**ABSTRACT:** Emotional intelligence is the basic factor in better performance, higher productivity, good work groups and unique leadership. The purpose of this study investigated the relationship between dimensions of anxiety and emotional intelligence of athlete's student in Babol Islamic Azad University. 180 male and female student athletes from different teams, all of which have 6 to 15 years had the sport, at night before a match and the second time within half an hour before the race done by questionnaire competitive anxiety and Sybryashryn emotional intelligence Martens (1970) to fill. Kendall correlation test to determine the relationship between variables, Kolmogorov-Smirnov test for normal distribution of data, independent samples T-test for comparing normal and test agent’s "U" Mann-Whitney to compare variables that were not normal Used. SPSS22 software for data analysis was used. Results showed that the only spontaneity between the dimensions of emotional intelligence with self-confidence was a significant relationship (p<0.05), but the relationship between all these dimensions except empathy with cognitive anxiety was significant (p<0.05). Relation to all aspects of self-awareness and empathy with the exception of physical anxiety was not significant (p>0.05). Emotional Intelligence and competitive anxiety in most cases is associated. Authorities and managers of sports teams should be educational programs, recognition and awareness of athletic ability and potential to increase individual, and motivation in the training necessary to give the athlete.

**KEY WORDS** Emotional Intelligence, Anxiety, competitive, Athletes, Student.

**INTRODUCTION**

Nowadays, management science researcher found power and influence of emotion in human behavior. They are to discover and explain emotions status and sensations in activities, behavior's and human movement. One of the most important characteristics in which could help managers in answering changes is emotional intelligence [1]. Emotion control skill and other's sensation is one of important aspects in management science. Witness's shows emotional intelligence is the basic factor in better performance, higher productivity, good work groups and unique leadership. It seems organization success is due to having capabilities like self-awareness, empathy, self-confidence, and motivation. Goleman (2000) studies showed 90% difference among organization's general and salient managers performance is related to their emotional intelligence [2]. He stated, don’t imagine intelligence quotient and technical skills are nor very important, in reverse, their role as a basic capacities and talents are very important.
Till now, there have been so many dimensions for emotional intelligence. One of best-known models is Goleman 5-dimensions model in clades: self-awareness, self-regulation, motivation, empathy, social skills. In championship or sport competition eras, psych readiness does have important role in better executing games, then studies in sport psychology could answer to some questions related to personal and team behavior and in sport and movement activities [3]. One of important factor in sport psychology is the relation among agitation intelligence and competitive stress. Agitation intelligence is another type of intelligence and includes knowing self-sensation and using it in decision making in life, feasible ability of temperament, psych position and controlling movement. Psychologist in the name of Goleman said:” intelligence quality in the best situation causes only 20% success and 80% are related to other factors and peoples’ destiny is dependent to skills in which forms agitation intelligence [4-6].


Another important factor in sport psychology is stress. Stress in sport is always competitive stress and is established in sport competitive situation and be divided in the two groups (mode competitive stress, quality competitive) [7-8]. Parker et al (2005) in a study has shown the intensity of athlete’s stress increases near to games and decreases by their self-confidence [9]. Examining the principle of agitation intelligence and its role in psych hygiene has shown perhaps agitation intelligence is influential on decreasing competitive stress. Taft (2013) has achieved there is positive and meaningful relation among agreement ability and test intelligence and psychological adaptability and beauty knowing interest and these people does have higher ability in adaptation and psychological conformity [10].

Saarni (2001) in a study on 400 persons found those by higher agitation intelligence does have higher freshness, joy, gay and independence [11]. Also, they are more optimistic and resistant to stress [12]. Ciarrochi et al (2002) and Lane et al (2010) has shown agitation intelligence support people against stress and help to better conformity and adaptation [13-14]. In continue, we have Better management of self-sensation and agitations and other and satisfaction. Agitation attention shows decreasing cortisol excretion and lower blood pressure against laboratory challenges. These observe shows physiological mechanism regulate the relation among agitation performance and psych hygiene [15].

Rivers et al (2007) and Ciarrochi et al (2000) has studied the role of agitation intelligence in decreasing stress, the result showed agitation intelligence adjust the relation among stress and psych hygiene variables [16-19]. Therefore, according to above matters, this study is to answer the question of” is there any relation among agitation intelligence and competitive stress in female and male athlete's student in Babol Islamic Azad University.” The result of this study could help athletes and tutors to be succeeded in games by increasing or decreasing any variables by education, psych treatment, and consulting.

