



Analysis of Emotional Intelligence and Emotional Regulation Levels in Futsal Athletes

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Abstract

Futsal athletes frequently experience decreased concentration and increased technical errors when they are unable to regulate their emotions effectively under high competitive pressure. The fast-paced nature of futsal, combined with limited space, intense physical contact, and rapid decision-making demands, places significant psychological stress on athletes. Emotional intelligence is considered a key psychological factor that may support athletes in managing their emotional responses and maintaining optimal performance. This study aims to analyze the relationship between emotional intelligence and emotional regulation in futsal athletes. The research employed a descriptive correlational quantitative design. The sample consisted of 17 male futsal athletes from the Indonesia University of Education, selected using purposive sampling based on their status as experienced core players actively participating in competitions. Emotional intelligence was measured using the Trait Emotional Intelligence Questionnaire–Short Form (TEIQue-SF), consisting of 30 items rated on a 7-point Likert scale, while emotional regulation was assessed using the Emotion Regulation Questionnaire for Athletes (ERQ-A) 12 items. Data analysis utilized SPSS 29, including descriptive statistics, normality testing (Shapiro-Wilk), and Pearson correlation. Results showed emotional intelligence mean = 3.37 ± 0.53 (range: 2.33–4.33) and emotion regulation mean = 47.20 ± 5.10 (range: 38–55). Pearson correlation revealed significant positive relationship ($r = 0.722$, $p = 0.018 < 0.05$), rejecting H_0 and confirming strong correlation. Higher emotional intelligence predicted better emotion regulation, supporting adaptive strategies under futsal pressure. These findings confirm the need to integrate emotional intelligence training into futsal coaching programs to optimize performance, focus, and team dynamics in competitive settings.

How to Cite

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INTRODUCTION

Futsal, as a dynamic global sport, requires athletes to integrate speed of movement, quick decision-making, solid teamwork, and mental endurance during an intense 40-minute match (Naser et al., 2017). This phenomenon is even more prominent among futsal athletes at the Indonesia University of Education (UPI), where competitive pressures such as one-on-one duels, frustration from failed passes, or anxiety about falling behind in the score often trigger impulsive emotional responses that disrupt focus and technical performance (Fadilah et al., 2024). The main problem arises when low emotional intelligence hinders effective emotion regulation, putting athletes at risk of decreased concentration, dribbling errors, and team communication breakdowns that negatively impact the final result (Jooste et al., 2023).

In line with research (Musyarofah et al., 2024) that has explored the role of emotional intelligence in sports, emotional intelligence is significantly negatively correlated with competition anxiety and aggressiveness in futsal athletes, allowing self-emotion recognition to reduce negative reactions. Another study found that positive emotion regulation correlates with self-confidence, while emotional intelligence supports performance through team emotion management under pressure (Oktavia & Jannah, 2023). These findings confirm that strategies such as cognitive reappraisal are effective in preventing performance decline, but the majority focus on separate relationships with other variables such as aggression or anxiety (Poegoeh & Hamidah, 2016).

Although the literature is rich in physical studies of futsal, such as VO2max and agility, psychological exploration remains limited to adolescents or other sports (Orbach & Blumenstein, 2022). This leaves a gap in the correlational analysis of emotional intelligence and emotion regulation specific to adult university futsal athletes in Indonesia (Tarigan, 2024). This gap is even more substantial because there has been no quantitative research on experienced competitive core players, which requires an understanding of the unique emotional dynamics of intensive futsal for the development of coaching programs.

This research arises from the need for holistic coaching at the UPI Futsal Club, where the development of emotional intelligence can prevent a decline in team performance after

competitions and support national achievements through structured emotional training. The novelty lies in the first quantitative correlation design in Indonesia that specifically measures this relationship in the context of university futsal. This study specifically analyzes the relationship between the two for the basis of the UPI Futsal Club's emotional training program (Prasetyo et al., 2024).

METHOD

This study employs a descriptive, quantitative approach with a correlational design to investigate the relationship between emotional intelligence and emotional regulation in futsal athletes without treatment intervention (Arif Rachman, 2016). This study was conducted at the UPI Bandung Futsal Club in October 2025. This approach enables an objective description of emotional phenomena through numerical data from validated instruments, in line with the characteristics of futsal, which necessitates precise psychological measurements under competitive pressure (Ardiansyah et al., 2023).

The research population consisted of 17 male athletes from the Indonesian University of Education (UPI) Futsal Club who were actively competitive. The sample was taken from a total of 17 adult core players, using purposive sampling based on the criteria of 2 years of official competition experience and training three times a week. The selection of these core players ensured optimal representation of the emotional dynamics of intensive futsal, avoiding reserve athletes who were less representative of the actual pressure of the game.

