

## Reviewing Relationship Between Emotional Intelligence and Competitive Anxiety in Athlete Students, in Individual and Group Fields

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**Abstract:** Mental role in sports competitions and also the consequences of anxiety in sports psychology from the topics to be discussed is undeniable. One of environments rich in excitement and anxiety, the sports environment deal with the excitement and anxiety is inevitable. The purpose of this study investigated the relationship between dimensions of emotional intelligence and competitive anxiety in male and female student athlete group and individual courses are. 270 student athletes (180 team sports, individual sports in 1990) from the University of Fars province, all of which have 6 to 15 years had the championship, once the night before the race and the second time within half an hour before the contest conducted by questionnaire competitive anxiety and emotional intelligence Martnez (1970) to fill. Kendall correlation test to determine the relationship between variables, Smirnov test for normal distribution of data, independent samples T-test for comparing normal and test agents "U" Mann-Whitney to compare variables that were not normal. Also SPSS software for data analysis was used. Results showed that the only spontaneity between the dimensions of emotional intelligence with self-confidence was a significant relationship ( $p < 0.05$ ) but the relationship between all these dimensions except for anxiety, cognitive empathy was significant ( $p < 0.05$ ). All aspects of the relationship between self-awareness and empathy with the exception of physical anxiety were not significant ( $p > 0.05$ ). Between athletes of individual and group about emotional intelligence and social skills and self-regulation variables that there are significant Differences ( $p < 0.05$ ). But between these two variables on self-awareness, empathy and spontaneity differences were not significant ( $p > 0.05$ ). EI competitive anxiety is associated in most cases.

**Key words:** Emotional intelligence • Anxiety • Competitive individual sports • Team sports

### INTRODUCTION

Since the championship sports arena or in other words competition sport, mental fitness can play an important role to play in better performance, so research in the field of sport psychology can be some questions related to individual and team behaviors in sports motor activity to respond [1,2].

One of the important issues in sport psychology and emotional intelligence relationship is competitive anxiety. Emotional Intelligence actually a different kind of intelligence and emotions including self-understanding and using it to make decisions on good life, the ability to create good And accustomed, status and control mental

Pulsed Host. Mental Biology to name is Goleman says: IQ at best only 20 percent of the causes of success and 80 percent of success is dependent on other factors and the fate of people depends on skills that have Intelligence Up to emotional [3,4]. To consider emotional intelligence Goleman inner and outer elements are included. Elements within the amount of self-consciousness, self-image, sense of independence, capacity and decisiveness shows the relationship between external elements and individual facilitate empathy and sense of responsibility in return-be. In this context, he (Goleman) concept of emotional intelligence 5 in the areas that are: first-his awareness annexing, 2-Control emotions, 3-arousal his 4-and 5-recognize emotions-controlling relationships.

Among other important issues in sport psychology is a topic of anxiety. Anxiety as to what the sport is introduced, usually as the competitive anxiety in competitive situations are created and exercise their two categories (competitive state and competitive trait anxiety) is divided into [5,4]. Hanton research results, Tomas and Maynard (2004) also showed that athletes with anxiety approaching competition and increase their confidences decrease.

Theoretical study Emotional intelligence and its role in mental health have shown that probably emotional intelligence can be effective competitive anxiety reduction. Taft (1997) also receive research between empathy and intelligence capabilities and subject psychological adjustment and cognitive interests them pretty mean significant positive correlation existed and the people of the ability to compromise and adapt higher cognitive psychotherapy were conducted [7]. Sarni (1999) in research on 400 people who receive a higher emotional intelligence have the freshness, vitality, more vitality and independence of the ratio enjoy the good life  $\rightarrow$  between more resistant against stress trend. Ciarrochi *et al.*, (2002) about emotional intelligence and its relation mental health have shown that emotional intelligence to people stress and anxiety to protect and help improve consistency and compliance to them. So that more optimal management of emotions and control their emotions and others and to feel satisfaction will follow [8-10]. Research showed that reducing the emotional as well as markers of blood pressure lower cortical secretion in vitro is facing challenges, such evidence may be that this issue seems certain physiological mechanisms in the relationship between emotional functioning and mental health are set Ciarrochi and Anderson (2000) the role of emotional intelligence in reducing stress showed that stress the relationship between emotional intelligence mental health is moderated. So according to the above study sought to answer the question is whether between emotional intelligence and anxiety athletes competing in connection there? Between emotional intelligence and whether athletes individual and group differences are there?

We hope the results of this research to be able to reduce or increase any of these variables by education, psychotherapy and counseling assist coaches and athletes.

