

The Relations between the Life Skills and the Sport Success among the Athletic

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Abstract: This study is to assign the relations between the life skills and the sport success among the athletic students. Method: By randomly selection of 391 athletic students, they answered the questionnaires based on sociology and the life skills. In order to analyze data, the descriptive and assigned statistics were used by Pierson's correlative coefficient and Regression coefficient, and test. Results: Results show that there is an effective relation between life skills and their aspects, it means that there is a positive, meaningful relation between consciousness, sympathy, the effective relation, finding any way to solve the problem, the relations between people, making decision, the creative thinking, the critical thoughts, resistance to anxiety, and the success in sport. The results show that %21 of success in sport is assigned by life skills. Among 10 skills, there are skill relations to solve problems, and the resistance to anxiety predicts the success in sports. Conclusion: Regarding the relations between life skills and the success in sport, it is necessary to plan in order to progress the life skills to athletic students.

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Introduction

Nowadays, sport is not the only way to succeed; instead there are some factors other than physical ability, professional skills. The special anxiety such as bad weather, injury, cheat, fire, spectators (Anshel et al. 2000) are all affective in the success of sport, hence it is necessary to learn some skills to decrease stress to succeed, and these skills are called life skills.

The organs of world hygiene defined the skills of life in 1994 including: the skills of life means ability to behave sympathetically to face the problems of life (The organ of world hygiene, 2004). The different studies show that self-consciousness, self-confidence are the main factors of a person's abilities, and failures. The skills of life are the middle to progress the foresaid factors of human's life (The organ of world hygiene, (Qut. Fati. et al. 2006). The researchers of sport psychology mention some psychological skills such as imagination, concentration, the positive thought... on sports (Talavon, et al. 2001). In the different studies, the skills of life are mentioned in the different fields, for example Ramsht and Farshad concluded that instruction of life skills increase the physical and psychological healthy to decrease the social problems (Qut. By poor sharifi et al. 2005) Bill (1996). The other studies show that the instruction of life skills increases self-confidence, dependability (Qut. Papiiry, 1996). The other studies which were done by pool and Ivanz (1998, Qut Aghajani 2001), they concern the importance of life skills in the field such as the educational, instructional, dependent progress, the social relations, knowledge of jobs, the providence of

wage, the social and individual responsibilities, planning, decision, the knowledge of needs, anxieties, the preoccupations of mind.

In Klingman's (1998) study, there are some cases relating to life skills in the close relations, the educational, job problems, self-destruction behaviors, the social, hygiene life of teenagers in which they succeed by instructing life skills (Tarmian 1999). The instruction of life skills cause the psychological-social progress, this condition makes a person capable to face the life struggles, in order to sympathize people, society, environment leading to the psychological healthy. Therefore, the sports of life skills accelerate the person's abilities to change their tendencies and behaviors. (Nasseri, 2005). In the other study, Nezoo (1990) introduced the skills to solve the problems which were important in the psychological, physical hygiene especially while a person faces the miserable events, the failures of life. The studies showed that they were based on special skills, and they did not concern the success in sport, besides the athletic students did not concern in this study, in which such hypotheses were mentioned:

- 1) There is some relation between the life skills and the success in sport
- 2) The success in sport are predictable by life skills

Method

The society and the statistical examples and the method of selection: the statistical crowd of study includes whole male and female, guidance school, and high school students who are chosen in the sport of different regions in the campaigns of Kermanshah

in 2010-2011. They are 3000 students, and there are 395 persons who are randomly chosen, they answered the questionnaires of life skills. After gathering the questionnaires, there were four incomplete questionnaires; finally, 391 questionnaires were analyzed.

In order to analyze data, the method of Pearson's: Correlation coefficient and Regression coefficient were used.

Tools

A) The Questionnaire of analyzing the life skills: this questionnaire includes 53 questions which were made in the region of five degree Likert including ten skills; self-consciousness, sympathy, the effective relations, the skills of relations among individuals, the skills to solve the problems, to decide, the creative thoughts, the critical thoughts, the skills to reinforce anxiety, and stress. Masoomi (2006) the permanence of questionnaire is %86. This study was done based on the method of Alfa Cronbakh, %91 coefficient for whole exams. In the cases of little measures, it means self-consciousness %53, sympathy %68, the effective relations %67, the individual's relation %68, the creative thought %62, the critical thought %63, the resistance anxiety %64, the resistance to stress %70.

