

# Comparing the Amount of Disorder of Practical-thought Obsession in the Young Male Athlete and Non-athlete People

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**Abstract:** The main purpose of this research is to identify and compare the amount of disorder of practical-thought obsession in male athlete and non-athlete youths in the town of Mahabad. The type of research is practical and regarding method it is descriptive-survey of the kind of comparative-scientific. The statistic society of the present study includes all young men in Mahabad and among them 100 people was selected in each group through multi-phase cluster sampling in order to compare the amount of disorder in practical-thought obsession. The tool of collecting data is standard Padua questionnaire of measuring disorder in practical-thought obsession (PPI). The research findings show that there is a meaningful difference between the amount of disorder of practical-thought obsession in male athlete and non-athlete youths.

**Keywords:** obsession disorder, thought obsession, athlete, non-athlete.

## INTRODUCTION

Based on the first behavioral theories of obsession, obsession may follow the two-factor theory of Mavrer to form and continue the fear. According to this theory, anxiety will get conditional (classic conditional) by some mental events (like thoughts or images) and the practical obsessions will form to reduce the anxiety resulted from these thoughts. The ability of practical obsession will result in its negative strengthening through time.

There are many different effective factors in progressing the sport or improving an athlete or a sports team. These factors include economic, social, cultural, climatic, sociological, managerial conditions and the athletes' physical and psychological factors such as the athletes' personality brigade, the amount of their motivation, their metal and spiritual modes, their stress and anxiety, their self-confidence and amount of self-esteem, the kind of relationships between athletes and coaches and sports managers regarding the friendship and how they are close to each other and the athletes' physical preparation and so on (Najafi Tavana, 1383).

Practical-thought disorder (ocd) is the 4<sup>th</sup> psychiatric disorder with approximately 2.5% spread after phobia, substance abuse and major depression (Regier, Narrow and Rae, 1990). This disorder is in comorbidity with anxiety and mode disorders (Rasmussen and Eisen, 1992; Regier *et al.* 1990). Disorder of practical-thought obsession is a current disorder that is usually chronic, acute and debilitating (Stene *et al.*, 1997; Skog and Skog, 1999, quoting from Ebelson *et al.*, 2004). The intensity and continuity of this disorder sometimes gets to a level that completely reduces the individual's power and efficiency and has a crippling effect on the patient's social and personal life (Psychiatric association of America, 2000). Most of the people suffering from practical-thought disorder are single or got married at higher ages and the amount of fertility is lower among them (Rachman, 1978, quoting from Clark, 2004). The amount of separation or divorce, bad marital act or sexual dissatisfaction are more in practical-thought disorder than other disorders

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related to anxiety and depression (Rasmosen and Eisen, 1992 quoted from Clark, 2004). Also, these patients are exposed to development of secondary depression (Rasmosen and Eisen, 1992; Velner *et al.*, 1976 quoted from Clark, 2004). Disorder of practical-thought disorder is a widespread disorder in kids and adults that would become chronic if it isn't treated (Louin *et al.*, 2005 quoted from Stroch, 2007).

For continuous years this mental disease was a very rare illness. The exact number of people who got it was kept a secret because the people didn't talk about it to others due to embarrassment. The recent researches have shown that about 3 million Americans between the ages of 18 to 54 may have this disease in their lifetime. This disease is equal between men and women. The topic of the present study is of the fields that are highly considered and regarding the previous researches little efforts have been done in this case.

Sports and physical activities by providing the possibility of discharge and use of waste materials (through putting the body in responding to stress) causes the excretion of these mediating and pathogenic waste materials and help the individual's health in a great extent. Sport is a natural anti-depression treatment that helps to control the OCD symptoms through centralizing the mind again when the obsession and obligatory thoughts come into the mind. Brown *et al.* (2007) showed in a research that aerobic exercises at a moderate density are effective in reducing the density of symptoms of thought-practical obsession disorder (Brown *et al.*, 2007).

Therefore, the present study has a great role in increasing the current knowledge and giving a clear comprehension of the topic of a research. Regarding the significance of the mentioned cases and the questions without answers in this field, the purpose of this research is to compare the amount of disorder of practical-thought obsession among the young athlete and non-athlete men in Mahabad.

## **RESEARCH METHOD AND DATA COLLECTION TOOLS**

The present study is descriptive. The statistic society in this study include all the young men (whether athlete or non-athlete) in Mahabad who are over 20 years old. Multi-phase cluster sampling method was used to identify the size of the sample from the athletes of the statistic society with the age of over 20. At first, Mahabad town was divided into three areas of north, central and south geographically and then two sports gyms were selected randomly from each area and the research questionnaire was given to the members of those gyms. The numbers of people in gyms 1 and 2 in northern area were respectively 20 and 15; in central area 15 and 18; and in southern area were 15 and 17, that is, totally 100 people.

Regarding the fact that the numbers of athletes in 6 gyms were 100 people, so the questionnaire was also distributed among the non-athlete people in those areas among 100 people who were over 20 years old in order to compare the amount of the athletes' disorder of practical-thought obsession. Finally, 200 pure and filled questionnaires were collected.

