

## Assesment of Quality of Life among Iranian Male Amateur Athletes via WHOQOL-Brief

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**Abstract :** The aims of the present study are to assess and compare the health habits and quality of life (QoL) of Iranian amateur athletes in different sports. A total of 120 male amateur athletes between 17 and 31 years, engaged in 16 kinds of sports which include team (n=44), individual (n=40) and combat sports (n=36) from sports clubs in the west cities of Iran; and also those not involved in any competition in the past. Additionally, this is a cross-sectional, descriptive observational study, which the subjects completed the WHOQOL-brief questionnaire to evaluate QoL. The questionnaire is composed of 26 questions in four domains (physical health, psychological, social and environmental domains), that was applied in the Persian language. Information on the frequency and duration of training sessions were also collected. The Shapiro-Wilk test was used to verify normal distribution, followed by the chi-squared test for proportions and simple analysis of variance for comparisons between groups of sports. Pearson's correlation was used to assess the relationships between the variables analyzed. According to the findings, those from individual sports obtained highest points in the all domains of QoL; physical domains ( $87.1 \pm 8.1$  point), psychological domains ( $87.6 \pm 9.6$  point), social domains ( $89.7 \pm 9.2$  point), environmental domains ( $75.5 \pm 10.7$  point) and overall QoL score ( $84.9 \pm 9.4$  point). Generally, social domains were the highest QoL index ( $84.3 \pm 7.2$  points), and environmental domains were the lowest QoL index ( $68.1 \pm 10.8$  points), in all of the sports. No correlations were found between QoL domains and time engaged in the sport ( $r = 0.01$ ;  $p = 0.93$ ), number of weekly training sessions ( $r = 0.09$ ;  $p = 0.37$ ) and session duration ( $r = -0.06$ ;  $p = 0.58$ ). Comparison of QoL results with those of the general population revealed higher levels in the physical and psychological components of amateur athletes. In the present study, engaging in sports was associated with higher QoL levels in amateur athletes, particularly in the physical and psychological domains. Moreover, correlations were found between the overall score and domains of QoL.

**Keywords :** amateur, domains, Iranian, quality of life

**Conference Title :** ICKESS 2018 : International Conference on Kinesiology, Exercise and Sport Sciences

**Conference Location :** Amsterdam, Netherlands

**Conference Dates :** January 22-23, 2018