

P-549 - RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND EATING DISORDER AMONG ATHLETES WRESTLING AND FOOTBALL

M.Homayounnia, M.Sheykh, A.Homayouni

Faculty Physical Education and Science Sport University of Tehran, Tehran, Iran

Introduction: The aim of this study is investigated the relationship between components of emotional intelligence and disorder eating in athletes wrestling and football.

Methodology: This study is type descriptive -solidarity. society statistical wrestlings and football players in the nation's youth league is of 180 people who were field sport the two groups (91 football players and 89 wrestling) were divided . data for analysis of descriptive and inferential statistical software spss16 and ks test for normal data and Spearman correlation coefficient test was used for the survey link. All tests at the significance level of 0 / 05 was done.

Results: Most soccer players(%71 / 4) and wrestlers (%85/4) had no eating disorder. Among the components of the application of negative emotion associated with components of bulimia in football (-./212) components and expression of emotion and the the impotence of positive correlation (./206) and these two variables showed a negative relationship between the wrestlers (./283)

Discuss and result: Base on this research Emotional intelligence training and employing people, both athletes and non athletes can be expected that Eating disorders and problems reduce and emotions of people adjusting their diets are appropriate.