

## Relationship Between Self-concept and General Health of Volunteer Board in Kurdistan Province

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**Abstract:** A volunteer has economical social and psychological profits for the people and society. The aim of this research was surveying and the self-concept and General Health of volunteers Board in Kurdistan Province. The manner of research was survey –descriptive and its aim was practical. The volunteer sport board of Kurdistan Province was (320 persons) and 172 persons were selected as random sample by using Morgan Table. The tools of getting information conclude 3 kinds of questionnaires: the personal characteristics, General Health, Rajers' self-concept scales and used descriptive and deductive manners of it (Calmo, GrufSmirNuf, MunWitny , CruscalValis, Khy du). The results showed that there is not meaningful different between self-concept and physical proofs, but there is meaningful different between self-concept and (stress, watchfully, practical society, depression signs and General Health), also there is meaningful different between men and women in stress and depression agents. There is meaningful different between volunteers' physical signs with high volunteering but there is not meaningful relation between times of to be volunteers and self-concept. At all, the volunteer with positive self-concept, they don't have watchfully and depression.

**Key words:** Sport volunteer, Self-concept, General Health, Sport Board.

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### INTRODUCTION

Increased volunteering movement caused to the decreased using the official employees and workers and also caused to using the more sources for preparation, using and keeping the human sources. Sport Board is a kind of organization for preparing the best basis in increasing the sport branches in Iran.

This Board is an agent and substitute of Federation Bodies of Province which organized the rules according to Ribinson and Palmer (2011), from organizations of the voluntary sport sector "There are a number of organizations that make up the voluntary sport sector. Most are hierarchically organized within the specific structure affecting each sport, which often reflects the International Federation Bodies, National Federation and County or sub regional structure which organizations ranging from the local level to the global level.

Sport Board is substitute Federation in Provinces known as one of the volunteering organizations, in this research is studied about volunteers who don't use governmental premium, materials and equipments, they don't have specific salary and are not selected by sport managers, but they are selected by their skills and specific interests. Otomo and Snyder (1995) introduced volunteers' motivation factors in their Process Motivation of volunteer (VPM). The valuable factors, social motivation, job motivation, self-keeping and personal development factors are the best in this movement. Based on this model, intended to the self-understanding is one of the volunteer motivations.

Based on new theories (Lord and Brown 2004, Jahson and his cooperators 2006) self-concept is a dimension plan, in which all information is related to the "self" and has different sheet (surface).

The research is showed that the factor which successes people are their manners of their minds about the world not their brains (witness). Otomo and Snyder knew that the interested to themselves and helped us to understand how much their volunteering will be prolonged. Clary and his cooperators (1998) knew self-attention as factors for increase the times of to be volunteers in an organization. They thought that this movement helped to the selfish and helped to the stability for continuing the volunteer actions are possible through confused motivations. Additional self-concept, General Health is one of the effective factors in selecting volunteers' actions. General Health includes physical and psychological health and studied about physical, stress, watchfully, disorder in practical society and depression signs. Reza Andamand his cooperators studied about volunteers' obstacles, physical and sickness problems "introduced as personal obstacles". Debbi Haski-Leventhal (2009) studied about the relationship between elderly volunteering and well-being and showed that there is relation between health and volunteering. There is an overall positive correlation between volunteering and perceived health life satisfaction and self-life expectancy and negative correlation to depression. Mohammad Zadeh and

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Afrozeh studied about volunteers motivation factors which highest score related to the personal growth (confident, self-concept,)

**Methodology:**

The manner of research is survey-descriptive and aim of it is practical which is used for sport Board decisions. The statistical society was all of the volunteering sport Board in Kurdistan Province. In 1390 there were 320 persons that the mass/bulk sample is specified by Morgan Table.

There are 3 kinds of questionnaires about specification of society and personal specification of sport volunteers.

In this part studied on valuables like gender, education field and job (official or non-officialjob), age,experiencechampion and volunteering expectancy action in sport Board. General Health questionnaire (QHQ28) is the best questionnaires in test of General Health. Durability /perennial is calculated by Kurnbakh Alfa ( $\alpha=0.89$ ).

This questionnaire has 4 scales (physical, stress signs, watchfully, disorder in practical society and depression signs)andself concept scale of Rajers accepted that face andcontentvalidity a group of professional of university and used Kolomograph, Monwitni, CorscalValis, Khy du, Espirman correlated on descriptive and deductive statistic.

**Results:**

The information shows that %66.3 of volunteers is men and %33.7 of is women, %68.8 are younger than 30, %17.4 are between 30-40 and %0.14 are older than 40 and the highest %62.6 of volunteers are active in sport Board at least for 5 yearsand%56.4 had positive self-concept and %74.4 had General Health.

**Table 1:** the results of Mann-Whitney U are showed different between General Health and scales in positive and negative self-concept persons.

variable	Self-concept	Rank mean	Mann-Whitney U	Z	Meaningful surface
Physical signs	Positive	80.29	3035.000	-1.872	.061
	negative	94.53			
Stress	Positive	69.35	1974.000	-5.161	.000
	negative	108.68			
Social Work	Positive	79.21	293.000	-2.197	.028
	negative	95.93			
Depression	Positive	74.80	2503.000	-3.575	.000
	Negative	101.63			
General Health	Positive	72.97	2325.000	-4.056	.000
	negative	104.00			

The meaningful surface is higher than %0.05 for the different of physical signs in personal positive and negative self-concept, so there is no meaningful different but in other factors, there is meaningful different.

