

عنوان مقاله:

The relation between the emotional intelligence and the mental health among the male Athletes in Gilan Gharb

محل انتشار:

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خلاصه مقاله:

Background: Goal of study is to examine the relation between the emotional intelligence and the mental health among the male athletes in Gilan Gharb. Materials and methods: The methodology is descriptive, correlative. The statistical society includes all of male athletes in Gilan Gharb including 4500 persons by Korjesy's and Morgan's tables, the simple, randomly examples including 356 persons. There was used the questionnaire of emotional intelligence (EIQ), and the questionnaire of mental health to gather data. There was also used the descriptive statistics (Middle, the standard deviations, diagrams and tables), the inferred statistics (Kolmogorof Smirnof test, Pearson's correlation and gradual regression) in order to analyze data. Results and Discussions: The results show that there was positive, meaningful relation between the emotional intelligence and the mental health among the male athletes in Gilan Gharb $r = 0.110$, $p < 0.05$. Besides, the results of gradual regression show that the socialfunction, depression, anxiety, the sleep disorder predict the emotional intelligence among the male athletes in Gilan Gharb. Conclusion: Regarding the results of study, it seems the emotional intelligence develops the emotional, psychological aspects of a person in the society, it suggests that the employees provide the field for increasing the emotional intelligence as well as the mental health among the people.

کلمات کلیدی:

Emotional intelligence, mental health, male athletes

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