

## OPINION STUDY OF ROMANIAN COACH THE EMOTIONAL INTELLIGENCE IN GYMNASTICS TRAINING AND COMPETITION

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**ABSTRACT.** I decided to conduct a study on familiarity ascertaining coaches or specialists in artistic gymnastics athletes with sport psychology, sport psychological training on aspects of emotional intelligence, if they have a program in his team's emotional development and the psychological training programs applied during training or competitions.

**Key words:** sport psychology, emotional development, emotional intelligence

**REZUMAT. Studiu privind opinia antrenorilor români asupra inteligenței emoționale în antrenament și competiții în gimnastica artistică.** Mi-am propus să elaborez un studiu constatativ privind familiarizarea antrenorilor sau specialiștilor sportivi din gimnastica artistică cu psihologia sportului, pregătirea psihologică în sport privind aspecte ale inteligenței emoționale, dacă beneficiază de un program de dezvoltare emoțională în cadrul echipei sale și ce programe de pregătire psihologică aplică în timpul antrenamentelor sau competițiilor.

**Cuvinte cheie:** psihologia sportului, dezvoltare emoțională, inteligență emoțională

In this study I decided to conduct a study on familiarity ascertaining coaches or specialists in artistic gymnastics athletes with sport psychology, sport psychological training on aspects of emotional intelligence, if they have a program in his team's emotional development and the psychological training programs applied during training or competitions.

### Study objectives

This experiment was investigated as follows:

- level of specialist knowledge about mental preparation of athletes;
- if they have emotional development program within his team

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- the psychological and emotional development training programs applied in the training or competitions
- efficiency programs highlighting the emotional development of the gymnasts in sports training and ways to improve their
- addressing psychological preparation and lesson share in training

Conducting a survey aimed at assessing the place and role emotional development in sports training gymnasts and correlation of this component with other components of training. Thus, the results obtained by applying questionnaires highlighted the need to pay particular attention to emotional development gymnasts.

### **Method**

Optimization strategies mental programs have theoretical and practical implications of scientific sports training. Thus, making a significant contribution in the development of instructional strategies for the emotional development of athletes in relation to other components of training, can provide an increase in athletic performance. The first step was the acquisition and adaptation of a questionnaire for gymnasts. The survey questionnaire was taken from the Romanian coaches opinion about the psychological factor of training (Sava, M., A., 2013), entitled "Psychological preparation in training and competitions in judo athletes."

### **Subjects**

The measuring instrument is addressed to specialists in artistic gymnastics. The questionnaire was distributed to coaches, teachers and choreographers in artistic gymnastics in number 76, who come from various clubs in the country. By using survey questionnaire-based method have achieved a great deal of information on experts' opinions regarding the psychological preparation approach on the development of emotional intelligence in sports training.

### **Instruments**

A questionnaire was used (Sava, M., A., 2013), which included descriptive data about respondents (demographics, age, gender, length of service in the field, professional ranks.) And items to investigate issues preparation of psychological and emotional development. (See Annex 8)

### **Procedure**

Individuals were contacted through various ways and in various places (competitions, training courses, conferences, on-line).

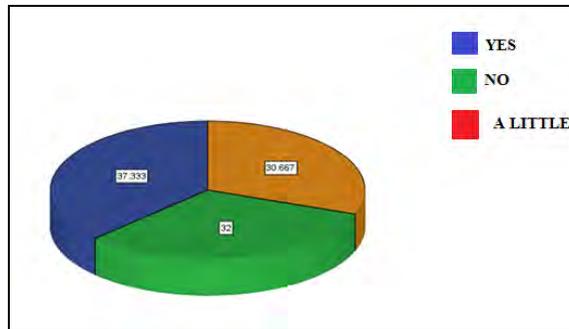
Questionnaires were offered for completing the A4 envelope so that submissions remain confidential and at the same time facilitate the collection of questionnaires. The questionnaires were applied individually, without time limit.

## Results

Data were processed with SPSS 18 (Statistical Package for the Social Sciences).

Following the centralization of data obtained through the questionnaire will present an analysis of the results on each item, using the graphic method.

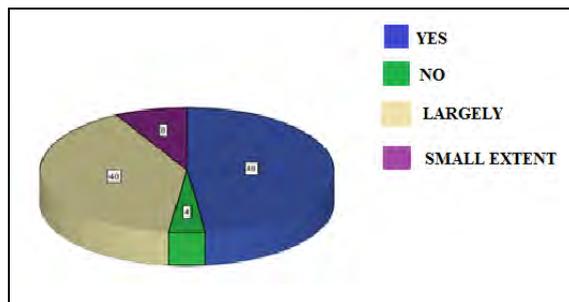
1. Are you familiar with the term emotional development in sport?



