Relationship between Emotional Intelligence and Body Image in Team and Individual Athletes

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ABSTRACT

Recent findings,is considered body image as an important and pivotal implement in athletes 'growth and optimal performance. One of the important component in sports psychology is emotional intelligence that can play a key role in athletes' body image .This study investigate the relationship between emotional intelligence in body image of individual or team athletes. The statistical population of this study was all female athletes in volleyball, basketball, taekwondo and karate of Tehran. The sample included 25 volleyball athletes, 25 basketball athletes, 22 taekwondo athletes and 24 karate athletes that were totally 95 athletes (46 individual and 50 team field athletes). They completed both questionnaires of Mendelssohn's body image and emotional intellectual (SSREIT). Its findings showed that there is a direct relationship between emotional intelligence and body image of athletes (r= 0.66 and p= 0.000); while such relationship not observed in individual field athletes. Also, there is a significant and positive relationship between the subscale of emotional intelligence includes assessment and expression the emotions, management and control the emotion, and applying the emotions and body image in team courses athletes (p= 0.000). The findings of Fisher'sz-test, also represent that there is a significant difference between team and individual athletes relate to three subscales, assessment and emotional expression, applying the emotions and management and control the emotions and body image. Its findings expressed that emotional intellectual is a most important component in team sports. The emotional intelligence explained high level of How is team athletes' body image .So, it should apply implements and necessary trainings by responsible and experts in the team courses for grow and guide this important factor in team course athletes correctly.

KEY WORDS: emotional intelligence; body image; individual athletes; team athlete.

1. INTRODUCTION

Participation of adults in sport activities is effective in increasing their self-confidence and improving the other aspects of mental health, in addition reinforce the body power. Identifying the biological, environmental, social and mental factors that influenced the physical activity is a basic idea to promoting the physical activity in adults and teenagers. In other words, sport is a public appropriate prescription for these problems (Donnellson, Queen, 2006). Dissatisfaction from body is a cognitive-emotional component of bogy image that includes negative and sickly cognitions and emotions related to body (Gallioto et al., 2012).

Flamet, Hill, Botch Holes, Henderson, Taska and Goldfield (2012), also pointed out that when the ideal advertising body image internalize for people and introduced as a personal standard, he/ she is exposed to body dissatisfaction and then generate a wide range of eating disorder behaviors.

One of the important issues about mental health is Self-esteem and perception of individual from him/herself. Perception of him/her has different aspects such as emotional, physical and social. Perception of our body influenced by different factors that physical activity and participating in organized sport is one of them (Alipour, Goodarzie, Zaranezhad, Zaherie, 2009).

2- RESEARCH METHODOLOGY

This study method is the type of descriptive and correlational research in which evaluated the relationship between emotional intelligence and body image of individual and team athletes. Using the multistage cluster sampling method, first 4 regions selected among 24region in Tehran and then two gyms selected from this regions. In third stage, some athletes chosen randomly from determined units (gyms) accidentally.

To measure the emotional intelligence it was used the Shute self-report emotional intelligence test (SSREIT). It has three subscales including: assessment and expression the emotion, management and control emotion and applying the emotion.

In addition, it was used a questionnaire includes items related to age, marital status, education level, presence background in provincial championships, the time that present in related sport team and enthusiastic level in the sport field.

3- Research Hypotheses

1- There is a significant relationship between emotional intelligence and body image in team athletes.
2-There is a significant relationship between emotional intelligence and body image in individual athletes.
3- There is a significant difference between emotional intelligence and body image in team and individual athletes.

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4-There is a significant relationship between the subscales of assessment and expression the emotions and body imageof team athletes.

5- There is a significant relationship between the subscales of assessment and expression the emotions and body image of individual athletes.

6-There is a significant difference between the correlation coefficient subscale of assessment and expression the emotions and body image of individual and team athletes.

7- There is a significant relationship between the subscale of management and control of emotions and body image of individual athletes.

8- There is a significant relationship between the subscale of management and control of emotions and body image of team athletes.

9- There is a significant difference between the subscale of management and control of emotions and body image of individual and team athletes.

10-There is a significant relationship between the subscale of applying the emotions and body image of team athletes.

11-There is a significant relationship between the subscale of applying the emotions and body image of individual athletes.

12-There is a significant difference between the subscale of applying the emotions and body image of individual and team athletes.

4- Research Findings

the statistical analyses carried out Using the Pearson's correlation coefficient method and Fisher Z- test, its results showed that there is a significant relationship between emotional intelligence and body image of team athletes (r=0.66, p=0.000); but there is not a significant relationship between emotional intelligence and body image of individual athletes (r=0.04, p= 0.78). These results shown in Table 1.

Table 1: Pearson's correlation coefficient for two emotional intelligence and body image variables of team athletes

Body Image			
variables	N	r	Sig.
emotional intelligence	50	0.66**	0.001
Self-concept			
emotional intelligence	46	-0.042	0.78

analysis about comparison of emotional intelligence correlation coefficient and body image in individual and team athletes carried out using Fisher's Z-test and its result showed that correlation coefficient between emotional intelligence and body image in individual and team athletes is more than individual ones significantly (Z= 3/??? ,p= <0.05).

