

Abstract

Emotional intelligence and its relation with mental toughness among Paralympic coaches (for mentally retarded)

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The research aims at identify the Emotional intelligence and its relation with mental toughness among mentally retarded coaches. Descriptive approach adopted as it suits research objectives and hypotheses. Research sample included 100 Paralympic coaches (100 individual games coaches and 100 team games coaches) selected from coaches participated in international Paralympic for Middle East and North Africa (Region 8), games participated were (football, basketball, table tennis, tennis, badminton, bowling boccia, Weight lifting, swimming, track and field, and Gymnastics).

After data collection and statistical analysis, the player may conclude the following:

- There is no statistically significant differences between coaches in emotional intelligence scale aspects and total score, and in mental toughness scale and total score according to sport type (individual sports - team sports)
- There are statistically significant differences between coaches in emotional intelligence scale aspects and total score, and in mental toughness scale and total score according to years of experience (less than 5 years - ≥ 5 years) towards ≥ 5 years
- There is statistically significant correlation between emotional intelligence scale aspects and total score, and mental toughness aspects and total score among Paralympic coaches.