

**P02-89 - INVESTIGATION OF PERSONALITY TRAITS AND MENTAL HEALTH: COMPARISON BETWEEN ATHLETES AND NONATHLETES UNIVERSITY STUDENTS**

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**Introduction:** The purpose of this research is to compare personality traits and mental health in athletes and nonathletes students.

**Method:** 67 athletes and 64 nonathletes students were randomly selected and NEO-PIR inventory and General Health Questionnaire (GHQ) were administered on them. Data were analyzed with independent T formula.

**Results:** Findings showed significant differences between variables. Nonathletes have more neuroticism personality trait and were high in components of mental illness.

**Discussion:** It is concluded sport rehearsals and physical fitness have positive effects on temperament and mood and reduce mental illness symptoms and give sense of happiness and newness in life.