METHODS
This study is of correlation one and researcher has studied the relation among these variables when describing and comparing agitation intelligence dimension and competitive stress. Statistical society of research includes all male and female athletes' student in Babol Islamic Azad University in different fields on 2020. They have six years past records membership in sport teams, at least. Examining the last statistic showed 90 females and 90 males were contributed and has been examined by census method. We have used of three questionnaires for gathering information. There is personal characteristic, gender variable, age, championship past record, championship rank, and sport field.

Sybrashryng Emotional Intelligence Questionnaire has been formed in Likert five scales. The basic form includes 70 questions and does have two parts. The first part includes 40 questions and the second one 30 questions. In the first part, any question is about one life situation. But in the second part, we don’t use it because is not conformed to our culture. In executing research introductions, we have used in the first part 40 questions and in evaluating them, we omitted 7questions having low correlation to the general test. Therefore, 33 questions are for the last execution. Related indicators to agitation intelligence in this test include: self-conscious, self-regulation, self- motivation, agreement, and social skills. Test narration and stability has been announced by Jerabket in 1996 (r=0.66) [20]. Questionnaire has been distributed among 20 athletes and trainers and Cronbach’s alpha coefficient is about 0.78.

Mode competitive agitation inventory has been used for evaluating mode competitive stress variable in athletes. The first form has been made by Marten on 1974. This questionnaire includes 27 questions. In general, it evaluates three independent factors: recognition, bodily and self-confidence. In any factor, we have 9 questions and their answer are as four-rank scales (no, low, medium, very) stability coefficient of any three factors in questionnaire has been calculated for recognition factor (0.79-0.81) bodily (0.82-0.83) self-confidence (0.88-0.90). Questionnaire narration has been calculated by spontaneous narration method.
Mentioned questionnaire has been distributed among 20 trainer and athletes and Cronbach's alpha coefficient is about 0.82. Agitation intelligence questionnaire has been distributed and gathered last night and competitive stress questionnaire half an hour before games. In this study, in addition to descriptive statistic, we have used of Kendall's tau-b correlation coefficient for testing research hypothesis, because the volume of sample was high. Kolmogorov-Smirnoff test has been used to determine natural situation of datum distribution, t-test independent for normal factors and Mann-Whitney u test for non-normal test. Datum has been analyzed by SPSS22 software and meaningful level was 0.05.

**STATISTICAL RESULTS**

In table 1, contributors’ sport field has been reported. As we see, the most frequency is related to Badminton, Tennis on table, Footstall & Basketball field.

<table>
<thead>
<tr>
<th>Sport field</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>30</td>
<td>11.11</td>
</tr>
<tr>
<td>Tennis on table</td>
<td>30</td>
<td>11.11</td>
</tr>
<tr>
<td>Footstall</td>
<td>60</td>
<td>22.22</td>
</tr>
<tr>
<td>Basketball</td>
<td>60</td>
<td>22.22</td>
</tr>
<tr>
<td><strong>Sum</strong></td>
<td>180</td>
<td>100</td>
</tr>
</tbody>
</table>

In table 2, the relation among agitation intelligence dimensions and competitive stress has been presented. The result shows there is reverse and meaningful relation among recognition stress and agitation intelligence based on Kendall correlation coefficient and meaningful level (p<0.05). also, there is meaningful and reverse relation among recognition stress to self-conscious and self-motivation to self-regulation and social skills. Only there is not any relation among agreement and recognition stress (p>0.05). There is no meaningful relation among bodily stress agitation intelligence to self-conscious and agreement to other dimensions of agitation intelligence (p>0.05). There is no meaningful relation among self-confidence and agitation intelligence (p>0.05). Among agitation intelligence factors, there is only meaningful relation among self-confidence and self-motivation.

