



RESEARCH ARTICLE

THE EFFECT OF FARADARMANI LIFESTYLE ON AGGRESSION IN FEMALE PLAYERS OF IRANIAN BASKETBALL LEAGUE

^{1,*}Sepideh Sangsefidi, ²Shahla Hojjat, ³Somayeh Sangsefidi, ⁴Mohammad Mahdi Sangsefidi

¹M.A Sociology of Sports

²Assistant Professor of Azad University of Karaj Branch

³M.A Sports Nutrition

⁴Student of M.A Industrial and Organization Psychology

ARTICLE INFO

Article History:

Received 14th September, 2016
Received in revised form
22nd October, 2016
Accepted 17th November, 2016
Published online 30th December, 2016

Key words:

Lifestyle,
Faradarmani,
Aggression,
Basketball.

ABSTRACT

The present study aims at investigating the effect of Faradarmani lifestyle on aggression in female players of Iranian Basketball League. The statistical population of the study included all the female players of the 2015-16 Iranian Basketball League season. 40 players voluntarily participated in the present study. They were randomly divided into two groups of 20 people each, i.e. experimental and control groups. First, the objectives of the study were fully elaborated to the officials, coaches, and players as well. The consent of all the participants was also obtained before conducting the study. Prior to the training, Buss-Perry Aggression Questionnaire (BPAQ) was distributed among them. Then, the experimental group received Faradarmani treatment for 6 weeks (3 sessions of 30 to 45 min per week), while the control group received no treatment. After 6 weeks, both groups filled out the same questionnaire. The process of data analysis was done in light of descriptive statistics and independent t-test using SPSS/21, at significance level $\alpha \leq 0/05$. The study yielded the results that Faradarmani training has a significant effect on aggression, physical aggression, verbal aggression, anger, and hostility in female players of Iranian Basketball League. Regarding the results of the study, Faradarmani, as an effective lifestyle, is recommended to the coaches, players, and basketball officials for managing players' aggression.

Copyright©2016, Sepideh Sangsefidi et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Sepideh Sangsefidi, Shahla Hojjat, Somayeh Sangsefidi, Mohammad Mahdi Sangsefidi, 2016. "The effect of faradarmani lifestyle on aggression in female players of iranian basketball league", *International Journal of Current Research*, 8, (12), 43938-43942.

INTRODUCTION

Nowadays, athletes' physical, tactical, and specialized skills cannot be regarded as the sole factors of success in sports. Facing their opponents, spectators, and media or in the other stressful situations, many athletes experience emotional reactions despite all their efforts and best performance in training. Emotions are different, e.g. anger, fear, hope, anxiety, etc. and cause athletes to show different behaviors such as aggression (Maleki et al, 2012). On the other hand, by taking a brief look at the world around us, we can see that our era is the era of aggression. There are also evidences indicating the level of aggression and its detrimental effects on interpersonal interactions and relationships has increased in the recent decades (Wheatley et al, 2009). Aggressive behaviors can be attributed to the individual, biological, environmental, and economic factors (Herber, 2004).

Experts believe that educational setting and other external factors play an important role in displaying aggression and learning aggressive behaviors. In the best condition, aggression is considered to be displayed due lack of education while in the worst-case scenario, it is regarded to be resulted from an increase in obstacles to utilize educational facilities (Lotfi Azimi, 2001). In psychology, aggression, as one's willingness to express anger, refers to any verbal or non-verbal behavior displayed to do the other people physical or mental harm, whether directly or indirectly. Its verbal and physical versions represent behavioral and instrumental components; anger indicates the emotional aspect; and hostility represents the cognitive aspect of aggression (Webster, 2006). In general, all people including athletes may show aggression. In the competitive situations of sport events, athletes tolerate a high mental pressure due to the conditions of the competition and winning expectancy; as a result, they might exhibit aggression. Such behaviors have different consequences including removal from the competition, or being deprived of training for few sessions or hours (Brewer and Howarth, 2012); and basketball, due to its competitive nature, is not an exception.

