RELATIONSHIP BETWEEN EMOTIONAL EXPERIENCES OF SPORTS AND EMOTIONAL INTELLIGENCEWITH SELF-EFFICACY IN ELITE-BADMINTON PLAYERS

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Abstract - In This paper we illustrate the causal relation between excitement of sports and emotional intelligence with self-efficacy in elite athletes especially for badminton players. The statistical population consist of all Iranian female badminton players (n=210) that participated in the national and provincial leagues matches in Iran (? 2014) also for achieving the main purpose of this study we distributed 210 questionnaires among the badminton players and finally 202 eligible questionnaires were used for the final analyzing. The analysis of this study is based on correlation and the method of collecting data in this study is based on Baren-On .we could obtain the statistical samples for Emotional intelligence and efficacy and excitement of sports and. PLS and SPSS analytical software and other statistical analysis methods specially Cronbach's alpha and structural equation are used for the analyzing the samples. The results showed a positive and significant relationship between emotional intelligence and the excitement of sports and we could see the positive correlation between the emotional intelligence and efficacy of badminton players while there is no meaningful relation between the efficacy and emotional experiences of sports

Keywords - Emotional Intelligence, self-efficacy,emotional experiencesof sports

I. INTRODUCTION

In recent years, in the world of sports, frequent physical exercise is not the only factor to achieve peak athletic performance. It seems that in addition to physical abilities and skills, personallyabilities undoubtedly influence the development of sports as we know exciting means to feel the desire to anything good evaluation and avoid anything that is bad evaluation. Alter of the absorption and excretion pattern of physiological changes associated with the different patterns for each emotion has a particular shape. It is obvious thatsports make strong emotions in athletes and play an important role in athletic performance. Since athletes are forced to compete in stressful situation and it will causethrill respond due tosituation. It is worthy to know that Understanding, analyzing and using different emotional skills depend on athletes individually. The above set which names emotional intelligence plays a significant role on the athlete performance.Androlinand and his cooperators (2010) have studied emotional intelligence and its optimum on desirable or poor performance.they haveestablished the relation between the emotional intelligence with desirable or poor performance,theresults show that participants with lower emotional intelligence and cognitive have experienced tougher and more anxiety race than those who have higher emotional intelligence

II. MATERIALS AND METHODS

This research is based on Descriptive statistics Correlation(Structural equation modeling (SEM).we have usedquestionerforms fordata collection strategy.The population of this study included 210 elite female athletes who has participated in the national superand first and second Division League, and also in Second Divisionprovince league in2014.Female players were with the sports history (1-23year) and age (16-33). The sample volume has gained during holding tournaments or practice time for none-random players because the tournament is held at a higher level of competition and the athletes have significant impetus for this research and Sense of competition can be held liable for many of these states during this types of sports events.

Measuring tools

1. In Bar-on pattern, emotional intelligence has been considered as a set of skills questions. it consists of 90 questions which each question is graded from 1 to 5 linker type scaling (1 – strongly agree,2 – Somewhat agree,3 – neutral/no opinion,4 – Somewhat disagree,5 – Strongly disagree). This questionnaire was used by Samooy in Isfahan (2003) on 500 students of private and state universitieswhich were developed in both sexes. Total content-related reliability of the questionnaire was reported by using Cronbach's alpha as 0.93

We show the formula for the standardized Cronbach's alpha:

$$\alpha = \frac{N \cdot \bar{c}}{\bar{v} + (N-1) \cdot \bar{c}}$$

Here N is equal to the number of items, c-bar is the average inter-item covariance among the items and v-bar equals the average variance.

Also Noshirvani (2007) studied the validity of Bar-On model of emotional intelligence and he evaluated 0.84 for the total reliability coefficient,

The Reliability theory shows that the variance of obtained scores is simply the sum of the variance of true scores(σ 2 T) plus the variance of errors (σ 2 E) of measurement.

σ 2 X = σ 2 T + σ 2 E

{\display style \sigma _{X}^{2}=\sigma _{T}^{2}+\sigma _{E}^{2}}This equation suggests that test scores vary as the result of two factors:

1. Variability in true scores
2. Variability due to errors of measurement.

The reliability coefficient {\displaystyle \rho _{xx'}}rXX = σ 2 T /σ2x provides an index of the relative influence of true and error scores on attained test scores. In its general form, the reliability coefficient is defined as the ratio of true score variance to the total variance of test scores or, equivalently, one minus the ratio of the variation of the error score and the variation of the observed score.

