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EVALUATING THE EMOTIONAL INTELLIGENCE OF BODYBUILDING ATHLETES

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ABSTRACT

Today, it has been proved that sport is effective on health, fitness, balance, and emotional stability. One of the psychological factors that have recently attracted the attention of many researchers in the field of mental health is emotional intelligence, which is related to the ability of understanding, control, and presentation. Given the importance of bodybuilding, the purpose of the present study was to investigate the emotional intelligence of male bodybuilding athletes in the city of Chabahar. 29 athletes in various fields of bodybuilding were selected with the mean exercise duration of $M=5.68$ years. After completing the individual quotient and (Bar-On) emotional intelligence quotient, the statistical description of the obtained data showed that the total mean score on the quotient is $M=313.6$, and the emotional intelligence of male bodybuilding athletes in the city of Chabahar is in the moderate to high condition. The obtained results approved the circumstantial role of the emotional intelligence structure on the adaptive consequences and then, psychological health in the type of sport. It can be said; along with the impact of bodybuilding on the physiological system and its role in the immune system, it also leads to social success and interpersonal relationships, happiness, and high emotional intelligence. On the other hand, training programs for strengthening the emotional intelligence improve the probability of success in athletes.

Keywords: *Emotional Intelligence, Athletic, Bodybuilding*

INTRODUCTION

Bodybuilding, weight lifting, and power lifting are such sports, in which the purpose of athletes from training is always gaining qualified body weight and increasing muscle mass and cutting off the muscles. Muscle these three fields can be considered as a family, but it must not be forgotten that each of these fields has their own special and unique characteristics, and this issue leads to differentiation of the three fields (Barrett, 2007).

The conditions and nature of athletic fields have shown that athletes' behavior is affected by training. High commitment to training and addiction to it is one of the results. Type and distinct modes of behavior in bodybuilders emerge in the form of tolerating high working pressure to increase the power and to maintain the body shape and weight. In such a way that much time is spent on exercises that may limit other activities. In addition, nutrition within the framework of sport regime is a pressure factor. The research results show that the type of bodybuilding training is associated with emerging particular behaviors. Initially, athletes do exercises to increase strength and fitness, but they slowly sank into it. Dependence on long-term training in bodybuilding sports is high and creates a type of obsession to run in athletes. Appetite disorders in athletes, especially female athletes are also discussed. Athletes have no desire to attack, but taking steroids can be a ground for their unrest. Researches show that there is a relationship between dependency on sport and the lack of controlling emotions and hostility that can be the cause of the lack of self-esteem and social support in person, which can be stressful. Addressing the issue of fatigue and sport is one of the debatable views. Depending on the variables of the type of sport, sport intensity, and sport time; eventually, feeling of fatigue and exhaustion will occur in body systems and then, in the mind. During exercise, heat is created in the body followed by metabolic changes, which is caused by physical and mechanical actions. Muscle contraction in bodybuilding extraordinary increases the metabolism in the body, which is supplied for muscles through gas exchange and blood system by proper nutrition. If energy stocks discharge occurs in the body, eventually, the feeling of fatigue and

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exhaustion is created in the body and mind. This issue is one of the adverse effects of this sport because feeling fatigue can make changes in athletes' behavior. However, one of the physiological symptoms is the amount of endorphin that is released during exercise, which is associated with mood improvement, stress reduction, and emotional control. Bodybuilding is not only increasing power and improving physical appearance, but it can be effective in self-esteem and social identity because physical condition is intertwined with self-esteem, and bodybuilding and fitness sports are related to the social, psychological, and emotional frameworks of the person. However, according to the mentioned items and the differences of opinions, it seems that bodybuilding athletes are the individuals who do not have the ability to control their own feelings and on the other hand, we find them to be patient and self-esteem. Thus, the researcher seeks to find an appropriate result through measuring the emotional intelligence (Salami, 1974).

