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RESILIENCE AND EMOTIONAL INTELLIGENCE AS PREDICTORS OF ATHLETIC PERFORMANCE AMONG COMPETITIVE ATHLETES

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ABSTRACT
This study explores the relationship of resilience and emotional intelligence as predictors of athletic performance among competitive athletes. This study addresses the growing need to understand how the psychological factors contribute to performance beyond physical abilities. A total of 156 athletes aged 18–25 years, competing at the state level or higher, are assessed using the Resilience Scale (RS), Sports Emotional Intelligence Test (SEIT), and Athlete's Subjective Performance Scale (ASPS).The Correlation analysis indicates a positive significant relationship between emotional intelligence and athletic performance ($r = .300$, $p < .001$). Also, this study reveals that emotional intelligence as a significant positive predictor of athletic performance ($B = 0.0987$, $p < .001$). Among the resilience components, composure positively predicts performance, while perseverance and faith show significantly negative predictive effect.These findings highlight the importance of emotional intelligence and specific resilience components in enhancing athletic performance.

Keywords:*EMOTIONAL INTELLIGENCE, RESILIENCE, ATHLETIC PERFORMANCE, COMPOSURE, SPORTS PSYCHOLOGY*

INTRODUCTION
Competitive sport is a very highly demanding environment in which athletes perform under intense physical, psychological, and emotional pressure. Emotional processes play a important role in influencing perception, decision-making, motivation, and behavior during athletes' performance. Athletic success depends not only on physical ability but also on psychological readiness, making emotional competencies essential for athlete's optimal performance.

According to Mayer,et.al (2004), emotional intelligence is the ability to recognize emotion, comprehend emotions, and control emotions to foster personal development. It helps athletes to control their competitive pressure, stay focused, and perform consistently in a competitive setting. According to Kleinginna et al. (1981), emotions are a complex pattern of interactions between subjective as well as objective psychological factors that are mediated by neural-hormonal systems. These interactions can (a) result in affective experiences like arousal feelings, pleasure, or displeasure; (b) produce cognitive processes like perceptual effects which are emotionally relevant, appraisals, and process of labelling; (c) activate widespread of

physiological adaptations to those arousing conditions; and (d) result in behavior that is frequently, but not every time, expressive, goal-directed, and adaptive.

Resilience is -a process of "bouncing back" from adversity, leading to a return to previous, or superior(thriving), levels of functioning (Galli & Vealey, 2008). In sport settings, resilience helps athletes maintain psychological stability and recover from setbacks. It includes components such as perseverance, composure, self-reliance, and faith.

The present study evaluates the relationship among resilience, emotional intelligence, and athletic performance among competitive athletes and evaluates their predictive role in performance outcomes.

Purpose of the study

The purpose of this study is to examine the relationship among resilience, emotional intelligence, and athletic performance among athletes. The study aims to investigate whether emotional intelligence (SEIT) and resilience (RS) significantly influence athletes' performance (ASPS). It also seeks to determine the extent to which these psychological factors contribute to performance outcomes and whether they act as predictors of athletic performance.

Aim and objectives

To explore the emotional intelligence in relation to resilience and athletic performance of competitive athletes.

Objectives:

1. To investigate the relation between resilience and athletic performance.
2. To evaluate the relationship between athlete's emotional intelligence and their performance.
3. To investigate the combined effect of resilience and emotional intelligence on athletic performance.

Hypotheses

H_a : There is a positive significant relation between both resilience and emotional intelligence, and athletic performance, with athletes exhibiting higher levels of both resilience and emotional intelligence performing better.

H_0 : There is no significant relation among resilience, emotional intelligence, and athletic performance, meaning neither resilience nor emotional intelligence significantly impacts athletic performance.

METHODOLOGY

Sample

The study include 156 competitive elite athletes aged between 18 and 25 years from various sports at the GNDU Amritsar campus. Participants compete at the state level or higher.

Research Design

A quantitative research study with correlational analysis is used to examine the relationships among resilience, emotional intelligence, and athletic performance of 156 competitive elite athletes.

Instruments

Three measures are used in this study,

- **Resilience Scale (RS) [2017]** : The Resilience Scale has 30 items developed by Dr. VijayaLakshmi and Dr. Shruti Narain measures resilience through four dimensions: Perseverance,Composure, Self-reliance, and Faith.

- **Sports Emotional Intelligence Test (SEIT) [2002]:** It consists of 15 items, developed by Dr. C.D. Agashe and Dr. R.D. Helode assesses emotional intelligence in sports contexts.

- **Athlete's Subjective Performance Scale (ASPS) [2016]**: Developed by Nahum, O., Ben-Ami, M., Cohen, D., & Shivek, A.to assessathletes' subjective performance. The ASPS allows athletes to ratetheir own performance on six items.

