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Physical capability and general health and emotional intelligence

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ABSTRACT

This study investigated the physical capability and general health and emotional intelligence and boy and girl students in secondary school and provides practical solution for solving the above issues and promoting the general health of students is the research .methodology is descriptive. The sample included 632 high school students were boy and girls who were randomly selected. General health data collection tool emotional intelligence questions on subjects that have been implemented and capability to measure physical fitness students by the secretary of standardized testing education horde city of markazi province has been used. The results showed girls and boys in the field of general health action and social disorders and depressive symptoms in girls than boys. Basically .all students of general health have been at a low level. girls impairment social inter action and depressive symptoms significantly and the boys have adapted in boys and girls in social Adjustment and had the most difficulty in terms of emotional intelligence according to theme an of the two groups can be concluded that scores of male students in the components of happiness, their prosperity, optimism and flexibility significantly more female students, and this in terms of sympathy, while female students scored higher than male students have won .

Keywords: physical capability, emotion intelligence, general health.

INTRODUCTION

Of the World Health Organization, health is: complete state of physical health, psychological and social efforts to promote physical and mental health and prevention of diseases in any community is an important priority. Health capital the most valuable personal and national.

Which views the human major criteria are being developed for all-round physical and mental health prevalence values are allowed. In the last fifty years great changes in both medical and mental health occurred:

First change: psychiatric education and health in the scientific community as Second transformation: expanding mental health programs in recent decades that different aspects of education, research and rehabilitation services in the field of social psychology - social psychiatric and mental health primary care has happened.

This strategy in recent years as a race to prove in terms of promoting and developing countries has become a health and welfare. If in the past because more than any human factor is exposed to contagious diseases. Today with mental disorders and physical changes, is transformed face. Population growth or change of life family disintegration, divorce. Social problems. Substance abuse, economic problems, poverty and general motor factors, personal, and social organization and underlying diseases causing physical and psychological communities are today. Some of these factors can not control and prevention, and people should address the factors above loan. And to remain immune from damage or should control them or reduce their harmful effects. According to World Health Organization, heart disease and depression, two main factors of mortality were the year 2003.

In fact, people today and in the present turmoil in the vortex of the crowd and mental stress as murder and Silent subtle immersion eat. For example, recent studies of the World Health Organization in 12 countries worldwide depression the most common mental disorder has been announced. (S. Ameri. Mir, 1382)

Attention and consideration of the global disease prevention and control and mental age at all levels of economic and human dimensions of security is an important special attention to the health of large segments of students that is vital, because factors such as mental stress, anxiety, depression and Poverty and lack of motor complications, life skills, mental health can be severely affected students and threatened to put.

Expressed the issue:

Health and fitness as a perfect balance between body, mind and spirit that the man should realize that balance between aspects of physical, intellectual, emotional, social and spiritual person is established. In this research study and evaluate the public health aspects male and female students in high school courses. In this study different aspects of personality, including aspects of physical, psychological, emotional and social case is placed. Since high school students during the period of adolescence and youth and the changes are physical, mental, quick and sudden encounter which have special characteristics that most psychologists, the crisis period and the period of storm and were considered the other hand different family background, cultural, social and economic environment as they enter school, their general health and function, degree of homogeneity in their lives and medium traditional school environment is the changing environment may cause an imbalance in the student and disparities lead to emotional, mental, is the social and ethical.

Man needs every day is to spend most of their time, it sometimes needs to be easy to solve human needs will not be faced with the obstacle and man is sometimes forced to adapt new ways to discover the environment in order to continue their survival. Current social adjustment, emotional and physical well is quite similar to the above process. Everyone has should have resolved to establish mental balance. Thus someone who is comfortable in terms of social and emotional balance does not have as physically disabled person who has been patient and health care needs in this research are faced with the issue whether between boys and girls high school courses related physical ability There are significant. To study the physical capabilities and level of awareness of physical and cognitive strengths and weaknesses of physical features male and female students and providing practical solutions for physical education teachers, experts and health practitioners and their students is effective in providing health and student health and quality of life influences.

World Conference on Human Rights in the number of mental patients the world over half a billion people have reported that half of the patients who need health care services are denied, and the majority of these patients are in developing countries. Since one of the issues and problems facing schools are students who physical ability are not normal in terms of emotional adjustment, social and emotional intelligence dissonance face some studies have shown that 6 percent of students and students are having depressive illness. Anxiety, obsessive compulsive and practical and aggressive behavior and violence among adolescents and young adults and teens, according to personal reasons and family courses, educational, social, economic, between girls and boys is very common.