All emotions are derived from five main feelings: happiness, sadness, anger, fear, and shame. Complexity and the mixture of these excitements become apparent when their expression be considered with different intensity. The ability to recognize and distinguish excitements is one of the most original and most fundamental skills that help the emotional intelligence. Practicing the skills of emotional intelligence can increase an individual's ability to identify excitements and using them to enhance the benefit of the person. The main core of emotional intelligence forms the skills of perception, understanding, using and management of feelings, effectively in themselves and others (Meyer 2012, Salovey and Caruso, 2004; 2008). The ability to convert triggers and emotions is rationally applying emotional intelligence activities that need efficient information exchange between logic and emotion centers of the brain. A better mixture of logic and feelings leads to the best result, which must be strengthened in person. In 1990, a psychologist named Salovey firstly used the term of emotional intelligence as expressing the quality and understanding the people's feelings, empathizing with the feelings of others and the ability to apply effective administration moods (Goleman, 2000). "Emotional intelligence is a set of non-cognitive abilities, which affect the successive ability to meet the demands, requirements, and environmental pressures". Cognitive intelligence, at the best condition, can cause only 20% of successes and 80% of successes depend on other factors. The destiny of individuals in many successes depends on the skills that constitute emotional intelligence (Bar-On, 1997). One of the most fundamental problems of the sciences at the present era is the relationship between mind and body. This contrast relationship is more visible in physical and sport activity. Explaining the interaction of material and non-material aspect of the body is difficult, and its description is not simple. It seems that researchers have a duty to reveal this complex relationship in a new light and new patterns (Akbarzadeh, 2004).

Research Literature

Very limited researches have been done in the field of sport and physical activity. Psychological researches have been conducted mostly in the field of emotions and emotional control (Hanin, 1995, 2000) and high emotional experience (Jackson *et al.*, 1999). The results show that athletes have higher emotional intelligence (Mousavi Gilani *et al.*, 2002). Tisaois and Nicola (2005) particularly considered emotional intelligence positively associated with exercise and physical activity. Yilmaz (2009) showed that the stable anger levels of individuals in 12 training sessions of emotional intelligence skills is lower than those in the control group (Aghayari and Sharifi Daramadi, 2006). Researches have shown that successful athletes are susceptible to have particular abilities and talents in the emotional intelligence that will enable them to do great things (Zaskva, 2003). They have features like the ability to motivate and stimulate themselves, stamina, and resilience in the face of defeat, not losing morale, drive away depression, empathy, sincerity, group cooperation and hope (Litrend *et al.*, 1997). Based on the results and according to the conducted researches in the field of emotional intelligence in the field of psychology and the importance of emotions in the field of sport and physical activity, athletes have higher emotional intelligence than others do. Smart people emotionally adjust their emotions in accordance with a pattern of emotional function (Bar-On, 2001). This finding is in line with the results of plant and Rubin (1994), Mac Conopel (2003) quoted by Hemayattalab (2003) and Hassanzadeh Fakhri (2001). On the other hand, low emotional intelligence lead to social instability, tendency to fear and concern, lack of commitment

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and responsibility, inability to express feelings and lack of withstanding against events (Golman, 2001). According to Mayer (2000), high emotional intelligence gives people the ability to prevent interfering internal and external unfavorable factors such as fatigue, negative emotional factors, mental pressure of those around, and other disturbing environmental factors (Barrett, 2007).

Psychiatrists believe that physical exercise is effective in the mood reformation and health increasing of individuals from two direct ways. One of them is the release of endorphins (creates a pleasant feeling). The other is decreasing cortisol levels (the hormone that is secreted in the blood by stress), but in many individual and social issues related to the sport of bodybuilding, some cases are reflected, in which the tendency to violence in these athletes seem obvious, and psychological, motivation, emotional, and behavioral dependence on bodybuilding are focused on anger, hostility, and aggression. Proportion and being stronger in bodybuilders will receive the admiration and respect of peers in terms of social issues, which may be associated with compulsive exercise. Dependence on the exercise is high because of the high social support space. In the case of occurring muscle injuries, mental health problems, discomfort, and reduction of life satisfaction in some cases cause the desire to addiction. However, addiction to drugs in order to maintain muscle strength is much higher, which entails certain complications.