Controlling emotions and preventing the immediate and long-term negative consequences of psychological problems such as aggression is of high importance for athletes' performance, and subsequently for the result of competitions. Therefore, experts have been seeking the best methods for preventing or minimizing aggression. Pharmacotherapy, physical activity, and complementary medicine are some of the methods of overcoming aggression. Medical products and practices that are not part of standard medical care are referred to as Complementary and Alternative Medicine (CAM). CAM therapies include different techniques. One of the techniques recently introduced is Faradarmani (Sang Sefidi, 2015). Taheri (2009, as cited in Sang Sefidi, 2015) defines Faradarmani as follows:

Faradarmani is based on the theory of "Unity of Consciousness" or "The consciousness bond of the parts". According to this theory, whenever a link is formed between the whole consciousness and the parts, the mental consciousness will automatically self-recover and subsequently mental or physical healing will take place. According to the US National Center for Complementary and Alternative Medicine (NCCAM), Faradarmani is placed in the category of Mind-Body Interventions (Parazin, 2010). However, the question raised in the present study, i.e. "Does Faradarmani have any effects on aggression in female basketball players?" demands a great bulk of research. In Interuniversalism, any deficiency in each of the infinite parts of human existence is regarded as disease. From another point of view, different subtle bodies of humans (e.g. physical, mental, spiritual, etheric, and astral bodies) must be linked to each other, different centers for Energy transformers, called "Chakras" should be in a right position and away from any disorders or obstruction, *14 acupuncture energy channels must be balanced, the surrounding fields of energy (Polarity Field and field of Bio-plasma) should be in the right position, cellular intelligence should not be defected, cell's molecule frequency should not deviate the real one, and in this way, illness is prevented* (Sang Sefidi, 2015).

Furthermore, lifestyle is an index of physical health on the basis of the mutual relationship between mental and physical health, which is generally accepted (Fathi & Jafari, 2011). The term lifestyle refers to the method an individual chooses to deal with life events and tasks. Based on unconscious defense mechanisms as well as the effects of environmental factors, each individual resorts to a particular method of dealing with life events and tasks (Behdani *et al*, 2000). The issue of the lifestyle in Behavioral Sciences can be traced back to the late 19th and early 20th, in the works done by Max and Adler. Studying leisure time and lifestyle from 1864 to 1920, Weber wrote a lot about lifestyle (Strien & Koenders, 2012). Although it is a long time humans have realized the mutual relationship between mind and body, the importance of psychological processes in ensuring health and developing diseases has been increasingly taken into consideration. The advent of "Health Psychology" in the mid 1970s –aiming to describe and study the psychological theory and processes in physical health –indicates psychologists' enthusiasm for such issues (Lindsey & Powell, 1994). The primary discussions about lifestyle were first oriented toward nutrition, exercise, smoking and alcohol consumption. However, today the concept of lifestyle and its effects on health have undergone considerable changes (Lyons & Langille, 2000). Lifestyle is especially of utmost importance for quality of life and disease

prevention (Potter & Perry, 2001). The processes of disease prevention and health care are currently gone through improving lifestyle and eliminating negative factors affecting it; and treatment stands in the second place (Tol *et al*, 2011). As mentioned earlier, aggression can influence athletes' performance, which consequently impacts on the results of the competition, and Faradarmani lifestyle is of high importance in preventing and treating mental and physical diseases. However, to the best of the authors' knowledge, no studies on the effect of Faradarmani on aggression have been so far carried out in Iran or overseas. Therefore, the present study welcomed a new method in this regard. Thus, given the great role of physical and mental relaxation in athletes' success and also regarding the great importance of Faradarmani as a new and low-cost treatment, the present study sought to investigate the impact of Faradarmani lifestyle on the mental, psychological, and physical relaxation in athlete students, as future makers of the country in all areas. The findings of this study is hoped to be to the benefit of basketball coaches and players so that they can improve their performance and achieve a desired result in the difficult conditions of competitions by overcome their anger and suppressing aggressive behaviors.

