The Relationship between Leisure time Participation in Sport Activities, and the Quality of Life and Welfare in the Middle-Aged in the City of Tonekabon

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Abstract

The aim of this research is to study the relationship between leisure time participation in sport activities, with the quality of life and welfare in the active middle-aged. The research method was descriptive and correlational, with field data collection method. The statistical population of the research included all the middle-aged people of the city of Tonekabon, in the age range of 40-60, among which 149 people were chosen as the statistical sample, using the Cochran formula. The module tools of the research were the standard physical activity questionnaire of SHARKLEY, the quality of life questionnaire of WHOQOL-BREF, and the OXFORD happiness questionnaire. The Cronbach Alpha method has been used to evaluate the validity of the questionnaire, and the reported results were 79% for SHARKLEY, 83% for the quality of life, and 83% for the happiness. The data analysis was done using Pearson Correlation Coefficient. The results showed a significant relationship between participation in sport activities and physical health, mental and psychological condition, environmental territory, satisfaction, and lack of negative emotions. In social relations scope, the effect of participation in sport activities in the active middle-aged was reported positive and significant; regarding positive emotion, the effect of sport activities was reported positive and significant; there was a significant relationship between participation in sport activities and the quality of life and happiness. In general, the results showed that exercising and doing physical activities could have an effective impact on improving the quality of life and happiness in the middle-aged.

Key Words: Sport Activity, Quality of Life, Happiness, the Active Middle-Aged

1. Introduction

Human beings are multi-dimensional creatures with different needs. Psychologists have studied human beings from different aspects. From the aspect of studying the man's needs, they have known the recreation need as one of the most important needs of man. Also, the character theoreticians believe in the existence of a relationship between individual characteristics and sport activities preferences; studying the ways of spending leisure time, on the other hand, psychologists like Adams believe in a relationship between the person's identity status, and the way of choosing leisure time activities. Exercise and physical activity have an important role in people's general health, and are a vital element in today's societies, increasing the quality of life. Maladies and disabilities caused by sedentariness, would cause increased human pains, and harm their quality of life. People encouraged to live a sedentary life style, are basically the cause of increased risk of contracting some cardiovascular and other diseases (Mukhtari, 2007). Man grows in society, and is largely affected by it, since the relationship between man and society is an authentic one: a relationship is developed between the individual and the society, which affects the characteristics and effects of him in society, and social characteristics, likewise, naturally affect the individual. Beside all these relationships, the individual needs mobility and dynamism for his health survival. Leisure time has gradually turned into a phrase, by which we seek after more freedom and independence of action. The attempts of man during history have always been along with the hope to achieve a peaceful and prosperous life, by getting free from excruciating and overbearing work, seeming one step closer to this aim today (Jalali Farahani, 2011). One of the arenas representing daily life, and depicting resistance in man's life, is
the leisure arena. Leisure is the arena where man's authority and freedom is more applicable; therefore, contrary to work, which requires more discipline, leisure is suitable place for resisting fixed cultural trends, and creating new routines and practices; this is why it is said that leisure could create culture, and reveal people's identitities (Vahedi, 2011).

Sports and physical activities are precious tools, as one of the important ways of spending leisure time, which today constitutes the biggest part of millions of people's leisure time in the world. Leisure time is a suitable and desirable opportunity to do sports. During the past fifteen years, people have grown information about the advantages of physical practices, and physical gameness programs are developed in society's strata, and recreational and leisurely sports have had unpredictable growth (Tundnevis, 2001).

Quality of life is a conceptual and multi-dimensional concept, which has been a point of attention for researchers in recent years. Sinita (1998) has defined quality of life as the individual's positive or negative evaluation of life features, as well as the extent of his general satisfaction with life. The three important dimensions of this concept include the individual's opinion about his general health, his satisfaction with the physical, mental, social, and economic aspects of life, as well as with their subsidiaries (Dehghan and Adab Haj Bagheri, 2006).

Quality of life includes the four major dimensions of physical, mental and psychological, social, and environment health. These dimensions have such cooperation with one another that suitable physical health is essential to establish social relations. Also social relations influence physical conditions, as the individual might get feedback from what his entourage says, and along those sayings, start doing sport activities. Also mental and psychological factors affect the physical condition and activity (Soruri Khorashad, 2005).

Also, the health and succulence of the people of society is the biggest support of any country for social, economic, and cultural progress; any financial or educational investment in this field must be considered as fundamental (Mahdiani, 2010).

