Investigation of the relationship between emotional intelligence and psychological resilience in female football players

Investigação da relação entre inteligência emocional e resiliência psicológica em jogadoras de futebol feminino

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Abstract
In the study, it was aimed to investigate the relationship between emotional intelligence and psychological resilience levels of female football players. The sample of the research consists of 276 female football players selected by convenience sampling method. As a data collection tool, the "Emotional Intelligence Trait Scale (TE1Qqu-SF) Short Form" scale and the "Short Psychological Resilience Scale" were adapted and used in the last part. The data that obtained from female football players were analyzed statistically with the SPSS package program. The statistical information of the participants was evaluated by using the descriptive survey method in the study. First of all, validity and reliability analyzes were performed by looking at the Cronbach Alpha values of the scales. Skewness and kurtosis values were evaluated statistically by Normal Distribution test analysis. After examining the skewness and kurtosis values of the study group, the hypotheses of socio-demographic variables were tested and

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correlation analysis was performed. As a result, while no significant difference was found in female football players according to marital status and athlete's age, it was found that there was a positive relationship between emotional intelligence and psychological resilience.

**Keywords:** Emotional Intelligence. Football. Psychological Resilience.

**Introduction**

As in all areas of social life, women want to be active in also sports life. Football is a widely watched sport event all over the world. Women's football is relatively new in this sport, which has its origin in Europe and has spread from Europe to the all over the world. Today, it can be seen that women's football is increasing in number all over the world and in Turkey. According to the relevant literature, the establishment of women's leagues, World and Europe organization of the championships and the participation of female football players in the Olympics, It allows women to increase their interest in football (Akbaş, 2021).
Emotion is when a feeling is realized and strengthened, it creates arousal on the consciousness and body, and it expresses the psychological states of the thoughts that are specific to the feeling and the tendency to act. Emotions are an internal guide that guides the person in communication with feedback in the face of external signals (Somuncuoğlu, 2010).

Emotional intelligence was first used by psychologist (Mayer & Salovey, 1993); (Goleman, 1995) emotional intelligence (EQ) with his work named “Emotional Intelligence (EQ)” began to attract the attention of scientists (Bar-On, 2006).

Emotional intelligence; a human observing one's own and others' emotions ability to distinguish and accurately interpret their thoughts and behaviors with the information they collect as a type of social intelligence that includes the ability to use has defined (Mayer & Salovey, 1993). Emotional intelligence is the ability to recognize one's own emotions and those of others, not only teaches how to evaluate, but also applies the energy of emotions to daily life and business reflects and allows the person to give appropriate responses (Cooper & Sawaf, 2000).

Knows how their emotions affect them and has the ability to manage their emotions individuals can develop positive emotions even in difficult situations. These positive emotions are guides their thoughts and actions. Who can develop manage the emotions and positive emotions these skills that individuals it helps them to get rid of the effects of life (Özer & Deniz, 2014). Padesky and Mooney define resilience as a process, not a trait coping and adapting when faced with difficulties or stressors when it is very intense and under pressure, as a healing and regulating positive functions has defined (Padesky & Mooney, 2012).

People who knows how their emotions affect them and have the ability to manage their emotions can develop positive emotions even in difficult situations. These positive emotions guide the thoughts and behaviors of individuals.

These skills of individuals who can manage their emotions and develop positive emotions help them to cope with difficult situations and to get rid of the effects of stressful experiences (Özer & Deniz, 2014).

It’s seen that most of the skills overlap with the emotional intelligence structure. For example, positive thought control or self-talk; defines the relationship between thoughts, feelings and behaviors. If a person can replace their negative self-image with positive self-talk; A positive change in the person's emotions might be expected. Therefore, positive speaking is a fundamental part of emotional intelligence can help manage emotions effectively (Dağ & Sari, 2019).
Especially in recent studies, emotional intelligence and sports it is possible to talk about the existence of a relationship between because all sports developing in the world and the impact of sports is increasing. Because almost all countries in the world benefit from the positive effects of sports and is in a race to benefit from its contributions (Erbektaş, ve diğerleri, 2017).

