

Comparison between Mental Toughness and Level of Physical Activity between Staff and Students in University of Tabriz

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Abstract : The aim of this paper was to compare physical activity and mental toughness in the staff and students of the University of Tabriz. 615 people participated in this study and filled demographic questionnaire, mental toughness48 (MTQ48) questionnaire and habitual physical activity questionnaire (Baecke physical activity questionnaire). The research sample included 355 students and 260 staff (615 questionnaires). For analyzing hypotheses MANOVA, correlation and independent t-test were used. Based on the result; some subscales of mental toughness and physical activity were significantly related. The result showed the significant correlation between mental toughness and physical activity in student and no significant correlation in staff. Students were significantly physically more active than staff, and mental toughness was higher in staff. There was no difference in mental toughness variable between active participants (active staff and student). The results of this study showed that mental toughness could influence the way a person cope with living conditions. It is expected that mental toughness changes can lead to changing in levels of physical activity. It should be noted that the other variables should not be ignored.

Keywords : Baecke physical activity questionnaire, mental toughness, physical activity, university staff, university student

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