## MATERIAL AND METHODS

This research is of type solidarity and researcher describes and compares the dimensions of emotional

intelligence and anxiety competitive relationship between the variables has analyzed. statistical research community including students, male and female athletes of all disciplines participated in group and individual championship Free University of Fars province in the academic year 89-88 is at least one year membership in the team have had their university. The review announced last statistics 180 people in the field of group and individual in the field of 90 attended the whole Census methods (some or all of the census) were studied.

In this study, to collect At home collect from three questionnaires were used. The individual questionnaire features variable by sex, age, history of the championship, championship level officials and business sport has come. Emotional Intelligence Questionnaire Sybrya shrink, the form of a Likert scale of five options is set. The main form has a 70 question test is composed of two parts that Part I and Part II 40  $\rightarrow$  30 questions are asked. The first portions, each question suggests a position is live; your subjects should be in that position and some one option to choose which mental state he is more compatible. The second part of each question at the beginning of a fictitious story and brought emotional subjects will be asked to respond according to your story choices. Validity and reliability of this test in 1996 was investigated by Jerabket. The test, he introduced a reliable and valid [11,12]. Mansouri (1380) to the norm-troubleshooting emotional intelligence test will take action based on the results of this standardization ( $r=0/63$ ) can be expressed validity of this test has a moderate. But the second part of this test due to consistent stories that the culture of Iranian people is not used in this study. In this preliminary test run, the first part (40 items) used in the Validity of seven questions that had, due to low correlation with total test score have been removed. 33 questions so the final run in were considered. Amount of parallelism in the implementation of this preliminary test, using Cronbach's alpha was 0/85.

The test questions related to the dimensions of emotional intelligence is  $\rightarrow$  score each of them separately is calculated. These components include self awareness, self-regulatory, spontaneity, empathy and social skills. Each subject received six separate scores that  $\rightarrow$  five scores to each of its components and a score as the total is. Researcher attempted to determine the reliability of research tools has. The questionnaire between coaches and athletes from 20 patients was distributed to the Cronbach's alpha coefficient for this questionnaire, 0/78 respectively.

Competitive state anxiety inventory for measuring competitive state anxiety variable, athletes used. This forms the first block was built in 1974 by Martinez [12,13] mentioned questionnaire is composed of 27 questions. Generally, this questionnaire three independent cognitive, physical, the confidence measures. Each of these factors has been allocated nine questions to answer a four-degree scale (not at all, slightly, moderately, very) is. The questionnaire also has high validity and reliability. Reliability coefficients so that each of the three factors using Cronbach's alpha for the cognitive factors (0/79, 0/81) causes physical equivalent (0/82, 0/83) for the confidence factor equal to (0/88, 0/90) was calculated (Martnez *et al*, 1990). The validity of the questionnaire using concurrent validity has been calculated. Reliability of this questionnaire in the Year 1374 by the sword, using Cronbach's alpha coefficients for the cognitive factor (0/90) for the physical factor (0/94) and for the confidence factor (0/91) was calculated. The questionnaires were among 20 athletes and coaches will distribute the Cronbach's alpha coefficient for this questionnaire, 0/82 respectively. Questionnaires for data collection EI night before competition and competitive anxiety questionnaire before half-time distribution and race were collected.

In this study, in addition to descriptive statistics, to test the hypothesis R Kendall correlation coefficient given that sample size was large was used. Test Kolmogorov-Smirnov normal distribution to determine the data, independent t tests were normal for the operating and testing "U" Mann-Whitney test that were not normally used. Data using SPSS software analyzed the data were in significant level 05 / 0 was considered.

## RESULTS

Table 1 participant sport in the study reported. As you can see the most common group is related to the fields.

As seen in Figure 1 can be most cognitive anxiety and physical anxiety lowest in college athletes shows that is significant.

Figure 2 shows the results of the athletes group has a higher average emotional intelligence than the athletes.

Results Figure 3 shows the difference between athletes in individual and group variables and self-regulation skills the community is significant. All aspects of emotional intelligence group athletes have a higher average than the individual athletes.