METHODS AND MATERIALS

This is an applied research in terms of objectives. The study was done in light of pre-test and post-test. The statistical population of the study incorporated all the female players of the 2015-16 Iranian Basketball League season. 40 players voluntarily participated in the present study. They were randomly divided into two groups of 20 people each, i.e. experimental and control groups. As the first phase of the study, the objectives of the study were fully elaborated to the officials, coaches, and players as well. The consent of all the participants was also obtained before conducting the study. Prior to the training, Buss-Perry Aggression Questionnaire (BPAQ) was distributed among them. Then, the experimental group received Faradarmani treatment for 6 weeks (3 sessions of 30 to 45 min per week), while the control group received no treatment. After 6 weeks, both groups filled out the same questionnaire. The process of data analysis was done in light of descriptive statistics and independent t-test using SPSS/21, at significance level $\alpha \leq 0/05$.

RESULTS

The results of the study indicated that about 57 percent of the participants were below the age range of 21-30 years. Moreover, 45 percent of them were MA students, and 50 percent of the players had the experience of club matches for more than 3 years. Furthermore, it was revealed that Faradarmani training has a significant effect on aggression, physical aggression, verbal aggression, anger, and hostility in female players of Iranian Basketball League.

DISCUSSION AND CONCLUSION

The results of the study showed that Faradarmani has a significant effect on female basketball players' aggression ($p < 0/005$). This is consistent with the findings of the studies carried out by Kaldi and Einodin (2014), Nourbala *et al* (2014), Maleki *et al* (2012), Khanzadeh *et al* (2012), Aghaeinejad *et al* (2012), Parazin (2010), and Sang Sefidi (2015), Khobani *et al* (2014).

Table 1. The Results of Independent T-Test

Group	Statistical Index	Mean	df	T Value	P Value	Results
Aggression of the Control Group		86/65	38	5/053	0/001	Significant Effect
Aggression the of Experimental Group		62/65				
physical aggression of the Control Group		25/55	38	4/58	0/001	Significant Effect
physical aggression of the Experimental Group		17/75				
Verbal aggression of the Control Group		14/25	38	2/709	0/014	Significant Effect
Verbal aggression of the Experimental Group		12/60				
Anger of the Control Group		22/80	38	4/794	0/000	Significant Effect
Anger of the Experimental Group		14/95				
Hostility of the Control Group		24/05	38	5/40	0/002	Anger of the Control Group
Hostility of the Experimental Group		17/35				Anger of the Experimental Group

This finding, however, is not in line with the findings of the study conducted by Bassaknejad (2013) who examined the effect of mindfulness-based cognitive therapy (MBCT) on sleep quality and life quality in female students. The possible reason of such inconsistency in the results of the two studies may lie in the different treatments received by different participants. Aggression, as an infrastructure of social behavior, can greatly influence the public health and mental health of a society. Aggression is an overt physical behavior intended to cause harm to oneself or the others (Shahbazzadegan *et al*, 2011) and occurs when the balance between the momentum and internal control is disrupted (Sadock, 2003). Therefore, aggression can be considered as an anomaly or a disease for which there are various treatments, including Faradarmani. As brain is a very complex organ, consciousness was linked to brain; this is the notion in which many people still believe. Consciousness exists all over the body. In Faradarmani, the patient's entire existence is examined by the Interuniversal Consciousness, and the patient is connected to the Interuniversal Consciousness network¹; this bond contributes to detecting and overcoming deficiencies in different parts of body, and healing process will be initiated. (Mohammadi, 2010). Given that aggression in sport is a command sent from human brain, and regarding the proven effect of Faradarmani on mind and brain, the results of the present study might fall in line with the effect of this therapy on participants' brain, and consequently, their psyche.

