

The relationship between emotional intelligence, general health and excitement expression

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Abstract

The goal of this study is to investigate the relationship between artificial intelligence, general health and excitement expression with the gender of Tehran athletes. The research method is of correlation type and the statistical society consists of Tehran's athletes (N=250,000). Cochran's sample size is n=420 selected with simple random sampling. To collect data, Siberia Sheering's standard questionnaire for emotional intelligence, Goldberg and Hiller's general health questionnaire and King and Emmon's questionnaire of emotion expression were used. Data were analyzed using descriptive statistics and the independent T-Test. (Level of being meaningful =0.00) Results of the study showed that female athletes' general health was higher than that of male athletes. Mean emotional intelligence for male athletes was higher than the corresponding measure for females. There was a meaningful relationship between male athletes' emotion expression and female athletes' emotion expression in Tehran. No meaningful relationship was found between general health and emotional intelligence of male athletes and that of female ones.

Keywords: emotional intelligence, general health, emotion expression, Tehran's athletes, gender

Introduction

Sports and physical training is a social phenomenon and once it is improved, communication between society's members and their physical and spiritual health stabilizes. Thus, social relations, physical training and sports affect one another mutually, being effective in providing mental health, way of thinking and decision-making, self-confidence, personality development and socializing (Eshraghi and Kashef, 2007).

In terms of sports and mental health people used to think that sports activities were useful for physical health. Today, it has been noted that sports can, in addition to physical health, be effective in improving mental health. Sports have an important role in mental health, so that the WHO's worldly slogan of for 2002 was announced as "Exercise, mystery of health" (dehle&Landers, 2005).

Due to freshness of the discussions relating to emotional intelligence, general health and emotion expression and its investigation among Tehran's athletes, this study was performed investigating the relationship between emotional intelligence and general health as well as emotion expression among Tehran's athletes.

Emotional Intelligence: In Jean Piaghe's definition, intelligence is a kind of compatibility and adaptation (piaghe1978). In fact, he believes that one should provide his means of adaptation to the environment to sustain life. In this view, intelligence is a special example of life adaptation, or the ability to create mutual and effective interaction. Also, intelligence is a balanced state to which incline all adaptation sequential talents of sensual and motional types and cognitive and acquisitive as well as all partial and adaptation exchanges occurring between body and the environment Piaghe, 1989). Although traditional theories of intelligence have changed, all count

intelligence as a mental planned activity which is useful in solving problems, power of deduction and innovating thinking (GolestanJahromi, 2004).

Goleman considers excitement control in connection with maintaining positive temper and as a factor for preventing depression states (Goleman, 1999).

Importance of emotional intelligence with all its wide range is recognizable, but there are doubts concerning methods for its real measurement, because measuring social skills and interpersonal dimensions is not possible using mere self-measuring ways. Nonetheless, the definition for emotional intelligence could be wider. Value and target-related concepts of life, such as contentment and greediness, cheerfulness or ill-temperedness, cupidity, resentment, spite, rivalry, feeling ashamed due to defects or failures, inner peace and confidence due to fundamental beliefs, feeling void and many other concepts in which our feelings and excitements are rooted, are missing in the test of measuring emotional intelligence, thus raising the question "Is the person with high emotional intelligence definitely capable in other emotion levels, i.e. understanding and expressing emotions? Or has the person with desirable sympathy better social relations (KhosrowJavid, 2002)?"

Emotion expression and its components:

Emotions have very long record and have always been under human attention. Even inside the most rational philosophical theories, emotions show themselves. Philosophical discussions concerning emotion date back to Socrates and they were often disregarded. Emotion's position toward reason was like that of slave toward king; the slave had to be controlled by the king until it was completely harnessed (Solomon, 2000).

Darwin is among the first people who studied regularly about emotions and emphasized, in his book "Expression of Emotion in Man and Animals", the importance of emotions in survival and organization of live creatures. In Darwin's view, emotions are a series of immediate plans for sustaining life and survival that have been deposited in us during development. About a decade later in 1884, William James gave his theory regarding emotions so systematic study of emotions continued.

General health:

Giving a consistent definition of general health that is accepted by all societies and cultures, is hard, because every definition given for general health, is inevitably interwoven with the values of society from which it rose, and according to Smith Compton(2001), as society's values are different, definitions for health would also be different.

