

# Analysis of Emotional Intelligence and Sports Injuries in Body Contact Athletes

Ayu Dewi Setyawati<sup>1</sup>, Razali<sup>1</sup>, Mansur<sup>1</sup>, Miskalena<sup>1</sup>, Muhammad Iqbal<sup>1</sup>,  
Amanda Sukriadi Putra<sup>1</sup>

<sup>1</sup> *Syiah Kuala University*

Jln. Teuku Nyak Arief, Darussalam, Banda Aceh, Aceh, 23111, Indonesia

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Corresponding Author:

[Razali](#)

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**Abstract.** Emotional intelligence and sports injuries are crucial aspects that athletes must develop to manage the pressure of competition, maintain focus on proper technique, and make informed decisions. Without adequate emotional intelligence, athletes are more vulnerable to injury, often due to excessive aggressiveness, impulsive decision-making, or emotional tension that can affect their physical performance and increase the risk of sports-related injuries. This study aims to determine the level of emotional intelligence and the incidence of sports injuries among body contact athletes assisted by KONI Aceh. Using a quantitative approach with descriptive research type. The study population consisted of body contact athletes, specifically martial arts sports groups such as karate, kickboxing, muay thai, pencak silat, and combat and game sports athletes, including basketball, kabaddi, korfbal, rugby, and soccer, totalling 200 athletes. The sample was taken from as many as 50% (100 athletes) using a probability sampling technique with a random sampling method. The data collection technique involved distributing a questionnaire, specifically an emotional intelligence questionnaire with thirty statement items and a sports injury questionnaire, each consisting of thirty statement items, to athletes online via Google Forms. The results of the research on the level of emotional intelligence of body contact athletes coached by KONI Aceh are in the strong category, with a frequency of 59 athletes, with a percentage of 59% which indicates that most athletes have a fairly good ability to manage emotions, control psychological pressure that can reduce the risk of sports injuries. Meanwhile, the level of athlete sports injuries is in the low category, with a frequency of 87 athletes, representing 87% of the total, which indicates that athletes do not experience serious injuries or are in good recovery condition. The high emotional intelligence possessed by athletes contributes to the low incidence of injuries, as their ability to manage emotions and stress during training or matches plays a crucial role in preventing a higher risk of injury.

**Keywords:** Emotional intelligence; injury; body contact sports.

## INTRODUCTION

Performance sport is a physical activity that not only demands technical ability, but also involves the physical, mental, and emotional aspects of sports players. The level of achievement of peak performance is

determined by mental maturity and resilience in overcoming various difficulties during competition [1]. Emotional intelligence plays a crucial role in determining how an athlete behaves dur-

ing a match, particularly in body-contact sports. These sports involve direct physical interaction between players, which can evoke stronger emotional responses among athletes compared to non-body contact sports [2].

Changes in a person's behaviour due to negative emotions can be observed through increased rudeness, aggression, and carelessness, resulting in reduced coordination and movement accuracy [2]. So that athletes fail to anticipate collisions or

physical contact that could potentially cause them injury. Sports injuries can affect an athlete's physical performance and hurt their psychology, such as fear of returning to play, anxiety, and even prolonged stress. Emotional intelligence plays an important role in helping athletes manage the psychological impact of injury.

Athletes with high emotional intelligence tend to have a better ability to cope with difficult situations in competition, including the recovery process from injury. The analysis of emotional intelligence and sports injuries experienced by athletes is a crucial aspect that needs to be developed to manage the pressure of competition, maintain focus on correct technique, and make informed decisions. Without adequate emotional intelligence, athletes are more susceptible to injury, often due to excessive aggressiveness, impulsive decision-making, or emotional tension that can negatively impact their physical performance.

## METHODS

This research uses a quantitative approach with a descriptive research type. According to [3], quantitative descriptive research is a method that aims to describe or explain an event or phenomenon that occurs using numbers, from data collection and interpretation to presentation and results. The approach in this study is used to determine emotional intelligence and the incidence of sports injuries experienced by body-contact athletes, using a questionnaire with a Likert scale. The study then explains the phenomena that occur, displays the results, and concludes. This research was conducted online via a Google Form in March 2025.

The population in this study consisted of athletes from martial arts sports groups, namely karate, kickboxing, muay thai, pencak silat, and combat, as well as athletes from game sports groups, including basketball, kabaddi, korfbal, rugby, and soccer, totalling 200 athletes. The sampling technique employed is probability sampling, a method in which each member of the population has an equal opportunity to be selected, utilising the random sampling approach. Done by randomly drawing numbers by taking 50% of the total population of 100 athletes.