Happiness is one of the interesting subjects, which has long and always been a matter of consideration for researchers, especially psychologists, as many research have so far been carried out on it (Armbil, 2001; selmingin and sekinser, 2000).

Diener (2002) believes happiness is some kind of evaluation by the individual of his life and himself, and includes cases like satisfaction with life, excitement and positive disposition, and lack of depression and anxiety; its different aspects appear as positive cognitions and emotions.

If the culture of sports is well introduced in our present society, and all people receive it as the health and well-being phenomenon, and get accustomed to doing it, they will have useful and advantageous leisure time, which will reduce the pressure of life, and provide the health and succulence of society. Relative improvement of life, and creating more social welfare, provides the suitable basis for thought, and finding ways for a better life (Bahramfar, 2001).

One of the most important points here is how to attain happiness and reinforce it, and the factors affecting the access to this vital need. The factors which could have effective impacts on this phenomenon include:

Character, self-esteem, religious beliefs, social status, leisure time activities, economic status, job satisfaction, health, marital status, and gender (Muntazeri and teammates, 2005).

Exercise and physical activity are considered as one of the best and healthiest means of spending leisure time for different social strata, especially the middle-aged who have passed their life concerns, and have more leisure than the past; therefore, doing sport activities by the middle-aged seems an important part of their leisure time to sustain their vivacity, health, and well-being; on the other hand, the middle-aged are themselves considered part of the society, and the quality of life among them, could be indicative of the quality of life in the society; other groups of society could be compared with this group (Suru Khorashad, 2005); also, one of the most important factors in creating happiness is exercising and doing physical activities (Abedi MR and et al., 2006).

Evaluation of the quality of life and happiness in the middle aged by participation in sport activities could be useful in true understanding of the needs, decisions, and plans of this social group, as the indicators which are under the influence of different factors like family, culture, socio-economic status, mental-psychological status, etc.

Considering the studies done in our country, although the quality of life and happiness is a new and novel field, the research are carried out on different social strata, and the diseased, and those with disability problems, but, in the field of the effect of leisure time exercise and sport activities on the quality of life and happiness in the active middle-aged is still under developed; therefore, the researcher aims at studying the relationship between participation in leisure time sport activities and the quality of life and happiness in the active middle-aged, and answer this question that whether or not exercise and physical activity can be an influencing factor in physical,
mental, and social matters, and if so, to what extent can it be related with the quality of life and happiness of the active middle-aged?

Yusufi and et al carried out a research titled "An Analysis of the Way of the Relationship between Physical Activity and Quality of Life and Life Satisfaction in the Female Middle-Aged Teachers in the City of Kermanshah"; the results showed that physical activity has positive and significant relationship with mental health, physical health, and life satisfaction; also, there was a positive and significant correlation between mental and physical health, and life satisfaction. Suleymani and et al. (2012) carried out a research titled "The 12 hour effect of aerobics exercises and water exercise on life quality and happiness among the non-athlete middle-aged women", the results of which showed that aerobics exercises and water exercise have significant and different impacts on the quality of life and happiness of the middle-aged women in the three groups of aerobics, water exercise, and control; also, there is a significant difference between the extent of quality of life and happiness in the aerobics and water exercise group, and the control group. In general, the research results showed that both water exercise and aerobics exercise have been effective in the improvement of both quality of life and happiness among the non-athlete middle-aged women. De carvalho and et al. (2011) studied the physical activity and the quality of life in over 60 women with related factors; the multiple analyses showed going to a (SP) and being over 70, increases the chance of participation in physical activities with average to high intensities, by 11.4 and 2.8 times respectively; other results of the research include, that women spend a lot of time doing sedentary activities; also, the results indicated that participation in average to hard physical activities is obvious in the improvement of life quality.

The researcher aims at studying the relationship between participation in leisure time sport activities and the quality of life and happiness in the active middle-aged, and answer this question that whether or not exercise and physical activity can be an influencing factor on physical, mental, and social aspects, and if so, to what extent can it be related with the quality of life and happiness in the active middle-aged?

2. Research Method

The method of the present research is descriptive-correlation, and practical in purpose; the data collection method is field. The statistical population of the research is constituted by all the active middle-aged people (man and woman) in the city of Tonekabon, who are active in health stations, sport clubs, and public places like parks. The statistical sampling of the research is constituted by the active middle-aged people in the age range of 40-60 in the city of Tonekabon, where 151 questionnaires were collected with the error percentage of 0.05, using the Cochran formula.

