during the night .
- 9- Place of the motor and sport activity of the active motor employees: 24.3% employees used the sporting goods of the university and 2.6% used the stadiums .
- 10-The causes of the inactive motor employees for not to practice the motor activities: 43.1% employees stated to be busy and had the shortage of the time and also 4.9% referred to the social problems .
- 11- Employees ' public health status : 48.8% employees were healthy and 24.9% were unhealthy .

**Testing the research hypothesis**

There is no significant difference between the public health of the active motor employees and that of inactive motor employees . To test the variances equality , Leven test is used and since the value of p ( significance ) is equal to 0/117 and larger than the significance level  $\alpha = .5$  , thus in this level the hypothesis of zero is rejected . Therefore , we could say that the variances of the groups were equal and the parametric test is administrable ( table 1) .

Significance	Levene statistic
.117	2.748

Comparing the average of the employees' public health points given to their motor activity shows that in the descriptive level the public health point of the active motor employees has been less ( SD=8.195, M=31.3) than that of the inactive motor employees ( M=31.3 , SD= 9.395) (it should be mentioned that in the public health test the lower point shows a higher health ) . To compare the averages and given to the variances equality the independent t test was used . Considering the p value estimated which is equal to .34 and is smaller than the significance level  $\alpha = .5$  so the zero hypothesis is rejected . Therefore we can say that there is a significant difference between the public health of the active and inactive motor employees and the public health of the active employees has been higher than the inactive employees (table 2) .

p	df	t	Average	Standard deviation	value	Statistical indexes of motor status
.34	215	-2.138	8.195	8.195	115	Active
			9.395	9.395	102	Inactive

There is no significant difference between the social relationships of the motor active and inactive employees . To test the variances equality , Leven test was used and since the value of p ( significance ) is equal to 0/569 and larger than the significance level  $\alpha = .5$  , thus in this level the hypothesis of zero isn't rejected . Therefore , we could say that the variances of the groups were equal and the parametric test is administrable ( table 1) .

Table 3. Leven statistic for studying the equality of the variances

Significance	Leven statistic
0/569	0/325

Comparing the average of the employees' social relationships points given to their motor activity shows that in the descriptive level the social relationships point of the active motor employees , there has not been significant difference ( SD=10.75, M=84.86) between that of the inactive motor employees ( M=84.8 , SD= 10.38). To compare the averages and given to the variances equality, the independent t test was used . Considering the p value estimated which is equal to .968 and is larger than the significance level  $\alpha = .5$  so the zero hypothesis is not rejected . Therefore we can say that there is no significant difference between the social relationships of the active and inactive motor employees .

Table 4. T test statistics to comparing the average of social relationships of the motor active and inactive employees

sig	df	t	Average $\pm$ deviation standard	value	Statistical indexes of motor status
.968	215	.4	10/75 $\pm$ 84.86	115	Active
			10.38 $\pm$ 84.4	102	Inactive

## RESULTS AND DISCUSSION

### **Discussion and conclusion**

1-There is a significant difference between the public health of the motor active and inactive employees . The research results showed that there is a significant difference the public health of the motor active and inactive employees and the public health of the active employees has been higher than the active ones . Therefore it can be said that one of the methods to promote the employees' public health is to encourage and recommend them to exercise and physical activities because sport , especially group sports cause the more freshness and mental discharge in the athletes than the non – athletes . Mental health means the health of certain aspects of the human like intelligence , mind and thought . On the other hand , the mental health affects the physical health . in the recent century , the relationship between the psyche and body has attracted many researches ' attention . The psyche ad body have an inevitable influence on each other and every experience that the body or psyche gains influences the whole organism . Mobility , activity , happiness and physical freshness certainly result in the mental happiness and a positive feeling and also influence the depression. The physical activity causes abreaction , it means that some negative affects and internal conflicts will be discharged and the individual senses of self- confidence , self –respect , freshness and physical health will represent . That is , the planned sport and physical activity result in the enforced and improved organs including heart and respiration and improve physical fitness . Since the human body and psyche act like a single unit , so it is expected that the one' improvement has a positive effect on the other . Today , to treat the psychic and mental disorders sport has been considered as a sport medicine and psychotherapy . Increased neural and mental pressures along with automation of the life and increasing daily life stresses have resulted in the professionals and experts use the sport as a vaccine to treat the physical and mental diseases , because sport is one of the most secure , simple , cost- effective and natural ways confronting the physical and mental problems .

These results are associated with the following findings : Narimany findings ( 2007) showed that the non- athletes with depression are more than athletes ; Ahmady and Mohamady Raoof ( 2010) reported that the athlete students have a better mental health than non-athletes ones ;Arnius (2005) reported the individuals with more activity and better physical fitness have better public health compared the others ; Marshal (2005) concluded that individuals with more physical activity have more desired public health and physical activity results in promoting the society health level ; Bizz (2007) in their research have pointed out that the level of physical activity influences the adults' public health ; Krindel et ( 2007) al in their research explained that reducing the physical activity in the children and adults results in reducing their public health ; The findings of Bizz ( 2007) showed that the physical activity has been effective to promote the adults' public health ; Cheng (2008) studied the effect of the physical activities on the females' public health ; Bachner and his colleagues (2009) reported that the individuals with more activity and better physical fitness have more appropriate public health ; Brawn and Ralph (2019) demonstrated that there is a reverse significant relationship between the components of burnout and public health . Therefore , the majority of researches performed show the effect of the physical , motor and sport activities on the individuals' psychological health and this is because of freshness vitality during exercising .

These results are not associated with the following findings : Fischer (1996) reported that the physical activities don't influence the individuals' health ; Khaledan (200) concluded that the various physical activities during adolescence and middle age has effect on the survival and health in the last years of the life .

Kashef and Mozafari (2006) concluded that there is no significant difference between the public health of the motor active and inactive faculty board . The main causes of these differences in the research results are related to the different research methods employed , the number and type of subjects ,the kind of their physical activities and lack of the control groups , the large number of research variables and the different measurement tools .

2- There is a significant difference between the social relationships of the motor active and inactive employees.

The results of research showed that there is no significant difference between the social relationships of the motor active and inactive employees that probably resulting from performing exercises individually instead of group activities among the employees .

These results are not consistent with the following findings : Amirnejad (2008) who showed the regular physical activities result in improving and developing the social capabilities l the students ; Mozafari (2010) showed that there is a significant difference between the communication skills of the active and inactive subjects ; The findings Arnio (2002) demonstrated that the physically active subjects have more appropriate social relationships than the inactive

subjects ; Doglas Browne (2005) explained mainly the exercise is a social and motor component to socialize the individuals . These inconsistencies may be because of the difference between the statistical universe of the present research and the mentioned researches or due to most employees with physical activity use the individual activities and sports that these cause there is no difference between their social relationships and inactive persons.

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