To evaluate the relationship between subscale of assessment and expression of emotions and body image of team athletes carried out the separate analyses and their results indicated that there is a positive and significant relationship (p= 0.000, r= 0.56). The results of Pearson's correlation coefficient test showed that there is not a significant relationship between subscale of assessment and expression of emotions and body image of individual athletes (r=0.07, p=0.645). These results shown in Table2.

Table 2: Pearson's correlation coefficient for subscale of assessment and expression of emotions and
body image of team athletes

Body Image			
Variables	N	r	Sig.
assessment and expression of emotions of team athletes	50	0.563**	0.000
assessment and expression of emotions of individual athletes	N	r	Sig
	46	0.070	0.645

Also an analysis carried out about the comparison of correlation coefficient of subscale of assessment and expression of emotions and body image of individual and team athletes and its result indicated that there is a significant difference between correlation coefficient rate of individual and team athletes (p= <0.05, Z=2.72) and correlation coefficient of subscale of assessment and expression of emotions and body image of team athletes is more than individual ones significantly.

Analysis about the comparison of correlation coefficient between subscale of management and control of emotions and body image of team athletes showed that there is a positive and significant relationship (r= 0.58, p= 0.000). Analysis about the relationship between subscale of management and control of emotions and body image of individual athletes did not show a significant relationship (r= -0.007, p=0.963). These results have shown in Table 5.

Table 3:Pearson's correlation coefficient for subscale of management and control of emotions and body image
of individual and team athletes

Body Image			
Variables	N	r	Sig.
management and control of emotions	50	0.587**	0.000
management and control of emotions	N	r	Sig
	46	-0.070	0.963

Analysis about the comparison of correlation coefficient between subscale of management and control of emotions and body image of individual and team athletes showed that there is a significant difference (Z=3.17, p=<0.05). In other word,

correlation coefficient between subscale of management and control of emotions and body image team athletes is more than individual ones significantly.

The same analyses had been done to investigate relationship of applying the emotions and body image of team athletes. The results of Pearson's correlation coefficient indicate that there is a positive and significant relationship between subscale of applying the emotions and body image of team athletes (r= 0.66, p= 0.000). It, also indicated that there is not a significant relationship between subscale of applying the emotions and body image of individual athletes (r= -0.152, p= 0.292). These are shown in Table 4.

Table 4: Pearson's correlation coefficient for subscale of applying the emotions and body image of individual and team athletes

Body Image			
Variables	N	r	Sig.
applying the emotions	50	0.661**	0.000
applying the emotions	N	r	Sig
	46	-0.152	0.292

The results of correlation coefficient subscale of applying the emotions and body image of individual and team athletes indicated that there is a significant difference between these two correlations (Z= 3.06, p= <0.05) and correlation coefficient subscale of applying the emotions and body image of team athletes is more than individual ones significantly.

5- EXPLANATION AND DISCUSSION

The results of Pearson's correlation coefficient test showed that there is a positive correlation between emotional intelligence and body image of team athletes. But it is not compatible with Elvira's (2010) research that considered the emotional intelligence and body image of female student athletes. He didn't find any significant difference between emotional intelligence and body image in female students because they had not much sport background. Elvira concluded that there were not so differences between students with higher emotion management and ones with less emotional intelligence in terms of body image.

Correlation between emotion intelligence and body image in the individual athletes group in this study results were opposed to those in team athletes group. Homayoonniya Firouzjah, Sheikh and Homayooni (2014) have found that there is a significant relationship between emotional intelligence and body image in individual athletes. In possible explanation of these results, It can be said that unlike the individual ones, the team sports need to more cooperation and coordination between the team members that, in psychological aspect, the intimate relationship and better empathy are impressive factors in this procedure.

Its outcomes indicated that there is a significant difference between emotional intelligence and body image in individual and team athletes and they (the emotional intelligence and body image) are more positive and higher in team athletes than individual one, significantly. The emotional intelligence factor as an effective factor cancan be effectivein the creation of a good body image that everybody has from him/herself, especially in team athletes and the team athletes with higher emotional intelligence have the higher self-confidence about their body image; and so, they are more satisfied from their body and being among the group leads to increase the skills related to emotional intelligence that somehow it is effective in increasing the good body image about themselves. What can be said is that lack of research background in this field ,causes such explanation face to difficulty.

For the relationship between subscale of assessment and expression of emotions and body image of team athletes, Pearson's correlation coefficient results showed that there is a direct and significant relationship between two variables. Assessment and expression the emotions cause to emotional self- efficiency in which one accepts his/her emotional experiences whether it is unique and unusual or common culturally and this acceptance is compatible with his/her believes about what sets his/her emotional balance and attitudinal health (Sepehrian, 2011).

The obtained results to survey the relationship between subscale of assessment and expression of emotions and body image of individual athletes showed that there is not a significant relationship. Generally, the outcomes of this hypothesis represent there is no relationship between assessment and expression of emotions and body image of individual athletes. Although, emotional intelligence was predictor of how is the body image of team athletes group, but there was not significant relationship in individual athletes and it means that their body image depends on other variables.