On the other hand, lifestyle is part of both individual and social environment which can be controlled and monitored by people in society. In other words, people manage their lifestyle; they also create, recreate, and finally, display their identity on the basis of their lifestyle. The evolution of lifestyle and structural changes of late modernity are interconnected due to their mutual effects. Moreover, due to the openness of modern social life and plurality of fields of action and resources, choosing a lifestyle is of high importance for creating personal identity (Khajehnoori *et al*, 2011). Health-Promoting Lifestyle (HPL) simply focuses on improving health and incorporates six parameters, i.e. physical activity, nutrition, responsibility for health, spiritual growth, interpersonal relationships, and stress management. HPL not only promotes health and well-being, but also fosters sense of satisfaction and self-actualization (Tal *et al*, 2011). In the present study, Faradarmani treatments lead to a change in lifestyle, which might be the possible reason behind the result of this study. The results obtained from the other hypotheses of the study indicated that Faradarmani lifestyle has a significant effect ($p < 0/005$) on physical aggression, verbal aggression, anger,

and hostility in the female players of Iranian Basketball League. This finding expands upon the findings of the studies carried out by Kaldi and Einodin (2014), Nourbala *et al* (2014), Bassaknejad (2013), Babanejad *et al* (2013), Maleki *et al* (2012), Sang Sefidi (2015), Sang Sefidi (2015), Khobani *et al* (2014). All of these studies confirmed the positive effect of Faradarmani lifestyle on various psychological factors. Aggression occurs when the balance between the momentum and internal control is disrupted (Sadock, 2003). Aggressive behaviors are manifested in the form of anger, hostility, and physical and verbal aggression. Anger and hostility are conceptually related to aggression. However, these terms are not used interchangeably in the scientific studies on aggression. Anger is an emotional response, and its range varies from low discomfort to intense fury. When we get angry, we may lose our patience and act impulsively or display an aggressive and violent behavior. Furthermore, hostility refers to an intricate set of attitudes and judgments provoking aggressive behaviors. While anger is an emotion and aggression is a behavior, hostility is an attitude which leads to hatred and negative assessment of the others (Rili & Shop Shire, 2013).

The center of organisms' emotional impulses toward their intrinsic needs is called natural psyche. For instance a delay in the food of humans, animals, and plants causes impatience, anger, anxiety, mental imbalance, and finally anger (Taheri, 2010). Emotional psyche, which is exclusive to human beings, displays human emotions. It reveals emotions purposefully. This kind of psyche is able to show emotional reactions and inspires positive and negative feelings for any perception of one's inner self or outside. Therefore, the feelings of joy and sorrow, hope and despair, prosperity and misery, pride and humiliation appear, which gives a different meaning to human life and existence; and when the balance is disrupted, aggressive attitudes prevail; this kind of psyche is exclusive to human being (Taheri, 2010). In Faradarmani, a connection is established between all of human's existential components, that is, there will be a positive balance between body, mind, and psyche. The possible reason behind the results of the present study might lie in the fact that Faradarmani has a positive effect on the three dimensions of human existence [body, mind, and psyche]. This fact shows that the eventual result of psymental and physical activities undergoes a cycle, and the three elements of this cycle are inseparable. Let's say that if there is a blow to one's body, the resulting pain would cripple the individual's mental and perceptual function, thus scarring their psychological and emotional activity. However, the individual's mental organization in taking on the pain and accommodating it, would determine their feeling on the manner of their negative reaction against the blow, after which

¹ The network of intelligence and awareness that covers the universe (Holy Spirit).

the degree and scale of the pain as well as its tolerability would in turn redefine the intensity of the pain for the body (Taheri and Bayyazi, 2013). On the other hand, changing the pattern of life and lifestyle for the purpose of controlling and suppressing emotions and eliminating the negative effects of modern life is one of the crucial issues of the present century. This notion is so important that has drawn researchers' attention. Therefore, a great bulk of studies has been so far conducted, e.g. Kaldi and Einodin (2014) investigated the relationship between Health-Promoting Lifestyle and quality of life in the students at the University of Social Welfare and Rehabilitation Sciences in Tehran. They came to the conclusion that there is a significant relationship between Health-Promoting Lifestyle and students' quality of life. Two components of responsibility for health and stress management were found to have the highest and lowest scores, respectively.