**Figure 1.** Familiarity with the term emotional development

Responses to the item that asked subjects indicating familiarity with the term emotional development have been formed, as illustrated in the chart above: 37% say they are familiar, 32% and 30% admit they do not say that least.

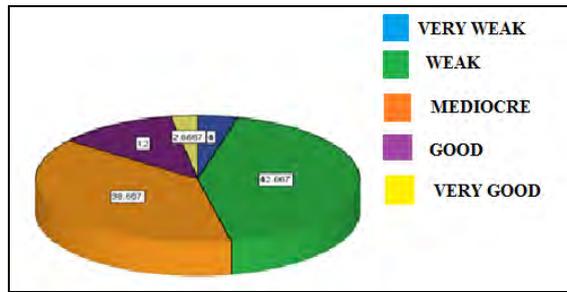
2. Attach importance to emotional development of athletes in your work?



**Figure 2.** The importance of emotional development in sport performance

This question percentages are close to those who say yes or substantively as follows: 48% say yes and 40% say largely, however those who say little to be 8% and those who are not considered 4%.

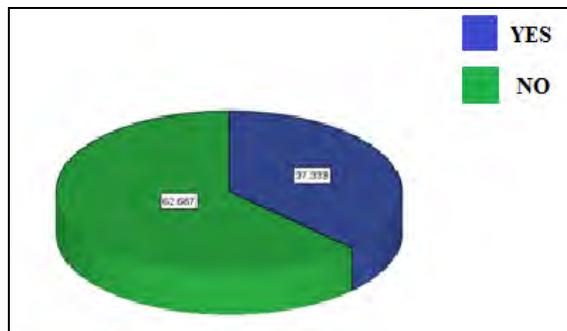
3. What is the level of implementation of development programs in training or competitions emotional in our country?



**Figure 3.** The application of emotional development programs

The answers to this question are interesting. Thus we see that a large percentage of specialists consider that the application of emotional development programs is poor, 43% and 38% think it is mediocre, which indicates that the best programs are not implemented. Other specialists in percentage 12% think the Good, 4% say it is very weak and only 3% think it is very good.

4. Have you ever participated in information sessions and training in emotional development techniques?

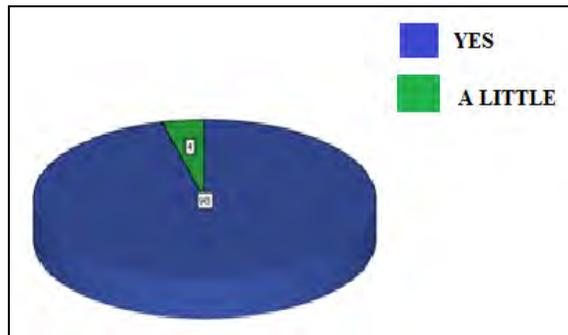


**Figure 4.** Participation in the program in terms of emotional development

As you follow the dynamics of responses to questions in the questionnaire before our looming increasingly clear application development stage and emotional development programs in artistic gymnastics in the country.

To this question the percentages are 63% for those who say they have not participated in trainings emotional development, however 37% say yes. That means the need for more information on these programs and their implementation in preparation coaches.

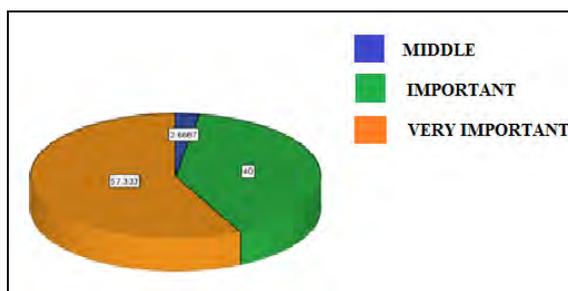
5. Do you think the emotional impact performance training of athletes in gymnastics competitions?



**Figure 5.** Influence on the performance of emotional development

Responses to the question which subjects are asked to indicate the influence emotional development of sports in artistic gymnastics performance shows that 96% of experts believe that emotional development has a very important role in obtaining performance, but only 4% believe the least. This means that the emotional preparation of athletes is regarded as an important factor in getting sports performance.

