

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among

Ousmail Safia*¹, Ousmail Makhoulouf²

¹ Institute of Physical Education and Sports, Dely Brahim –
University of Algiers 3, ousmail.safia@univ-alger3.dz

² Institute of Physical Education and Sports, Dely Brahim –
University of Algiers 3, ousmail.makhoulouf@univ-alger3.dz

Received: 30/06 /2025 Accepted: 01/12 /2025 Published: 03/12 /2025

Abstract: This study uses the El Harrach team as a model to analyze the relationship between stress management among wheelchair basketball players and both emotional intelligence and mindfulness. A descriptive-correlational approach was adopted, employing three measurement instruments. The sample consisted of two groups: a main sample of 11 players from the El Harrach team during the 2024–2025 season, and a pilot sample of 11 players used to assess the psychometric properties of the instruments. Results of internal consistency and reliability tests (Cronbach's alpha ranging from 0.70 to 0.83) confirmed that the instruments used were scientifically valid. Statistical analysis revealed significant negative correlations between both mindfulness and emotional intelligence with stress management. Furthermore, multiple linear regression analysis demonstrated that these two variables jointly contribute to predicting the players' ability to manage stress. The study recommends integrating psychological preparation programs aimed at developing mindfulness and emotional intelligence into the mental and physical training frameworks, given their essential role in enhancing performance and psychological adaptation among athletes with disabilities.

KEY WORDS : Mindfulness ; Emotional Intelligence ; Stress Management ; Wheelchair Basketball .

المخلص: تعتمد هذه الدراسة على فريق الحراش كنموذج لتحليل العلاقة بين إدارة الضغط النفسي لدى لاعبي كرة السلة على الكراسي المتحركة، والذكاء الانفعالي واليقظة الذهنية. وتم اعتماد المنهج الوصفي الارتباطي باستخدام ثلاث أدوات وتكوّنت العينة من مجموعتين عينة رئيسية من 11 لاعباً من فريق الحراش خلال موسم 2024–2025 وعينة تجريبية من 11 لاعباً لاختبار

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

الخصائص السيكومترية. وقد أظهرت نتائج الاتساق الداخلي واختبارات الموثوقية (ألفا كرونباخ بين 0.70 و 0.83) أن الأدوات المستخدمة صالحة علمياً. إذ كشف التحليل الإحصائي عن علاقات سلبية ذات دلالة بين كل من اليقظة الذهنية والذكاء الانفعالي مع إدارة التوتر. كما بين تحليل الانحدار الخطي المتعدد أن المتغيرين معاً يسهمان في التنبؤ بقدرة اللاعبين على إدارة الضغط. وتوصي الدراسة بضرورة دمج برامج الإعداد النفسي الهادفة إلى تنمية اليقظة والذكاء الانفعالي ضمن برامج التحضير الذهني والبدني، لما لها من دور في تعزيز الأداء والتكيف النفسي لدى الرياضيين ذوي الإعاقة.

الكلمات المفتاحية: اليقظة الذهنية ؛ الذكاء العاطفي ؛ إدارة التوتر ؛ كرة السلة للكراسي المتحركة.

1- Introduction and Research Problem :

Sport for individuals with special needs has witnessed growing attention due to the opportunities it offers for inclusion and active participation in society, in addition to its positive effects on physical and mental health. Among the most prominent team sports that allow for organized competitive practice for individuals with physical disabilities is wheelchair basketball. However, this type of sport is not without psychological pressures and challenges that may negatively affect athletes' performance. This highlights the importance of exploring psychological factors that support adaptation and help overcome these challenges.

2-1-Research Question:

Do the wheelchair basketball players on the El Harrach team have a connection between stress management, emotional intelligence, and mindfulness?

2-2 Sub-questions:

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulouf

1. Do wheelchair basketball players' stress management and mindfulness have a statistically significant relationship?
2. Do wheelchair basketball players' emotional intelligence and stress management have a statistically significant relationship?

2-3-GeneralHypothesis:

Among wheelchair basketball players on the El Harrach team, there is a statistically significant correlation between stress management, emotional intelligence, and mindfulness.

