

## Relationship between **temperament and** physical activity level in non-athlete **university** students

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### **Abstract:**

Evidences suggest that inactivity and lack of desire to exercises is the main reason for the increase in diseases associated with lifestyle change from traditional to modern. The results of studies have presented different causes as barriers to physical activity, but the nature and temperament of the individual, as an important probable cause, has not been considered so far. Based on the ideas of traditional medicine, temperament can determine the physical, psychological and emotional characteristics of a person. Therefore, it seems likely that desire to physical activity as behaviour, may be associated with a person's temperament. Hence, the aim of the study is to examine the relationship between temperament and physical activity level in non-athlete students. For this purpose, a total of 400 students (200 girls and 200 boys) were selected as statistical sample based on stratified random sampling method. The sample size was determined according to Morgan table. Because of the lack of standardized questionnaires to identify temperament, the researcher-made questionnaire was used. Total physical activity during the week was considered as the level of physical activity. Pearson's correlation coefficient was used to examine the relationship between variables. Significant level was considered as  $\alpha < 0.05$ . The results of the Pearson correlation test showed that a significant negative correlation exists between the level of physical activity and temperament ( $p=0.001$ ,  $r=0.441$ ). The results also showed that in %60.5 of people with sanguine temperament, and in %57 of people with bilious temperament, physical activity was moderate to high. Meanwhile, the percentage of active people with melancholy temperament is just %16.4, and with phlegmatic temperament is just %16.7. Based on the results, will ingress to engage in physical activity or exercise as behaviour, is consistent with the characteristics of hot-tempered people. Hence, perhaps individuals' temperament may be considered as a feature to select athletes for different sports, although more research is needed on this issue.

**Keywords:** temperament, physical activity, college-age boys and girls

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