However, the recognition of psychological characteristics and different dimensions of emotional intelligence in athletes can help the coach to select players for important responsibilities and major and sensitive tournaments and understanding the behavior, and dealing with people who are under their leadership. Because entrusting important tasks in sensitive condition of competition people who do not have control over their emotions and cannot maintain their calm will likely have a negative impact on the team and it causes failure for the team. All the people who participate in bodybuilding and power sports should have the ability to deal with criticism, pain, failure, physical errors, and other sources of pressure (stress). Inability to cope with unpleasant experiences, often leads to failure of performance. Elite athletes have high confidence and ability to self-expression, self-awareness, and self-image, and they have the ability to deal with unpleasant experiences and to adapt to them. Great heroes and athletes at the professional level are able to control emotions, which are detrimental to the performance and maintain their calm. Achieving relaxation requires a proper self-awareness, emotional flexibility, ability to express and stress tolerance and acceptance of personal responsibility for their actions. This issue shows the need for improving and strengthening the emotional intelligence of athletes, especially, in the field of bodybuilding (Besharat *et al.*, 2005).

MATERIALS AND METHODS

Research Method

The statistical population of this research was bodybuilding athletes in the city of Chabahar. In order to conduct this research, 29 bodybuilding athletes were selected as the samples. Convenience sampling was used to collect data. Athletes had at least 2 to 10 years of experiences in bodybuilding. After the necessary clarifications about the research objectives and their participation satisfaction, Bar-On Emotional Quotient was given to them. After implementing the quotients, the obtained data were analyzed using descriptive statistics such as frequency, mean, and standard deviation.

Research Tools

Bar-On Emotional Quotient was started in 1980 with the question that "why some people are more successful than others in life". At this year, the author provided the concept, definition, and measurement of non-cognitive intelligence (Bar-On, 1992, 1988, a1996, c1996, a1997 and b1997). Emotional intelligence (EQ) is considered, as the other indicator of success is people. Emotional intelligence the other type of being intelligent and includes understanding its feelings to make good decisions in life. EQ is the ability to control stressful states and to control the reactions. This means being motivated and having hope to work and achieve their objectives. Generally, EQ is a social skill, and it includes collaboration with other people, applying emotions in relationships and ability to lead other people.

Test answers are adjusted on the 5-scale Likert (completely agree, agree, somewhat, disagree, completely disagree). The test scales include:

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Emotional self-awareness (ES): the ability of awareness and understanding their feelings.

Assertiveness (AS): the ability to express feelings, beliefs, and explicit thoughts and to defend the constructive and right behaviors and skills.

Self-regard (SR): the ability to self-perception, self-acceptance, and self-respect.

Self-actualization (SA): the ability to understand potential capacities, doing activities that fit their abilities, try to exercise and enjoy it.

Independence (IN): the ability to manage thoughts and actions, and be free from emotional desires.

Empathy (EM): the ability to awareness and understand others' feelings and giving value to them.

Social responsibility (SR): the ability to express himself as a cooperative, effective, and productive member in the group.

Interpersonal relationships (IR): the ability to create and maintain satisfying relationships, which are created by mutual emotional closeness, intimacy, love and receiving love, and continue.

Reality Testing (RT): the ability to measure coordination between emotional experience and the experience and reality.

Flexibility (FL): ability to adapt the ideas and behavior with changing environments and situations.

Problem Solving (PS): the ability to identify and define problems, as well as the production and implementation of effective and potential solutions.

Stress Tolerance (ST): the ability to resist stressful situations and strong emotions, without insertion, and active and positive dealing with the pressure source.

Impulse Control (IC): the ability to resist the stress factors, experience and reducing them, and the ability to control their emotions.