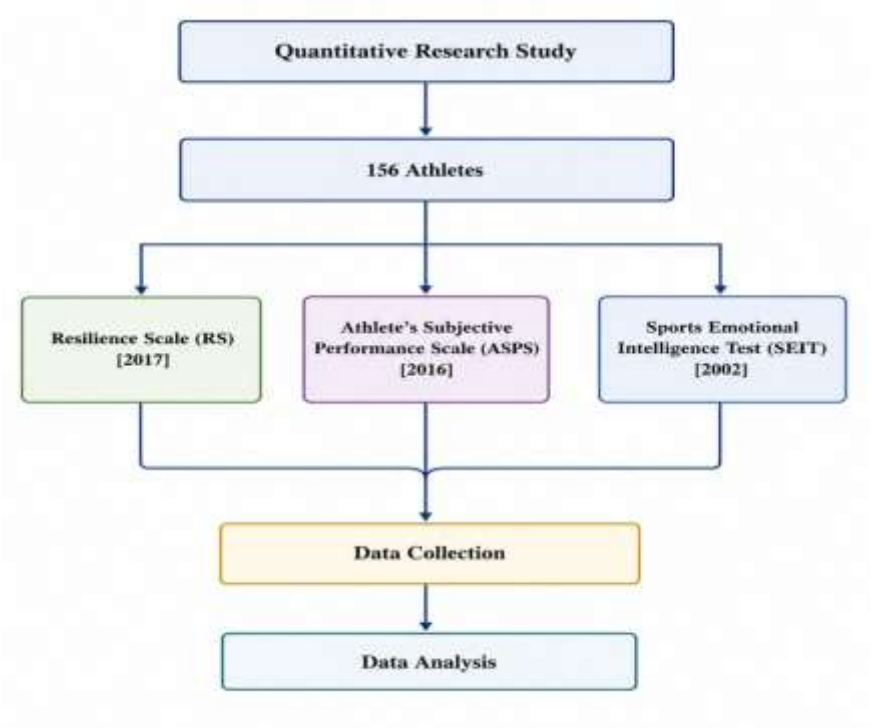
Procedure

Data is collected using the Resilience Scale (RS), Sports Emotional Intelligence Test (SEIT), and Athlete's Subjective Performance Scale (ASPS). Participants provide informed consent and complete the instruments in a single session.

Data are analyzed using descriptive statistics, correlation and multiple regression techniques.

Ethical Clearance

Thisstudyholdsapproval fromtheinstitutionalEthicsCommittee(Number3953/HG, Dated: 18/06/2025) of Guru Nanak Dev University,Amritsar, Punjab.



RESULTS

The results demonstrate the relationships among Emotional Intelligence (SEIT), Resilience (RS) and Athletic Performance (ASPS) among 156 elite athletes. Descriptive statistics used to summarize the key characteristics of the variables, correlation analysis explores the associations between variables, followed by regression analysis to identify significant predictors of athletic performance

Table 1: *The means and standard deviations of all the measured variables on total sample (N = 156)*

Variables	Mean	S.D.
Age	21.55	2.00
SEIT	55.70	26.20
Perseverance	27.75	2.82
Composure	31.45	3.25
Self-Reliance	23.90	2.37
Faith	20.90	2.09
ASPS	35.10	7.41

Note. S.D= Standard deviation, SEIT= Sports Emotional Intelligence Test, ASPS= Athlete Subjective Performance Scale.

This table reveals the mean age of the participants is 21.55 years (SD = 2.00). The mean score of emotional intelligence (SEIT) is 55.70 (SD = 26.20), suggesting moderate variability among athletes. Among the resilience components, perseverance shows a mean of 27.75 (SD = 2.82), composure shows a mean of 31.45 (SD = 3.25), self-reliance shows a mean of 23.90 (SD = 2.37), and faith shows a mean of 20.90 (SD = 2.09). These values indicate that the athletes generally demonstrate moderate to high levels across the different dimensions of resilience.

The mean score of athletic performance (ASPS) is 35.10 (SD = 7.41), reflecting a moderate level of perceived performance among the participants. Overall, the descriptive statistics indicate that the sample exhibits balanced levels of emotional intelligence, resilience, and athletic performance, with reasonable variability across variables

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Table 2*The intercorrelations among all the measured variables on total sample (N = 156)*

Variables	TOTAL SEIT	TOTAL ASPS	Total Resilience	Perseverance	Composure	Self-Reliance	Faith
TOTAL SEIT	—						
TOTAL ASPS	0.300***	—					
Total Resilience	0.213**	0.021	—				
Perseverance	0.244**	-0.060	0.385***	—			
Composure	0.208**	-0.029	0.365***	0.981***	—		
Self-Reliance	0.273***	-0.044	0.383***	0.980***	0.956***	—	
Faith	0.170*	-0.100	0.299***	0.934***	0.960***	0.896***	—

