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Relationship between Emotional Intelligence, Personality Characteristics and Quality of Life, and Mental Health of Athletes in Kermanshah City, in 2014-2015

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ABSTRACT

The aim of this study was to investigate the relationship between emotional intelligence, personality characteristics and quality of life, and mental health of athletes in Kermanshah city, was in 2014. The population of all athletes and non-athletes, who between them a total of 100 athletes, the sports committee in Kermanshah city, were selected by simple random sampling, and completed the study questionnaire. For data analysis, Pearson correlation, multiple regression and T were used. The results showed that, between emotional intelligence, personality characteristics and quality of life, mental health, there is a significant relationship. Among the variables emotional intelligence, personality characteristics and quality of life, just temperamental characteristics of personality traits and mental Sickly able to significantly explain the mental health of athletes. The results showed that the acceptance, neuroticism, emotional intelligence, quality of life, mental health in athletes and non-athletes are different.

KEYWORDS: emotional intelligence, personality characteristics, quality of life, health, mental athletes.

INTRODUCTION

In recent years, research on mental health evaluation, the athletes are taken into consideration (Moghadasin, Dibajnia and Sadeghi, 2014). However, epidemiological studies, in the presence of psychopathology, the athletes have been performed (Young, pack-Asa, Korlt, Chang, Foster and Albright, 2007). Today, in the world of sport and physical exercise frequently, the only key to success and reach the peak, the goal is not predetermined, and it looks addition to the physical, tactical and technical skills, capabilities and features such as emotional intelligence, character and quality of life will no doubt be an important factor affecting the development of the sport. Since the players have to, in terms of generating Strauss compete. In such circumstances, stress and anger are common; therefore faced with a situation that potentially will cause stress-inducing, the person be excited by the opportunity to undergo reaction (Hanyn, 2000; Kajbaf Nejad, Ahadi, Haidari, Asgari and Enayati, 2011). Thus, an important feature that looks athletic performance in stressful situations such as sporting environments affected, and prevents annoying factors placed, and the other can be a predictor of health mental athletes, emotional intelligence, personality characteristics and quality of life of athletes is (Bar-An, 2006; Latimer, Ranch and brackets, 2007).

Emotional intelligence sport, not only in Iran but in other countries as well as a new approach in managing the emotions of the athletes and their performance is corrected. Emotional impact on athletic performance, by most researchers, coaches, athletic directors and players, before the game, during the game and after the game has been approved, and the most successful athletes with performance led to his defeat attributed to emotional factors (Hanyn, 2000; Kajbaf Nejad, Ahadi, Haidari, Asgari and Enayati, 2011). The excitement and how to cope with it, is part of the human personality, and affect the performance of the individual, with so many athletes, due to the complexity Do not know emotional states, in which the characters are strong and what areas their weakness. Ability to perceive, perception and use of emotional skills in different subjects, and this set of levels of consciousness, one's emotional intelligence is, and has contributed to individual performance (Meyer, Salvi and Karsv, 2004). Emotionally intelligent person, show how the person

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immediately to their emotions appropriately, in different Situations, and will showcase the emotional state necessary and appropriate to the situation, so that if the position requires a high arousal, arousal, emotional intelligence athlete raises the other hand, if the position requires an athlete to calm the emotional intelligence emotional comfort. However, if an athlete's emotional intelligence is weak, maladaptive behaviors will show, but if you understand, identify and regulate, and express emotions better precision is better (Len, 2006; Len, Tlol, Valater and Devon port, 2009). , which determines the behavior and performance in sport.

Assess personality traits, and their importance in athletic performance and functionality is an important matter, and research conducted in the field of athletics figures show that certain personality traits are, for example, they are more independent, social more, and have better mental health than non-athletes are (Shabani Bahar, Erfani and Hadipoor, 2006). In spring Shabani, mystical and Hadipour (2006), states that professional athletes are more aggressive, more confident, are more vulnerable and emotional control. Cox (2007), showed that athletes compared to Non-athletes in two personality factors, the experience of openness and extraversion scores were higher. Also the views of Philo and et al (2005), between athletes and non-athletes, in terms of characteristics such as retention, irritability, aggression, appetite, fatigue, physical complaints and health concerns are significant. Tafti, Pakdaman and Askari (2008) is also a component of personality, except neuroticism in athletes than non-athletes, cited above. In a survey by the Mc Kilo, Lemioks and Astot (2003) was carried out, the researchers concluded that, compared to non-athletes are athletes in the lower neuroticism scores achieved.