Optimism (OP): the ability to look smart and positive to life, strengthening positive attitudes, even in facing adversities, misfortunes, and negative feelings.

Happiness (HA): the ability to feel happiness in life, enjoy himself and others, and having positive, explicit, funny and witty feelings.

In accordance with the results of the scientific literatures, the validity coefficient for the tests is approved and appropriate with the research objective of 0.7 and higher and for the tests with clinical trials. In this test, the Cronbach's alpha was calculated at 0.93. Therefore, it is useful and approved for different purposes. On the other hand, the amount of appropriate reliability was reported 0.80 in other reliability assessment methods. In this study, reliability was announced 0.88 by even-odd method.

Scoring Method

Since the options have been set on a 5 degree Likert, scoring was specified from 5 to 1 (completely agree 5, agree 4, somewhat 3, disagree 2, completely disagree 1), and in some questions they are determined with a reverse or negative content, which are shown by × in Table 6 –from 1 to 5 (completely agree 1, completely disagree 5). The total score of each scale is equal to the sum of questions' scores in that scale and the total score of the test is equal to the sum of the score of 15 scales.

Earning more scores in this test shows more success in the desired scale or in the whole test and vice versa. For example, earning a higher score in self-expression scale shows more self-expression in the individual.

Bar-On Emotional Quotient was selected due to the comprehensiveness, simplicity, variety of questions, and independence of foreign culture. This quotient reports about the amount of non-cognitive intelligence (emotional, personal, and social). It also can be used in applied in educational, industrial, clinical, and medicine environments. The manufacturer believes that the scales of emotional intelligence can be a better indicator of general intelligence and consequently, potential success in life when it is used with cognitive intelligence scores (1, 2, 11).

RESULTS AND DISCUSSION

Research Findings

The purpose of the present study was to investigate the emotional intelligence of male bodybuilding athletes in the city of Chabahar. 29 athletes in various fields of bodybuilding were selected. The

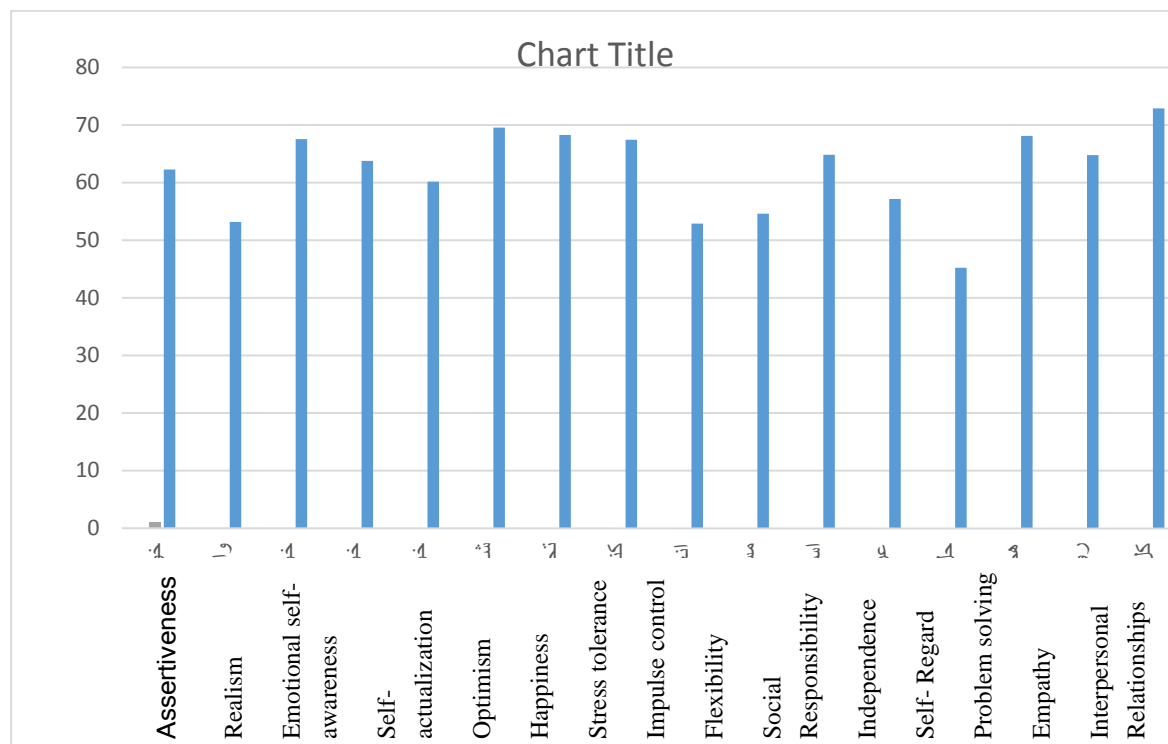
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individual quotient and (Bar-On) emotional intelligence quotient were completed. Bar-On has introduced the concept of Emotional Intelligence in five areas and in fifteen sub-scales, which are shown in Table 1:

