

Abstract

The present research seeks to investigate and compare the levels of Emotional Intelligence and stress among successful and unsuccessful female Karate players who competed in 2013-2014 student competitions, hosted by Islamic Azad University, Falavarjan Branch. The subjects of the research are between 18 to 25 years old and were chosen from those competing in the aforesaid competitions; ten successful and ten unsuccessful professional Karate players have been chosen based on the results of Hormonal Imbalance questionnaire and their sports reputation. In order to investigate the level of Emotional Intelligence, the Bar-On Emotional Quotient Inventory was given to the subjects 3 days prior to their matches. In order to investigate the level of stress, the salivary cortisol concentration measurement method was employed 30 minutes prior to the match, using a Demeditect ELISA kit (made in Germany) with the sensitivity level of 0.012 Nano grams per milliliter. Independent T-Test and Pearson Correlation Coefficient were employed as statistical methods for data analysis. In general, results indicated that the two groups of successful and unsuccessful Karate players have a significant difference in Psychological Flexibility subscale ($t= 0.011$), while there is no significant difference in other subscales ($t= 0.039$). Furthermore, the results indicate a significant negative correlation between Emotional Intelligence and the level of stress in both successful and unsuccessful groups ($r= -0.716$) ($r= -0.693$). Findings of this research suggest that Emotional Intelligence is an educable factor, and educating the Karate players about Emotional Intelligence can lead to lower levels of stress among them before matches.

Key words: *Emotional Intelligence, Stress, Successful Karate Players, Unsuccessful Karate Players, Cortisol, Professional*