

The role of participation group and individual sports in the quality of life of patients recovering from addiction

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Abstract

The aim of this study was to investigate the effect of group and individual exercise on the quality of life of patients with improved addiction. This research was applied in terms of results and experimental in terms of methodology. The statistical population of the study was all addicts who had referred to addiction treatment centers in Tehran province in the summer of 2019. The statistical sample consisted of 90 people who were randomly selected. The instruments used included a researcher-made demographic questionnaire and the standard quality of life questionnaire of the World Health Organization 26 questions (WHOQOL-BREF). Research data were analyzed at two levels of descriptive and inferential statistics. At the level of descriptive statistics, data were analyzed using statistical characteristics such as frequency, percentage, mean, and standard deviation. Levin was used to examine the homogeneity of variances and F test was used to examine the homogeneity of regression slope and finally analysis of covariance (ANCOVVA) was used to analyze the hypotheses. Spss software version 22 was used to analyze the collected data. Based on the obtained results, the research hypotheses were fixed at a significance level of $P < 0.05$. These results showed that group and individual exercise had a positive and significant effect on the quality of life of recovering addicts and also group exercise increased the quality of life more than individual exercise.

Keywords: group sports, individual sports, addiction, quality of life.

Introduction

The irreversible consequences of addiction and the high percentage of the young generation affected by it, warns of the need to prevent and treat this scourge and requires that the authorities and the people work harder to improve this situation (Aali and Jandaghi, 1999). One approach to treating addiction is to use alternative programs, programs that ultimately seek to transform the person emotionally and increase their self-esteem. Low self-esteem and feelings of inefficiency are the underlying causes of substance use. Providing appropriate spaces such as the expansion of sports, arts and recreation centers can be helpful in the prevention and treatment of addiction (Shahmohammadi, 2009). Exercise is a non-pharmacological method that can be a therapeutic and protective method against addiction and prevention of relapse (Ghorbanzadeh and Lotfi, 2018). Exercise also plays an important role in human mental health, as in 2002, the motto of the World Health Organization was "Mobility is the key to health" (Norouzi et al., 2011). It has also been proven that exercise reduces anxiety and depression, regulates stress levels and even pursues personality in the form of a better view of life (Fazli and Alvandi, 2012).

Methodology

This research was applied in terms of results and experimental in terms of methodology. The statistical population of the study was all addicts who had referred to addiction treatment centers in Tehran province in the summer of 2019. The statistical sample consisted of 90 people who were randomly selected. Research tools also include: 1- Researcher-made questionnaire of personal characteristics: This questionnaire contains questions related to the personal characteristics of the subject such as age, height, weight, marital

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status, job status, level of physical activity per week, sports history, duration of substance use Drugs were the type of drugs used and the recovery time.

2- 26-item quality of life questionnaire of the World Health Organization (WHOQOL - BREF): A tool for measuring and collecting data in this research is the 26-item questionnaire of quality of life of the World Health Organization, which was developed in 1996 by a group of experts from the Health Organization. The world was created by modifying the items of the 100-question form of this questionnaire, which measures the overall quality of life of the individual. (Jat et al., 2006). The exercises and exercises used in this study included group and individual exercises and physical training exercises and several competitions. In choosing the sports, attention was paid to their practicality, which is important in terms of having enough space as well as the tools and equipment that were available and considering the safety conditions of the subjects. Each training session was one hour, with 20 minutes for warm-up, 30 minutes for the main workout and friendly competition, and the final 10 minutes for cooling down and returning to normal.

Analysis of findings

According to the analysis of covariance for the analysis of quality of life in the experimental and control groups, according to the level of significance and F-statistic, the difference between them is statistically significant. Therefore, there is a significant difference between the quality of life post-test scores in the group and individual exercise group with the post-test and pre-test scores in the control group and the pre-test scores in the group and individual exercise group. Also, this difference is due to the mean of the variables towards the post-test experimental group or the same group and individual exercise group; In other words, the group that did group and individual exercise has a better quality of life than the control group. In other words, group and individual sports have increased their quality of life. Thus, the first hypothesis of the research was confirmed.

Conclusion

Today, societies are widely aware of the instrumental role of physical activity in the quality of individual life. Supportive information about the benefits of participating in appropriate physical activity and its regular continuation in health is increasing (Khalaji, 2017). Today, the important role of physical activity in preventing disease and promoting health has become clearer. The value of exercise as a treatment method in the treatment of diseases and rehabilitation of injuries has been identified (Sari et al., 2019). This close relationship led us to choose one of the most appropriate and useful treatment methods, namely exercise and physical activity, and as the results of the study showed, in this way we achieved the desired result and were able to get a corner of the mission. Let's implement the country's physical education community, that is, participation in the development of community health.

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