Nourbala *et al* (2014) carried out a study on the effect of lifestyle on preventing prevalent mental disorders, especially depression. The results of the study indicated that psychosocial factors play an important role in the etiology of mental disorders; the most important psychosocial factors included marital status, economic poverty, unpleasant life events, emotionally imbalanced environment, chronic stress, repeated failures, immigration, and unpredictable environment. In order to prevent mental disorders in society, the above mentioned factors must be dealt with in an effective way. The results of the present study confirmed that Faradarmani treatments have changed the athletes' lifestyle. Faradarmani defines deficiency based on an ultra-holistic view. This therapy is based on the principle that due to the magnitude of human existence and the complexity of the relationship between different existential components, diagnosing and treating disorders is out of the scope of human expertise and necessitates a great intelligence, i.e. cosmic intelligence.

In Faradarmani, which is a totally holistic way of viewing human being, the individual's whole being is scanned, and the defective components are diagnosed and treated in light of "Interuniversal Consciousness" (an awareness or consciousness governing the universe). Interuniversal Consciousness diagnoses the deficiencies and then treats them independent of any human initiative, i.e. the therapist has no role in the treatment process. Similar to a "Cosmic Internet", this all-encompassing consciousness has covered up all its constituent elements and subsets by intelligence/consciousness (Taheri and Bayyazi, 2013) and the therapist does not need any techniques for treatment; mantra, imagination and visualization, drawing symbols and symbolic forms, hypnosis, and self-hypnosis techniques are not used in this therapy (Taheri, 2011). It seems that all what have been mentioned above might be the possible reason behind the results of the present study.

