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International Conference of Sport Psychology Hellenic Society of Sport Psychology  
&  
ENYSSP Workshop 2010, European Network of Young Specialists in Sport Psychology

## BOOK OF ABSTRACTS

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(Watson, & Tellegen, 1988) and the satisfaction with life scale (Diener, & Griffin, 1985), ( $P < 0.05$ ). Findings indicated a significant relationship between positive affect and negative affect and satisfaction with life among female students who participated over those who didn't participate ( $P < 0.05$ ), and the Experimental group had higher levels than the control groups. Overall, improvements of hedonic well-being of participations were found as a result of hip-hop training. According to the results of this study it is clear that hip-hop dancing training can be accounted as a significant factor for hedonic well-being. Also Experts and Sport Psychologists should promote activities for certain people that will influence their hedonic well-being. Greater attention is needed on this area.

##### 5. Comparing academic stress and subjective well-being among female students:

The role of intramural

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The present study investigated the mediating role of Intramural examining to compare the academic stress and subjective well-being among female students of Birjand's guidance schools. The method of research was casual-comparative and the target population of research consisted of female students (mean age:  $13.4 \pm 3.7$  years) of Birjand's (Iran) guidance schools. For this, 120 students were selected as sample and formed into two groups using random selection (the first group participating in the intramural and the second not participating). Participants completed the Student-Life Stress Inventory [two sections: stress causers and the reaction to them (Gadzella, 2001)] and Subjective Well-being Scales [PANAS (Watson, & Tellegen, 1988) and SWLS (Diener, & Griffin, 1985)]. Findings indicated significant relationship between academic stress and subjective well-being among female students who participated rather than those who didn't participate. Statistic analysis revealed that intramural participants reacted better than those who didn't participate. Also it was found that those who had better reaction to stress causers, were in a higher level of satisfaction with life ( $P < 0.05$ ). Above mentioned students were also in a higher level of subjective well-being. According to the findings of the present study it could be concluded that intramural had a positive effect in improving subjective well-being and also in reacting to the stress causers among female students of Birjand's guidance schools. So it could be concluded that intramural can improve subjective well-being and also can cause better reaction to students' stress causers.