Psychological resilience stress or it refers to the process of struggling with a negative situation or successfully overcoming this process. Psychological resilience is the state of the individual rather than being a personality trait of individuals. It is a process that includes the interaction of current life conditions and past life experiences (Meredith, ve diğerleri, 2011).

**Methodology**

**2.1 Model of the Research**

The information obtained from female football players was statistically analyzed with the SPSS package program. In the study, the statistical data of the data were evaluated by using the descriptive scanning method. Validity and reliability analyzes were performed by looking at the Cronbach Alpha values of the basic scales. Skewness and kurtosis values were evaluated statistically by normal distribution test analysis. After the study group examined the skewness and appropriation values, pressure analysis was applied and interpreted.

The processes that define events, facts, objects and institutions, and many situations in terms of what they are and express their characteristics are called descriptive methods descriptive research; It is a quantitative research design that determines the beliefs, attitudes and characteristics of the participants through a questionnaire. As a survey research in social sciences, one of the main methods of data collection is a questionnaire (Gürbüz & Şahin, 2017).

The descriptive research method was used in this study, which aimed to examine the relationship between emotional intelligence and psychological resilience in female football players was examined.

**2.2 Universe and the Sample**

The sample of the research consists of 276 female football players selected by convenience sampling method, which is one of the non-probabilistic research techniques. In
the study, female football players aged 18 and over in the football branch were included. The sample size of the study was chosen among these people with 95% confidence and 5% error.

2.3 Data Collection Tools

The questionnaire consists of three parts. In the second part of the questionnaire, the “Emotional Intelligence Trait Scale-Short Form” (DASQ-SF), (Deniz, Özer, & Işık, 2013) and in the third part, the Short Psychological Resilience Scale (KPSÖ), (Doğan, 2015) was used. First of all, in the first part, there are questions about the personal information form and the socio-demographic information of the athletes. A questionnaire form was prepared as a data collection tool in the research. As data collection tools in the research; Developed by (Petrides & Furnham, 2001); (Petrides & Furnham, 2000), (Deniz, Özer, & Işık, 2013) and in the last part of the "Emotional Intelligence Trait Scale (TEIQu-SF) Short Form" adapted by (Smith, ve diğerleri, 2008) and adapted into Turkish by (Doğan, 2015), the "Short Psychological Resilience Scale" was used. The survey form consisting of three parts was shared with the students online via “Google Form” and the data were collected.

2.4 Analysis of Data

The data obtained from female football players were analyzed statistically with the SPSS package program. In the research, the statistical information of the participants was analyzed, evaluated and interpreted by using the descriptive survey method. The following hypotheses were established in the study: “H1: There is a significant difference in the emotional intelligence scoring of female football players according to the age of the athlete”, “H2: There is a significant difference in the psychological resilience scores of the female football players”, “H3: The hypothesis that there is a significant difference in the emotional intelligence scores of female football players according to their marital status” “H4: There is a significant difference in the psychological resilience scores of female football players” and "H5: There is a relationship between emotional intelligence and resilience".

Results and Discussion

<table>
<thead>
<tr>
<th></th>
<th>Cronbach's Alpha</th>
<th>Skewness/Kurtosis</th>
<th>Nof Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Intelligence Scale</td>
<td>.815</td>
<td>-.505/1.226</td>
<td>20</td>
</tr>
</tbody>
</table>

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Investigation of the relationship between emotional intelligence and psychological resilience in female football players

While the Cronbach's Alpha value for the emotional intelligence short form scale was obtained as .815, the Cronbach's Alpha value of the short psychological resilience scale was obtained as .788. These obtained values show that the scales are reliable.