Table 1: Distribution of study sample based on sport:

sport	%	N
badminton	11.11	30
pingpong	11.11	30
swim	11.11	30
soccer	22.22	60
basketball	22.22	60
vollyball	22.22	60
total	100	270

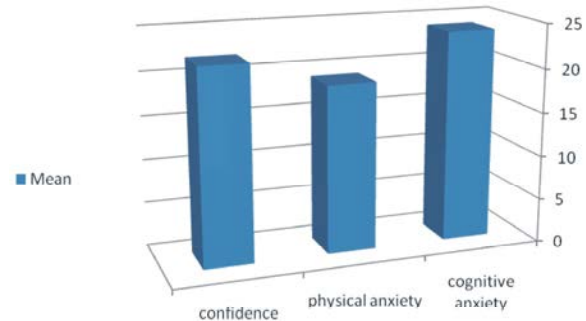


Fig. a: mean anxiety subscale of the athletes competing in college

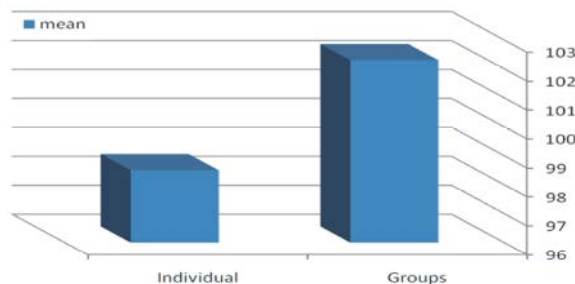


Fig. 2: Comparison of emotional intelligence in groups and individual athletes

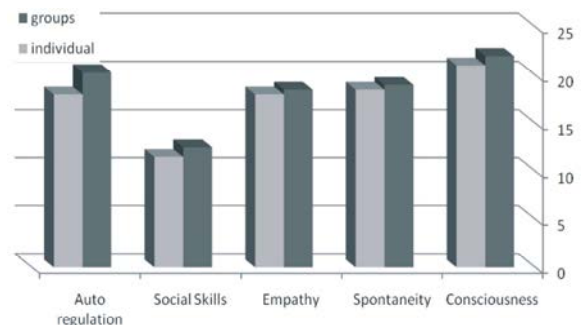


Fig. 3: Comparison of dimensions of emotional intelligence on group and individual athletes

Figure 4 shows the results only difference between athletes in individual and group cognitive anxiety is noticeable that. Physical distress and self-confidence and individual athlete's string group were having a higher average.

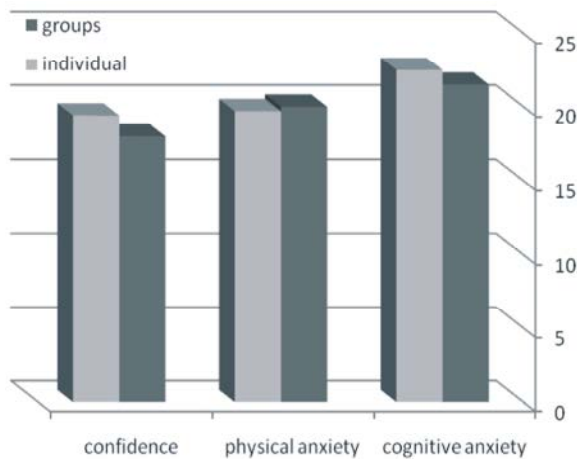


Fig. 4: Mean anxiety subscale of the athletes competing in individual and group

Table 2 Relationship between dimensions of emotional intelligence and competitive anxiety is given. As can be observed according to the Kendall correlation coefficients and significance levels between cognitive anxiety, emotional intelligence means. There is an inverse and significant ( $p < 0.05$ ). Similarly, cognitive anxiety, self consciousness and spontaneity connection means having direct, with self-regulation and social skills significantly and inversely correlated there. The only communication is empathy with cognitive anxiety ( $p > 0.05$ ). Factors of emotional intelligence anxiety physical awareness and empathy with their significant and direct relationship and with other aspects of emotional intelligence connection mean you have not seen ( $p > 0.05$ ). Between confidence and emotional intelligence connection

Table 2: Relationship between Emotional Intelligence and its dimensions competitive anxiety

			Consciousness	Auto regulation	Spontaneity	Empathy	Social Skills	Emotional Intelligence
Competitive Anxiety	Cognitive anxiety	R	0.098	-0.168	0.203	-0.033	-0.201	-0.094
		Sig.	0.008	0.000	0.005	0.210	0.007	0.023
	Physical Anxiety	R	0.145	-0.040	-0.048	0.132	0.042	0.091
		Sig.	0.002	0.654	0.173	0.002	0.119	0.013
	Confidence	R	0.004	-0.031	0.088	0.012	0.005	0.025
		Sig.	0.754	0.196	0.006	0.293	0.778	0.629

Table 3(a): compare the dimensions of emotional intelligence on group and individual athletes

				U-Mann Whitney	
				Z	Sig
Consciousness	G	Mean	SD	-1.591	0.211
	I	22.81	2.90		
Spontaneity	G	22.20	2.30	-0.191	0.921
	I	19.71	3.74		
Empathy	G	19.51	3.75	-1.097	0.315
	I	19.18	3.21		
Social Skills	G	18.79	3.10	-2.076	0.044*
	I	13.24	4.70		
		12.31	3.35		