<table>
<thead>
<tr>
<th>variables</th>
<th>Self-conscious</th>
<th>Self-regulation</th>
<th>Self-motivation</th>
<th>Agreement</th>
<th>Social skills</th>
<th>Agitation intelligence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress recognition</td>
<td>R 0.098</td>
<td>-0.168</td>
<td>0.203</td>
<td>-0.033</td>
<td>-0.201</td>
<td>-0.094</td>
</tr>
<tr>
<td></td>
<td>Sig 0.008</td>
<td>0.000</td>
<td>0.005</td>
<td>0.210</td>
<td>0.007</td>
<td>0.023</td>
</tr>
<tr>
<td>Stress bodily</td>
<td>R 0.145</td>
<td>-0.047</td>
<td>-0.048</td>
<td>0.132</td>
<td>0.042</td>
<td>0.091</td>
</tr>
<tr>
<td></td>
<td>Sig 0.002</td>
<td>0.654</td>
<td>0.173</td>
<td>0.002</td>
<td>0.119</td>
<td>0.013</td>
</tr>
<tr>
<td>Confidence</td>
<td>R 0.004</td>
<td>-0.031</td>
<td>0.088</td>
<td>0.012</td>
<td>0.005</td>
<td>0.025</td>
</tr>
<tr>
<td></td>
<td>Sig 0.754</td>
<td>0.196</td>
<td>0.006</td>
<td>0.293</td>
<td>0.778</td>
<td>0.629</td>
</tr>
</tbody>
</table>

In table 3 and 4 we compared agitation intelligence among female and male university student’s athletes. There is meaningful difference among male and female athletes in agitation intelligence and agreement, self-regulation variables (p<0.05). But there is no meaningful difference among self-conscious, self-motivation and social skills variables (p>0.05).

| Table 3. Comparing agitation intelligence in male and female athletes |
|--------------------------|------------------|-----------------|-----------------|-----------------|------------------------|
|                         | Self-conscious   | Self-regulation | Self-motivation | Agreement | Social skills | Agitation intelligence |
|                         | R 0.098          | -0.168          | 0.203           | -0.033      | -0.201        | -0.094                 |
|                         | Sig 0.008        | 0.000           | 0.005           | 0.210       | 0.007         | 0.023                  |
| Stress bodily           | R 0.145          | -0.047          | -0.048          | 0.132       | 0.042         | 0.091                  |
|                         | Sig 0.002        | 0.654           | 0.173           | 0.002       | 0.119         | 0.013                  |
| Confidence              | R 0.004          | -0.031          | 0.088           | 0.012       | 0.005         | 0.025                  |
|                         | Sig 0.754        | 0.196           | 0.006           | 0.293       | 0.778         | 0.629                  |
DISCUSSION

Research result showed there is meaningful and reverse relation among agitation intelligence and recognition stress. Also, there is direct and meaningful relation among recognition stress to self-conscious and self-motivation and meaningful and reverse relation among self-regulation and social skills. There is no relation among agreement and recognition stress. Of course, all these relations and correlations are very weak in this study. Findings showed these results are conformed to the past studies [21-23].

Because agitation intelligence does have influential role in psych hygiene and immune people from stress, leads to better adaptation. Agitation intelligence does control agitation by tendency to maintain positive temperament. [13], perhaps we reach to the conclusion that there is meaningful and reverse relation among agitation intelligence and recognition stress.

Study result showed there is meaningful relation among agitation intelligence and bodily stress. According to Kendall's correlation, bodily stress does have lower meaningful and direct relation to agitation intelligence. But there was not any relation among bodily stress to other dimensions of agitation intelligence. Taylor (2001) indicated those by high level of agitation intelligence accept events full of stress, but those by low level of agitation intelligence in response to stress or adapt depression, despair and other negative behaviors [24]. Ciarrochi et al (2002) and Grossbard et al (2009) reported agitation intelligence is a structure in which adjust relation among stress and life pressure and psychological hygiene [17, 25-26]. It means those who have high score in agitation intelligence do have higher depression against stress. Also, low score in managing other agitation is conformed to higher suicide tendency. Some researchers believe people almost do have different level of agitation intelligence in encountering stressor. The importance of agitation intelligence dimension depends on nature of stressor and problems in which has been created by it. However, the relation among self-conscious and bodily stress is positive and low, but we would doubt on this finding, because it is against it. Self-conscious does have low and positive relation to bodily stresses and is one of interpersonal agitation intelligence skills. Those who have high level of inner intelligence, are in contact to their sensation and are strong and confident in indicating their beliefs and doing them. Internal high level of capability is an advantage for athletes, because they could overrule themselves and control their agitations [9, 24].

In this study, there is no relation among agitation intelligence and self-confidence. Among agitation intelligence factors, there is only meaningful relation among self-confidence and self-motivation. It seems self-confidence, support athlete from motivation and self-confidence athletes know motivation positive and not negative. Studies show there is positive relation among self-confidence and excitation. These findings are natural, because one factor in agitation intelligence is that agitation intelligence and its indicators are conformed to adaptable and self-conscious behavior. Because there is no norm of agitation intelligence in our country and according to agitation intelligence score dimension, it is not obvious what the level of agitation intelligence in athletes is. But the mean score of agitation intelligence in athletes x=99 shows it is in medium level.