B) The registration from of Demography characters and prizes; this from is researcher-based including student's gender, age, and degree.

Findings

Table 1: The correlative coefficient of life skills and the success of sport

Factor	Correlative Coefficient	Level	Number
Life skills	0/483	0/0001	391
Self-consciousness	0/231	0/0001	391
Sympathy	0/293	0/0001	391
Effective relation	0/176	0/0001	391
To solve the problems	0/339	0/0001	391
Individual's relations	0/268	0/0001	391
Decision	0/278	0/0001	391
Creative thought	0/305	0/0001	391
Critical thought	0/294	0/0001	391
Resistance to anxiety	0/306	0/0001	391
Resistance to stress	0/346	0/0001	391

The results of table 1 shows that life skills ($r=0.483$) and its aspects: self-consciousness ($r=0.231$), sympathy ($r=0.293$), the effective relations ($r=0.176$), to solve the problems ($r=0.339$), the individual's relations ($r=0.268$), decision ($r=0.278$), the creative thought ($r=0.305$), the critical thought ($r=0.294$), resistance to anxiety ($r=0.306$) resistance to stress ($r=0.346$), as whole were in the level of

$P < 0/0001$, and they were positively meaningful, it means those who gain more degree in the life skills, they will succeed in sport as well.

Table 2: The results of Regression analysis to predict the success in the sport regarding life skills

Predicted factor	F	P	R	R^2	β	T	p
Self-consciousness	8/617	0/0001	0/462	0/213	-0/029	0/503	0/616
Sympathy					0/073	1/229	0/220
Effective relation					0/041	0/671	0/503
To solve the problems					0/155	2/624	0/009
Individual's relations					0/061	0/989	0/323
Decision					0/075	1/236	0/218
Creative thought					0/082	1/350	0/178
Critical thought					0/018	0/268	0/789
Resistance to anxiety					0/039	0/596	0/552
Resistance to stress					0/169	2/702	0/007

Table 2 shows that the predicted regression of success in the sport would be meaningful based on ten skills (self-consciousness, sympathy, the effective relations, to solve the problems, individual's relations, decision, the creative thought, the critical thought, the resistance to stress, resistance to anxiety), it is $F=8/617, P<0.0001$. Among such skills, the skills to solve the problems is $PP=0.0009$, $\beta = 0/155$, resistance to stress would be $P = 0/007, \beta = 0/169$, it predicts the success of sport by students life skills. Besides, $R^2=21/3$ includes 21 percent of sport success among the students who were assigned by life skills.

Conclusion

The finding of this study shows that there is a meaningful, correlative relation between life skills and success in sports.

In means if athletes know about life skills they will succeed in the sport a lot. These finding accompany with those of Tatel et al. (2006) Naborz et al. (2000), Klingman. Specially, in the relation between degrees of life skills and the success of sports, there were positive, correlative, meaningful relations, it means those who show the skills such as self-consciousness, sympathy, the effective relations, to solve the problems, the individual's relation,

decision, the creative thought, the critical thought, the resistance to stress and anxiety, they will succeed in the sports more. These finding accompany with those of Moghadam et al. (2006), Shovartz et al. (2008), Ahmad; zadeh (1995) said Zaden Noosh Abadi (2001) Macli Land et al. (2000), Safarzadeh (2005), Hanton et al. (2004), Erlik (2003).

The result show that the findings of regression with respect to the success of sport would be based on 10 skills of life, and they are meaningful, and %21/3 of success in the sports would be assigned by these skills, among them, the skill to solve the problems and to resist stress are able to predict success in the sports. It means if athletes are able to solve the problems in the different, the will have some skills to control and resist stress, hence, they will succeed in the athletic games.

Suggestions

Regarding the life skills (10 skills), there is a positive, meaningful relation between skills and the athletic success. It suggests, athletes learn the physical, technical, instructional skills of life as well. Regarding the results of study, coaches, and managers, athletic teams should know the life skills to avoid the athlete's problems.

Source

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