COMPARISON OF THE HAPPINESS AND MENTAL HEALTH OF ATHLETE AND NON-ATHLETE STUDENT GIRLS OF THE SECONDARY SCHOOL IN MIANDOAB

Abstract
In order to run a comparison between the level of happiness and mental health of athlete and non-athlete student girls of the secondary school in Miandoab descriptive-comparative research was conducted. The statistical population of this study was 4343 individuals from which 350 samples were selected in two groups of athletes and non-athletes. The measurement instrument was Oxford Happiness Test (OHT) which was approved by a group of experts in terms of face and content validity. Findings showed that the positive excitement in the athletes was more compared to the non-athletes (P=0/000<0/05). Results of the lack of negative excitement hypothesis test showed that there is a significant difference between the two groups. Findings further showed that athletes have more satisfaction compared to non-athletes (P=0/000<0/05). Comparison of the total mean of happiness and mental health between the two groups proved positive and significant at the error level of 0/05 (T=5/60 P=0/000<0/05), in other words, the level of happiness in athletes is higher than non-athletes.

Key words: excitement, positive, negative, life satisfaction, happiness, mental health