

## A Conceptual View and Non-Psychometric Assessment of Emotional Intelligence and Mental Health and their Relationship with National-level Coaches

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### ABSTRACT

Assessing the mental health and emotional intelligence of national level coaches is important for identifying areas where support may be needed and taking proactive steps to address any issues. Techniques include self-assessment, feedback from others, psychological assessments, and mental health screenings. **Introduction:** This article discusses assessment techniques that coaches and sports organizations can use to evaluate the emotional intelligence and mental health of national level coaches. **Methodology:** The techniques include self-assessment, feedback from others, psychological assessments, and mental health screenings. By using these techniques, coaches and organizations can identify areas where support may be needed and take proactive steps to address any issues. **Conclusion:** Mental health and emotional intelligence are crucial in sports, as national level coaches play a significant role in shaping the mindset and emotional well-being of their athletes. Assessing the mental health of coaches is essential for creating a positive coaching environment and promoting the well-being of both coaches and athletes.

**Keywords:** *Behaviour, Confidence, Emotional Intelligence, Intelligence, Mental Health, Personality*

In recent years, there has been a growing awareness of the importance of mental health and emotional intelligence in sports. National level coaches play a crucial role in shaping the mindset and emotional well-being of their athletes. Therefore, it is important to assess the mental health and emotional intelligence of national level coaches.

Mental health issues such as anxiety, depression, and burnout are common among athletes. National level coaches are responsible for managing the mental health of their athletes and providing them with the necessary support and resources. However, coaches themselves may also experience mental health challenges due to the high-pressure environment they work in. Therefore, assessing the mental health of national level coaches can help identify any potential issues and provide them with the support they need.

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Emotional intelligence is another important factor in coaching. Coaches with high emotional intelligence are better able to understand and connect with their athletes, which can lead to better performance and overall well-being. Emotional intelligence also helps coaches to manage their own emotions and respond appropriately to challenging situations. Assessing the emotional intelligence of national level coaches can help identify areas for improvement and provide them with training and support to develop their emotional intelligence skills. This can ultimately lead to better relationships with athletes, improved performance, and a more positive coaching environment.

In addition, assessing the mental health and emotional intelligence of national level coaches can help reduce the stigma surrounding mental health in sports. By openly discussing mental health and emotional intelligence, coaches can create a culture of openness and support for their athletes. Overall, assessing the mental health and emotional intelligence of national level coaches is crucial for creating a positive coaching environment and promoting the well-being of both coaches and athletes. It is important for sports organizations to prioritize mental health and emotional intelligence in their coaching staff and provide the necessary resources and support to ensure that coaches are able to effectively manage their own mental health and that of their athletes.

### ***Relationship between Coaching and Emotional Intelligence of Coaches***

The emotional intelligence of coaches plays a significant role in creating a positive coaching environment and promoting the mental health of athletes. Emotional intelligence refers to the ability to understand and manage one's own emotions, as well as the emotions of others. Coaches with high emotional intelligence are better equipped to communicate effectively with their athletes, understand their needs and concerns, and provide appropriate support. They are also able to manage their own emotions in high-pressure situations, which can help reduce stress and anxiety for both themselves and their athletes.

Additionally, coaches with high emotional intelligence are more likely to create a supportive and positive team culture, which can have a significant impact on the mental health and well-being of athletes. By fostering a culture of open communication, empathy, and support, coaches can help reduce stigma around mental health and create an environment where athletes feel comfortable seeking help when needed. So, the emotional intelligence of coaches is essential for creating a positive coaching environment that promotes the mental health and well-being of athletes. By prioritizing the emotional intelligence of coaches, sports organizations can help ensure that athletes receive the necessary support and resources to thrive both on and off the field.

### ***Need to Manage the Emotional Intelligence of Coaches***

Sports organizations can manage the emotional intelligence of coaches by providing training and development programs that focus on emotional intelligence skills. These programs can help coaches develop their ability to understand and manage their own emotions, as well as the emotions of their athletes. Sports organizations can also prioritize hiring coaches with high emotional intelligence and conduct assessments during the hiring process to ensure that coaches possess the necessary skills. Additionally, organizations can provide ongoing feedback and support to coaches to help them continue to develop their emotional intelligence skills.

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By managing the emotional intelligence of coaches, sports organizations can create a culture that prioritizes the mental health and well-being of athletes, ultimately leading to better performance and a more positive team environment.