Rafi'ee-nia (2006) concluded in a study that women express their behavior more than men. In general, findings of this study emphasize the important role of emotion expression methods in predicting health and illness and also they stress the existence of sexual differences in emotional expression. In a research, Maleki (2009) concluded that married people have meaningfully higher level of mental health and emotional intelligence than single people and emotional intelligence and mental health for students in the field of physical training was meaningfully higher than students in other fields. Results of this study showed that no meaningful relationship existed between mental health and emotional intelligence in age terms. Khosrojerdi and Khanzadeh (2011) found in a survey that on comparing emotional intelligence of girls and boys, boys have higher emotional intelligence, thus comparing general health of girls and boy's shows higher general health among boys.

Tabesh (2006) concluded in a study called "Comparison of emotional intelligence among athlete and non-athlete women", that there is a meaningful relationship between emotional intelligence of athletes and non-athletes.

Materials and Methods

This study is of a practical type. Survey research of descriptive and correlation type was used. Statistical society consists of Tehran's athletes having the approximate population of 250 thousand people. The sample size that is determined using the Cochran's formula, is 398 and 420 questionnaires were totally distributed. Random sampling was used in this study. After collecting and controlling data, questionnaire was given a code, and then SPSS software package was used to analyze data. To find out meaningful relationships and prove hypotheses and answer questions of the study given nominal and sequential scale, two descriptive methods in forms of data percentage and inference method using Pearson's correlation coefficient and regression were used.

Study tools: To collect required data, Siberia Sheering's questionnaire of emotional intelligence (1995), Goldberg and Hiller's questionnaire of general health (1997) and King and Emmons' questionnaire of emotion expression (1990) were used. According to Cronbach's alpha, reliability of the emotional intelligence questionnaire has been reported to be about 0.84 (Mansuri, 2001). Reliability of the questionnaire of general health in Kafi, Bolhori and Peyravi (1998) was 0.89 using alpha coefficient.

Reliability of King and Emmons' emotion expression questionnaire was investigated with the method of inner consistency using the coefficient of Cronbach's alpha and its value for total scale and the subscales of positive emotion expression, sincerity expression and negative emotional expression were 0.68, 0.65, 0.59, 0.68 respectively, being meaningful when $\alpha=0.001$ (Rafi'ee-nia, 2006).

Table 1: demographical indices concerning Tehran's athletes

Variable	gender	male	female	total
age		235	178	413
	15-20	26	31	57
	21-26	90	72	162
	27-32	70	51	121
	33-38	16	10	26
	39-44	31	14	45
Education	45- and above	2	0	2
	Diploma	78	99	177
	Associate's degree	75	28	103
	Bachelor	57	42	99
	Postgraduate	25	9	34

Table 1: Descriptive indices concerning general health divided according gender of the subjects under study

Variables	Men		Women	
	Mean	Standard deviation	Mean	Standard deviation
General health	25.80	0.652	24.17	0.734
Physical indications	5.90	0.294	4.62	0.261
Stress and insomnia	6.36	0.214	6.05	0.243
Disorder in social function	8.39	0.223	9.51	0.220
Depression	5.14	0.238	4.08	0.336

As seen in the table above, mean grade for male athletes' general health is greater than that of female athletes. Considering the fact that the higher the mark for the general health test is, the lower the general health of respondents, it could be stated that general health of female athletes is higher than that of males. Also, in tables above, only in stress and insomnia dimensions is females' grade higher than males', and men's grade is higher in other dimensions.

Table 2: Descriptive indices of emotional intelligence and its components divided according to study subjects' gender

Variables	Men		Women	
	Mean	Standard deviation	Mean	Standard deviation
emotional intelligence	82.16	0.908	81.22	1.117
Self-motivation	16.66	0.247	16.42	0.313
self-awareness	20.28	0.302	19.48	0.331
Self-control	18.034	0.290	19.25	0.395
Social consciousness or sympathy	14.85	0.252	13.78	0.236
social skill	12.28	0.214	12.15	0.240

As shown in table 3, mean for emotional intelligence of male athletes is greater than that of female athletes. In terms of emotional intelligence components it could be said that all components but self-control are higher in men than women.

