

The Relationship between Nutritional Status and Emotional Intelligence with Physical Activity of Chess Players in Guilan Province

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This research was conducted to investigate the effect of nutritional status and emotional intelligence on physical activity of chess players in Guilan province. The population of this study was all chess players in Guilan province. Based on the number of population, Morgan table, the sample size was 278, and 300 questionnaires were randomly distributed among chess players in Guilan province. Of the 300 questionnaires, 280 were fully completed and were able to be analyzed in this study. Physical activity with Patterns Shaalayesh Research (2011), Emotional Intelligence with Patterns of Meyer and Salvay (1990) and Nutrition Status with Patterns of Carner's Research, and Associates (1979) were measured. In this research, SPSS 24 software was used to analyze the statistical data and review the research hypotheses. Based on the results of the statistical tests performed in this research, 99% significant level can be said that emotional intelligence includes self-awareness, self-management, social awareness and relationship management, positive relationship ($r = 0.728$) and significant ($p = 0.000$)

Keywords : Nutrition, Chess, Physical Activity, Emotional Intelligence

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