



A COMPARISON OF MENTAL TOUGHNESS AND EMOTIONAL INTELLIGENCE IN JUNIOR IRANIAN WRESTLERS

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ABSTRACT Most psychologists, sport experts and authorities believe that the three physical, technical (tactical) and mental readiness result in better performance and superiority. Considering the progress in training among athletes, those with higher physical readiness, technique and tactic as well as mental readiness factors can be the winners in sport. Sport psychologists, coaches, sport commentators and athletes emphasize the importance of mental toughness in sport performance. Despite broad consensus on the importance and efficiency of mental toughness in training sport champions, there is no operational definition agreed by all researchers and coaches.

Emotional Intelligence is the ability to recognize, measure and manage own and other emotions. As the idea is relatively new, an accurate definition is not universally agreed upon, but one can say Emotional Intelligence allows one to control theirs and others emotion, they affect positive and negative consequences and use emotional information to guide the process of thinking and individual measures.

Mental toughness and the emotional quotient play a role in wrestler's performance. Mental toughness and emotional are compared in this current research with wrestlers. The research results may be used as a pattern in order to explore the potential of wrestlers, and also in the selection of wrestlers.

The purpose of present study was to compare Mental Toughness and Emotional Intelligence in junior level Iranian wrestlers. For this study, 32 elite freestyle wrestlers and 32 elite Greco-Roman with the average age of 17-20 years were selected. The process was coordinated with Iran Wrestling Federation. Wrestlers in the two styles were invited and advised the wrestlers how to complete both the Sport Mental Toughness Questionnaire (SMTQ) developed by Gelboshird, and the CBR Sport Emotional Quotient questionnaire developed by Shring. All subjects answered the questions in the same condition in dormitory. Questionnaires had to be completed by subjects in both freestyle and Greco Roman style at the beginning of the camp and before practice pressure so that intensity and type of exercises have no effect on the wrestler's mood.

Results from an independent T-test indicate that there is no significant relationship between mental toughness and emotional intelligence in elite wrestlers. Also the results of independent T-tests shows that there is no meaningful differences between average social skills of elite freestyle and Greco-Roman wrestlers (free style 2.99, Greco 3.04, $p=0.831$). The average of mental toughness, self-motive and sympathy of the Greco-Roman wrestlers is more than freestyle wrestlers but in other qualifications the average of freestyle wrestlers is much better than Greco-Roman wrestlers such as: social skills, self-control, self-awareness and emotional question.

Results from our research indicated that emotional intelligence and mental toughness play an effective role in improvement of mental health. Findings for this research indicated that there is no significant relationship between mental toughness and emotional intelligence in wrestlers. This work, along with other researches on the subject indicates that average mental toughness, self-stimulation and empathy are higher in Greco Roman wrestlers than Free style wrestlers but in other areas, self-control, social skills and self-consciousness are higher in free style than western style wrestlers. Here we should point out that different factors such as location of competitions, age, level of activity, nature of sport field and other individual differences have significant roles in forming and creating optimal mental skills. In summary, mental toughness and emotional intelligence are influenced by different alternatives and more studies are required to discover the basic mechanism in development of mental toughness and emotional intelligence. **Keywords:** Emotional Intelligence, Mental toughness, Freestyle and Greco-Roman wrestlers

Table 1. Description of results from the Sport Mental Toughness Questionnaire (SMTQ), and the CBR Sport Emotional Quotient questionnaire: average and standard deviation

Alternative	Free style wrestlers		Classical style wrestlers	
	Average	Standard deviation	Average	Standard deviation
Mental toughness	40.57	5.8	40.78	7.08
Emotional intelligence	2.95	0.29	2.90	0.22
Self-stimulation	2.99	0.46	3.01	0.48
Self-consciousness	3.21	0.37	3.12	0.38
Self-control	2.67	0.56	2.58	0.46
Empathy	2.86	0.58	2.72	0.62
Social skills	2.99	0.38	3.04	0.86