In this study, researchers measured general health percentage (GHQ) any physical symptoms, anxiety, insomnia, ADHD, depression and social functions are included. Whether male and female students there are significant relationship?

Whether male and female students in terms of emotional intelligence, adaptation, physical ability are negatively?

Research objectives:

The aim of the present study public health aspects, including aspects of physical, mental, emotional, social, and boy and girl students in secondary school education and also provide practical solutions for physical education instructors, teachers, parents and practitioners political, cultural and economic health and to promote general health and physical fitness of students for future life. Other major goals of improving general health and physical health and prevention of mental and physical disorders to clarify the strengths and weaknesses, and physical capabilities of the main objectives of other physical problems, mental and emotional well-being and provide counseling and other organizations that can participate in improving public health should be provided.

Literature and history research:

Physical fitness is simply the ability to perform daily work capability and agility, without unnecessary fatigue and having sufficient resources to address recreational affairs and enjoy their leisure time doing things they should not predict a may arise in the study (Clark, 1976)

Fasting (1982) in research as leisure time physical activity and mental health to study the relationship between physical activity and healthy internal payment results showed that high physical fitness reduces anxiety and despair are nervous and those of readiness are in better physical condition have higher mental health.

Davys and Hetman (2004) Health welfare state includes complete physical, mental, social, and not just absence of disease

In research under aerobic physical activity to mental health in low-income people (Korero, squint Landry 2004) found that people who do physical activity stress, anxiety and disappointment less than are sedentary people.

Currish and Divvy, 2005 Regular physical activity effects on physical and mental health are examined and their results are as follows:

1 - Regular physical activity can prevent diseases such as heart problems, vascular, diabetes, obesity, cancer, etc. are.

2 - Regular physical activity reduces stress, anxiety and disappointment in people are. (Rain and Parker 2000) Emotional intelligence as the individual knowledge of itself and others, communicate with others, adjustment and adaptation to the environment to succeed in fulfilling social demands need to be defined. Emotional intelligence and emotional skills they change over time can be training and breeding programs such as health clinics improve them (once - the 1999)

Golman (1998) says that emotional intelligence includes both external and internal elements. Their internal elements of knowledge, self-concept, feeling independence, prosperity, and assertive self contain. Golman says people should make the components of emotional intelligence, including his foster awareness, self control or management approach, social consciousness or ability empathy, social skills, and their views once thought - with the 1997 EI 15 after that emotional intelligence and social skills and grow over time and can vary with training and breeding programs, such as techniques to improve their health.

Farqadany (1983) in their study to investigate the relationship between emotional intelligence and social adjustment of female students to the conclusion reached between the components of emotional intelligence and social adjustment meaningful relationship exists.

The research:

Given the importance and nature of the subject and the desired goals that physical fitness ability, general health, emotional intelligence and general method of this research is survey method of research, action and fully deep reactions among the factors to create or edit the growth and development on specific or background check willrtfff. Population of all male and female students in secondary school Sampling stratified random type of male and female students have been selected to the ratio of the sample size using the table and Jesse Morgan have selected 633 patients 367 male and 286 people according to their academic disciplines were selected. Collection instrument in this study to measure the capabilities of general physical fitness tests physical fitness tests include: 1) Bar fix traction. 2) muscle flexibility. 3) Draznshst. 4) 540 m by

respected teachers of physical education based on the standard grade education districts of Tehran and other tools have performed General Health Questionnaire (ghQ) Software Article 28 General Health Questionnaire by Goldberg in 1979 has been developed based on Four sub-scale of 7 questions which constituted 28-ghQ scale is: 1) physical symptoms. 2) Anxiety and sleep disturbance. 3) Impairment in social interaction. 4) Severe depression that test with test-retest reliability with interval of two weeks on 80 subjects in each group, the rate has been estimated 91 hundredth. Dr. Human coefficient of internal coordination procedure questionnaires with Lickert scoring to 85 percent have reported rates (Hooman 1385) and its validity is confirmed by research methodology experts.

Other research tools that emotional intelligence questionnaire - which has 90 questionthe fifth degree is a question which has 15 components, which is 99% Kranbakh alpha was calculated with the formula.

Data analysis:

Whereas one of the objectives of each study based on general principles of discovering relationships between variables to achieve an acceptable response to scientific and research hypotheses associated with research findings and general health scales GHQ the table shows.