According sport and physical exercise have positive effects on mental and physical health (Moran, 2004). Aerobic exercise plays an important role in anxiety and depression and general psychological distress. Mental health and quality of life, relationships are intimately related quality of life can be defined hierarchy of mental health and mental well-being, and mental health can also be affected by the scale of expectations and quality of life (Campbell, Kanors and Rodgerz, 2002). Quality of life and physical health is one of the issues associated with physical activity and exercise (Mokhtari, Hokmi and Mokhtari, 2011; Holm chamber, 2005). So, given the above, the purpose of this study is that, what is the connection between emotional intelligence, personality characteristics and quality of life, and mental health of athletes in Kermanshah city, in 2014 there?

Goals

The overall objective

1. Relationship between emotional intelligence, personality characteristics and quality of life and mental health of athletes the purpose of the partial
2. The relationship between personality traits and mental health of athletes.
3. The relationship between emotional intelligence and mental health of athletes.
4. Relationship between quality of life and mental health of athletes.

Assumptions

1. between personality traits and mental health of athletes, there.
2-between emotional intelligence and mental health of athletes, there.
3. the quality of life and mental health of athletes, there.
4. personality traits, emotional intelligence and quality of life can be variance in mental health Explanation athletes.

METHODS

The aim of this study was to investigate the relationship between emotional intelligence, personality characteristics and quality of life, and mental health of athletes in Kermanshah city, was in 2014. The population of all athletes and non-athletes, who between them a total of 100 athletes, the sports committee in Kermanshah city, a simple random sampling and 100 non-athletes, on a voluntary basis in terms of age, and other variables matched athletes were recruited and completed the study questionnaire. Emotional intelligence, personality traits and mental health and quality of life.

Tools:

1. Mental health questionnaire:

The most well-known tools of screening tools in psychiatry and mental health status, which had a big impact on the progress of research (Tavakolizadeh, Abrahemi Ghavam, Soghra. Farokhi and Golzari, 2011). This questionnaire forms 12, 20, 28, 30 and 60 questions, which, in this study a questionnaire of 28 items was used. The mental health questionnaire of 28 items by Goldberg and Hiller made on the main form, and consists of 4 subscales 7 of somatic symptoms, anxiety, social dysfunction and depression (Kldberg and Hiller, 1979). In many cases, GHQ, for the screening of patients with psychiatric disorders, or on the prevalence of mental disorders in various samples used. In another study, the questionnaire more broadly, is used to measure mental health. Seeking validation studies on the GHQ-28, indicating the validity and reliability of it. Williams, Mary and Kldberg (1980, quoted in Tavakolizadeh, Abrahemi Ghavam, Soghra. Farokhi and Golzari, 2011), resulting in a meta-analysis of 43 studies, the mean sensitivity and moderate specificity 0/82 0/84 achieved. In this Tavakolizadeh, Abrahemi Ghavam, Soghra. Farokhi and Golzari (2011), Cronbach's alpha coefficient GHQ, 0/81, respectively. The reliability and validity of the research is as diverse high. In this Beirami (2008), the validity of the questionnaire to two concurrent validity, the questionnaire subscales correlated with the total score was used as the correlation between the subscales, with a total score varies between 0/72 to 0/87 has been. In the present study, alpha coefficients were obtained 0/82.

2. Five Factor Personality Inventory:

This questionnaire is designed by Goldberg, 50 questions with Likert rating of 5 degree, graded. The reliability of the questionnaire by Goldberg (1991, quoted by the Shafi'i Tabar, Khodapanahi and Sedghpoor, 2008) have been reported to 0/84. Iranian sample by the Ghorbani and colleagues (Ghorbani et al., 2005), the group of students with Cronbach's alpha coefficients for the extraversion, neuroticism, openness to experience, conscientiousness acceptance and 0/60 respectively, 0/70, 0/90, 0/70, 0/65, is calculated.

3. Quality of Life Questionnaire

The questionnaire, the World Health Organization, is designed to assess the quality of life. The short form questionnaire contains 26 questions and 14 questions to assess four domains of the questionnaire, and 2 first question is simply the area of quality of life, evaluates. After performing the required calculated in each area of 4 to 20 points for each area separately, to achieve that, 4 marks and 20 marks the best of the worst areas is desired. These points can be converted to a score, ranging from 0 to 100, with higher scores indicating better quality of life. In the present study, alpha coefficients were calculated 0/79.

3. Emotional Intelligence Questionnaire-Bar On

To measure emotional intelligence, emotional intelligence questionnaire-Bar On (2000) is used. The questionnaire contains 90 questions, and the 15 subscales, including emotional self-awareness, self-instrumental, self-esteem, self-actualization, independence, empathy, social responsibility, interpersonal relations, realism, flexibility, problem solving, stress tolerance; impulse control, optimism, happiness. Responses to the test, on a Likert scale of 5 degrees in the row (strongly agree, agree, somewhat disagree or totally disagree), has been set. The internal consistency, Cronbach's alpha method using the seven samples from different populations (once-a, 2000) the average Cronbach alpha for the subscales ranged from 0/69 to 0/86 in, and out of 0/76 were reported. Average test-retest reliability coefficient, has been shown to 0/66 (once-a, 2000).

