

# **The relation between some physical fitness factors with body composition level of depression in girls' students after puberty**

Atefeh Habibi pour\*,

The purpose of this study was to evaluate the relationship between some physical fitness variables with body composition and depression level in after puberty student girls. Statistical population of this study was 4770 female students of the first year of Rasht's region two public high schools, that among them, 380 students five schools were ed as the study samples using cluster sampling method. Students muscle endurance, muscle power, flexibility, aerobic power, height, weight, body fat percent, body mass index, waist to hip ratio and depression level were measured. All of the statistical tests were performed using SPSS software version 21 and the significance level was set at P 0.05). In conclusion, the present findings give credence to the hypothesis suggesting a linkage between the better body composition, with higher physical fitness. In addition, results indicated that students with more favorable body composition have lower level of depression.

**Keywords : Depression, Physical Fitness, Body composition, Girl Students**

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