Skewness and kurtosis values do not include ±1.5 value. It is assumed that the status messages are not displayed normally (Tabachnick & Fidell, 2013).

| Table 1: Reliability and Skewness Kurtosis Test Statistics of Scales |
|---|---|---|
| | Source: Research Results |
| **Short Psychological Resilience Scale** | **.788** | **-.172/.414** | **6** |

As the result of Shapiro-Wilk Test, the p value of the emotional intelligence short form scale was .000 and the p value of the short resilience scale was .002, it was obtained that the data showed heterogeneous distribution. As a result of heterogeneous distribution, it was seemed appropriate to perform non-parametric tests.

| Table 2: Shapiro-Wilk Statistics of Scales |
|---|---|---|
| | Source: Research Results |
| **Shapiro-Wilk** | **Statistic** | **df** | **Sig.** |
| EIS | .983 | 276 | .002 |
| SPRS | .966 | 276 | .000 |

There was no significant difference in the emotional intelligence scores (P:.333>0.05) and psychological resilience scores (P:.637>0.05) of research participants according to the age of the athletes. Thus, one of the research hypotheses: “H1: There is a significant difference in the emotional intelligence scoring of female football players according to the age of the athlete”, and “H2: There is a significant difference in the psychological resilience scores of the female football players” according to the age of the athlete were rejected for this sample group.
Investigation of the relationship between emotional intelligence and psychological resilience in female football players

<table>
<thead>
<tr>
<th></th>
<th>EIS</th>
<th>SPRS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mann-Whitney U</td>
<td>171,500</td>
<td>195,500</td>
</tr>
<tr>
<td>Wilcoxon W</td>
<td>37846,500</td>
<td>37870,500</td>
</tr>
<tr>
<td>Z</td>
<td>-.912</td>
<td>-.700</td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>.362</td>
<td>.484</td>
</tr>
</tbody>
</table>

**Table 4: Test of Difference According to Relationship Status Variable**
Source: Research Results

There was no significant difference in emotional intelligence scores (P:.362>0.05) and psychological resilience scores (P:.484>0.05) of female football player research participants according to their relationship status. Thus, one of the research hypotheses; “H3: There is a significant difference in the emotional intelligence scores of female football players according to their marital status” and “H4: There is a significant difference in the psychological resilience scores of female football players” according to their relationship status were rejected for this sample group.

**Correlations**

<table>
<thead>
<tr>
<th></th>
<th>EIS</th>
<th>SPRS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spearman's rho</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EIS</td>
<td>Correlation Coefficient</td>
<td>1.000</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>276</td>
<td>276</td>
</tr>
<tr>
<td>SPRS</td>
<td>Correlation Coefficient</td>
<td>,240**</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td>.000</td>
<td>.940</td>
</tr>
<tr>
<td>N</td>
<td>276</td>
<td>276</td>
</tr>
</tbody>
</table>

**.** Correlation is significant at the 0.01 level (2-tailed).

**Table 5: Correlations Statistics**
Source: Research Results

According to correlations statistics it was found that there was a positive relationship between emotional intelligence and psychological resilience. The research hypothesis: "H5: There is a relationship between emotional intelligence and resilience" was confirmed for this sample group.

Correlation analysis was performed to test whether there is a relationship between emotional intelligence and resilience. In the analysis of the relationship in the variables, the level and direction of the relationship are explained by the correlation coefficient. The amount of the relationship between two variables is determined by the “Pearson Correlation Coefficient”. Pearson Correlation Coefficient calculated for two variables; It is evaluated as low, medium and high in terms of strength, while it is evaluated as positive and negative in terms of direction. Where the correlation coefficient value is 1.00, perfect positive relationship, -1.00 perfect negative relationship, 0.00 indicates no relationship. The range of
0-70-1.00 shows a high level, the range of 0.70-0.30 a medium level, and the range of 0.30-0.00 a low level.

As a result of the study, no significant difference was found in female football players according to marital status and age of the athletes, but there was no significant difference between emotional intelligence and psychological resilience. It was found that there is a positive relationship.