Table 3 (b): Comparison of dimensions of emotional intelligence on group and individual athletes

				Independent T-Test		
				t	df	sig
Auto regulation	G	mean	SD	3.031	378	0.028
	I	21.11	4.52			
Emotional Intelligence	G	19.10	4.11	2.432	378	0.032
	I	102.45	13.36			
		98.72	10.22			

Table 4: Comparison of competitive anxiety dimensions in group and solo strings

				U-Mann Whitney	
				Z	Sig
Cognitive anxiety	G	Mean	SD	-2.615	0.006*
	I	22.64	3.21		
Physical Anxiety	G	23.31	3.12	-0.777	0.412
	I	20.62	4.95		
Confidence	G	20.81	4.36	-1.115	0.213
	I	19.11	4.95		
		18.45	4.75		

means-you no ( $p > 0.05$ ). Between factors of emotional intelligence between confidence only significantly associated with spontaneity exists ( $p < 0.05$ ).

As in Table 3 (A and B) are considered between athletes on individual and group intelligence-emotional and social skills and self-regulation variables that there are significant differences ( $p < 0.05$ ). But between these two variables on self-awareness, empathy and spontaneity – differences were not significant ( $p > 0.05$ ).

Table 4 shows the results according to the amount obtained Z and Yu meaningful level test-Mann Whitney only between athletes in individual and group cognitive anxiety that there are significant differences. But between

Between athletes in individual and group physical anxiety and confidence you see the difference is not significant.

## DISCUSSION

The results showed that between cognitive anxiety and emotional intelligence connection means there is an inverse and significant. Similarly, cognitive anxiety, self consciousness and spontaneity connection means having direct, with self-regulation and social skills significantly and inversely correlated. The only sympathy with the anxiety does not significantly associate with cognitive. Of course, all these relations and solidarity in this R was very weak. The findings suggest that these were the results of present research results and Mayer (1997), Taft (1997), Goleman (1998), Time-Ann (1997) and Arbitration (1385) is consistent. Anxiety, cognitive, including fear of failure, difficulty with attention and concentration, negative thoughts about performance are [14,15,16] and given that emotional intelligence role in determining mental health and people from the stress immunity have led to better adaptability be. Emotional Intelligence Ability to control emotion and biased to maintain positive thoughts is created [17-19]. Therefore, this result may be achieved between cognitive anxiety and emotional intelligence connection means there is an inverse and significant.

The results showed that between emotional intelligence and anxiety you mean physical contact there. According to the Kendall correlation coefficient, physical anxiety associated with lower emotional intelligence means there is a direct and significant. Intelligence factors-emotional, self-awareness and empathy with anxiety – physically meaningful relationship between anxiety and direct, but had other physical dimensions of emotional intelligence connection means you have not seen. People often causes anxiety in the face causing,

have varying degree of emotional intelligence. The dimensions of which emotional intelligence is more important, largely to the nature of the factors causing anxiety and difficulties depend it will occur [20-22]. However, their relationship with anxiety physical awareness and empathy, positive and low. These results with the findings of Hunt and Evans (2004), Parker *et al.*, (2004), Taylor (2001), I, *et al.*, (2005), all of which emotional intelligence the psychological factors affecting human knowledge is consistent. But the findings of Parker *et al.*, (1981); Hong Kim *et al.*, (2006) is not consistent. Consciousness associated with lower anxiety and positive physical skills are part emotional intelligence within an individual is considered. Interpersonal Intelligence those who have are high, in contact with their feelings and emotions and express opinions, beliefs and do their jobs are safe and strong. High level of ability within the individual can advantage for athletes because it is considered in terms of causing anxiety easier on yourself and excited can dominate and to control it [23-27].

In this study between emotional intelligence and confidence Contact means you did not exist. Between factors of emotional intelligence between confidences only significantly associated with spontaneity there. It seems that confidence; the athlete will protect athletes arousal confident arousal sees no negative to positive. Research suggests a positive correlation between self-esteem is the arousal among athletes [28,29]. Among other aspects of emotional intelligence with confidence connection means you have not seen. These results with findings of Jones and colleagues (1990); Lvnt (2007) is not consistent. This finding is normal appears to be because of emotional intelligence One reason can be stated is that the components of emotional intelligence and adaptive behaviors and conscious feelings and emotions is consistent because of the soft and normative Emotional intelligence does not exist in our country and according to the range of emotional intelligence scores [30,31], is clear that athletes in terms of what level of emotional intelligence (low, medium or high) are placed. But the average score of 99 athletes emotional intelligence show that you can score or score in the average considered.

