



# Investigate the relationship between mental health and social skills and emotional intelligence in athletes

*Atefeh Moshgani Farahani\**

*Basic psychology graduate student at Azad University of Arak*

## ARTICLE INFO

### *Article history:*

Received 08 March 2016

Received in revised form 10 Apr 2016

Accepted 21 Apr 2016

### *Keywords:*

*Mental health,*

*Emotional intelligence,*

*Social skill,*

*Athletes.*

## ABSTRACT

**Objective:** The aim of this study was to investigate the relationship between mental health and social skills and emotional intelligence in athletes. **Methodology:** The study sample included athletes engaged in sport club in Arak. In 1394. Statisticaal sample include 265 athletes , which were selected by available method. Data collection was carried by Goldenberg Metal health quesstinare, Watson social skills and Shate emotional intelligence. **Results:** We were analysis Regression With use of KS's Statistical method. This research is very imporant because coaches in every sport and age group must have enough information about athlete's psychological situation. The use of emotional intelligence and social skills could create favorable outcome, so that moderating negative emotions and improves athlete's performance. **Conclusion:** Our results shows that there is positive relationship between mental health and emotional intelligence. There is signifacant and positive relation between sociall skill and emotinal intelligence.

## 1. Introduction

Nowadays, human society faced with increasing the stresses of work and social interaction which threatened (endangered) public health, and quality of life. Anxiety and depression are the most significant result of this process. Not only, Anxiety and depression reduce life satisfaction; but also reduce individual's performance. Demographic studies have shown that anxiety and depression in people who have participated in sports activities is much lower (Agha race et al., 2010) The world health organization knows that mental health as a state of well-being that every one could realize their full potential, and could cooperate with community. Sport's psychologist, could control athlete's emotional by social skills and mental. athlete's mantal statue is One of the important factor that affecting the match results. Especially, athlete's mental preparations is a set of sociall skills and there are many distinctive theoretical and effective model for them. (Qabraryf et al., 2007) In this sstudy, we are going to answer this qjstion: Is it possible, found a relationship between mental health , sociall skill and emotional intelligence. Researches are still disagree on this issue.

## 2. Materials and methods

### *2.1 Literature Review*

The proposed model includes three aspects of mental health as independent variables and emotional intelligence and social skills as dependent variables. In this section, introduces three variables and, then we provide a summary of the background and main applicants for each material.

#### *2.1.1 Mental health*

\* Corresponding author: [Atefeh.Moshgani.Farahani@gmail.com](mailto:Atefeh.Moshgani.Farahani@gmail.com)  
DOI: <https://doi.org/10.24200/jsshr.vol4iss03pp35-38>

Mental health is one of the most important components of a healthy lifestyle which there are many factors involved in right or wrong formation. (Ahmad et al., 2005), proposed three aspect of health, these includes, which the three dimensions are interdependent. these dimensions are: mental, physical and social health. The aim of mental health is to relieve the negative emotions such as, anxiety, depression and disappointed.

Ahmadi, (2013) believed that emotional intelligence is a subset of social intelligence; and they argue that the principle of social intelligence is emotional capabilities; and actually this is basis of it.

### 2.1.2 Emotional Intelligence

There are many definitions for intelligence. Generally, intelligence is learning capacity, integrity of knowledge, and the ability to compromise with the environment. We gather a set of studies, document and evidence which has been prepared with psychological science, neurological, anthropology and cognitive science.

### 2.1.3 social skills

Social skills has many benefits for individual such as , mental health succeeded in communicating, and lack of such skills have many negative results and leads psychological problems. Also, Milajerd Hatami et al., (2002) argued that, social communication and social skills play a constructive role on growth of mental health, personal relations, educational, employment and social success . According to Ismaili CHamanabad, (2010) in our life , lead to more interactions with other people.

### 2.2 ypotheses

Hypothesis 1: there is significant relation between mental health and social skill.

Hypothesis 2: there is significant relation between mental health and emotional intelligence.

Hypothesis 3: there is significant relation between social skills and emotional intelligence.

## 3. Discussion and results

### 3.1 Research Methodology

#### 3.1.1 The population and sampling

Our population includes all athletes from one of the sport club in Arak, at 1394. According to the General Department of Physical Education, they are 25 thousands. Among them, 265 people participated in this study.

