

## Norm of Profile of Mood States for Male Physical Educators

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**Abstract :**The Purpose of this research was to provide norm of profile of mood states for male physical educators who participated in the national scientific professional competition. In this research population equals sample, therefore 337 physical educators from 29 provinces in seven age groups and three educational grades were selected. The information was obtained through profile of mood states (POMS).The validity and reliability has been reported in literature. Mean, standard deviation, percentile of rank and ANOVA were used in this research. Finally norms of profile of mood states for male physical educators in seven age groups , and three levels of educational grade were provided. The results showed that there was no significant difference in profile of mood state of physical educators among seven age groups and three levels of educational grade.

(Poms)

(ANOVA)

( $P > /$  )

### Key Words:

Norm, Physical Educators, Profile of Mood States.

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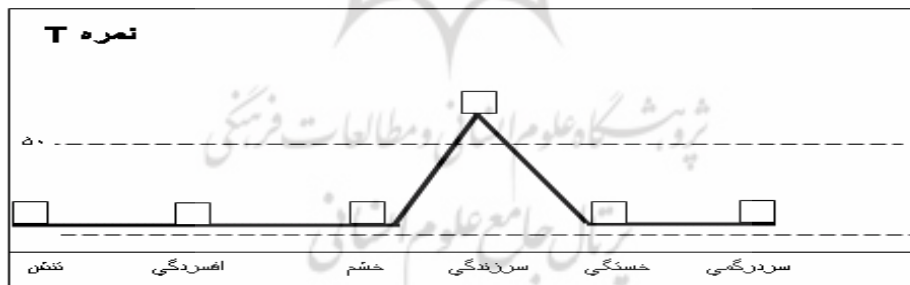
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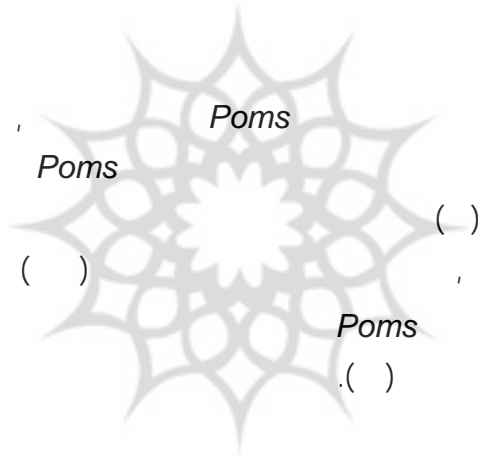
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- 1 - Overtraining
  - 2 - Prapavesis
  - 3 - Terry & Lane

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(Poms)

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- 1 - Profile of mood states (POMS)
- 2 - Mc nair, Lorr and Doroppleman

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POMS

POMS

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- 1 - Tension
  - 2 - Depression
  - 3 - Anger
  - 4 - Vigour
  - 5 - Fatigue
  - 6 - Confusion
  - 7 - Likert Scale



