

**The role of psychological capital on health oriented life
(Case of study: female athletes of gymnasiums in Mashhad)**

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Abstract

A health-oriented life is related to individual capitals in the direction of peace and comfort of people's lives; psychological capital as an individual capital can make an important contribution to the expansion of this type of life. The purpose of this research was to examine the relationship between psychological capital and health-oriented life. Health-oriented life has been investigated with emphasis on Veber and Cockerham's theory based on opportunity and choice and psychological capital variable with emphasis on Luthans theory. Quantitative approach based on a descriptive and correlational survey strategy, using a standard questionnaire tool and researcher-made data based on a Likert scale. The statistical population was female athletes of fitness clubs between the ages of 20 and 45 years old in different areas of Mashhad city. Total Cronbach's alpha (0.839) and convergent validity (0.601) were obtained. SPSS software and descriptive and inferential statistics were used for analysis. Descriptive results indicate that the average status of psychological capital variable (5.161) and health-oriented life (5.104) along with the components have been achieved in the medium to high range. The results of the hypotheses indicate that the components of psychological capital with the dependent variable have been obtained at a significance level of 0.05 based on the correlation coefficient (0.513) with moderate intensity. Based on the values of the beta coefficient, respectively, the components of order of meaningfulness of life (0.920), resilience (0.465), positive thinking (0.173) have had a significant relationship with the dependent variable. The independent variable and its components have explained about 37% of the changes in the dependent variable of health-oriented life. With culture building and education in the field of psychological capital and healthy life among women in relation to their being athletes, the areas of hope, positive thinking, resilience and meaningfulness of life as well as healthy life can be made possible.

Keywords: Psychological capital, health-oriented life, female athletes, Mashhad.

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1. Introduction

A health-oriented life is related to personal capital in the direction of peace and comfort in people's lives; psychological capital as an individual capital can make an important contribution to the expansion of this type of life. This means that the relationship between the components of psychological capital and the health-oriented life of female athletes has not been focused enough by researchers; In this article, it has been tried to examine the dimensions of psychological capital with regard to the health-oriented life of female athletes. Therefore, the purpose of this research is to investigate the relationship between psychological capital and health-oriented life among female athletes in Mashhad. Therefore, the present research seeks to answer the question: To what extent is the psychological capital and its components of women related to their health-oriented life?

2. Methodology

In this research, a quantitative approach, a survey strategy (descriptive and explanatory) and a researcher-made questionnaire were used to collect data. The purpose of this research was applied, cross-sectional, explanatory. Meanwhile, in this research, the statistical population was female athletes aged 20 to 45 in Mashhad. According to the latest census statistics of 2015, the studied population was equal to 1,531,165 people (Iran Statistics Center, 2015). According to Cochran's formula, the sample size equal to 700 people was obtained, which was based on a simple random cluster sampling method. The instrument used was a standard and researcher-made questionnaire that was compiled and prepared in the two sections of psychological capital and health-oriented life. This questionnaire contains 30 items. Of which 13 items are related to psychological capital dimensions and 17 items are related to health-oriented life. Psychological capital has four dimensions of meaningfulness of life, hope, positive thinking and resilience. A health-oriented life has four dimensions: physical health, mental health, social health, and spiritual health. This scale is set on a 7-point scale (not at all = 1 to very much = 7). The data has been analyzed using descriptive and inferential statistics.

3. Data analysis

The standardized coefficients (Beta) show the relative contribution of each independent variable in explaining the changes of the dependent variable, which has the highest contribution in the order of meaningfulness of life (0.920), resilience (0.465), and positive thinking (0.173).) have an error level of less than 0.05 and it shows the influence of these variables on health-oriented life. According to this regression model, the present variables are significant at the error level of less than 0.05, which means that the variables have an effect on the health-oriented life of women in Mashhad. But the hope variable was not significant.

4. Discussion

In this regard and based on the results of the presented researches, the psychological capital of athletes is one of the effective factors on attracting and making people loyal to a health-oriented life, which can create the necessary forces to participate in various activities; Therefore, health-oriented life and psychological capital together in the form of a model will be very important and pioneering.

5. References

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