## **DATA COLLECTION TOOLS**

A questionnaire about disorder of practical-thought obsession includes 39 questions in different aspects (pollution obsessions, washing obligations, order and arrangement obligations, checkout obligations, obsessive thoughts of disturbing oneself and others, obsessive thoughts of violence, obsessive momentums of disturbing oneself and others, obsessive momentums of theft). Its responding spectrum is f Likert kind.

## **RELIABILITY AND STABILITY OF THE QUESTIONNAIRE**

In the research by Shams *et al.* (1389) the Persian Padua questionnaire was compared to two questionnaires of practical-thought obsession and Madzeli practical-thought obsession to estimate the criterion reliability and the results were respectively 0.69 and 0.58 that showed good reliability of this tool. Also the stability of the research was 0.92 and its reliability was measured by Cronbakh alpha.

## RESEARCH FINDINGS

### Hypothesis 1

There is a meaningful difference between the disorder of practical-thought obsession among the young athlete and non-athlete men in the town of Mahabad.

H0: There isn't a meaningful difference between the disorder of practical-thought obsession among the young athlete and non-athlete men in the town of Mahabad.

H1: There is a meaningful difference between the disorder of practical-thought obsession among the young athlete and non-athlete men in the town of Mahabad.

Independent t test was used in order to investigate this hypothesis in comparing the amount of the mean of disorder of practical-thought obsession among the young athlete and non-athlete men that its results are given in table 1.

**Table 1**  
**The results of t test of the two samples about comparing the amount of disorder of practical-thought obsession among young athlete and non-athlete men**

	<i>Group</i>	<i>frequency</i>	<i>mean</i>	<i>Standard deviation</i>	<i>F leven</i>	<i>Meaningful level of F</i>	<i>T test</i>	<i>Freedom degree</i>	<i>Meaningful level</i>
Disorder of practical-thought obsession	Athlete	100	37/48	55/19	014/1	315/0	754/2	198	006/0
	Non-athlete	100	97/55	47/19					

As the above table shows regarding the establishment of homogeneity assumption of the variances (sig = 0.315) and regarding that the calculated t at the level of 0.05 is meaningful (sig= 0.006), so the hypothesis H0 is rejected and hypothesis H1 is accepted. In other words, it can be concluded that there is a meaningful difference between the amount of disorder of practical-thought obsession among athlete and non-athlete young men in the town of Mahadbad. As it is clear in the table above, this mean id lower in athletes comparing to the non-athletes.

## DISCUSSION AND CONCLUSION

Based on data analysis according to the mentioned hypotheses we got to the following conclusions. According to the hypothesis of this research, there is a meaningful difference between the amount of disorder of practical-thought obsession among young athlete and non-athlete men in the town of Mahabad. Based on the t test of different samples of this study it was identified that there is a meaningful difference between the amount of disorder of practical-thought obsession among young athlete and non-athlete men in the town of Mahabad ( $p$ -value  $\leq 0.05$ ). The findings show a high amount of disorder of practical-thought obsession in non-athlete comparing to the athletes. It means that it can be concluded that the amount of disorder of practical-thought obsession is not the same between athletes and non-athletes in the present study.

In the event of explaining the above hypothesis we can refer to the researches done in the field of mental health. Regarding the point that obsession and obligation is one of the ten aspects of mental health and no research has been done yet about comparing the amount of disorder of practical-thought obsession among athlete and non-athlete people, the results of above hypothesis is different from the results of the researches by Saeednia and Saeednia (1391), Zangane (1391), Hoseini *et al.* (1385) and Khoorjahan *et al.* (1388), all of them about mental health of athletes and non-athletes. The results of research by Saeednia and Saeednia (1391) shows that the obsession mean of the students who play sports is less than those

students who don't play sports. The result of this present research is different from the study done by Shannon and Caleb (2010) titled as "presence and disorder of thoughts and actions in the athletes" among the students at the universities of Central Oklahoma and Florida. Because the result of their research showed that there isn't any meaningful difference in the score of disorder of thoughts and performances of athletes and non-athletes. The reason of difference between the results of this research and researches by Shannon and Caleb (2010) seem to refer to the cultural context and mental and spiritual condition of the sample under investigation in the town of Mahabad. The researches done about the relationship of sport and mental health generally shows the positive and meaningful role of sports in the mental-spiritual performance and the mental health of the athletes. Mental health is of the topics that can be gained easily and ideally by participating in physical training practices and sports. Such activities provide the best condition for involving the criteria of mental health. If we define the mental health as feeling at ease about ourselves and others, then its criteria are: success of emotional balance, compatibility realism, being sociable and feeling of being valuable. Therefore, sports by activating such criteria would help not only the physical health but also the mental health. Feeling to be valuable is very important for all the people and sports activities may help to feel more positive and a better self-concept in different ways. Such a feeling can be a better field for many changes in the mental-social attributes of the person. This good and positive feeling in the today's world of high pressure is really necessary and may affect the people's lifestyle.

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