Table 3: Descriptive indices of emotion expression divided by gender of study subjects

Variables	Men		Women	
	Mean	Standard deviation	Mean	Standard deviation
emotion expression	48.71	0.757	52.78	0.788

As seen in table 4, the mean mark for women’s emotion is higher than that of men.

Table 4: Results of T-test for variables emotion-expression, general health, and emotional intelligence among women and men according to their gender

Variables	T	Degree of freedom	Level of being meaningful
emotion expression	-3.660	407	0.000
general health	1.653	407	0.099
physical indications	3.256	410	0.001
stress and insomnia	0.971	411	0.332
Disorder in social functionality	-3.560	404	0.000
depression	2.631	411	0.009
emotional intelligence	0.655	360	0.513
self-motivation	0.626	411	0.532
self-awareness	1.768	410	0.078
self-control	-2.5555	410	0.011
social awareness or sympathy	3.003	409	0.003
social skill	0.399	411	0.690

According to the results of inferential statistics obtained using T-test in table 5, it could be concluded that there is a meaningful difference between emotion expression of male athletes and female athletes in Tehran. No meaningful difference exists between general health of male and female athletes. In terms of general health, depression, disorder in social function and physical indication, there are meaningful differences between male and female athletes. There are no significant differences between the emotional intelligence of male and female athletes. Self-control and sympathy components have meaningful differences among male and female athletes and there are no meaningful differences in other components of emotional intelligence between male and female athletes. So, the second null hypothesis is confirmed.

Conclusion and Discussion

The results of the study indicate that the mean score for general health of male athletes is more, the general health of female athletes. Given that, as a general health exam, is higher, public health respondents is lower, it can be said that the general health of female athletes is higher than male athletes. This result is inconsistent with findings of Khosro Jordi and Khanzadeh (2007). There is not a significant difference between public health in male and female athletes in Tehran that this result is inconsistent with findings of Fallahi Khoshkenab (1993), Faramini (1993), Vljmosoitz (1991) and Kniodnaldson (1991). Among the components of general health, depression, social dysfunction, physical signs among male and female athletes, they have significant differences. The results showed that the mean emotional intelligence in male athletes is more of EI in female athletes. The components of emotional intelligence, it can be said, that all components except the self-control among men is more than women. This result is consistent with the findings of the research, Khosro Jordi and Khanzdah (2007). There are no significant differences between emotional intelligence in male and female athletes, in Tehran. This result is inconsistent with findings of Sayarochi et al (2001), Vertleb(1987), Kool (1986), Sarnii (2000) and Dehshiri (2003). But Khosro javid results (2002) are consistent with the operating profits of emotion and emotion regulation, and Mansouri (2001) with the components of, self and social skills. Based on the results of this study, the components of self-control and empathy, there is a significant difference between male and female athletes in Tehran, and there is no significant difference between the other components of emotional intelligence among female and male athletes. In the Study of Saklofsky et al (2007), females compared with males had significantly higher emotional intelligence. In Nourbakhsh and colleagues study (2010) has shown that there is no significant statistical difference between the mean of bisexual Emotional Intelligence scores. Results also indicate that mean emotional intelligence of male athletes is higher than that of female athletes. About components of emotional intelligence, it could be said that any component except self-control is

higher in men than women. This finding is in agreement with the findings of Khosrojerdi and Khanzadeh (2007). There is no meaningful relationship between emotional intelligence of male and female athletes. This conclusion does not agree with findings of Siarochi et al (2006), Vertlab (1987), Cule (1986), Sarney (2000) and Dehshiri (2003), but Khosro and Javid (2002) agrees with the factors of emotion adjustment and emotion utilization and Mansuri (2001) agrees with the components of self-motivation and social skills. According to the results of this study, self-control and sympathy components had meaningful differences among male and female athletes in Tehran and no meaningful differences exist in terms of other components of emotional intelligence between male and female athletes. In Saklufski et al (2007) girls had meaningfully higher emotional intelligence than boys. In Nourbakhsh et al (2010) it has been determined that no meaningful statistical difference exists between mean emotional intelligence grades of the two genders. How men are compared to women in terms of emotional intelligence is a subject of interest for many scholars and intellectuals in various fields.

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