**Table 2:** The relation between General Health factors.

	1	2	3	4
1.Physical Sings	-			
2.Stress	.553	-		
3.Social work	.412	.488	-	
4.Depression	.449	.576	.371	-

There is meaningful relation between all of the General Health factors. The highest correlation is  $r=0.576$  and the smallest is  $r=0.371$  for social work with depression.

**Table 3:** The results of Mann-Whitney U tests for the different between General Health and its parameters in women and men.

variable	Self-concept	Rank mean	Mann-Whitney U	Z	Meaningful surface
Physical signs	Women	93.96	2873.500	-1.410	.159
	Men	82.71			
Stress	Women	97.05	2694.000	-1.992	.046
	Men	81.13			
Social Work	Women	88.95	3164.000	-.463	.644
	Men	85.25			
Depression	Women	105.03	2231.500	-3.552	.000
	Men	77.07			
General Health	Women	96.48	2727.000	-1.877	.061
	Men	81.42			

There is meaningful different between stress and depression in women and men, and men is better than women.

**Table 4:** The results of CarscalValis test for different General Health and its parameters in volunteers' records.

variable	Volunteering records	Rank mean	Chi Square	Freedom Rank	Meaningful surface
Physical signs	Until 5 years 5-10 years Older than 10	78.13 104.40 97.09	8.665	2	.013
Stress	Until 5 years 5-10 years Older than 10	85.32 88.44 88.55	.165	2	.921
Social Work	Until 5 years 5-10 years Older than 10	80.94 89.19 102.18	4.767	2	.092
Depression	Until 5 years 5-10 years Older than 10	82.75 103.84 82.84	4.776	2	.092
General Health	Until 5 years 5-10 years Older than 10	80.97 97.81 93.98	3.683	2	.159

There is meaningful different between volunteering physical signs and volunteering records and also between stress, social work, and depression and General Health in volunteers and the times of to be volunteers.

**Table 5:** The results of Chi Square Test, about relation between volunteering records and self-concept.

Volunteering Records	Positive	Negative	Total	Chi Square	Freedom Rank	Meaningful Surface
Until 5 years	60	48	108	.085	2	.985
Until 10 years	18	13	31			
Older than 10years	19	14	33			
Total	97	75	172			

There is no meaningful relation between volunteering records and self-concept in volunteering Sport Board.

**Discussion and Conclusion:**

The results of statistics of research showed that there is no meaningful different between personal physical signs with positive and negative self-concept. It means physical disabilities in some of the volunteering Boards (specific sickness, veterans, blind and indistinct) is not a obstacle for positive self-concept and in the most competition disabled are more successful than others. It seems that internal volunteers' motivations are high which they can't continue with physical problems.

There is meaningful relation between self-concept, stress, watchfully, social work, depression signs and General Health of volunteers, so the volunteers with positive self-concept, don't have stress and have less watchfully and better General Health.

Campbell and his cooperators (1996) said that the people with plain self-concept, they are stabilized and symphonic persons. Rosenberg (1979) showed that the people with light self-concept and confident showed their selves less symphonic society and they have less satisfaction of life and more stress. These results are according to Crises (2000), Campbell (1996), Copper and Parvin (1998) findings. Thoits and Hellwitt (2001) showed that volunteering caused to less depression and stress signs also Horass (2003) and Music, Wilson (2003, 2000) and Jamal Chilar, Fneri Yulu (2008) showed that social work, confident, self-confident are the volunteering benefits. Alfeld and Segmins' researches showed that there is negative solidarity/ correlation between self-concept score and depression signs.

The people with light self-concept in facing hopeless happening, showed more depression signs (Crins 1993) because volunteering is kind of escaping tools from stress.

Benson (1993) showed that improve welfare and physical health are the volunteering premium. Fisher and Shafer (1993), Hersok and Morgan (1993), Wilson and Music (2000) declared health as positive volunteering effects.

There is meaningful different between women depression, stress and men are in the better situation than women. It seems sport Boards are mannish and rough and major of decision do by men so women don't have any role in the management which caused to stress and depression on them but there isn't meaningful different between physical signs, General Health, social work. But Sadeghi Brujerdi (1382), Lee and Sato expressed that General Health in men is better than women but Bahrami, Nobakht (1380) Mufat (2004) didn't accept this.

-The results showed that there isn't meaningful different between volunteering General Health and volunteering records. There is meaning relation between physical signs and times of to be volunteer activities

like: persons with less than 5 years volunteering records in the better physical situation. 80 persons are (%74.1) less than 30 years old, 19 persons (%17.6) 30-40 years old and 9 persons (%8.3) older than 40 years old. Sectional volunteering including short time volunteering duties but they are preferred long times of duties. (Hastin and Lammertyn 2003, Auld 2004, Styers 2004). Ronald (1999) showed that the type of, as well as the number of, hours donated to a volunteer activity were associated with psychological well-being.

Most of researches express physical health as important presence condition for volunteer activities (Fisher 1991, Herzog and Music 1993) and vice versa. Wilson and Music (2000) were accepted that there was relation between volunteering and physical health. It seems both of volunteers in this research (less and high records) used from volunteering premium. The results showed that there is meaningful relation between volunteering records and self-concept in them (in Sport Board).

It seems that persons with positive self-concept have more intends to volunteer activity and it help to the managers in selecting volunteers with positive self-concept.

Zenep Cemalcilar (2008) showed that volunteering has positive effect on adolescent social and psychical development. Because the volunteers have positive self-concept, used better General Health and sport managers must pay attention to the self-concepts, stress and depression signs in men and women because in men is better than women, so place work situation for women and their portion in decision can effect on the declaring their stress and depression.

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