2. Sports emotions questionnaire includes 22 options that consist of five subtests .each of anxiety and depression has5 questions and each of variables arousal and happiness and anger consists 4 questions. All the excitement of sport statements with 5 options questionnaires and scoring method is based on Likert-type scaling, in this scale after the questionnaire is completed, each item may be analyzed separately or in some cases item responses may be summed to create a score for a group of items. Hence, Likert scales are often called summative scales{\displaystyle \rho _{xx'}={\frac {\sigma _{T}^{2}}{\sigma _{X}^{2}}}=1-{\frac {\sigma _{E}^{2}}{\sigma _{X}^{2}}}}

III. RESULTS

Subscales of sports excitement, anxiety, depression, excitement and happiness, explained the load factor structure (table 1)the subscales of angerdoesn'texplainthe load factor.Also the emotional intelligence components and subscales of happiness, stress tolerance, and interpersonal relations, and impulse control and structural can be explainedand Components such as problem solving, and independence, self-consciousness, and emotion, realism, optimism, self-esteem, flexibility, responsibility, empathy and assertiveness, are not explained.

Table1: weight, residual values and loading the items and components of structures

relationship result	weight	Remaining	load factor	standard deviation	Average	Reagent	structure
weak	0/39	0/56	0/66	0/78	1/43	stress	sport excitement
Middle	0/56	0/22	0/88	0/54	0/65	depression	
Middle	-0/45	0/90	-0/31	0/59	2/72	provocation	
Weak	0/16	0/53	0/69	0/68	0/99	anger	
Middle	0/35	0/99	0/04	0/81	2/59	happiness	
weak	-0/22	0/92	-0/28	0/57	2/69	problem solving	intelligence excitement
middle	0/35	0/80	0/45	0/36	1/88	fortune	
weak	0/09	0/75	0/50	0/52	1/67	independency	
middle	0/34	0/65	0/59	0/42	1/87	Stress Tolerance	
weak	0/02	0/72	0/53	0/43	1/78	Self-Actualization	
weak	-0/05	0/99	0/06	0/40	2/53	Emotional self-awareness	
weak	-0/01	0/84	0/39	0/56	1/92	realistic	
middle	-0/36	0/91	-0/29	0/51	2/96	Interpersonal relationships	
weak	0/13	1	0/02	0/50	2/58	Optimism	
weak	-0/18	0/89	-0/33	0/41	2/61	Self-esteem	
middle	0/35	0/63	0/61	0/65	1/61	Impulse control	
weak	-0/03	0/87	0/36	0/46	1/96	flexibility	
weak	0/29	0/94	0/24	0/42	2/88	responsibility	
weak	0/04	0/99	-0/02	0/49	3/09	sympathy	
weak	0/17	0/70	0/54	0/48	2/03	Self- Presentation	

We analyze the Structural model of emotional intelligence algorithms and sports excitements (table 2), as it shown in table 2impact of emotional intelligence on sports excitements is positive (r=0.49, t=3.07)

Table 2: an algorithmic structural model for emotional intelligence and sports excitements

Result	Test Statistic (t-statistic)	chi-square	Estimated value	Indictor
confirmed	3/07	0/25	0/49	Emotional ←intelligence Sports excitements
unconfirmed	-0/46	0/64	-0/08	←self- efficacy Sports excitements
confirmed	61/5	0/16	0/39	Emotional ←intelligence self- efficacy

CONCLUSION AND DISCUSSION

The results illustrate that there is a significant relationship between emotional intelligence and sports excitements and self-efficacy and. It means that excitement management effectssuccessful sports performance.Additionally there is noevidence for an indirect effect of self- efficacy with Sports excitementsas zizi and Dianer (20003),Perlini and Halourson (2006),Ajahii and Fatokan (2006)validate it.Modern life is creating stress and we experience the adverse effects of stress in our body, our pulse pressure is increased and we feel the tension in our muscles The causes of stress in modern life emerge from the many obligations we have to handle every day to the modern way of negative thinking.Golden (1995) and Mayer and his coworkers (2003)believe that emotional intelligence is an important factor to predict success in various aspects of life,Emotional intelligence (EI) is the capacity of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately, to use emotional information to guide thinking and behavior. As Kuhn (1970) notes, scientists' efforts to deal with data in a systematic fashion, guided by deeply held theories, lead to the formation of distinct research paradigms. Each of these paradigms has its own unique history, methods, and assumptions for dealing with its focal topic, and, in this sense, the emotional intelligenceis more consistent.The results of this research are consistent with numerous researchers' views on this point that the emotional intelligence is important for predicting the success at various aspects of life and those with high emotional intelligence show higher consistency. These findings confirm the point that the emotional intelligence is a learnable skill and is achieved through training and learning.Therefore, the use of mental skills and emotional intelligence creates favorable outcomes and moderates the negative emotions and consequently improves athletic performance. The results of present study are well-matched with Line - Wilson (2011) data that shows the effect of the emotional intelligence on different emotional experiences during the matchas a constant factor. Additionally the results of this study are consistent with the results of Andrvln (2010) and Williams (2010) andLen (2009) which showed that emotional intelligence is associated with players' positive and negative emotions before the match and people who have lower emotional intelligence scores before the competition they will haveextremely unpleasant experience , as well This finding is consistent with the results of MiekoloungeZack and Louminet (2008) s study which shows the People with high emotional intelligence have better action and response than others inin anticipation of stressful events and also they have professional action In stressful situations

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