The relationship between emotional intelligence and happiness in collegiate champions (Case study: Jiroft University)

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ABSTRACT

The purpose of this research was to study the relationship between emotional intelligence and happiness in athletic university. The statistical population of the research included 250 athlete students with the average 22/35± 2/49 years of age, 9±2 years of sport experience were selected as the samples of study. In this study two standard questionnaires were used, one relating to EQ and the other to oxford. The reliability and validity of these two instruments were reported to be significant in different studies. The findings indicated that there was significant and positive relationship between EQ, its subscales (Social skills, Self-awareness, Unanimity, Self-control, and Self-motivation) with happiness. Also results of stepwise regression indicated that EQ subscales (self regulation, empathy and social skills), have significant role in prediction of happiness.

Key words: Student, Happiness, Emotional intelligence.
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INTRODUCTION

Today, athletes' advance to the championship level depends on several factors. Identification of vulnerable people from childhood and adolescence and pushing them toward a particular sport, along with intensive training physical and psychological programs include these factors. For coaches it is recognized that athlete's psychological readiness is one of the success factors in implementing skills and his performance and his mental fitness as well as physical fitness is only possible by psychological skills training [1]. In general emotional abilities to recognize appropriate responses play a major role in facing with daily events, expand of insight and positive attitude about the events and emotions. So athletes who have the ability to recognize, control and use of these emotional abilities have higher social support, a sense of satisfaction and mental health. Today many researchers believe that if a person is capable in emotional terms, it could be better faced with the challenges of life and this will result in better mental health. Today, so many researchers believe that if a person is capable in terms of emotion and excitement, he can better face with life's challenges and as the results he has more happiness [2]. Review of literatures from Jain and Sinha (2005) showed a positive relationship between emotional intelligence and happiness and can even predict it [3]. Besharat et al (2006) in a study revealed that emotional intelligence and sport have positive correlation in group and individual sports, but this variable can only predict sport success in group sports [4]. Also the role of physical activity in the development of happiness and enhance of mental capacity according to the reports of researchers is evident, so that Cooper Smith stated that athletes have emotional stability, self- confidence and high intellectual capacity and they have also clearly developed personality factors [3]. Carson et al (2000) showed that emotional intelligence has a positive relationship with social functioning and has a negative correlation with depression and anxiety [5]. Siaruji et al (2001) believed that some forms of emotional secure people from depression and lead to better consistency [2]. Along these, researches in the field of emotional intelligence with mental health components in different functional areas have also been shown that this structure positive correlation with mental health, identification of emotion's

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content, and social and emotional adaptation and has negative correlation with psychological distress and depression [6]. Also the researchers believed the role of psychological issues is important in increase of athletes' abilities and coaches and athletes have realized that success in sports is not only the result of physical activity and enhancing physical performance but the psychological aspects must also be considered. It seems that recognizing the relationship between emotional intelligence and psychological characteristics of athletes, not only can help to the coaches to choose the players and the granting of responsibility and understanding behavior and how to deal with them, but also can help to the consideration of moral aspects of sport in all societies [1]. Arnold Bizer believes that mental state of individual is as effective as his physical fitness and exercise can help a person to cope with his surroundings [7]. Ciarrochi, et al (2001) believed that some forms of emotional intelligence, secure people who have suffered from stress and leads to better adaptation. For example, the ability to control of excitement by tending to maintain a positive mood has positive correlation and it prevents from depression modes. They showed that Teens, who have the ability to understand others' emotions, have more social support and satisfaction [2]. Results of Austin et al (2005) showed that emotional intelligence has positive correlation with the amount of satisfaction from life, range of social relations network and its quality and has negative correlation with Psychological distress and depression [8]. Research in the field of emotional intelligence with mental health components have shown that this structure has positive correlation with mental health [3, 9], social and emotional adaptation [10], emotional well-being [11] and life satisfaction [12], and negatively correlated with psychological distress [13] and depression. Recently the importance of the role of psychological issues in enhancing athletic abilities have been recognized in the past few years and coaches and athletes have realized that success in sports is not the only result of the activity and physical performance and psychological aspects must also be considered [14]. Among the factors involved in athletic achievement, attention to the mental health and emotional intelligence is essential for athletes. Therefore, by regarding to the importance of the functional aspects of emotion in Physical and mental health of people, especially athletes, study the structure and its role in the mental health seems to be important and useful; Also, this study is more relevant to the general population, in which both components are essential for athletes. The present study sought to find a relationship between emotional intelligence and happiness of the student athlete that should be investigated.