Findings

Table 1. Mean and standard deviation of emotional intelligence, personality characteristics, and quality of life and mental health of athletes

Non-athletes		Athletes		Variable
Standard deviation	Average	Standard deviation	Average	
14/05	79/75	25/33	94/25	**Emotional Intelligence**
2/49	15/25	3/16	16/75	**Extroversion**
3/98	15/15	5/25	16/50	**Openness**
2/88	15/25	3/38	17/25	**Acceptability**
3/01	16/15	3/07	17/05	**Deontology**
12/24	25/25	6/68	16/00	**Neuroticism**
21/51	77/65	23/70	92/45	**Quality of Life**
9/80	24/60	4/09	16/35	**Mental Health**

Table 2. Pearson correlation between personality traits, emotional intelligence, and quality of life and mental health

Significance level	Mental Health	Variable
0/024	**0/503	Extroversion
0/043	**0/457	Openness to experience
0/014	**0/540	Acceptability
0/046	**0/451	Deontology
0/021	**-0/514	Neuroticism
0/032	**-0/481	Emotional Intelligence
0/027	**0/492	Quality of Life

The first hypothesis between personality traits and mental health of athletes there.

Table 2 is based on the assumption that the personality traits of extroversion (P <0/024, 0/503 = R); openness to experience (P <0/043, 0/457 = R); acceptability (P <0/014, 0/540 = R); conscientiousness (P <0/046, 0/451 = R); neuroticism (P <0/021, -0/373 = R) and mental health of athletes, there are confirmed.

The second hypothesis: between emotional intelligence and mental health of athletes there.

Also according to Table 2, the hypothesis that the EI (P <0/032, -0/481 = R), and mental health of athletes there, are confirmed. So to increase emotional intelligence, improved mental health of athletes.

The third hypothesis: the quality of life and mental health of athletes there.

As Table 2 shows, the hypothesis that the quality of life (P <0/492, 0/027 = R), and mental health of athletes there, are confirmed. Thus, by increasing the quality of life, improve mental health of athletes.

Table3: multiple regression analysis in mental health, based on personality traits, emotional intelligence and quality of life

Sig	T	ADJR2	β	SE	B	The remaining predictor variables	Criterion variable
0/049	2/09	0/535	-	5/83	12/17	Fixed	Mental Health
			-0/578	0/159	-0/354	Neuroticism	

The fourth hypothesis: personality traits, emotional intelligence and quality of life can be, the variance of the mental health of athletes Explanation.

As can be seen in Table 3, the predictor variables into the analysis, the only variable between personality traits of neuroticism, were significant in the analysis. Variables, neuroticism, the characteristics of the athletes significantly explain the mental health score (P <0/01; T =2/09; sig =0/049). Neuroticism variables in predicting mental health is important, and a total of 53/5% of the adjusted variance in mental health score is allocated.

Table 4: T-test results between personality traits, emotional intelligence, and quality of life and mental health of athletes and non-athletes

Error standard deviation difference	Average difference	sig	df	T	Leven's test for homogeneity of variance		Variable
					Sig	F	
0/900	1/500	0/104	98	1/667	0/605	0/271	**Extroversion**
1/472	1/350	0/365	98	0/917	0/457	0/565	**Openness to experience**
0/994	2/000	0/051	98	2/012	0/631	0/235	**Acceptability**
0/962	0/900	0/355	98	0/936	1/000	0/000	**Deontology**
3/119	-9/250	0/006	98	-2/966	0/001	14/564	**Neuroticism**
7/157	14/800	0/046	98	2/068	0/653	0/205	**Quality of Life**
6/477	14/500	0/031	98	2/239	0/006	8/326	**Emotional Intelligence**
2/376	-8/250	0/002	98	-3/472	0/004	9/549	**Mental Health**

The fifth hypothesis: the personality traits, emotional intelligence, quality of life and mental health of athletes and non-athletes are different.

According to Table 4, the seventh hypothesis, that the acceptance (012/2 T =, 98 = Df, 051/0 = Sig); neuroticism (966 / 2- T =, 98 = Df, 006/0 = Sig); emotional intelligence (239/2 T =, 98 = Df, 031/0 = Sig); quality of Life (068/2 T =, 98 = Df, 046/0 = Sig); mental Health (742 / 3- T =, 98 = Df, 002/0 = Sig); in athletes and non-athletes, there will be confirmed.

DISCUSSION AND CONCLUSION

The aim of this study was to investigate the relationship between emotional intelligence, personality traits and quality of life, and mental health of athletes was Kermanshah city in 2014.