Among the factors Emotional Intelligence consciousness and spontaneity two factors most relationships below positive and significant means were competitive with anxiety. This field can be as individuals with high self-consciousness to their mood – aware and are sensitive to their life, independent; about their own you know and enjoy good mental health [32-34].

Studies have shown that people experience their best possible analysis, description and category are classified and compared agents, processes, emotion and actions have a clear awareness of mental health have more and more successful in their lives [34].

Spontaneity of emotions as a guidance and facilitation to achieve learning objectives have-have [14]. Athlete with a good level of spontaneity that would be able to advance their goals and programs should move and in addition to raising their morale and motivation can make the others play an important role in terms of having the right spirit is causing anxiety can be useful in the success of athletes [16].

Athletes with high self-regulation can be successful in managing their feelings and also properly recognize their ability [10]. Certainly these activities in the decision making his anxiety-causing situations, because this action will impact caused mental discipline, emotional and individual athlete to be [32]. Self-regulatory as well as learning key emotional heaven because that is just being a certain level of emotion associated with thinking and took the right direction. Athletes are efficient in these components can negative emotions such as frustration, anxiety and avoid stimulation ability. These athletes during sporting events are less difficult to be or in case the problem can quickly be position causing trouble and upsetting the optimal conditions return [32].

The results showed that among the components of emotional intelligence in relation to competitive anxiety, self-consciousness factor, spontaneity, self-regulation, empathy and social skills, priorities were in order. It seems that the athletes in the two factors of self-consciousness and spontaneity emotional intelligence were better; is interesting that the most significant relationship with anxiety competition means the same two factors were observed. So given that no research in this area did not appear to be connection means having these two factors should be more competitive with anxiety about the accuracy and examined.

Data analysis showed a group of athletes have higher emotional intelligence. Emotional intelligence in a situation causing anxiety sporting one of the factors determining success is the athletes. Gospel according to research findings [21], Emotional intelligence in the exercise group can see the success of sport to advance. Because in a group activity such as sports team, emotional intelligence influence on product performance and game outcome Emotional Intelligence and a group considered a team Emotional intelligence is not an independent person or persons. So we can expect that

group athletes in this study have higher emotional intelligence than Individual athletes are sporting environment can help athletes to success and the nature of emotional intelligence is consistent with. Differences in the study group and solo athlete's doors cognitive means was significant.

Data analysis showed that individual athletes have more cognitive anxiety and anxiety group athletes are more physical. Can be stated that a group of athlete's impossible conditions before projected that more than individual athletes. Individual fields can be applied before Trust and athletes expected somewhat understand what happens is that because most of these sports-type motor skill closed are being understanding about what the athletes do give cause Cognitive anxiety is. But most sports group of type motor skills are back hand group athletes in the study of emotional intelligence than the individual athletes that they had to could be the reason for the findings of this research.

Results showed only between athletes group and individual cognitive anxiety that there are significant differences. But between athletes in individual and group physical anxiety and confidence you see the difference is not significant. Christina findings of these results,; more, Zune and colleagues (1996), Katrvltys and McGill (1988) that cognitive anxiety among athletes had individual and group differences, but in line with research results Kimberley (2003) aligned is not.

Results showed that only the competitive aspects of anxiety, cognitive anxiety among athletes with a group of individual disciplines, but the difference was significant in the whole group of athletes less anxious and had more confidence. Hong Kim and colleagues (2006) reported that a group of players have less anxiety. So that the least anxiety and baseball players Taekwondo players had the highest competitive anxiety. Griffen and colleagues (1972) in their research found that individual athletes before the race more competitive anxiety than athletes are safe. However, the popular (1375) examines the competitive state anxiety and the individual strands of girls participating in team sports students pay the second Olympiad. The results showed that among the factors of cognitive and physical anxiety, but there was no difference in the confidence factor there was a significant difference.

There were also research works that competitive anxiety associated with being a team or individual fields will generally be denied. Abolghasemi (1384) showed that between task-focused coping strategies and performance

in sports was a significant group. The most powerful predictor of athletic performance goal orientation based on individual self and the group of athletes, based on goal orientation and task anxiety was competitive Jones and colleagues (1990) concluded that the only competitive anxiety hardly objective depends.

## CONCLUSION

The results showed that between cognitive anxiety and emotional intelligence connection means there is an inverse and significant. Similarly, cognitive anxiety, self consciousness and spontaneity connection means having direct, with self-regulation and social skills significantly and inversely correlated there. The only communication is empathy with cognitive anxiety. EI group athletes' higher, less competitive anxiety and have more confidence.

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