

# **A comparison of lifestyle and body mass index of athletic and non-athlete students of Islamic Azad University of Rasht Branch**

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**Life style includes all the general daily activities that a person performs in his/her life and affects his/her health. Therefore, the present study attempts to compare the life style of athlete and non-athlete students. The statistical population was consisted of athlete and non-athlete students of Islamic Azad University of Rasht Branch. The subjects of the study included 400 high school students (200 athletes & 200 non-athletes; 262 females & 138 males). The subjects were ed by simple random sampling method. The subjects took part in the study voluntarily. The instrument of the study was a questionnaire made by the investigator on life style, which included 3 subscales of nutrition, personal hygiene, and mental status. The collected data was analyzed by using U-MannWhitney test. The results showed that there was a significant difference in lifestyle and subscales in athletic and non athlete students, athlete and non-athlete, athletic and non-athlete boys ( $p \leq 0.05$ ). Also, there was no significant difference in the subscale of mental conditions between male and female athletes and non-athletes. Overall, the research findings indicated that the lifestyle of the students and its subscales in athletes are better than non-athletes. Also, the results showed that there was a significant difference between the weight and BMI subscales in athletic and non athlete students, athlete and non-athlete, and athletic and non-athlete boys ( $p \leq 0.05$ ). Therefore, it seems necessary to pay more attention to nutrition, individual health and mental conditions of students, and encourage students to exercise and physical activity in the health of students.**

**Keywords : Keywords: Life style; Athlete & Non-athlete Students; Mental health; Personal hygiene.**

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