The research data collection technique uses two questionnaires, namely the emotional intelligence questionnaire which is measured by

adapting from Reuven Bar-On's theory, namely the Emotional Quotient Inventory (EQ-i) [4], which consists of 30 statements consisting of 4 indicators, namely 1) intrapersonal indicators, 2) interpersonal indicators, 3) stress management indicators, and 4) indicators of the ability to adapt, while the questionnaire on sports injuries and their handling was adopted from research [5] which consisted of 30 statements with six indicators, namely 1) sports injuries experienced, 2) indicators of injury causes, 3) post-injury indicators, 4) Indicators of sports injury recovery, 5) indicators of sports injury prevention, and 6) first handling.

Data analysis of questionnaire calculations and percentages using a Likert scale. The answer results were multiplied by the score according to Likert's provisions and used as a percentage [6]. After obtaining a percentage for each answer on each item, a scale is made to determine the limits of the percentage answer results.

## RESULTS AND DISCUSSION

Based on the research carried out, data on the results of emotional intelligence and sports injuries among athletes, compiled by KONI Aceh, are obtained. Data obtained through 30 statements, which are divided into four indicators of emotional intelligence tests, namely: 1) intrapersonal 8 statement items, 2) interpersonal 6-item statements, 3) stress management four statements, and 4) adaptability 12 statement items. While the sports injury data consists of 30 statements which are divided into six indicators, namely: 1) sports injuries experienced 13 statement items, 2) causes of sports injuries 4 statement items, 3) post-sports injury 3 statement items 4) recovery injury sports three items statement, 5) prevention of sports injuries 5 statement items and 6) first handling 2 statement items.

Based on the data above, it can be seen that body contact athletes with the highest emotional intelligence are in the degree of combat sport, with a very strong category with a frequency of 7 athletes and a percentage of 70%, and a strong category with a frequency of 3 athletes and a percentage of 3%. This indicates that the average athlete can effectively manage their emotions. While body contact athletes with the lowest level of emotional intelligence are present in the rugby sport, they are in a very strong category, with a

frequency of 1 athlete and a percentage of 10%. This suggests that athletes have not optimally managed their emotions, which may be due to a more aggressive style of play compared to other sports that involve body contact.

Meanwhile, body contact athletes with the lowest level of sports injuries are found in basketball and combat, with a frequency of 1 athlete and a percentage of 10% in the very weak category, and a frequency of 9 athletes with a percentage of 90% in the weak category. At the same time, kabaddi is a sport with the highest injury rate, with 60% of athletes falling into the weak category and 40% into the moderate category.

Based on the results of data analysis, the percentage of emotional intelligence of body contact athletes KONI Aceh is divided into several categories, namely: 1) a very strong category with a percentage of 40%, 2) a strong category with a percentage of 59%, 3) a very strong category with a percentage of 59%, 4) moderate category with a percentage of 1%. It can be seen that the majority of KONI Aceh body contact athletes possess strong emotional intelligence, with 59% of athletes falling into this category, and a frequency of 59 athletes. This indicates that, in general, athletes possess a good ability to recognise, manage, and express emotions positively, which is a crucial factor in supporting performance in sports that involve high pressure and physical contact.

While the percentage of sports injuries of body contact athletes KONI Aceh, is divided into several categories as follows: 1) very weak category with three athletes and 3% percentage, 2) weak category with 87 athletes and a percentage of 87%, 3) moderate category with 10 athletes and a percentage of 10%. It can be seen that the majority of athletes fall into a low (weak) sports injury category, at 87%. This demonstrates that athletes can effectively manage themselves, including using the right techniques, maintaining their fitness, and following their coach's directions. The awareness of athletes in maintaining a fit body and avoiding injuries during training or matches is also an important factor in supporting these results.

An athlete who has good emotional control can express and consider their feelings with confidence and courage [7]. Additionally, individuals can develop strong relationships with others, manage their emotions effectively, and remain attentive. Good emotional intelligence enables a

person to regulate or hold back when they know they are in an emotionally unstable state, as expressing it can harm themselves and the surrounding environment [8].

The average KONI Aceh body contact athlete has emotional intelligence in the strong category, with 59 athletes, representing 59% of the total. This indicates that athletes possess good emotional intelligence, which enables them to recognise and understand their own and others' emotions (self-awareness and empathy), manage emotions constructively in stressful situations (self-control), and stay motivated while building positive social relationships with teammates and opponents.

The various kinds of emotions that arise encourage individuals to respond to existing stimuli. The emergence of emotions is influenced by factors such as self-readiness, opponents, field conditions, referees, spectators, and the outcome of winning or losing. According to [2], generally, victory brings positive emotions, while defeat brings negative emotions. Each match provides athletes with an opportunity to adapt to the results achieved. Therefore, experienced athletes consider winning and losing a logical part of the event.

Generally, two factors influence emotional intelligence: family aspects and social environment [9]. The family plays a crucial role in shaping intelligence. If parents progressively provide guidance, attention, and support for children's interests, a healthy emotional balance will be formed. Social support, both psychological and physical, provided by coaches and teammates, significantly contributes to enhancing the emotional stability of athletes. Rather, this support helps alleviate the pressure of the match, providing a sense of security and motivation for practising and competing.