Table 1: Statistical characteristics of subjects related to scores on General Health Questionnaire (GHQ)

Inventory Scale	Strain	Choleg	Standard deviation	View	Median	Mean	Minimum	Max.
Physical symptoms	0.4	0.8	4.2	5	5	2×6	0	21
Anxiety and sleep disorders	0.13	0.67	4.4	3	6	6.7	0	21
Social action	0.7	0.06	3.9	9	10	10.31	1	21
Symptoms of depression	-0.24	80	5	1	5	6	0	21
Total	-0.02	0.6	13.7	25	27	29	1	79

As the table above information shows the total scores of subjects in the questionnaire is 29 compared with Chahardangeh statistical measures indicate that the highest and lowest average achieved by the subjects, respectively, and the social interaction scale of depressive symptoms according to that high scores on the health questionnaire is not significant in terms of public health students in worse condition than the other scales are compared and the standard deviation index shows that depression is higher than other scales.

The first research hypothesis between male and female students of public health there are significant differences. Summary t test has shown that public health observed t (11.3) is bigger than t table with 99 percent confidence that we conclude that between public health and school girls and boys there is a significant difference comparing the two groups can mean concluded that public health is better than male students are female students. Summary of the second hypothesis t-test showed that with 99 percent confidence can be concluded that male students of physical condition of better condition than female students are the third hypothesis results also showed that female students in the amount of There are significant anxiety and 99 percent confidence can be concluded that anxiety male and female students is higher than boys and results of the fourth hypothesis showed that boys and girls at 5% infallible, there is no significant difference in other words can be concluded that 95 percent of boys and girls to ensure social disorders there is no significant difference between hypothesis and results have shown that five female students with 95 percent of boys sure can be concluded no significant difference exists and depression Girls significantly higher than male students.

Subjects in the highest mean scale of responsibility have earned yet this figure Pulsed-scale control to 6.16 has decreased the total questionnaire score of students fluctuated between 181 to 420 respectively.

Findings related to emotional intelligence, emotional intelligence has shown between boys and girls there is no significant difference and correlation between emotional intelligence and public health school girls and boys there is no significant difference.

Hypotheses related to the ability and physical fitness than female students Norma standards.

Table 3: Statistical characteristics of participants in the questionnaire scores relating to emotional intelligence and its sub-scales

Inventory Scale	Strain	Choleg	Standard deviation	View	Median	Mean
Problem Solving	30	10	3.5	22	23	22.6
Happiness	30	6	3.8	27	24	23.9
Independence	30	8	¼	22	21	20.4
Tolerance is stressed	30	6	4	17	18	18
Self-actualization	74	8	4.6	23	23	22
Emotional self-awareness	30	6	3.7	20	20	20.3
Realism	27	6	3.6	18	17	17.2
Interpersonal	30	11	3.8	23	23	23.4
Optimism	30	10	3.4	23	23	22.5
Self-esteem	30	7	3.9	24	23	22.9
Impulsive control	30	6	4.8	16	16	16.6
Flexibility	28	6	3.6	18	18	17.8
Responsibility	30	11	3.7	27	25	24.2
Empathy	30	8	3.6	24	24	23.9
Express their	30	7	3.9	17	19	18.7
Total 420	30	781	33.4	306	313	314.6

Table 4 Summary of mean physical fitness test students with standard software ($\alpha > 0.5, 0.99$)

Age	t table	t seen.	Degrees of freedom	Standard deviation	The average experimental	Theoretical mean	Total
15 years	2.63	5.4	104	3.74	24.4	27.6	105
16 years	1.66	1.05	91	4.4	29.6	31.9	92
17years	1.66	0.98	88	3.56	32.33	33.05	89

In the above table is determined by the t observed (3.5) in 15 female students aged greater than t table (36.2) between the groups, but female students 17 years and 16 years of difference with standard software If there is no significant physical fitness 15 year old female students is lower than the standard software and the results showed that the theoretical and experimental mean there are significant differences. Theoretical mean is the mean of the experiment.

Table 5: Summary of t test to compare mean fitness boys Software Standards ($\alpha > 0.5$)

Age	t table	t seen.	Degrees of freedom	Standard deviation	The average experimental	Theoretical mean	Total
15	1.66	0.76	123	4.43	30.30	29.4	124
16	1.66	1.05	97	3.9	33.5	34.4	98
17	1.66	0.98	124	2.7	37.40	37.4	125

Results showed the three groups of students aged 15 and 16 and 17 in terms of physical fitness there is no significant difference.