Table 1: The Concept of Bar-On Emotional Intelligence in Five Areas and in Fifteen Sub-Scales

Interpersonal intelligence	Interpersonal intelligence	Adaptability	Stress Management	General mood
Emotional self-awareness	Empathy	Realism	Stress tolerance	Happiness
Assertiveness	Responsibility	Flexibility	Impulse control	Optimism
Self- Regard	Interpersonal Relationships	Problem solving		
Self-actualization				
Independence				

After completing Bar-On Emotional Quotient and the statistical description of data, the following results were obtained. In Table 2, descriptive indicators such as frequency, mean, and standard deviation have been brought about emotional intelligence. In Table 1, the components, depended on Bar-On emotional intelligence, are shown in the form of the percentage. In Table 3, the statistical description of variables, depended on Bar-On emotional intelligence test, has been paid.



Column Chart 1: Dependent Components of Bar-On Emotional Intelligence in Percentage

Table 2: Descriptive Indicators of Frequency, Mean, Standard Deviation about Emotional Intelligence

Group	Scale	Number	Mean	Standard Deviation
Bodybuilding Athletes	Emotional Intelligence	29	328/1	8/94

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Table 3: Statistical Description of Dependent Variables to Bar-On Emotional Intelligence Test

Dependent Variables	Mean	Standard Deviation
Assertiveness	108/3	10/78
Realism	92/5	17/34
Emotional Self– Awareness	117/5	12/36
Self- Actualization	111	9/7
Optimism	104/66	15/91
Happiness	121	8/34
Stress Tolerance	118/83	15/1
Impulse Control	117/33	6/75
Flexibility	92	16/7
Social Responsibility	95	14/03
Independence	112/83	25/3
Self-Regard	99/5	9/79
Problem Solving	78/67	4/18
Empathy	118/5	5/32
Interpersonal Relationship	112/67	10/54

In accordance with the results of Table 2 and Table 3, the highest mean score ($M=118.83$) is related to the scale of "stress tolerance" in the field of "stress management" and the lowest mean score ($M=92$) is related to the scale of "flexibility" in the field of "compatibility". The total mean score of emotional intelligence test in this study was calculated ($M=328.1$). According to Table 3, the minimum score for the total test is 90, the maximum score is 450, and the median is 270. As a result, the total mean score is in moderate to high level and earning more scores in this test indicates more success for the person in emotional intelligence scale.

Discussion and Conclusion

The purpose of the present study was to investigate the emotional intelligence of male bodybuilding athletes in the city of Chabahar. 29 athletes in various fields of bodybuilding were selected as a sample. After completing Bar-On emotional intelligence quotient and statistical description of obtained data, it was shown that the emotional intelligence of male bodybuilding athletes in the city of Chabahar is in the moderate to high conditions. The highest mean score is related to the scale of stress tolerance (the ability to resist the stressful situations and strong emotions, without insertion, and meet the active and positive pressure source) and the lowest mean score is related to the scale of flexibility (ability to adapt the ideas and dealing with changes in the environment and situation).