REFERENCES

- Aghaeinejad, J.B., Faramarzi, S., Abedi, A. 2012. Effect of regular exercise on aggression in educable mentally retarded students. *Growth and learning sports*, No. 12, pp. 91-105.
- Babanejad, M., Rajabi, A., Mohamadi, S., Partoie, F., Delpisheh, A. 2013. The Lifestyle and predict changes in factors affecting health students. *Health Journal*, Volume IV, Issue II, pp. 147-155.
- Bassaknejad, S., Aghajani Afjadi, A., Zargar, Y. 2013. Mindfulness-based cognitive therapy study on sleep quality and quality of life of students. *Psychological outcomes (Educational Sciences and Psychology)*, Volume 4, Issue 2, 181-198.
- Behdani, F., Sargolzaie, M.R., Ghorbani, E. 2000. Relation between lifestyle with depression and anxiety in students. *Sbzar. asrar-Faculty of Medical Sciences and Health Services, Sabzevar*, year VII, No. 2, pp. 27-37.
- Brewer, G., Howarth, Sh. 2012. Sport, attractiveness and aggression. *Pers Individ Dif*. 53(3): 640-3.
- Fathi Ashtiani, A., Jafari, G.H. 2011. Compare lifestyle, quality of life and mental health of military and civilian employees of two university affiliation. *Journal of Military Medicine*, 1, 17-24.
- Herber, K. 2004. General affective aggression model. Stanford University Available at: Accessed 18 June.
- Kaldi, A.R., Einodin, H. 2014. The relationship between health promoting lifestyle and quality of life. *Iranian Journal of Social Development*, Issue IV.
- Khajehnoori, B., Rohani, A., Hashemi, S. 2011. Lifestyle and body management. *Journal of Sociology women*, Issue IV, pp. 21-48.
- Khanzadeh, H., Rashidi, A.A., Nordin, Y., Zareie Manesh, T., Ghanbari Gh. 2012. The effect of life skills training on anxiety and aggression in students. *University of Medical Sciences*, Volume XII, Issue 7, pp. 545-588.
- Khobani, M., Zadehmohammadi, A., Jarareh, J. 2014. Effectiveness of Psychodrama Training on communication skills and aggression of aggressive girls. *Journal of Applied Psychology*, Volume 7, N 4 (28), pp: 27-44.
- Lindsey, S.J., Powell, J.T. 1994. *Principles of Clinical Psychology*. Translation by Hamayak Avadis and Nikkhoodi Mohamad Reza. Tehran, Rudaki Publication.
- Lotfi Azimi, A. 2011. A Review of Behavioral Intervention for the Treatment of Aggression in Individuals with Developmental Disabilities; 396-8. [Farsi].
- Lyons, R., Langille, L. 2000. Healthy life style: streng thening the effectiveness of life style approaches to improve health. The Canadian consortium of health promotion centers.
- Maleki, B, Mohamadzadeh H, Ghavami A. 2012. The impact of emotional intelligence training on aggression, stress and psychological well-being elite athletes. *Motor Behavior*, No. 11, pp. 177-190.
- Mohamadi, A.K. 2010. *Journal of Medical Science, specialization Special Saymntvlvzhy*, Issue 1, pages 51-49.
- Nourbala, A.A., Damari, B., Riyazi, S. 2013. Lifestyle modification to prevent common mental disorders, especially depression. *Medical Journal*, bimonthly Journal of Shahed University, Year 22, No. 113, pp. 1-13.
- Parazin, M. 2010. The effect of faradarmani on punlic heath. *Journal of medical knowledge, especially a specialized psymentology*, Issue 1, pp: 17-24.
- Potter, P.A., Perry, A.G. 2001) *Fundamentals of nursing*. Philadelphia: Mosby:11.
- Sadock, B.J., Sadock, V.A., Ruiz, P. 2009. Kaplan & Sadock's *Comprehensive Textbook of Psychiatry*. Ninth Edition, Lippincott: Philadelphia.: 921.
- Sang Sefidi, M. 2015. The effect of fara darmani on sleep quality in students of azad university, islamshahr branch. *International Journal of Current Research*, Vol 7, Issue 07, pp: 18694-18697.
- Sang Sefidi, M., Haji Rasouli, M., Sedaghati, S. 2015. The Effect of Faradarmani method on sport anexiety at female Swimming coaches of Tehran City. *Sylwan Journal*.

- Shahbazzadegan, B., Samadzadeh, M., Abbasi, M. Comparison of mental health and aggression in two groups of student's using and not using internet. *Procedia Soc Behav Sci.* 2011 Dec; 28 (2): 300-4.
- Strien, P., Koenders, G. 2012. How do life style factors relate to general health and overweight? *Appetite*, 58: 265–270.
- Taheri, M.A. 2010. Saymtothrapy the effect of mood disorders. *Medical knowledge*, fourth, fourth period (1).
- Taheri, M.A. 2011. *Human From Another Outlook*, Second Edition, the company Amazon, pages 157-113.
- Taheri, M.A., Bayyazi, A. 2013. Definition of psymentology, an Iranian complementary and alternative medicine. *Procedia-Social and Behavioral Sciences* 84, 1534 – 1549.
- Tal, A., Tavassoli, E., Sharifirad, G.H.R., Shojaiezadeh, D. 2011. The Lifestyle Promoting health and its relationship to quality of life in the undergraduate School of Public Health University of Medical Sciences. *Journal of Preventive Medicine Journal*, Issue 4, pp. 52-58.
- Tol, A., Tavassoli, E., Sharifirad, G.H.R., Shojaezadeh, D. 2011. The Relation between Health-Promoting Lifestyle and Quality of Life in Undergraduate Students at School of Health, Isfahan University of Medical Sciences. *J Health Sys Res*; 7: 1-7. [Prsian].
- Webster, G.D. 2006. Low self-esteem is related to aggression, but especially.
- Wheatley, A., Murrihy, R., Kessel, J., Wuthrich, V., Remond, L., Tuqiri, R. *et al.* 2009. Aggression management trainging for youth in behavior schools. *Youth Studies Australia*.