Conclusion

In the study, no significant difference was found in this sample group in the emotional intelligence and psychological resilience of female football players according to the age variable. In addition, there was no significant difference in the scores of the participants regarding the relationship status of the scales. Thus, the research hypotheses are: H1: There is a significant difference in the emotional intelligence scoring of female football players according to the age of the athlete, and H2: There is a significant difference in the psychological resilience scores of the female football players according to the age of the athlete were rejected for this sample group. H3: The hypothesis that there is a significant difference in the emotional intelligence scores of female football players according to their marital status” “H4: There is a significant difference in the psychological resilience scores of female football players”

Afterwards, the relationship between emotional intelligence and psychological resilience was tested with correlation analysis. According to correlations statistics it was found that there was a positive relationship between emotional intelligence and psychological resilience. The research hypothesis: "H5: There is a relationship between emotional intelligence and resilience" was confirmed for this sample group.

The physical and mental skills required by high-level competitions in football. They must have physiological characteristics. Moderate physical and physiological characteristics. Some football players achieve success with their technical and tactical features. But to be successful. It is desirable that both physical and technical and tactical skills be at very high levels together is being done. The outcome of a successful match is determined by tactical and technical quality. With this, physical attributes such as high-intensity running performance, repeated sprinting ability, and speed contributes to the level of performance (Kızılet Bozdoğan & Kızılet, 2017). In order for the athlete to perform well, only physical skills are not sufficient,
psychological skills as well as physical skills have an impact on performance. It is a known fact that is very important (Efek & Yiğiter, 2022).

When the studies on sports and emotional intelligence in the related literature are examined, it is seen that more emotional studies comparing the relationship between intelligence and performance. It was possible to meet (Yaşar, 2010); (Hemmatinezhad, Ramazaninezhad, Ghezelsefloo, & Hemmatinezhad, 2012); (Laborde, Dosseville, Guillén, & Chávez, 2014). It has been observed that emotions in the related field affect success in performance (Jones, 2012); (Laborde, Raab, & Dosseville, 2013).

The emotional intelligence level of researchers in studies examining; self-esteem and emotional intelligence that there is a significant relationship between the age of the athletes and the emotional it was concluded that there is a positive relationship between intelligence. Your sport, dimensions of "managing one's own emotions" and "self-motivation" that there is a significant difference in the sub-dimensions of "doing concluded that there is a significant relationship between bodily/kinesthetic intelligence reached (Taşkın, 2008); (Karademir, Döşyılmaz, Çoban, & Kafkas, 2010); (Baba, 2012); (Yıldız, 2015). In the related literature in a study to compare the mental health of sports women and sedentary women, it was found that sports women had a higher level of mental health than sedentary women determined they were (Dehkordi, 2011).

According to Cowden emotional intelligence in athletes, contributes significantly to mental resilience. Because emotional the ability to control emotions, which is an important feature of intelligence, It is among the characteristics of athletes with high endurance. Mental perception and understanding of emotions in the same emotional intelligence important as it is. On the other hand, high emotional athletes with high intelligence, mental endurance, emotions of their rivals mechanism underlying the ability to understand and influence research said it could be (Cowden, 2016).

In the research of Çelik et al., those who are successful in competitions that require high-level performance athletes have a higher level of emotional intelligence and emotional intelligence it has been stated that it can be one of the determinants of performance (Çelik, Yılmaz, Şahin, & Besler, 2021).

Research shows that emotional intelligence is different from different psychological reveals that it can affect skills. Related research when evaluated, it can be seen that emotional intelligence is more important than the stress experienced during the competition.
Investigation of the relationship between emotional intelligence and psychological resilience in female football players

Control, relaxation, motivation, empathy, self-positive many psychological skills such as speaking, communication and focusing can be said to affect it. In short, the content of emotional intelligence.

There are features such as recognizing, distinguishing and regulating emotions. In these features, psychological skills that are important in sports can be said to be closely related to each other (Dağ & Sarı, 2019).

As a result, in this study, it was found that there is a relationship between psychological resilience, which has a significant effect on performance, and emotional intelligence. These findings emphasize the importance of mental training as well as physical training.

References


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