### ***Relationship between Coaching and Mental Health of Coaches***

The mental health of coaches plays a crucial role in shaping the mindset and emotional well-being of their athletes. Coaches who are struggling with mental health issues may not be able to provide the necessary support and resources to their athletes, which can ultimately lead to poor performance and negative outcomes. Furthermore, coaches who are experiencing mental health challenges may also have difficulty managing their own emotions and responding appropriately to challenging situations. This can create a negative coaching environment and negatively impact the mental health and well-being of both coaches and athletes.

Therefore, it is important for sports organizations to prioritize the mental health of coaches and provide them with the necessary support and resources to effectively manage their own mental health and that of their athletes. By doing so, coaches can create a positive coaching environment that promotes the well-being and success of their athletes.

### ***Need to Manage the Mental Health of Coaches***

This can be done through various measures such as providing access to mental health services, offering training and education on mental health, creating a supportive and open culture around mental health, and promoting work-life balance. Sports organizations can also prioritize the mental health of coaches by regularly checking in with them, providing opportunities for feedback and support, and encouraging them to take time off when needed. Additionally, organizations can promote a healthy work environment by reducing stressors such as excessive workload and unrealistic expectations.

Ultimately, prioritizing the mental health of coaches is crucial for creating a positive coaching environment that promotes the well-being and success of athletes. By supporting the mental health of coaches, sports organizations can help ensure that athletes receive the necessary resources and support to thrive both on and off the field.

### ***Emotional Intelligence and Mental Health Issues Faced by The Coaches***

Coaches are often under a great deal of stress and pressure, which can take a toll on their mental health. Emotional intelligence skills can help coaches manage their own emotions and stress levels, which in turn can help prevent burnout and other mental health issues. Furthermore, coaches are often in a position to support the mental health of their athletes. By developing their emotional intelligence skills, coaches can better understand and respond to the emotional needs of their athletes, helping to create a more supportive and positive team environment.

Sports organizations can also provide resources and support for coaches who may be struggling with mental health issues. This can include access to counseling services, mental health education and training, and flexible work arrangements to help manage stress and prevent burnout. Overall, prioritizing the emotional intelligence and mental health of coaches can have a positive impact on both coaches and athletes, leading to better performance, increased well-being, and a more positive team culture.

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### *Emotional Intelligence and Mental Health Assessment Techniques*

There are several assessment techniques that coaches and sports organizations can use to evaluate emotional intelligence and mental health. These include:

- **Self-assessment:** Coaches can reflect on their own emotions, stress levels, and coping mechanisms to identify areas where they may need to improve their emotional intelligence skills
- **Feedback from others:** Coaches can ask for feedback from colleagues, athletes, and other stakeholders to gain insight into how their behavior and communication style impacts others.
- **Psychological assessments:** Sports organizations can provide coaches with access to psychological assessments such as the Myers-Briggs Type Indicator or the Emotional Quotient Inventory to help them better understand their emotional intelligence strengths and weaknesses.
- **Mental health screenings:** Sports organizations can offer coaches mental health screenings to identify any potential mental health issues and provide appropriate support and resources.
- By using these assessment techniques, coaches and sports organizations can identify areas where emotional intelligence and mental health support may be needed, and take proactive steps to address these issues.

### **CONCLUSION**

Mental health and emotional intelligence are crucial in sports, as national level coaches play a significant role in shaping the mindset and emotional well-being of their athletes. Assessing the mental health of coaches is essential for creating a positive coaching environment and promoting the well-being of both coaches and athletes. Coaches with high emotional intelligence are better equipped to understand and connect with their athletes, leading to better performance and overall well-being. Sports organizations should prioritize the mental health of coaches by providing access to mental health services, training, and education, creating a supportive culture, and promoting work-life balance. Regular check-ins, feedback, and support are also essential. Additionally, organizations can promote a healthy work environment by reducing stressors and unrealistic expectations. To manage the emotional intelligence of coaches, sports organizations can provide training and development programs, prioritize hiring coaches with high emotional intelligence, conduct assessments during the hiring process, and provide ongoing feedback and support. This approach can lead to better performance, increased well-being, and a more positive team culture. Several assessment techniques can be used to evaluate emotional intelligence and mental health in coaches and sports organizations. By prioritizing these factors, sports organizations can create a culture that prioritizes the mental health and well-being of their athletes, ultimately leading to better performance, increased well-being, and a more positive team culture.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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