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# Surveying Comparison between Self-concept, Resilience and Self-Efficacy in Athletes and None-Athletes

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The purpose of this study was to investigate the relationship between self-concept and resilience and self-efficacy in athletes and non-athletes in Rasht city. To achieve this goal, a sample of 590 women athletes and non-athlete women (295 athletes, 295 non-athletes) has been ed in Rasht city. In order to collect the required information, self-concept, resilience and self-efficacy were used. For data analysis, Pearson correlation, Pearson correlation and multiple regression analysis were used simultaneously. According to the research hypothesis, the comparison of three variables in athletic and non-athlete women was studied. The results showed that in all three variables, self-concept, resiliency and self-efficacy were significantly different between two groups of athletes and non-athletes and Comparison of the means indicated that this dimension was higher in the athlete group than non-athlete group. Therefore, the main hypothesis of the study was that there was a significant difference between the levels of self-concept, there is a significant difference between resilience and self-efficacy among the two groups of athletes and non-athlete at the level (0.0001) and in comparison with the self-concept in both athletic and non-athlete women ( $p= 0/0001$ ,  $F=93/544$ ) and comparison of meanings showed that self-concept was higher in athletes than non-athletes

**Keywords :** self-efficacy significant

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