In the recent researches of sports psychology, a new concept can be seen, which is called emotional intelligence. Emotional intelligence has been used in the business world for the first time, but today, it is extended to other fields of life including sport. What is in this regard is how to enhance the emotional intelligence and how it can help to improve athletic performance? Emotional intelligence is a relatively new structure that has emerged over the past ten years. It has been introduced as "the capacity to recognize and use emotional states and intentions to change behavior". Emotional intelligence can be measured through a series of statements about emotional states and ways that the person faces with them. Emotional intelligence can be defined briefly as understanding the different emotional states, the effect of emotions on behavior and the ability to change emotions in the best emotional state to manage certain situations.

The results of various researches have reported a significant and positive relationship between sport and stress reduction and control anger and hostility and aggression that all of them are the subset of emotional intelligence (Adams and Kirby, 2002). Baccarat (2005) has announced that emotional intelligence has reduced the ability to empathize with others, social peace, and life satisfaction and interpersonal problems by strengthening mental health and it has provided the contexts for improving social relationships. It should be noted that athletes due to many factors in sports arenas and tournaments experience particular

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psychological and behavioral characteristics that these experiences shape their behavioral framework. According to Meyer and Kobe (2000), people with high emotional intelligence will enjoy overcoming difficulties, they challenge the opportunities and focus on the goal, and they are firm and steadfast to conduct tasks that this is one of the prominent features of athletes. A research has identified the mood of bodybuilding athletes (Nim Nak, 2014). The role of this sport field was positive in improving mood and reducing stress.

Smith *et al.*, (2005) have examined the hypothesis about attributing hostility and anger to bodybuilding athletes with manifestations of aggression. This relationship was negative. This sport activity is as an alternative and acceptable way to reduce aggressive tendencies, and severe stress and the social acceptability and mood improving were reported in engaging in sport and bodybuilding. Hummer (2007) and Bersik (2012) have reported the interaction between bodybuilding as an emotional activity and adjustments of undesirable emotions, which is consistent with the results of the present research. However, emotional states between bodybuilding athletes with various motives are different. For example, people in lower socio-economic backgrounds have more desire and tendency to bodybuilding that seems it leads to a clear expression of the power. In order to achieve maximum progress in sport competitions, especially power sports, we need to exercise in sport places, specific nutrition, and also, avoiding not too much extreme fat diet in the daily diet. However, the importance of this issue can never be overlooked we are forced to use mental tools and techniques in the sport to reach the championship and to conclude what has been achieved in many years of training and nutrition and high costs in the practice environment. Many strength athletes (including bodybuilding), and even athletes in other fields believe that a person can reach his highest result only using the techniques of training and nutrition and diet. These people are those who were unaware about mental and psychological tools and doping techniques that today have made a revolution in sport champions. In most cases, the athletes are largely noticed about the importance of training techniques and the importance of nutrition tricks and the value of having full information about the use of medications and supplements. However, they do not have much information about psychological tools in sport, especially in championship sports, which were not much new issue and it was raised from decades ago in scientific and new sports and today, they are much considered by professional sports championship in the developed countries. Victory and success in sports are often associated with power and rage. The important thing is that emotional intelligence can provide proper and required emotional states in various conditions. Good emotional intelligence in a state of high arousal mentally gives the required preparation and hope to the person. Equally, if a situation requires calm and moderation, high emotional intelligence can cause relaxation. Athletes also need an effective amount of their emotions' adjustment. In the researches that have been done about the nature of emotional intelligence, it has been shown that emotional intelligence is a mental skill such as visualization, goal setting, and positive self-talk, and affective smart people can enjoy more of their mental dialogue.

According to people's opinion, emotional intelligence is hard to find, but the important point is that emotional intelligence can be developed and enhanced. The coach can be aware of the amount of emotional intelligence in his athletes after holding emotional intelligence test and he can also benefit from available solutions, if necessary.

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