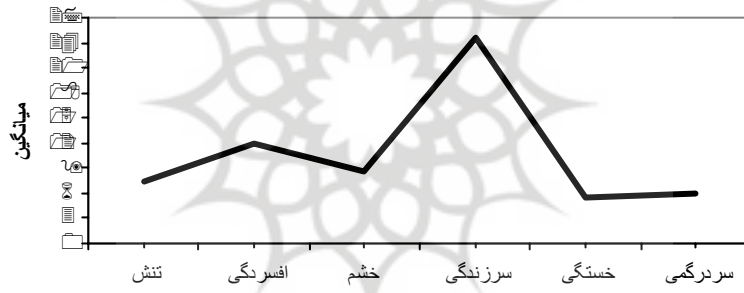
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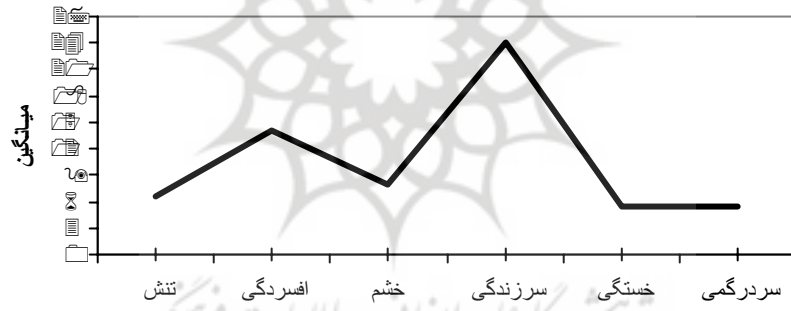
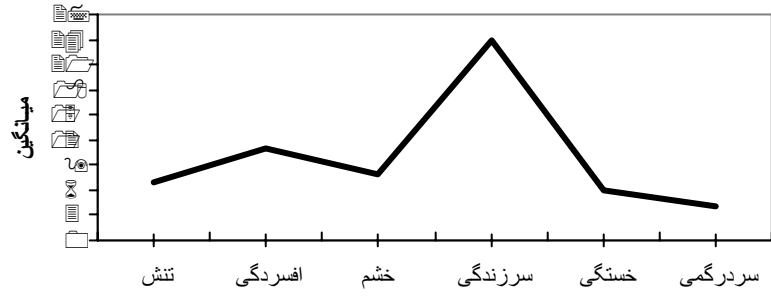




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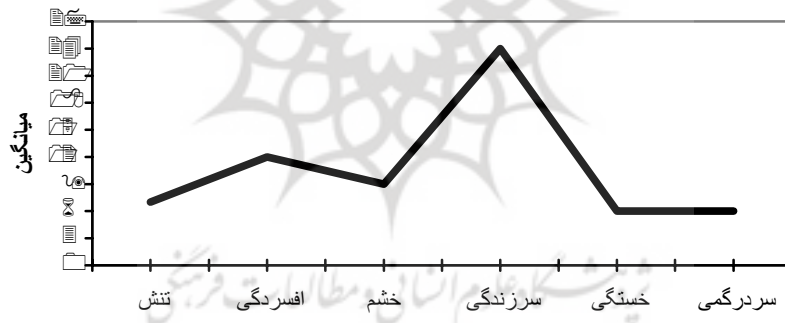




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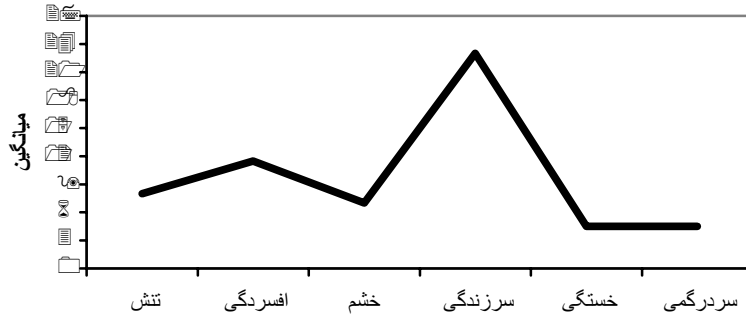
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- 1 - Morgan, Brown, Raglin , Oconnor & Ellickson
  - 2 - Cockerill, Nevill & ILvons

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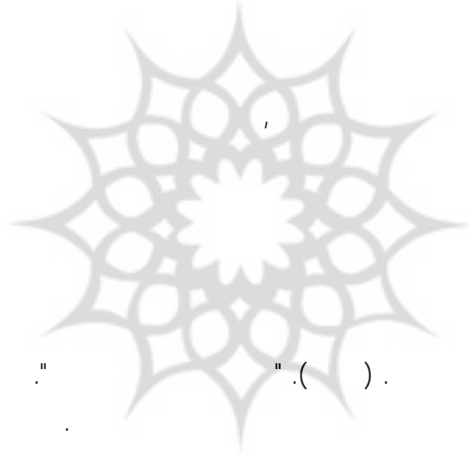
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- 1 - Renger
  - 2 - Ragain & Morgan
  - 3 - Berger & Motl
  - 4 - Lane & Lovejoy
  - 5 - Skirka
  - 6 - Prapavessis





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(POMS)

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