Research findings have shown that male and female students in terms of components of emotional intelligence significantly different between the 15 components of emotional intelligence in only five components and the observed t table there is a significant difference in other words, female students and The only son of his blossoming with happiness, optimism, flexibility and empathy are significant components of the boys in happiness, their prosperity, optimism and flexibility basis of significant female students is higher and this is done while the Comment sympathy female students scored higher than boys and thus have components of emotional intelligence between male and female students there was no significant difference.

DISCUSSION AND CONCLUSION

The results showed that high school students and in the sub-scale public are undesirable. Especially in social interactions and depression scales are undesirable conditions in connection with the social interaction of students do not enjoy their normal activities and are capable of making decisions in life are not its method for performing his duties applied are not happy and feel they do not work well done and impatience in dealing with others of their show and have difficulty in interpersonal relationship with depressive symptoms results showed that students feel are insignificant and their lives are completely hopeless guilt and hopelessness and despair, and they have a tendency to suicide, and no purpose in life than to feel good and do not want to get rid of their evil. boys physical symptoms of anxiety and depression were better than girls. Other results, the above results have confirmed (Latifian and Alizadeh) in have come to the conclusion that the rate of general health aspects and the relationship interactive relationship with students and gender differences are significant and the results indicated that factor analysis of variance sex, physical condition and anxiety with no significant difference exists and boys suffer from anxiety disorders and depression are. Dobala results (2002) Sflid (2002) than (2000) Gender and mental health factors are related. Two women compared with men between the terms health and mental health problems are suffering more, including all research results related to the questionnaire the adjustment and its sub-scales indicate that students with emotional adjustment are in good condition but with consistency in training undesirable situation.

The results showed male and female students with emotional intelligence scale, the average 15-fold happiness scales interpersonal relationships, empathy, responsibility, have achieved the highest average. However, realism, mental stress tolerance, flexibility, control Pulsed have achieved the lowest mean. Results showed that between emotional intelligence and public health students and there is no significant difference between male and correlation between emotional intelligence and rational public health and significant correlation exists. Results showed that students with physical fitness standards Norma using student t-test has shown that physical fitness female students aged 16 and 17 with the standard software there is no significant difference, and if the physical fitness of students under 15 years old girl is the standard software. Between male and female students only in terms of happiness, prosperity, and its flexibility and empathy are significantly different and therefore according to the mean of the two groups can be concluded that the average school girls school girls than boys, and this While the unanimity of female students scored higher than male students have gained. 1383 Farqadany research has shown that emotional intelligence and social adjustment among a significant relationship exists.

Research proposals:

1 - recommended physical education lessons in schools and through the practical movement in acquiring and maintaining health and wellness of students and instructors should attempt to do this service, that they have the necessary expertise and that the juvenile nervous system and physiological and youth are familiar and hours of physical education lessons and physical education teachers are more than physical fitness and strengthen the capabilities of students are interested. The results demonstrated motivation to work and interested in physical education instructors, there was no male teachers in particular were less motivated, and in some hours in school physical education course to other courses has been allocated space in the sport for more than 75 percent girls boys were not good students. It is difficult for girls sports conditions recommended in the structure of physical education curriculum will approach the situation of physical education programs to provide students with the movements in the physical behavior in five dimensions - emotional, intellectual, social and spiritual results based on program objectives ago expected outcome of teaching a curriculum with a qualitative approach to obtaining and maintaining health and fitness while learning the basic skills to indirectly exercise routine to provide more leisure time will help the rich and the other hand, suitable for attracting people to exercise in elite championship level and they provide blossoming talent. Although attracting and nurturing talents in the field of sports physical education responsibility is education.

2 - Are suggested by the practice of physical education instructors PE Physical Education Department to take action.

3 - Recommended life skills workshops for students and instructors will be teaching physical education and other teachers are familiar with life skills.

4 - Recommended training for all teachers and especially teachers of physical education as emotional intelligence, adaptation, and their impact on general health and physical mental health - emotional and social students will be held.

5 - recommended physical education instructors and administrators and parents, mental health and general health of the girls are given more attention because of diseases such as depression and social incompatibility is very common among girls, for example, anorexia nervosa, and Neural among girls high school student teachers and physical education instructors must have the necessary knowledge to give students that consumers be aware of.

6 - Recommended ergonomic principles of human factors engineer in connection with the chair and sit the way students are taught are observed, because many female students when they sit hunched.

7 - male and female students in dealing with problems such as problem solving ability Farewell anger and stress management, psychological and self-control training is given.

8 - Strengthening the spirit of optimism, positive nose with the nose and live a happy and friendly and are being strengthened

9 - Physical exercise is recommended along with proper diet effectively be taught to students.

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