The data collection tool for this research was a combination of three questionnaires of physical activity (SHARKLY), quality of life (WHOQOL-BREF), and happiness (OXFORD), which was used after consultations with the supervisor and advisor professors. Regarding the validity of SHARKLEY physical activity, the quality of life and happiness questionnaires, the Cronbach Alpha coefficient was used.

<table>
<thead>
<tr>
<th>Title</th>
<th>Number of Questions</th>
<th>Validity (Cronbach Alpha Coefficient)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHARKLEY Physical Activity</td>
<td>5</td>
<td>0.79</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>27</td>
<td>0.87</td>
</tr>
<tr>
<td>Happiness</td>
<td>29</td>
<td>0.83</td>
</tr>
</tbody>
</table>

3. Data Analysis Method
To analyze the collected data, the analysis data are presented as two statistical types of descriptive and deductive. First, an understanding of the demographic status and features of the respondents is made, using the descriptive data, and following it in the deduction statistics of the research, we will study the relationship among the existing variables, using the software SPSS. The hypotheses were analyzed by the Pearson Correlation Test. The hypotheses were analyzed by Pearson Correlation Test.

4. Research Results and Findings

The majority of the respondents were 50-55 year olds, which is equal to 29%; most of the respondents were married, which were about 93%. 30% had Elementary and Cycle certificates; most people of the statistical sampling (55 people) had educational jobs, which was equal to 37%; most respondents (about 60%) were sick; most of the people (34 people) had the monthly income of 200000-400000 Tumans, which is equal to 23%; most of the people (61 people) had the monthly income of 100000-200000 Tumans (41%).

Table 2: Results of Kolmogorov-Smirnov Test

<table>
<thead>
<tr>
<th>Variables</th>
<th>Sport Activity</th>
<th>Physical Health</th>
<th>Mental Status</th>
<th>Social Status</th>
<th>Environment Territory</th>
<th>Quality of Life</th>
<th>Positive Emotion</th>
<th>Satis action</th>
<th>Negativ Emotion</th>
<th>Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
</tr>
<tr>
<td>Mean</td>
<td>2.72</td>
<td>2.69</td>
<td>3.02</td>
<td>2.79</td>
<td>2.69</td>
<td>2.80</td>
<td>2.03</td>
<td>2.03</td>
<td>2.09</td>
<td>2.05</td>
</tr>
<tr>
<td>Standard Deviation</td>
<td>0.86</td>
<td>0.95</td>
<td>0.83</td>
<td>0.81</td>
<td>0.69</td>
<td>0.61</td>
<td>0.42</td>
<td>0.43</td>
<td>0.37</td>
<td>0.34</td>
</tr>
<tr>
<td>Kolmogorov Statistic</td>
<td>1.256</td>
<td>1.095</td>
<td>1.241</td>
<td>0.984</td>
<td>0.962</td>
<td>0.742</td>
<td>1.34</td>
<td>1.22</td>
<td>1.35</td>
<td>0.76</td>
</tr>
<tr>
<td>Level of Significance</td>
<td>0.085</td>
<td>0.182</td>
<td>0.092</td>
<td>0.287</td>
<td>0.313</td>
<td>0.640</td>
<td>0.056</td>
<td>0.10</td>
<td>0.053</td>
<td>0.505</td>
</tr>
</tbody>
</table>

According to the results and levels of significance in the table of Kolmogorov-Smirnov Test in table 2, the levels of significance related to all variables are more than 0.05, and therefore, the hypothesis of normal distribution of these variables is verified; moreover, the variables' measurement scale is interval, so, Parametric Tests are used for hypotheses tests.