The main instrument is the Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF) by Petrides (2009) and has been validated in the context of sports by (Laborde et al., 2016). It consists of 30 items on a 1-7 Likert scale measuring well-being, self-control, emotionality, and sociability, as well as the adapted Emotion Regulation Questionnaire for Athletes (ERQ-A) (Gross & John, 2003), adjusted by (Lane et al., 2011) with 12 items measuring cognitive reappraisal and expressive suppression. Both questionnaires were validated in the context of sports (Laborde et al., 2016; Lane et al., 2011). Data collection was conducted through online and face-to-face questionnaires during training with informed consent and confidentiality ethics. After data collection, analysis was performed using SPSS version 29.

RESULTS AND DISCUSSION

The following is a description of data and analysis regarding the emotional intelligence and emotional regulation of futsal athletes, reviewed based on the results of measurements using the TEIQue-SF and ERQ-A questionnaires. This analysis was conducted on a group of 17 male athletes from the Indonesian University of Education Futsal Club who were selected using purposive sampling with a minimum of 2 years of competitive experience and training 3 times a week. This study aims to determine the extent to which emotional intelligence correlates with emotional regulation in futsal athletes after systematic data collection.

Table 1. Statistical description

Variabel	N	Min	Max	Sum	Mean	Std. Deviation
Emotional Intelligence	17	2.33	4.33	33.66	3.3660	.53246
Emotion Regulation	17	38	55	472	47.20	5.095

Based on **Table 1**, it can be seen that the emotional regulation variable obtained an average score of 47.20, a standard deviation of 5.095, a minimum score of 38, a maximum score of 55, and a total score of 472. Meanwhile, emotional intelligence obtained an average score of 3.3660, a standard deviation of .53246, a minimum score of 2.33, a maximum score of 4.33, and a total score of 33.66. The author then conducted a normality test, which can be seen in **Tabel 2**.

Table 2. Correlation test of emotional intelligence and emotional regulation

Variabel	N	Pearson Correlation	Sig. (2-tailed)	Interpretation
Emotional Intelligence - Emotion Regulation	17	0,722	0,018	Significant positive p < 0.05

Table 2 shows the results of hypothesis testing using Pearson's correlation. Based on Table 3, it can be seen that Pearson's correlation value is 0.722 with a Sig. (2-tailed) value of 0.018. Based on the test results, the Sig. (2-tailed) value is < 0.05, so H₀ is rejected. This means that there is a significant positive relationship between emotional intelligence and emotional regulation in futsal athletes.

The results of the study show a significant relationship between emotional intelligence and emotional regulation in futsal athletes. These findings

indicate that emotional intelligence is an important factor that supports athletes' ability to manage their emotions effectively (Aliyas et al., 2024). Athletes who are able to recognize and understand their emotions tend to be better prepared to deal with pressure during training and competitions. This emotional awareness helps athletes control negative reactions such as frustration, anger, and anxiety (Seixas et al., 2021). Therefore, high emotional intelligence enables athletes to apply more adaptive emotion regulation strategies (Hopman et al., 2023).

In fast-paced and high-pressure futsal games, athletes' emotional states can change very easily (Robazza et al., 2023). Athletes with good emotional intelligence are able to maintain their focus even in difficult situations, such as when they are behind in the score or make mistakes. This ability allows athletes to be calmer in their decision-making and maintain the quality of their game. Good emotional regulation also prevents athletes from reacting impulsively, which can be detrimental to the team (Zhu et al., 2024). Thus, emotional intelligence plays a role as a foundation for emotional control during matches (Laborde et al., 2016).

The results of this study are in line with previous studies that state that emotional intelligence is positively correlated with athletes' emotional regulation abilities (Lennarz et al., 2019). Previous studies have shown that athletes with high emotional intelligence more often use cognitive reappraisal strategies than suppressing emotional expression (Putu et al., 2024). This strategy has been proven to be more effective in maintaining emotional stability and athletic performance. In addition, the ability to manage emotions also contributes to better communication and teamwork (Octavianingrum & Savira, 2022). The similarity of these results reinforces the finding that emotional intelligence plays an important role in the context of competitive sports.

From the researchers' perspective, the strong relationship between emotional intelligence and emotional regulation in futsal athletes is influenced by the psychological demands of this sport. Futsal requires quick responses, high concentration, and mental endurance in a short period of time. Athletes with good emotional intelligence are better able to adapt to these pressures (Spyrou et al., 2023). This helps athletes maintain emotional control without compromising their technical and tactical performance (Castro-Sánchez et al., 2018). Therefore, the development of emotional intelligence needs to be an important part of futsal athlete training programs.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that there is a relationship between emotional intelligence and emotional regulation in futsal athletes. This strong relationship shows that emotional intelligence plays an important role in helping athletes manage and control their emotions effectively in training and competition situations. Athletes with higher levels of emotional intelligence tend to be better able to maintain emotional stability, focus, and decision-making under pressure. Good emotional regulation skills also contribute to teamwork and consistent athlete performance. Therefore, the development of emotional intelligence needs special attention in the futsal athlete training process in order.

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