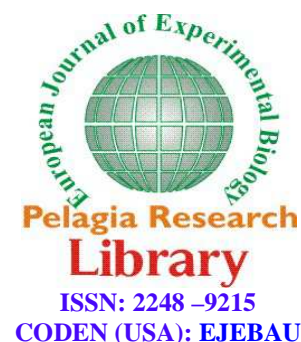




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Comparison of emotional intelligence on sport coaches

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ABSTRACT

The main purpose of this study was to comparison of emotional intelligence on sport coaches. The population of the study consisted of 1677 women and 2291 men that 313women 327men was selected through sample sampling method. The Syber Yashring (1986) questionnaire for emotional intelligence is used in this research. The result indicates that there was a not significant difference on emotional intelligence among men and women. Also, there was significant significant relationship between emotional intelligence with age, sport experience and coaching experience.

Keywords: emotional intelligence, sport, coaches

INTRODUCTION

Achieve To optimal performance is the most notable goal of every organization. Undoubtedly, skilled manpower and efficient human capital is one of the most important elements that will help the organization achieve its goals, Abraham et al indicates that individuals who are smart psychologically solve life activities sophistry and they have Effective ideas that often includes an understanding [1]. Goleman defined emotional intelligence as a combination of a person's ability to manage themselves and others [2]. Emotional intelligence is depending on understanding of own and others', interpersonal communication, adaptation and assimilation with environment in order to satisfy their needs and expectations. In other words, emotionally intelligent person deal with everyday personal and social problems, emotional intelligence is a predictor of success in life, because that represents a person's performance in emergency situations [3]. Emotional intelligence is favorite subject in both sport psychology and leadership. Leadership is intrinsically an emotional process whereby leaders recognize the emotional states of their subordinates, resulting in the formation of emotions and then they try to run correctly followers emotion. Emotional intelligence is a key factor for people who are socially effective. Emotional intelligence in leadership is a key factor to effective leadership [4].

Jordan and colleagues showed that people with high emotional intelligence in their work environments can better meet the work-related stress and better able to deal with disputes [5]. This suggests the coach as a manager, and leader has need to some features for ensure the success his team's performance and effectiveness. Weinberg et al demonstrated successful people in sports also have the same characteristics [6], also Thelwell et al found that

emotional intelligence is associated with effective coaching [7]. Therefore, it is clear that there are links between the success of the managers or leaders in various professions or sports teams that are the coaches, so to add to the existing knowledge in the field of emotional intelligence in different professions, it seems necessary to investigate the coaching Emotional Intelligence especially given the prominent role of leadership and management in sports teams.

However, various studies suggest that there are gender differences in emotional intelligence. Bar-On indicates that age and gender has effect on emotional intelligence. Men gained high scores of interpersonal index but women showed significant intrapersonal increase than men, despite the significant correlation in the index versatility and stress management indicators there was no significant correlation for age and sex [8].

Almran et al in an experimental study of gender and age differences in emotional intelligence concluded that gender is associated with emotional intelligence [9]. This finding supports the results of Day & Carroll [10]. Many studies have shown that women are more emotional than men [11, 12, 13, 14], similar findings in research Tapia [15] and Dunn [16] and by contrast, some studies have suggested that male supremacy on emotional intelligence [17, 18, 19].

Goleman, but it is opposed that women have higher emotional intelligence [20], also other researchers could not find significant differences on men and women emotional intelligence [21, 22, 23].

Due to the inconsistencies of gender differences in emotional intelligence and little research professional experience in coaching the current research investigate the emotional intelligence on men and women coaches.

MATERIALS AND METHODS

Participant

The population of the study consisted of 1677 women and 2291 men that 313 women 327 men was selected through sample sampling method and according to Morghan table.

Measures

The Syber Yashring (1986) questionnaire for emotional intelligence is used in this research. It includes 33 questions of 5 components. These elements are as self- motivation, self-awareness, self-control, social consciousness and social skills. With filling this questionnaire, each subject receives total number of 6, 5 of which is related to subscales and 1 number is assigned to the total emotional intelligence. The alpha Cronbach coefficient to this questionnaire was 0.84.

Methods

The method of the study is descriptive correlational. The data was collected using questionnaires and through field study procedure. T – Test was used for comparison of means and Pearson correlation coefficient was used to investigate to effects of age, sport experience and coaching experience on emotional intelligence.

RESULTS AND DISCUSSION

According to table 1 the mean of samples is 32 year and highest frequency is related to 30 year. The mean of sport experience is 14 year and the mean of coaching experience is 7 year.

Table 1: Demographic information of teachers

Characteristics	Frequency	Percentage	Mean	SD
Gender	Men	327	51	
	Women	313	49	
Age	Total			31.83 7.54
	Men			34.21
	Women			29.34
sport experience	Total			13.96 7.51
	Men			17.43
	Women			10.33
coaching experience	Total			7.22 5.81
	Men			8.74
	Women			5.63

As table 2 indicates there was a not significant difference on emotional intelligence among men and women.

Table 2: Comparison of emotional intelligence on men and women coaches

Variable	Frequency	Mean	SD	t	df	Sig
Emotional intelligence	Men	327	118.28	13.45	-1.14	635
	Women	313	119.43	11.88		

Table 3 indicates that there was significant relationship between emotional intelligence with age, sport experience and coaching experience and with increase of them emotional intelligence increase.

Table 3: relationship between age, sport experience and coaching experience with emotional intelligence

Variable	Sig	Emotional intelligence
Age	Pearson coefficient	0.19
	Sig	0.01
sport experience	Pearson coefficient	0.21
	Sig	0.00
coaching experience	Pearson coefficient	0.18
	Sig	0.00

CONCLUSION

The main purpose of this study was to Comparison of emotional intelligence on sport coaches. The result indicates that there were not significant differences on emotional intelligence among men and women. This finding is consistent with Goleman, Bar On, Fatima et al, Edannur [24, 21, 22, 23]. Also, the finding of this study is inconsistent with [13, 11, 19]. Goleman suggests that managers who have high emotional intelligence and the technical expertise the more prepared than others in the group will be paying the conflict and weaknesses [24]. While some research shows women are good in emotional intelligence but Goleman is disagrees and he suggest that the reasons for the differences between men and women is that each gender is capable on some features of emotional intelligence [20]. Different hypothesis suggests that women score higher emotional intelligence is related to their sensitive social nature which stems from Biological differences and other differences in the socialization process of childhood, although men and women leaders in emotional intelligence achieve to equal rates on measures, but women always have higher scores on emotional intelligence competencies and capabilities [21].

It is generally believed that women are not more emotional than men; despite they apply emotional intelligence in different way than men, evaluation of emotional intelligence thousands of men and women have shown that women are more aware of their feelings, Show more compassion and are more skilled in understanding of interpersonal relationships. On the other hand, men are more confident, optimistic and have more flexibility and adaptability, also the ability to handle more stress than women, so generally similarities is more than differences, and this ranking is a kind of competition between the two sexes [18].

Sanchez et al found that all researches about gender differences on emotional intelligence were regardless of the test instrument through self- reported or have been used to measure performance. The results of their investigation shows that in kind of self – report, men have higher emotional intelligence than performance indicator, while the opposite happens in the case of the women; it means that unlike men, women evaluate themselves low evaluation on mental skills while they have higher scores on performance tests [25].

Eagely et al suggest that although in researches there were not significant differences between men and women in terms of emotional intelligence [26]. The possible reasons to this inconsistency are differences on work place and different role of sport team's coaches. While coaches to achieve the success of their team or athlete in a short time and the competition are influenced stress, audience pressure, club and so on.

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