



Evaluation of burnout and emotional intelligence in male and female athletes

Poster Presentation

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Abstract

Introduction: Level of emotional intelligence and burnout are two essential components of athletes' success and performance related to each other. It is expected that having a high level of some emotional intelligence variables is associated with a low level of burnout. The primary purpose of the present study is to investigate the relationship between these two variables and compare the stories of these in male and female athletes.

Methods: 80 athletes (40 male and 40 female) were studied in this study. They were asked to complete the questionnaires on sports burnout (ABQ) and emotional intelligence in sports Lan et al.

Results: The results of Pearson correlation coefficient study showed that high score in athletes' emotional Intelligence questionnaire is associated with a low level of athletes' burnout. The study of subscales showed that the optimism had a significant negative correlation with emotional/ physical exhaustion. The appraisal of own emotions had a significant negative relationship with sport devaluation and reduced sense of accomplishment. Regulation subscale had a significant negative relationship with emotional/ physical exhaustion and sport devaluation. There was no significant relationship between appraisal of others' emotions, social skills and utilization of emotions with burnout. Also, the results of MANOVA test showed that there is no significant difference between male and female athletes in emotional intelligence and burnout.

Conclusion: There was no significant difference in emotional intelligence and burnout among the studied sample between male and female athletes. A high optimism score was associated with a low score in emotional/ physical exhaustion. On the other hand, the high scores in the appraisal of own emotions and regulation were associated with a low score in burnout. This pattern of results provides important concepts for use by sports psychologists.

Keywords

burnout; Emotional intelligence

Reference:

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