

Investigating the Relationship between Emotional Intelligence and Self-Efficacy of Physical Education Teachers in Ilam Province

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Abstract : The aim of the present study was to investigate the relationship between emotional intelligence and Self-Efficacy of physical education teachers in Ilam province. The research method is descriptive correlational. The study participants were of 170 physical education teachers (90 males, 80 females) with an age range of 20 to 50 years, who were selected randomly. The instruments for data collection were Emotional Intelligence Questionnaire Bar-on (1997) to assess the Emotional Intelligence teachers and Self-Efficacy Questionnaire to measure their Self-Efficacy. The questionnaires used in the interior are reliable and valid. To analyze the data, descriptive statistics and inferential tests (Kolmogorov-Smirnov test, Pearson correlation and multiple regression) at a significance level of $P < 0/05$ were used. The Results showed that there is a significant positive relationship between total emotional intelligence and Self-Efficacy of teachers, so the more emotional intelligence of physical education teachers the better the extent of Self-Efficacy. Also, the results arising from regression analysis gradually showed that among components of emotional intelligence, three components, the General Mood, Adaptability, and Interpersonal Communication to Self-Efficacy are of a significant positive relationship and are able to predict the Self-Efficacy of physical education teachers. It seems the application of this study's results can help to education authorities to promote the level of teachers' emotional intelligence and therefore the improvement of their Self-Efficacy and success in learners' teaching and training.

Keywords : emotional intelligence, self-efficacy, physical education teachers, Ilam province

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