EMOTIONAL INTELLIGENCE AND DETERMINATION OF SOCIOMETRIC STATUS IN SPORT

Abstract
Emotional intelligence (EI) is a new research subject in the field of psychological science. As a term and concept appears nineties. Salovey and Mayer defined EI as a set of skills that contribute to a better and more accurate estimate and express their emotions, assess others’ emotions and use emotions in motivating the actions to reach our goals in life. Roberts, Zeidner and Matthews defines EI as a type of intelligence that involves the ability to process emotional information where emotions are organized mental response to current events involving psychological, experiential, and cognitive function. The changing relationship of a person or object to another, change and emotions toward the person or property, regardless whether these relationships are real, stored in memory or imagined. According to Mayer EI is the ability to recognize the meanings of emotions and their relationships, then using emotions as a basis for understanding and solving problems involving cognitive processes, which means that the use of emotions can be very useful for the improvement of cognitive activity. There are different conceptualizations of EI. One involving a range of adaptive characteristics associated with emotions, others emphasize cognitive elements, and the third conceptualize EI as ability and personality traits. Subtle analysis is required to determine what is and is not part of EI. EI concepts rely on one of two ways of looking at the relation between emotions and logical thinking in psychology. Something of great importance is that appreciation direct correlation between psychological factors and sporting success, has led to the psychological findings are treated as an inseparable part of the equation specification sports. In working with athletes and previously investigated psychological dimensions relevant to the success of the sport as well as those that are of importance for the development and operation of an integrated personality. EI athletes as well as the dynamics of micro-social environment, especially in team sports, been systematically studied to date in spite of the utmost importance to the success of any sports activity. The text of these reasons, it is primarily intended for psychologists and kinesiologists who work in the sport. Psychologists with the effort made to encourage the construction of good measuring instruments for measuring EI athletes and focus on the efficient use of sociogram method and kinesiologists to cooperate with psychologists in the most efficient way to take advantage of the results obtained.

Key words: Emotional intelligence, model, sociometry, sport, training