The obtained results from comparison between two variables of assessment and expression of emotions and body image, associated with the correlation coefficient of them in individual and team athletes using Fisher's Z test indicated that the correlation coefficient of subscale of assessment and expression of emotions and body image of team athletes was more than individual one significantly. Given the lack of research background in this field, any interpretation or explanation about it has created some restrictions for quality of this relationship.

Additionally, Pearson's correlation coefficient results show that there is not a significant relationship between subscale of management and emotions control and body image of individual athletes. So, the positive or negative body image of individual athletes about themselves is not depending on management and control of their emotions.

The results of analyzing the relationship between management and control of emotions and body image of team athletes indicated that there is a positive and significant relationship between these two variables. Management and control of emotions are considered as basic skills in psychological stability and health, as the people who can control and control their emotions are able to control their emotions cognitively and attempt to control their emotions and can recognize the inefficient emotions. Given the body image basically is an emotion with positive or negative orientation, people with high ability in management or

self- control of emotions are aware from believes and emotions that lead to cognitive impairment to self- concept of person generally and body image partially and with their emotional cognitive processing positively, affect on their adaptively thoughts and believes related to their body image. One's thoughts and believes from his/her body (cognitive aspect) , the sense about his/ her body, are associate with particular believes and thoughts dominantly, it means that there is an special definition and belief about being right, good, beautiful, fit and attractive in any age that with regard to the emotional intelligence includes the cognitive aspects too, any change in it can transform one's body image from him/her.

The correlation coefficient results of subscale of management and control of emotions and body image in individual and team athletes showed that there is a significant difference between these two correlations.

The correlation coefficient of subscale of management and control of emotions and body image in team athletes are more than individual ones significantly. Management and control of emotions as a self-control strategy in team athletes has a significant relationship with how they evaluate their body image. Emotional control play a key role in creating the sense of self-efficacy. The structures related to emotional control include the way of being good and positive measurement, that according to Hatter's (2003, quoted by Sepehrian, 2011), emotional control influence the emotions strongly and it, in turn , has an effect on motivation, attitude and believes.

Pearson's correlation coefficient results show that there is a positive and significant relationship between applying the emotions subscales and body image of team athletes; thus increasing the applying the emotions is relate to body image of team athletes. Applying the emotions means the use of emotions that help to obtain desire results, problem solving and using the opportunities and also ability to identify the various emotions from each other and using them for more effective thinking. Applying the emotions in a correct direction associates with optimal information processing about emotions, moods, emotions and believes; and so affects the one's sense about his/her physical appearance that shapes the body image about him/herself.

In addition, Pearson's correlation coefficient results for subscale of applying the emotions and body image of individual and team athletes indicated that there is no significant difference between them; so there is no relationship between two mentioned variables in individual athletes.

The results of Pearson's correlation coefficient of subscale of applying the emotions and body image of individual and team athletes showed that there is a significant difference between these two correlations. These expressed that correlation coefficient between applying the emotions and body image in team athletes are more than individual ones significantly. The true applying the emotions, that is identifying emotions from the physical feels causes by emotional stimuli, expressing the emotions to others and recognize the emotions (Sepehrian, 2011). applying more emotions cause to person has better interpretation from oneself and increasing the awareness and understanding the physical and mental emotions can reduce the incorrect interpretation of her/his emotions and attitudes and lead to ability that assessing and creating the emotions that facilitates thinking. Generally, the ability of communicating between emotions and applying them to grow the thinking and understand the complex emotions is so useful (Fetiness, 2001). This ability can be effective in applying the emotions with its explicit and implicit meaning in the one's body image as a sense or attitude.

6. Conclusion

In general, the current study emphasizes on the relationship between emotional intelligence and body image in team athletes group. In other word, the emotional intelligence can be considered as an important factor and creator of better body image in athletes and it can be known as an effective factor in important areas of sport psychology, especially champions' readiness in applied team sport fields. Because, as this study showed, in team fields the athletes with higher emotional intelligence had a better or more desire body image from themselves. control, applying and evaluating the emotions are among the components that have an effect on increasing the compatibility and welfare power of individual psychology of athletes. The emotional intelligence is the latest evolution in field of relationship between thinking and emotion. The sports fields are one of the cases that emotional intelligence help to its success. Controlling the emotions in team fields athletes is so important, since the lack of emotional control from such fields athletes, generally affects his/her self-confidence about a good body image from him/herself. Totally, two concepts of emotional intelligence and body image are relatively new concepts in sport psychology and associated with numerous constituent elements, so seems that concluding need comprehensive research in this domain.

7. Suggestions

As regards to the findings of research, a positive relationship obtained by emotional intelligence and good body image and it is worthy that, the experts of emotional intelligence in efforts of preparation and psychological health of athletes, pay attention to this finding more applicable. Accordingly, as regards to the mentioned implement, they need to survey these variable levels and predict and correct the good body image within them.

As regards to the obtained results, it is suggested that the coaches of different sport courses and sport psychologists pay more attention to emotional category of athletes.

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