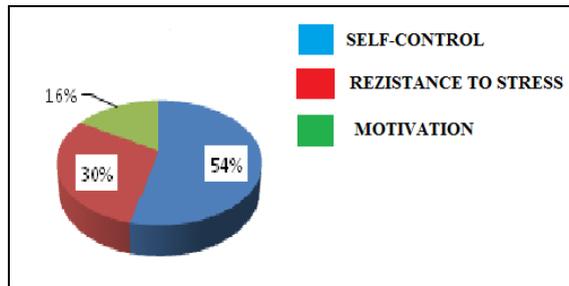
6. What place does psychological preparation in the preparation of your team?



**Figure 6.** Place of psychological preparation in the training

Place of psychological preparation training is considered as very important by 57% of those surveyed, 40% say important and environmental specialists say 3% of subjects. It is surprising that specialists take time from their schedule to prepare for psychological preparation.

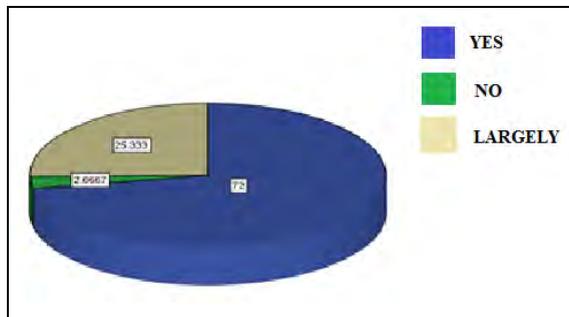
7. What do you think are the most important qualities of a psychic / a gymnast / s?



**Figure 7.** Mental qualities of gymnasts

From the figure above that Romanian experts believe the most important artistic gymnastics mental qualities that you must possess a gymnast is 54% self-control, stress resistance 30% and 16% motivation. Other subjects mentioned mental qualities in order of importance are: will, perseverance, courage, fortitude.

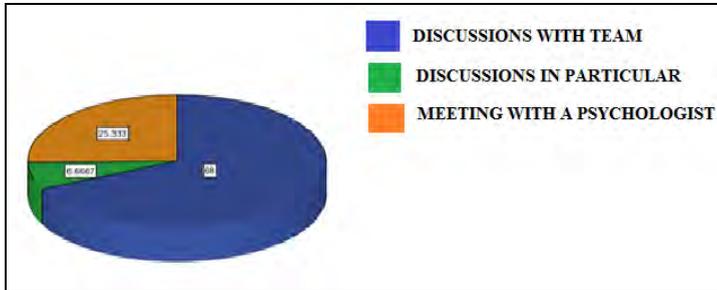
8. Do you think you can manage emotional methodological training your athletes training and competition, with a program of emotional development?



**Figure 8.** The power required to conduct psychological preparation

The analysis of this question shows that 72% of the specialists that because of their experience with a tracksuit and emotional development could prepare themselves in terms of emotional development athletes. 25% of those surveyed believe that they largely succeed, and 3% do not have confidence and say no.

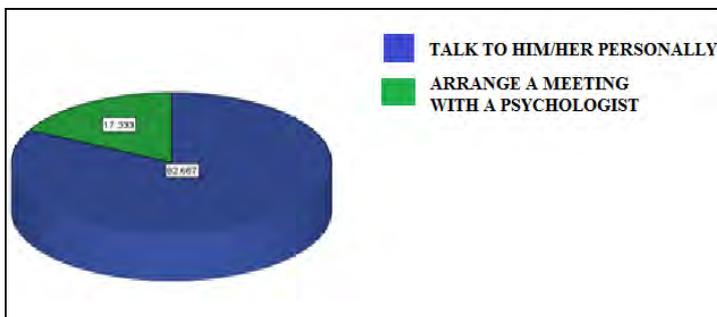
9. What are the methods and techniques we use emotional development of athletes in your team? List the most important ones in your opinion



**Figure 9.** The methods and techniques used in the emotional

To this question 68% of subjects used and considered the most important as the method of emotional development, team discussions. 25% of experts believe that discussions are particularly important as the application method and 7% believe that it is important to meet with a psychologist.

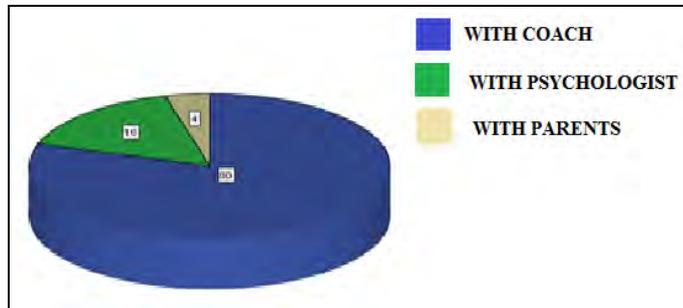
10. How do you react when a / an athlete / she whose mental capacity is diminished?