**Table 1. Demographic characteristics of respondents**

Number	Percent	Description	Items
194	67	Woman	Woman or man
97	33	man	
93	32	Years -20-25	Age
116	40	Year-26-30	
54	19	Years 31-35	
28	9	35 and above	
45	15	Diploma and lower	Education
58	20	Associate Degree	
163	56	Associate Degree	
25	9	MA and Ph.D	

#### 3.1.2 tool

In this study, we have use questionnaire to collect information. It should be noted that in this study we have three public health's questionnaire ; Goldenberg and Hiller questionnaire , Shate emotional intelligence . we used Pearson Correlation coefficient and stepwise regression analysis. Table 1 shows that the demographic characteristic of respondents.

#### 3.1.3 Reliability (structure and content)

In this study, we have used the public health questionnaire. These questionnaire contains 28 questions and 4 component (7 questions for each component). Four component includes, physical health, anxiety and sleep disorders, disorders in social functions and depression. In these questionnaire, we used a four degree continuum. we used Likert method for calculating the score of each subscale; so that the maximum score for subscale is 4 and minimum is 0. In scaling, if the individual score is less than 1.5, then he/she is healthy. But if the score higher than 1.5, she/he suspected to mental disorder. Matson's social Skills questionnaire's contains 56 questions and assessed social skills from different aspects ( suitable social skill, anti-social behavior, aggressive and impulsive behavior, supremacy, self confidence, relationship with peers). This questionnaire is based on Likert score (completely disagree 1, disagree 2, no idea 3, agree 4, totally agree 5). Validity of questionnaire was confirmed and five factor can be achieved. Also , the reliability of the questionnaire or reliability was measured by using of Cronbach Alpha evaluation method. Whatever , if the obtained value is closer 1 , the questionnaire is more reliable. Shate emotional intelligence questionnaire contains 33 article. This is based on Mayer and Salloy's pattern of emotional intelligence by Shate et al. Article of this questionnaire includes; subscale of emotion regulation, efficiency of excited, and evaluated of exited. We used the model 5 Likert (from 1= totally disagree, to 5= totally agree). According to the Haim, (2003) result ; structural components of emotional intelligence in relation to this case, are as follow:

1-Excitement factor (agent): 2, 3, 10, 12, 14, 16, 17, 20, 21, 22, 23, 28, 31

2-Emotional assessment: 5,9,15,18,19,22,15,29,32

3-Social skill agent(factor): 1,4,6,8,11,13,16,24,26,30,33

4-Agent of emotional appulance: 6,7,17,20,27,31

5-pint Likert Model should be used for scoring questanneir. Scoring is as follows: the option totally wrong (false)1, wrong (false)2, partly true (right)4, and totally right 5. Then we summed the scores, and each subscale are calculated separtely. The score of emotional intelligence include the sum of the individual scores on all four subscale. In addition, scoring for 5, 28 and 33 articles is done in reverse. With this scale, we only achieve an overall score for emotional intelligence (in the range of 33 to 165). According to Winning (2011), respondents who achieved high score on this scale, also they achieved high score on emotion and positive excitement( extraversion, empathy and being happy). To analysis the data , we use the following for inferential statistics ; descriptive Statistical for determine the average, standard deviation, minimum, maximum, standard error, charts, inferential statistics for testing hypothesis, Pearson correlation coefficient and multiple regression to predict effect of independent variable on the dependent variables.

5. findings:

The mean, median, variance, minimum and maximum are examined separtely for each of the components.

**Table 2**

Social skills Participants	Participants mental health	contributors Participants	
221.03	33.95	127	Average
223	30.89	125	Middle
844.35	139.683	212.668	Variance
162	19.31	100	Minimum
271	74.34	182	Maximum

**Table 3**

Social skills, emotional intelligence	Mental health and emotional intelligence	Components of mental health and social skills	Components
265	265	265	Number
0.272	-0.275	-0.496	The correlation coefficient
0.001	0.001	0.001	The significance level
95	%have a meaningful relationship		Comment

Linear regressin was shown that in the table. According to the values, we could say that there is significant relation between mental health and athlete's social skill and emotional intelligence.

**Table 4**

Significance level	T-statistic	Standard factor beta	Non-standardized coefficients		Variable
			Standard error	B	
0.001	65.247		4.202	274.19	Constant
0.001	-13.392	-0.637	0.177	-1.565	mental health
0.001	52.969		2.622	138.91	Constant
0.001	-4.805	-0.273	0.073	-0.35	mental health

The main purpose of this study was to investigate relation between athlete's mental health, emotinal intelligence and social skills. Our finding shows that, there is positive and significant relation between mental health, emotional intellogence and social skills. Aslo , according to the correlation coefficients , we can concluded that intensity of relationship is at an average level. Kamkar's research was about relationship between mental ealth and social skill. According to Kamkar, there is no significant relationship between gender and mental health , gender and knowledge of social skill. On the other hand, there is significant relationship between mental health and social skill in teenagers.