Table 3: Pearson Correlation Test results

<table>
<thead>
<tr>
<th>Participation in Sport Activities</th>
<th>Physical Health</th>
<th>Mental Status</th>
<th>Social Status</th>
<th>Environment Territory</th>
<th>Positive Emotion</th>
<th>Satisfaction</th>
<th>Lack of Negative Emotion</th>
<th>Quality of Life</th>
<th>Happiness</th>
<th>Sport Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Correlation Coefficient</td>
<td>0.52</td>
<td>0.40</td>
<td>0.62</td>
<td>0.44</td>
<td>0.55</td>
<td>0.65</td>
<td>0.37</td>
<td>0.45</td>
<td>0.63</td>
<td>1</td>
</tr>
<tr>
<td>Determination Coefficient</td>
<td>0.27</td>
<td>0.16</td>
<td>0.38</td>
<td>0.19</td>
<td>0.30</td>
<td>0.42</td>
<td>0.13</td>
<td>0.40</td>
<td>0.63</td>
<td></td>
</tr>
<tr>
<td>Level of Significance</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>149</td>
<td>2.72</td>
</tr>
<tr>
<td>Number</td>
<td>2.69</td>
<td>3.02</td>
<td>2.79</td>
<td>2.69</td>
<td>2.03</td>
<td>2.03</td>
<td>2.09</td>
<td>2.80</td>
<td>2.05</td>
<td>0.86</td>
</tr>
<tr>
<td>Mean Standard Deviation</td>
<td>0.95</td>
<td>0.83</td>
<td>0.81</td>
<td>0.69</td>
<td>0.42</td>
<td>0.43</td>
<td>0.37</td>
<td>0.61</td>
<td>0.34</td>
<td></td>
</tr>
</tbody>
</table>

The Correlation is in the 0.01 level of significance.
There is a significant relationship in P<0.01 level between participation in sport activities and the physical health of the active middle-aged; there was a significant relationship in P<0.01 between participation in sport activities and the mental and psychological status of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the social relations of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the environment territory of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the positive emotion of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the social relations of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the satisfaction of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the quality of life of the active middle-aged; there was a significant relationship in P<0.01 level between participation in sport activities and the happiness of the active middle-aged.

5. The Single-Sample t Test

The single-sample t test output for the research is as follows:

<table>
<thead>
<tr>
<th>Research Variables</th>
<th>T</th>
<th>Degree of Freedom</th>
<th>Significance Value</th>
<th>Standard Deviation</th>
<th>Mean</th>
<th>Lower Bound</th>
<th>Upper Bound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports</td>
<td>380.370</td>
<td>148</td>
<td>0.001</td>
<td>0.865</td>
<td>3.718</td>
<td>0.578</td>
<td>0.858</td>
</tr>
<tr>
<td>Physical Health</td>
<td>340.608</td>
<td>148</td>
<td>0.001</td>
<td>0.950</td>
<td>3.694</td>
<td>0.541</td>
<td>0.848</td>
</tr>
<tr>
<td>Mental Status</td>
<td>440.303</td>
<td>148</td>
<td>0.001</td>
<td>0.832</td>
<td>3.021</td>
<td>0.156</td>
<td>80.887</td>
</tr>
<tr>
<td>Social Relations</td>
<td>40.051</td>
<td>148</td>
<td>0.001</td>
<td>0.810</td>
<td>4.201</td>
<td>0.658</td>
<td>0.920</td>
</tr>
<tr>
<td>Environment Territory</td>
<td>470.361</td>
<td>148</td>
<td>0.001</td>
<td>0.694</td>
<td>3.693</td>
<td>0.581</td>
<td>0.806</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>580.697</td>
<td>148</td>
<td>0.001</td>
<td>0.422</td>
<td>3.028</td>
<td>0.097</td>
<td>0.961</td>
</tr>
<tr>
<td>Positive Emotion</td>
<td>570.503</td>
<td>148</td>
<td>0.001</td>
<td>0.433</td>
<td>3.038</td>
<td>0.109</td>
<td>0.969</td>
</tr>
<tr>
<td>Satisfaction</td>
<td>680.418</td>
<td>148</td>
<td>0.001</td>
<td>0.373</td>
<td>3.093</td>
<td>0.033</td>
<td>0.154</td>
</tr>
<tr>
<td>Lack of Negative Emotion</td>
<td>550.940</td>
<td>148</td>
<td>0.001</td>
<td>0.611</td>
<td>3.799</td>
<td>0.701</td>
<td>0.899</td>
</tr>
<tr>
<td>Happiness</td>
<td>730649</td>
<td>148</td>
<td>0.001</td>
<td>0.340</td>
<td>3.053</td>
<td>0.109</td>
<td>0.998</td>
</tr>
</tbody>
</table>

According to the results listed in table 4, the significance value is calculated smaller than the error level (0.05); on the other hand, since the mean value in all cases is gained a number larger than 3, which is larger than the mean of the Likert Spectrum; therefore, all the questions could be answered; also, the upper and the lower bounds of the confidence interval, are in all cases a value larger than zero (positive); so, answering the six research hypotheses, we could say with 95% certitude that:
The type of the sport activity has a significant effect on the participation of the active middle-aged in sport activities.

