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" ASSESSMENT OF THE RELATIONSHIP BETWEEN
LONELINESS AND SOCIAL WELL-BEING IN
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ASSESSMENT OF THE RELATIONSHIP BETWEEN LONELINESS AND SOCIAL WELL-BEING IN ATHLETE FEMALE STUDENTS

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Purpose: The aim of the current study is to evaluate the relationship between loneliness and social well-being of athlete female students.

Methods: The research method plan was a descriptive-analytical. The research society consists 2350 athlete female students participating in the forth sport Students Olympiad out of which 300 individuals were selected by random sampling technique. To fulfill the objective two standard questionnaires were provided to Loneliness Scale (Russell et al, 1980) and social well-being (Keyes, 1998), besides Demographic Questionnaire (including: age, gender, background sport and champion, sports). The reliability and validity of the two questionnaires were approved by a group of university experts and the Cronbach's alpha test, respectively. Data analysis and assessment were managed by descriptive (mean, standard deviation and variance graph) and deductive (Kolmogrov Smirnof and Pearson correlation coefficient) statistical factors. All the statistical procedures were done using the application SPSS 15.

Results: It is shown by the results that there is a significant negative relation between the loneliness and social well-being of athlete females ($r= 0.214$). There is also a significant negative relation between loneliness and social integration and coherence. Considering the difference between team and individual sport groups, no significant difference is realized between loneliness and social well-being of the two.

Conclusion: Similar results are reported by other researchers (Afrouz, 1995; Bonny et al, 2000; Reinboth, Duda, 2006). According to the results, team sport athletes feel less lonely as compared to individual sport athletes. However this result is not approved in the current research. It seems that this inconsistency is due to the male research society. It is apparent that sport has an effective impact on reducing loneliness followed by better social well-being as well as more responsibility and improved management. In addition to, students conduct to the sport as active classes and future instrument social, causes of create an atmosphere full of mental health and social contribution will provide with responsibility and better management.