Note. *p < .05, **p < .01, ***p < .001, SEIT = Sports Emotional Intelligence Test, ASPS = Athlete Subjective Performance Scale. N = 156

This table shows a positively significant relation between SEIT and ASPS (r = 0.300, p < .001), indicating that higher emotional intelligence is associated with better athletic performance. SEIT also shows positively significant relation with Total Resilience (r = 0.213, p < .01), Perseverance (r = 0.244, p < .01), Composure (r = 0.208, p < .01), Self-Reliance (r = 0.273, p < .001), and Faith (r = 0.170, p < .05). This suggests that the emotional intelligence (SEIT) is positively related to resilience and its various dimensions.
Further, Total Resilience demonstrate a strong positive correlations with all its sub-dimensions: Perseverance (r = 0.385, p < .001), Composure (r = 0.365, p < .001), Self-Reliance (r = 0.383, p < .001), and Faith (r = 0.299, p < .001), confirming internal consistency of the resilience construct.

Table 3 *Regression analysis predicting Athletic Performance*

Predictor	B	SE	t	p
Gender (Male–Female)	-1.5422	2.2030	-0.700	.485
Emotional Intelligence	0.0987	0.0213	4.626	**.001**
Total Resilience	-0.0280	0.0544	-0.514	.608
Perseverance	-3.4436	1.4961	-2.302	**.023**
Composure	4.5246	1.3293	3.404	**.001**
Self-Reliance	0.6271	1.6682	0.376	.708
Faith	-3.5328	1.0058	-3.513	**.001**

Note. B = regression coefficient; SE = standard error; t = t-value; p = significance level.

This Table show emotional intelligence as a significant positivepredictor of athletic performance (B = 0.0987, p = .001). This indicates that athletes with higher emotional intelligence tend to demonstrate better performance outcomes. Similarly, composure also found to be a significant positive predictor (B = 4.5246, p = .001), suggesting that athletes who are able to remain calm and emotionally stable under pressure perform better in competitive situations. On the other hand, perseverance (B = -3.4436, p = .023) and faith (B = -3.5328, p = .001) showed significant negative relationships with athletic performance within the regression model.

DISCUSSION

This study investigates the influence of emotional intelligence and resilience as predictors of athletic performance in elite athletes. The results reveal that the athlete's emotional intelligence is positively significantly relation with their performance. The subscales of resilience such as composure, perseverance

and faith also shown significant relation with athletic performance. The composure exhibits positive relation with athletic performance while perseverance and faith shown negative relation with athletic performance. These findings indicates that the emotional intelligence plays a very important part in determining how effectively athletes perform in competitive environments. Athletes with higher levels of emotional intelligence may able to perceive, regulate, and utilize emotions better, which likely enhances their focus, decision-making, and to cope with competitive pressure (Mayer, Salovey, & Caruso, 2004). Emotional intelligence likely facilitates improved focus, stress management, and decision-making under pressure, which are critical determinants of performance (Laborde, Dosseville, & Allen, 2016).

In relation to resilience, the findings present a more complex pattern. Notably, composure emerges as a significant positive predictor of athletic performance, which is importance for emotional stability and calmness under pressure in enhancing the athlete's performance. In the regression analysis, one interestingly important finding of this study reveals the negative relationship of perseverance and faith (subscales of resilience) with athletic performance. One possible explanation is that this study includes elite athletes and they are driven towards consistency, excessive perseverance may reflect rigid persistence without adaptive flexibility, which could hinder performance when athletes fail to modify ineffective strategies. Similarly, athletes with higher reliance on faith may indicate a tendency toward external attribution, potentially reducing active problem-solving and performance-oriented behaviors.

The results of this study are largely consistent with existing literature regarding emotional intelligence, a key factor which influences performance of athletes improving emotional control, reduced anxiety, and enhanced coping strategies (Lane et al., 2009; Laborde et al., 2016). The positive effect of composure supports earlier research emphasizing emotional stability as a critical component of performance (Fletcher & Sarkar, 2012; Gucciardi, Gordon, & Dimmock, 2009).

The practical implications for sports psychology and athlete development. The strong predictive role of emotional intelligence which suggests that psychological training programs focusing on emotional regulation, self-awareness, and coping strategies which may significantly enhance athletic performance. Coaches and sport psychologists should add emotional intelligence training sessions into athlete practice routines.

CONCLUSION

Emotional intelligence functions as a core psychological mechanism influencing athletic performance. It enhances athletes' ability to regulate emotions and maintain performance consistency under pressure. While Resilience does not function as a uniform construct in predicting performance outcomes. Composure helps to facilitate athlete's optimal performance. It reflects emotional stability that supports effective decision-making during competition. The combined psychological profile indicates that performance depends on selective emotional and resilience-based competencies rather than overall trait levels.

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Conflict Of Interest: The author declared no conflict of interests.

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