Physical health has a significant effect on the participation of the active middle-aged in sport activities.

Mental and psychological status has a significant effect on the participation of the active middle-aged in sport activities.

Social relation has a significant effect on the participation of the active middle-aged in sport activities.

Environment territory has a significant effect on the participation of the active middle-aged in sport activities.

The quality of life has a significant effect on the participation of the active middle-aged in sport activities.

Positive emotion has a significant effect on the participation of the active middle-aged in sport activities.

Satisfaction has a significant effect on the participation of the active middle-aged in sport activities.

Negative emotion has a significant effect on the participation of the active middle-aged in sport activities.

Happiness has a significant effect on the participation of the active middle-aged in sport activities.

8. Discussion and Conclusion

8.1. There is a significant relationship between participation in sport activities and physical health.

Using Pearson Correlation Test, the research hypothesis could be verified by studying the relationship between participation in sport activities, and physical health; in other words, considering the respondents' opinions, the variable of participation in sport activities is in 99% relationship with physical health. Based on the determination coefficient between these two variables, we could conclude that the correlation between these two variables is in an average level, and 27% of physical health is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same, and positive in type.


In all these research, physical health is referred to as a consequence of doing physical (sport) activities. In this research, likewise, the research result verifies the previous research results.

8.2. There is a significant relationship between participation in sport activities, and mental and psychological status.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and mental and psychological status; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with mental and psychological status. Based on the determination coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively low level, and 16% of mental and psychological status is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. The extent of this relationship was gained in a relatively low level; we can say that beside emphasis on sports in mental and psychological status, the research participants have also known other factors as important; these could include the family status, beliefs, the income proportionate with life expenses, or even social status and etc. in mental and psychological status.

Bakhshandeh (2008) announced a significant relationship between participation in sport activities, and the mental and psychological status of the active middle-aged. Graw (2009) has considered sports as the cause of avoiding psychological crises. In all these research, healthy psychological status is presented as a consequence
of doing sport activities. In the present research, likewise, the research finding was in line with all the research results.

8.3. There is a significant relationship between participation in sport activities, and social relations.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and social status; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with social status. Based on the determination coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively high level, and 16% social status is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. Social attendance leads people to develop better understanding of one another, and establish healthier relationships.

In this regard, Bakhshandeh (2008) referred to a significant relationship between participation in sport activities, and social relations. Zamanzadeh (2008) has known physical exercise effective on the social index of life. Rustami (2009) explained there is a significant relationship between physical gameness, and students' social relations. Richard and et al. (2008) found out that high frequent physical activity can have positive effects on the individual's social relations. In the present research, likewise, the researcher reached a positive relation between participation in sport activities, and social relations in the middle-aged.

8.4. There is a significant relationship between participation in sport activities, and environment territory.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and environment territory status; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with environment territory. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in an average to low level, and only 19% environment territory is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. The extent of this relationship was gained as average to low level; we could say that beside emphasis on sports in the development of their environment territory like accessing new data and skills, the research participants have also known other factors as important.

In this regard, Mukhtari (2007) considers environment factors as women's deterrent factors in participating in sport activities. In the present research, environmental factors like accessing personal equipments and conditions we re considered in relation with sport activities. Bakhshandeh (2008) did not find any significant relationships between participation in sport activities and environment territory.

8.5. There is a significant relationship between participation in sport activities and positive emotion.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and positive emotion; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with positive emotion. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in an average level, and 30% positive emotion is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. The extent of this relationship was gained in an average level; we can say that the research's participants believed that exercise can cause positive behaviors in man, making his life full of joy and happiness.

In a study in this regard, Nijati and Ashayeri (2008) found out that their emotional role play number has a significant relationship with their physical activities. In this research, likewise, the researcher found out the relationship between sport activities and emotions.

8.6. There is a significant relationship between participation in sport activities and satisfaction.
Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and satisfaction; in other words, based on the respondents’ opinions, the variable of participation in sport activities is in 99% relationship with satisfaction. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively high level, and only 42% satisfaction is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. The extent of this relationship was gained in a relatively high level; we can say that the research's participants believed that sports can create a sense of satisfaction with life, making them have a positive view of the phenomena and consider themselves and their deeds valuable.

