

Title:

Emotional intelligence training program for adolescents involved in intensive training centers – a replication study on a Polish group of table tennis players.

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Abstract:***Background:***

The study aimed to replicate a French intervention program designed to develop emotional intelligence in adolescent table tennis players training at intensive training centers.

Methodology:

Twenty adolescent table tennis players (12 males, 8 females; $M = 15.7$, $SD = 2.0$) were recruited from table tennis clubs. Participants represented three competitive levels: trained/developmental, highly trained/national, and elite/international.

The intervention comprised five workshops covering several mental training topics, followed by a five-month follow-up period during which players received text message reminders every three weeks. Participants completed *The Profile of Emotional Intelligence* to assess emotional intelligence (EI), with data collected before the first and after the last workshop, and after the follow-up period, and the original authors' logbook of emotions, which measured emotions, emotion regulation strategies, and cognitive evaluations using a single-item approach, with data collected at each workshop and after the follow-up period.

Hypotheses were tested using Multilevel Growth Curve Analysis (MGCA). Mean scores across repeated assessments were calculated for emotional intelligence dimensions, emotion regulation strategies, emotions, and cognitive appraisals. Interactions between gender and time were calculated using MGCA, followed by simple effects and simple slope analyses when significant.

Results:

Intrapersonal emotional intelligence predicted lower levels of less-adaptive emotion regulation, anger, rumination, anxiety, and catastrophizing, and significantly improved intrapersonal and global emotional intelligence among female players.

Conclusion:

The findings indicate that emotional intelligence can be developed in adolescent athletes and highlight its relationship with perceived emotions, cognitive appraisals, and emotion regulation strategies, and emphasize the importance of interventional studies in sport psychology.

Keywords:

emotional intelligence, adolescent athletes, table tennis, mental training