Among agitation intelligence factors, the two factors of self-conscious and self-excitement do have the most relation, low, positive and meaningful to competitive stress. In this regard, we could mention those by high level of self-conscious are sensitive to their psych mode and life, they are independent; know their personal limit and have has good psych hygiene [27]. Studies showed more people analyze, describe and classify their experiment, does have better self-conscious to procedure, factors.
and their actions and does have more psych hygiene and are more successful in their life [2]. They have called self-excitement as leader and facilitator in achieving targets [17, 28]. Athlete by feasible level of self-excitement could improve his program and targets and in addition to self-excitement could create motivation and morale in other. Having feasible morale in stress situation is useful athletes’ success [15, 18, 29]. Athletes by high level of self-regulation control his sensation and do have correct knowledge of his capabilities [22, 30]. In fact, these activities are influential on decision making in stressor situation, because it regulates athletes mental and morale [27]. Also, self-regulation is sensational heaven key, because by self-control, we could accompany sensation to thought and reach to correct route. Efficient athletes could avoid negative sensations like hopelessness, agitation and excitement. They encounter lesser problem in championship and could get back to feasible situation very soon [2].

The result of research showed among agitation intelligence indicators in relation to competitive stress, self-conscious, self-excitement, self-regulation, agreement and social skills are in the priorities, respectively. It seems, athletes do have better position in the two factors of self-conscious and self-excitement. It is interesting the most meaningful relation to competitive stress is in these two factors. Therefore, because there is no research in this regard, it seems we should examine meaningful relation of these two factors to competitive stress.

In describing research variables, competitive stress does not have meaningful difference among male and female university student’s athletes. Recognition agitation does have the most amounts among athletes. Information through analyzing datum showed there is meaningful difference among female and male athletes in agitation intelligence variable and male are superior. There is no difference among agitation intelligence subscales in male and female. We interpret male athletes does have higher agitation intelligence than female. Agitation intelligence nature and friendly relation is different for boys and girls. This variable in boys is related to the same age groups and in girls to the amount of sincerity among members group. These findings are contrast to almost findings. Because different studies including Goleman (2000), Salovey et al (2000), Brackett and Mayer (2003) and Louvent (2007) showed there is no meaningful difference among male and female agitation intelligence and if there is one is on subscales of agitation intelligence [2, 31-33]. In other words, Hasibi et al (2014), Mayer et al (2000), Barckett et al (2004), showed there is meaningful difference among male and female agitation intelligence, but superiority is with female and is contrast to this study [22, 32, 34].

The most powerful predictor of athletic performance goal orientation based on individual self and the group of athletes, based on goal orientation and task anxiety was competitive Torfkfar et al (2011) concluded that the only competitive anxiety hardly objective depends [35].

The results showed that between cognitive anxiety and emotional intelligence connection means there is an inverse and significant. Similarly, cognitive anxiety, self-consciousness and spontaneity connection means having direct, with self-regulation and social skills significantly and inversely correlated there. The only communication is empathy with cognitive anxiety. Ability emotional intelligence is associated with disordered eating beyond gender and personality. Self-reported emotional intelligence did not associate with any of the outcomes after controlling for personality [36].

The result showed there is meaningful and reverse relation among agitation intelligence and recognition agitation. Also, there is meaningful and direct relation among recognition agitation and meaningful and reverse relation among self-excitement to self-regulation and social skills. Only there is no relation among agreement and recognition agitation. There is no difference among male and female in competitive stress, but men does have higher agitation intelligence than female. Because of positive and meaningful relation of the two indicators of self-conscious and self-excitement of agitation intelligence, it is suggested, responsible and sport team’s trainer increase athlete acknowledgement from his personal potential through educational program, recognition and acknowledgment and provide required education in excitement ground.

Also, because recognition agitation indicator in personal field is more than group field, it is suggested to try more in decreasing athlete’s recognition stress. In selection and talent seeking ground, we pay attention to agitation intelligence in addition to skills and bodily factors. It is recommended that the talent search program pay more attention to the psychological characteristics of athletes because those who can achieve high levels of competition who have some kind of genetic ability to increase their motivation and control in difficult situations. Training courses will be held in order to improve the level of sports motivation and reduce the sports anxiety of male and female athletes in the country.
REFERENCES