In this regard, in a study on the middle-aged female teachers in Kermanshah, Yusufi and et al. (2012) referred to a significant relationship between physical activities and satisfaction with life. In a study on 18-64 year olds, Rowland and et al. (2003) found out that physical activities and sufficient income are effective on satisfaction with life. This recent finding is not in accordance with the research finding, which could be probably because active people seek after more active jobs.

8.7. There is a significant relationship between participation in sport activities and lack of negative emotion.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and lack of negative emotion; in other words, based on the respondents’ opinions, the variable of participation in sport activities is in 99% relationship with lack of negative emotion. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively low level, and 13% environment territory is explained by participation in sport activities.

As we saw, the correlation between these two variables was verified, and the participants have considered participation in sport activities related with lack of negative emotion; but, the extent of this relationship was gained in a relatively low level; therefore, we can say that beside the importance of sports in the lack of negative emotion, the research participants have also known other factors as important, including self-confidence, self-esteem and etc.

8.8. There is a significant relationship between participation in sport activities and quality of life.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and the quality of life; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with quality of life. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively high level, and 45% quality of life is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive.

The extent of this relationship was gained in a relatively high level; we can say that the research participants believed that sports can play a major role in people's quality of life, lead to their physical and mental health, help with establishing social relations, and develop data and skills. Several researches have so far been done on the role of sports in preventing physical and mental diseases, as well as on social roles, and their advantages have been mentioned.

Khaleghi Babayi (2009) introduces a significant relationship between the active and inactive disables, but no significant relationship was seen between participation in sport activities and quality of life. Vahedi (2011) found no significant relationship between quality of life and physical activity, and this was due to the medical sciences students of Mazandaran province not paying attention to sports. Suleymani and et al (2012) showed in a research that water sports and aerobics exercise are effective in the development of the quality of life and happiness of non-athlete middle-aged women. Antony and et al. (2008) asserted that the quality of life of the active middle-aged increases with power and vigor practices.

Among the variables of quality of life, the variable of social relationship had the largest determination coefficient (0.38), and the variable of mental and psychological status had the smallest identification coefficient (0.16). This means that social relationship is more explained in our statistical sample, by participation in sport
activities. The middle-aged participants believed that getting out of home, and participation in sports leads to establishing relationship with other people, improving people's social relationship level; on the other hand, the mental and psychological status has had the smallest factor, and the statistical sampling has considered other factors than sport activities effective in predicting their mental and psychological status.

8.9. There is a significant relationship between participation in sport activities and happiness.

Using Pearson Correlation Test, we can verify the research hypothesis, based on studying the relationship between participation in sport activities, and happiness; in other words, based on the respondents' opinions, the variable of participation in sport activities is in 99% relationship with happiness. Based on the identification coefficient between these two variables, we can conclude that the correlation between these two variables is in a relatively high level, and 41% happiness is explained by participation in sport activities; since it is positive, the variation directions of these two variables are the same and positive. The extent of this relationship was gained in a relatively high level; we can say that the research participants believed that sports can play a major role in people's happiness, and cause positive emotion and satisfaction with life. Sports cause the formation of positive behaviors in people.

In a study in this regard, Burna and et al. (2010) found out that the middle-aged women who participate in physical exercises and sport activities, have more mental health and happiness than the non-athlete middle-aged women. Yaghbui and et al. (2011) found out there is a significant difference between the two groups of athletes and non-athletes in happiness, empathy quotient, and psychological health structures. Saleymani and et al. (2012) found out in a study that both water exercise and aerobics exercises are effective in the development of the quality of life and happiness of the non-athlete middle-aged women. Mc Konovil (2003) considers participation in sport activities as one of the effective factors in happiness. Leonhardet (2003) considered exercise a powerful tool for the development of happiness.

The largest identification coefficient among happiness variables is that of the satisfaction, and the smallest is that of the lack of negative emotion; this means that satisfaction with life in our statistical sample (the active middle-aged of the city of Tonekabon) has been more predictable by sport activities, than other variables, and participation in such activities have caused high satisfaction in them. Because of the mechanization of activities, physical activities are diminished to a great extent; this could in itself lead to early aging and many mental and physical diseases; therefore, participation in sport activities can lead to longer lifetime and life improvements; besides, this could be effective in creating a happy spirit, satisfaction, and happiness. We studied the identification of the relationship between participation in sport activities and the quality of life. Considering the verification of the relationship between participation in sport activities and the quality of life and happiness, it is recommended to do cultural work in encouraging people to do more sport activities.

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