

Assessment of temperament (Mizaj) in active and inactive people

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Abstract:

Background and Purpose: Based on the theories of traditional medicine, body temperament can determine physical, mental and emotional characteristics. The purpose of the present study was to survey and compare temperaments in elite, amateur and inactive runners.

Methods and Materials: In this descriptive survey statistical society consisted of all elite and amateur runners of the Fars Track and Field Commission. Forty runners (20 elite and 20 amateurs) were selected randomly as the sample. Twenty other inactive people were selected for comparison. Data were collected using a self-administered questionnaire. The statistical hypothesis testing methods were used.

Results: The findings of the study indicate that there is a significant relationship between temperament and physical activity level ($p < 0.05$). There was also a direct relationship between the Choleric and Sanguine temperaments and level of physical activity in all three groups of elite and amateur runners and inactive people. There is no significant relationship between Melancholic and Phlegmatic temperaments and physical activity level ($P > 0.05$).

Conclusion: According to the present study, it can be concluded that hot temperament of runners can be an important factor in increasing their participation in physical activity.

Keywords: Temperament, Elite Runners, Amateur Runners, Inactive people.

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