In order to explain the above findings, could be argued that promoting mental health and improving social skills , on one hand increases the willingness to social interaction and; on another hand establish a healthy relationship with the outside. Imaz, (2009) investigated about the effect of emotinall intelligence training on student's stable fury (anger).

Seyyed Amer, (2003) investigated about the effects on the mental health components of emotional intelligence training on athletes. Their results shows that, the training of emotinal intelligence's component increases the mental health ,and respondent acuirea better score in the personal reports about internal situations and the ability to dealwith problems. Haim, (2003) investigated about the relationship between emotinal intelligence and mental skills on the female athletes student. Results show that there is significant correlation between emotional intelligence and self confedence. khalaji, (2005), investigated about the emotinal intelligence impact athlete's social relation. Results show that emotional intelligence improvement mental health and empathy , so level of life satisfaction increase and the complexity of life reduce. khalaji, (2010) investigated about relationship between mental skill, emotional intelligence and their components with athletic success motivation; result show that there is significant and positive relationship between them. Among these compnents ,(self steem, empathy, realism and solving problem) have positive and significant relationship with athletic motivation . we can predict future success with this component.

When a person is unable to express their skills, emotions and negative emotions verbally; they reveal their emotional modes in a negative mode. Individaul who have ability to recognize their feelings, more easier to deal with life's problem.

Due to the athlete's condition, they have much time to complete eahc qeustannei, the possibility of error is possible. The sample were removed from population due to respondent's fatigue and unresponsive to some questions. This issues add a problem. Hope that in the future reseach , we have enough eipment.

---

#### 4. Conclusion

Generally our findings reveals the role of social skills and emotion intelligence on the mental health. According to the results and the role of emotion intelligence and social skills on the athletes, we could say that due to the inability to apply social skills and emotional disorders among athletes; considering the following is essential, using the strategies by planner and those who involved in the system for reducing negative emotions, use of social skills and show emotions (feelings) and modified individual to reach the self steem I.

More attention to this issues,lead to growth of sport in society and professional athletes in all level.

---

#### REFERENCES

- Agha race, H. Rajabi, R. & Amirizadeh, F. 2010. Physical activity,physical fitness and body composition and socio-economic conditions 17-15 year-old female students in Tehran. *MOVEMENT Sciences*, 3 (6).1-14.
- Ahmad, E. Sheikh Alizadeh, S. & Shyrmhmdzadh, M. 2005. A pilot study of the effect of exercise on general health. *Harakat Journal*, 28, 19-29.
- Ahmadi, M. 2013. Compare the general health of athletes and non athletes high school students in the city of Sanandaj, Tehran University master's thesis.
- Haim, S. 2003. English to Persian culture. Tehran: contemporary culture.
- Isfahani, N. 2002. The effect of exercise on mental health in the physical, anxiety and insomnia, social dysfunction and depression of Al-Harakat Journal, 12, 75-86.
- Ismaili CHamanabad, G. 2010. A review of aerobic exercise on anxiety trait of high school students KHAF city. Master's thesis, Islamic Azad University, Tehran.
- khalaji, H. 2010. Reviews and impact of aerobic physical activity and training on anxiety in male students of higher education institutions (state) city of Arak. 8, 93-102.
- khalaji, H. 2005. Effect of physical activity of aerobic exercise on anxiety of male students higher education institutions (state) city of Arak. PhD thesis, University of Madras.
- Milajerd Hatami, L. Mohammad Kermanshah, A. & Memarian, R. 2002. The effect of regular exercise on depression in children 8-12 years of hemodialysis in Tehran Children Medical Center. *Journal*, 9 (40), 23-28.
- Qabraryf, M. Ahmadi, F., Agha race, H. Muhammad, J. & Hajizadeh, A. 2007. Impact exercise program on stress, anxiety and depression in women with breast cancer undergoing chemotherapy. *Medical Journal*, 9 (4). 26-35.
- Seyyed Amer, A. 2003. Depressive component between athlete and non-athlete students (boys and girls) in Urmia City High School. *Harakat Journal*, 18, 81-96.
- Winning, A. 2011. Sports psychology, translated by Hassan Mortazavi. Tehran: Physical Education Organization

---

#### How to Cite this Article:

Moshgani Farahani A., Investigate the relationship between mental health and social skills and emotional intelligence in athletes, *Uct Journal of Social Sciences and Humanities Research* 4(3) (2016) 35–38.