**Figure 10.** Coach reaction in certain limited circumstances

Through this analysis, 83% of staff specialists discuss sports, which appears to resolve personal trainer availability situation no calling a psychologist and 17% of respondents require a psychologist. It is observed that no topic has not let the issue go away, neglecting state athletes.

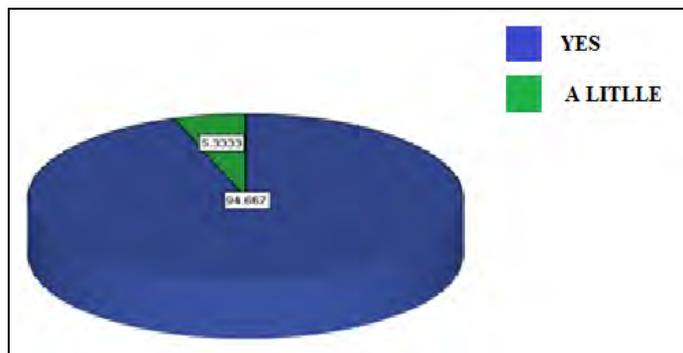
11. Who do you think should discuss the problems that sports mind?



**Figure 11.** Establishing person to discuss athletes

To this question 80% of those surveyed believe that the coach is the best person to solve problems in athletes, 16% and 4% believe that parents psychologist who could solve their children's problems. Through this analysis concludes that the coach believes that in addition to physical and technical preparation of athletes can take place and a psychologist.

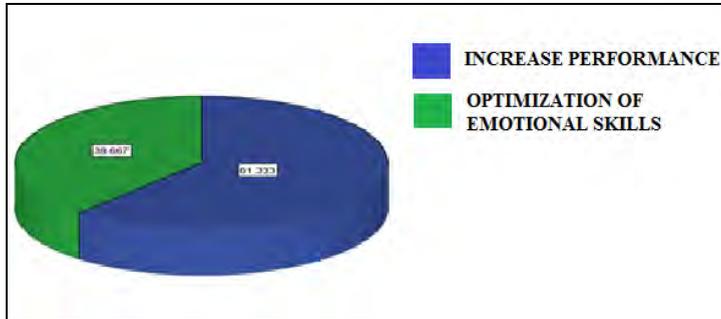
12. Did you implement a strategy to improve the emotional state of the athletes / sportsmen could affect your team's performance?



**Figure 12.** The influence of emotional development strategy on sports performance

To this question 95% of those surveyed believe that the implementation of strategies to improve mood can improve the performance of their team and only 5% think less. This forces us to pay more attention to these strategies, by making emotional development programs and their application in practice. Gratifying is that no coach did not consider strategies for improving mood can affect sports performance.

13. Formulate the most important objective should be to have this strategy in your opinion



**Figure 13.** Objective optimization strategy emotional development

From data analysis notes that 61% of the specialists see as main objective the increase sports performance and 39% of them indicated that secondary objective optimization and emotional skills.

## Discussions

Data from the analysis of the questionnaire addressed to specialists in artistic gymnastics shows that the process of preparing for the emotional development is still in its infancy and requires greater attention and involvement from those in the gym.

Our main objective was to find the need to develop emotional intelligence and emotional development of application programs in preparing athletes to improve sports performance. To this end we analyzed the opinion of specialists noting the urgent need to optimize the emotional development programs and their inclusion in the program of psychological training.

However, the specific issue of developing emotional intelligence is largely unknown and that importance is given to training athletes. The application of emotional development programs, unfortunately is small, probably in the absence of these specialized programs and sports industries due to poor participation of specialists in information sessions and training in emotional development techniques.

Gratifying is that coaches attached great importance to the training and psychological preparation in a largely considers the development of emotional intelligence influences athletic performance in training and competition.

It was also found in the data from the questionnaire that coaches have listed a gymnast important psychological quality that is important psychological factors in the development of emotional intelligence.

Due to changes in the practical requirements (code points) that are becoming increasingly difficult to achieve as an athlete and coach, coaches, and having more responsibilities, required the need to work more closely with psychologists to facilitate the proper training of athletes, both physically and emotionally.

Appreciated is that, based on these results, the coaches are willing to implement a training plan athlete's emotional development strategy and believes that these strategies can influence sports performance.

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