In contrast to the emotional intelligence of athletes who are in the strong category of sports injuries in body contact athletes, the sports injuries in body contact athletes were classified in a weak category, with a frequency of 87 athletes and a percentage of 87%. This data shows that the majority of athletes show a low level of sports injury (weak). This shows that the majority of athletes do not experience serious injuries. However, the level of injury is classified as low (weak), serious attention is still needed to the factors that cause injuries that may occur, especially in body contact sports, which have hard physical characteris-

tics, direct contact, and high body collisions, such as technical errors, unbalanced training patterns, or lack of recovery.

Sports injuries, if not treated promptly and correctly, can worsen and result in physical disturbances and limitations, both in performing daily activities and engaging in physical activities for the athlete concerned. Not only does it interfere with daily activities, but it can also hinder the training process and the development of athletes' achievements and performance. Even for athletes, this can mean a long break or even having to leave their hobby / or profession altogether [5]. Injuries can also have a psychological impact, including trauma, fear of returning to the arena, and decreased motivation and confidence, which can significantly affect the athlete's overall performance.

To effectively manage and prevent injuries, athletes and coaches need to understand the various types of injuries commonly encountered in body sports, including sprains, strains, bruises, dislocations, and fractures. Contact sports can lead to a range of injuries, including sprains, muscle strains, bruises, dislocations, and fractures. Additionally, it is essential to understand how the body responds to these injuries to determine the most effective and appropriate treatment [5]. According to research [10], the habit of warming up before exercise has been shown to reduce the risk of sports-related injuries.

In body contact sports, there is always a direct physical collision, which can lead to the emergence of negative emotional feelings, such as anger, acting impulsively, and aggression among sportspeople or athletes competing. This can result in less careful action and increase the risk of injury. Proven cases of riots in sports matches are most commonly associated with sports that involve body contact [2]. Because in body-contact sports, there is direct physical contact between players. This gives rise to an emotional reaction, specifically a change in the level of excitement that can either inhibit or facilitate a person's desire to behave or act [2].

Based on the data obtained, the emotional intelligence of body contact athletes coached by KONI Aceh falls into the strong category, with 59 athletes. This suggests that most athletes possess a fairly good ability to manage emotions and control psychological pressure, which can reduce the risk of sports injuries. Meanwhile, the athlete's sports injury rate falls into the low category, with

87% of athletes not experiencing serious injuries or recovering well. This condition suggests that the high emotional intelligence possessed by athletes contributes to the low incidence of injuries, as the athlete's ability to manage emotions and stress during training or matches plays a crucial role in reducing the risk of injury.

Based on research [11], a person with high emotional intelligence can exercise self-control well, meaning that the higher the emotional intelligence possessed, the more able the individual will be to control themselves. Conversely, when individuals have uncontrolled emotions, it can lead to negative changes in behaviour, which may be evident in being rude, impulsive, angry, and less cautious in their actions [2]. This can interfere with coordination and reduce movement accuracy, causing athletes to fail to anticipate collisions or potentially injurious physical contact.

Some recommended psychological techniques [12] in injury prevention programs include:

- 1) Mindfulness, which can help athletes focus on the present moment, consciously recognise emotions and body sensations, and reduce excessive emotional reactivity.
- 2) Imagery (Mental Visualisation), this technique allows athletes to mentally imagine various match situations or potential injuries and adaptive responses to them.
- 3) Self-Talk Constructive internalised speech can reduce emotional tension and improve focus.
- 4) Stress management includes recognising stress triggers, using healthy coping strategies, and managing stress. Breath or emotion control exercises help athletes avoid being carried away by mental stress, which can lead to impulsive decisions or dangerous movements.
- 5) Relaxation. The goal is to reduce muscle tension and calm the nervous system before, during, and after the game, thereby minimising the risk of injury.
- 6) Goal Setting Involves formulating clear, measurable, and realistic goals in training and competition that help athletes stay motivated and focused, and reduce the tendency to act aggressively or carelessly, which can lead to injury.

## CONCLUSIONS

Based on the results of data analysis, the conclusions of the research results can be formulated, namely as follows:

The level of emotional intelligence among body contact athletes coached by KONI Aceh is in the strong category, indicating that most athletes have a fairly good ability to manage emotions and control psychological pressure, which can reduce the risk of sports injuries.

Meanwhile, the level of athlete sports injuries is in the low category (weak), indicating that athletes do not experience serious injuries or are in good recovery condition.

The high emotional intelligence possessed by athletes contributes to the low incidence of injuries, as their ability to manage emotions and stress during training or matches plays a crucial role in preventing a higher risk of injury.

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