MATERIALS AND METHODS

Method: In view of the goal, the research is applied (functional), and in view of methodology, this research has descriptive, correlation method which was performed by field approach.

Statistical Population and Sampling: The population of the study consisted of all Athlete Student of Islamic Azad University of Jiroft Branch. The sample size was considered equal to the population (N=250).

Instrument (s): For collecting data, two standard questionnaires were used, Emotional Intelligence Questionnaire provided by Siber Yashring (1990). This scale consists of 33 items on a 5-point Likert scale (1: Never, seldom, 2: Seldom, 3: Sometimes, 4: Often and 5: Always) and examines Emotional Intelligence at five dimensions (Social skills, Self-control, Unanimity, Self-awareness, and Self-Motivation). The second questionnaire is a standardized Oxford questionnaire that measure happiness. This scale consists of 29 items on a 5-point Likert scale (1: Never, seldom, 2: Seldom, 3: Sometimes, 4: Often and 5: Always). To calculate the reliability of the questionnaires, a pilot study was conducted. The results showed a reliability coefficient of $\alpha=0.85$ for Emotional Intelligence Questionnaire and $\alpha=0.93$ for Happiness Questionnaire, which indicated the consistency of measurement.

Data Analyses: SPSS software was used to analyze the data. As to the statistical measures, descriptive statistics including frequency, percentage, mean, standard deviation and tabulations were used to describe the data. Inferential statistics including Pearson correlation formula was used to test the hypotheses.

RESULTS

Descriptive findings of the research showed that 250 Student-athletes with a mean age of 19.5 ± 1.25 and the history of sports 4 ± 2.3 were presented in this study. As shown in Table (1) it is observed that there is a significant positive relationship between emotional intelligence and its components (social skills, self-control, Unanimity, self-awareness and self-motivation) with happiness and the highest correlation is with self- control (0.74) and the lowest correlation is for social skills (0.52). Based on the regression analysis' results, the first variable in the equation was predicted and showed that self-control identifies 57% of the variations in mental health. In the second step, empathy variable in the equation was predicted and the rate of coefficient was increased to 73 percent and in the third step the variable of social skills entered to the equation, and identification Coefficient increased to 76% (Table 2). Standard coefficient of variables in all steps are significant in $0.001< p$ level. Self-motivation and self-awareness variables had no a significant role in predicting happiness and therefore they were not entered into the equation. Therefore, it

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can be concluded that among these variables, self-control, empathy and social skills have the most important role in predicting happiness.

Table1. Correlation between Emotional Intelligence and subscale with happiness

Variables	Happiness		
	N	r	P
Social skills	250	0.52	0.001
Self-control	250	0.74	0.001
Unanimity	250	0.67	0.001
Self-awareness	250	0.65	0.001
Self-Motivation	250	0.57	0.001
Emotional Intelligence	250	0.70	0.001

Table2. Regression result

Step	Variable	R	R^2	F	Sig	Std. Error	β
First	Self-control	0.74	0.56	269.22	0.001	20.71	0.74
Second	Self-control	0.84	0.74	257.18	0.001	16.40	0.58
	Unanimity						0.42
Third	Self-control	0.87	0.76	208.89	0.001	17.36	0.59
	Unanimity						0.47
	Social skills						0.18

DISCUSSION AND CONCLUSION

The results showed that emotional intelligence has a significant positive relationship with happiness of athletes, in other words, by increase of emotional intelligence of athlete students, the amount of their happiness will be increased. This finding is consistent with findings of Jin and Sin (2005). The results of regression analysis to examine the components of emotional intelligence in explaining happiness showed that the factors of self-control, empathy and social skills have a significant effect in predicting happiness. Self-control as an important component alone can explain 57 percent of the variations in happiness. Efficient athletes in this component can avoid from negative emotions such as frustration, anxiety and irritability. These athletes during sporting events are less faced with difficulty or problematic situations or in case of occurring problem they can quickly return to the optimum conditions. This finding is consistent with the researches of Carson et al (2000). Empathy as a person's ability to recognize emotions in others is one of the important variables in predicting happiness of athletes. This ability has other result in addition to effectively interact and in the relationship with other by athletes. That is, the easier and better access to resources, social support, which could play an important role in protecting people against problems such as stress. Although Pearson correlation analysis showed no significant correlation with happiness for social skills; But, regression analysis showed that this component of emotional intelligence as a moderator variable has a significant role in predicting happiness of athletes. One of the most important features that Athletes by this capability have is more skills for interacting with others, and this may account for justifing the effect of this factor in explanation of the happiness. Generally, the results of this study and similar studies indicate the importance of emotional intelligence in providing happiness of athletes and ordinary people.

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