**1:**

**Measuring the contribution of growth and inequality in poverty reduction (Case Study of Iran Provinces)**

Growth as one of the macroeconomic variables has an important impact on poverty and its reduction, also inequality plays an important role in benefiting the poor from economic growth. However, economic growth alone is not enough to eliminate poverty, and how the benefits of growth are distributed is also important. Therefore, in the present study, the effects of income and inequality and on poverty reduction in Iran's provinces over the period 2004-2018 have been calculated by using Sen Index, Kawkani index and different mathematical methods. The results show that in Yazd province both income and inequality effects have led to poverty reduction while in Kermanshah, Khorasan Razavi, Isfahan and Zanjan income and inequality effects have neutralized each other. Such that average income increased and reduced poverty but on the other hand inequality increased and led to increased poverty. But the situation in Alborz province is different in that although decreasing average incomes has increased poverty, but improving the distribution of income has not only eliminated the negative effects of the income effects, but has generally reduced poverty.

**2:**

**materials and methods:**

This was a Semi-experimental research study with Pre-test and post-test design with control group. The statistical population of this study consisted of all Judo athletes of the Iranian National Youth Judo Team in years of 2018 that which included 45 athletes that were selected by purposeful sampling and were randomly divided into two experimental groups (n = 15) in the exciting music group (n = 15) in the relaxant music group and a control group (n = 15). The Charboneau, Barling, and Kelloway (2001) sports performance questionnaire was used to assess sport performance (3). This questionnaire includes six questions to assess athletic performance. The final score for sports performance comes from the sum of these six questions that the higher score Indicates better sports performance of athletes. Before to the intervention, the sport performance questionnaire was completed by the national team coach for all three groups peoples which was considered as the pre-test score of Athletic performance of athletes. Then a piece of music without words With a soothing rhythm To the intervention group With soothing music and A piece of music without words With an exciting rhythm to the Intervention group with exciting music given that Listen while exercising. After the end of the training sessions, the sport performance questionnaire was completed again by the coach for all three groups Which was considered as the post-test score of athletic performance. Descriptive statistics (frequency, percentage, mean and standard deviation) were used to classify the data and Shapiro Wilk test was used to evaluate the natural distribution of the data. In the inferential section, covariance analysis was used to investigate the research hypotheses. Significance level was considered as p <0.05. The data of the present study were analyzed by SPSS software Version 22 and by using univariate analysis of covariance.