

**187 EMOTIONAL INTELLIGENCE IN ATHLETES AND NON-ATHLETES AND ITS RELATIONSHIP WITH DEMOGRAPHIC VARIABLES**

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Participation in sports activities is one of the best ways physical and mental health (1, 2). The purpose of this study was evaluation emotional intelligence among athletes and non-athletes and its relationship with demographic variables that 240 participants (200 athletes and 40 non-athletes) using emotional intelligence scale (Bar-On) were evaluated. For analysis of data were used Pearson correlation, analysis of variance and t test. Results research indicates there was no significant difference between emotional intelligence scores of athletes and non-athletes. There are significant difference ( $p < 0.05$ ) between variables of age with emotional intelligence as well as with problem-solving, independent action, realism, interpersonal relationships, responsibility and empathy components ( $p < 0.01$ ). In general we can say that emotional intelligence of these people that enables to control their emotions and understanding of themselves and others in the regulation of relationships with others are more successful, with daily stress to deal more easily and therefore health may enjoy more favourable psychological. Thus, the increasing importance of sports participation should be strengthened. Our findings provide a basis for research to determine the relationship between emotional intelligence and physical activity.