The results showed that there was a significant relationship between emotional intelligence and mental health. This result is in accord with the results of research (Meyer, Salvi and Karso, 2004; Len, 2006; Len, Tlol, Valater and Devon port, 2009; Slaski and Cartwright, 2002; Hamaty, Mills and Roner, 2004;. Karrer, 2004). The important role of emotional intelligence, stress and increase flexibility in the adjustment process noted, and claimed that it can be used as a stress management technique. Avgeniska-Bolik (2005), showed that subjects with higher emotional intelligence, work-related stress and fewer health problems. He was far more emotional intelligence, Leading role in preventing health problems, and health, particularly depression. People with high levels of emotional intelligence, the ability to cope better with stress, emotions and expression, as well as the management and control of Manu determined. So it can be said that high emotional intelligence on the one hand, it reduces stress by increasing coping skills, and might have effects on one's health and the skills of emotional intelligence, skills communication and the ability to create and maintain social Networks increases, it also leads to the mental health of athletes. On the other hand, a high emotional intelligence, which shows how your emotions right person, the right to work in different situation, and will showcase the emotional state requirements, as appropriate to the situation, so that if the situation requires high motivation, emotional intelligence heightened arousal athlete, but if the situation requires a calm emotional, emotional intelligence athlete relaxation occurs, and if an athlete's emotional intelligence is weak, will maladaptive behaviors; but if you understand, identify and regulate and express emotions better, smarter, better performance (Len, 2006; Len, Tlol, Valater and Devon port, 2009). General awareness of the emotions, and the ability to understand the emotions of others the power to achieve our goals successfully provides, and coaches and players can team spirit and sporting environments efficiently create, and this leads to mental health. them, which determines the behavior and performance in sport. The results showed that, between personality traits and mental health, there was a significant relationship. The results of the research (Shabani Bahar, Erfani and Hadipoor, 2006; Cox, 2007; view Philo et al., 2005; tafti, Pakdaman and Asgari, 2008; Mac Kilo, Lemoks and Astot, 2003; Ashton, Prijini, Aszarota, Diveris, Diblas, Boyce and Diride, 2004) is consistent and coordinated. According to the research, as shown in the figures, athletes are certain personality traits, for example, they are more independent, social, and have better mental health than non-athletes are (Shabani Bahar, Erfani and Hadipoor, 2006). In Shabani Bahar, Erfani and Hadipoor (2006), states that athletes are more aggressive, more confident, are more vulnerable and emotional control. Cox (2007), showed that athletes than non-athletes, in both the personal experiences of openness and extraversion were higher degree. Also the views of Philo (2005), between athletes and non-athletes, in terms of personality traits such as inhibition, irritability, aggression, appetite, fatigue, physical Complaints, and there Concerns health. Tafti, Pakdaman and Asgari (2008), a component of personality, except neuroticism in athletes than non-athletes mentioned above. A study by the Mac Kilo, Lemiks and Astot (2003) was carried out, the researchers concluded that significant athletes, non-athletes than in the neuroticism, lower grades achieved. Neuroticism, as well as having negative feelings of fear, sadness, excitement, anger, guilt, feelings of frustration permanent, comprehensive and vulnerable to morbid conditions associated (Ashton, Prijini, Aszarota, Diveris, Diblas, Boyce and Diride, 2004). These features, which are less common in athletes. Sports and athletic activities, with the endurance athlete occurs, can lead to greater tolerance, in front of the safety problems, as well as exercise and sports arena can be a way to cross the negative emotions of people, and this could be another reason for this is that athletes at all levels of neuroticism are less, exercise more and eat whatever it is Easier.

The results showed that the quality of life and mental health of athletes, there was a significant positive correlation. The result of the research (Moran, 2004; Campbell, Kanorse and Rodgerz, 2002, Mokhtari, Hokmi and Mokhtari, 2011; Holm chamber, 2005, Caroline, 2005; quoted Mokhtari,

Hokmi and Mokhtari, 2011; Hamm and Shangsy, 2005 for transportation of Mokhtari, Hokmi and Mokhtari, 2011) is consistent. It can be said that, the higher the degree of impairment of the same amount, mental health is lower. Quality of life is affected by increased physical activity, and can affect the central nervous system, happiness, and well being and mental health of athletes (Mokhtari, Hokmi and Mokhtari, 2011).

At the end, athletes than non-athletes Ill-tempered lower mental and extroversion, acceptance, openness and conscientiousness and emotional intelligence, and better mental health were identified, and of these, only neuroticism factor, the best predictors of mental health of athletes. The study of athletes in Kermanshah city, was recommended to overcome these limitations similar studies in other counties for comparison with the results of the present study was done.

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