2-4Sub-hypotheses:

1. The association between stress management and mindfulness is statistically significant.
2. Emotional intelligence and stress management are statistically significantly correlated.

5-Key Concepts of the Study:

5-1-Mindfulness:

-Operationally: The participant's score on the modified Algerian version of the Mindfulness Scale is used to define mindfulness in this study. It assesses a person's present-moment awareness as well as their judgment-free attention to thoughts, feelings, and physical sensations.

5-2-Emotional Intelligence:

Operationally: In this study, emotional intelligence is defined as the athlete's score on the emotional intelligence scale, which represents their capacity to identify, control, and utilize their own emotions as well as those of others in coping with stressors and everyday life.

5-3-Stress Management:

Operationally, stress management in this study is defined as the participant's overall score on the stress management scale. This scale assesses a person's ability to manage stressful situations, regulate emotional responses, and lessen the negative psychological effects of stress.

5-4- Wheelchair Basketball:

One of the most socially inclusive sports for people with physical disabilities is wheelchair basketball. With a few modifications pertaining to wheelchair use and handling, its rules are essentially the same as those of able-bodied basketball and are set by the official international basketball regulations.

6-Previous Studies

6-1-First: Arab Studies

7-1-1-Ayadi, Mohamed Zaki Bilal (2020)

Title: The Relationship between Mindfulness and Achievement Motivation among Team Sport Players.

Findings:

- A statistically significant positive relationship was found between mindfulness and achievement motivation.
- Mindfulness contributes to enhancing players' ability to control their behavior and achieve better athletic performance.

6-1-2-Hazem Jassim Khazaal (2019)

Title: The Impact of a Psychological Counseling Program for Cognitive Stress Management Using Relaxation Techniques on Sitting Volleyball Players.

Findings:

- The counseling program was effective in reducing psychological stress among athletes with disabilities.
- Post-test results of both experimental and control groups showed that the proposed method outperformed the traditional approach in improving the psychological state of sitting volleyball players.

6-1-3-Abdul Rahman, Huda Abdul Aziz (2017)

Title: Psychological Stress and Its Hardiness among University Students.

Findings:

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulf

- The study used the Perceived Stress Scale (PSS) to assess stress levels.
- It concluded with the recommendation for psychological interventions to enhance coping with psychological stress.

6-2-Second: Foreign Studies

6-2-1-Baeretal.(2006)

Title: Using Self-Report Assessment Methods to Explore Facets of Mindfulness.

Findings:

- Developed the Five Facet Mindfulness Questionnaire (FFMQ).
- The study demonstrated that mindfulness contributes to better stress coping and reduces negative emotional responses.

6-2-2-Petrides&Furnham(2001)

Title: Trait Emotional Intelligence: Psychometric Investigation with Reference to Established Trait Taxonomies.

Findings:

- Developed the Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF).
- The results showed that emotional intelligence enhances emotional regulation and effective social interaction.

6-2-3-StephenMcKenzi&CraigHassed (2016)

Title: Mindfulness for Life

Findings:

- The book presents mindfulness as an art of directing attention to what is present (reality), rather than to what is not (our thoughts about reality).
- With minimal training, anyone can practice mindfulness.
- Mindfulness reduces anxiety and promotes psychological balance among athletes.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

- It has a positive effect on psychological responses to various stressors.

6-2-4-Shauna L. Shapiro, PhD & Linda E. Carlson (2009)

Title: The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions
Findings:

- The integration of mindfulness with psychotherapy improves self-awareness and emotional regulation.
- The study confirmed the impact of mindfulness on modifying automatic responses and achieving inner calm.
- The book combines ancient wisdom with modern scientific and psychological theories to explore why mindful awareness is essential in therapeutic healing.
- The second edition includes the latest research in the neuroscience of mindfulness and serves to inspire greater awareness among therapists and their clients.

7-Methodological Procedures:

7-1-Research Method:

Descriptive-correlational method was employed to quantify the type of relationship between the studied variables.

7-2-Study Sample:

Sampling Type: Purposive sampling.

Population: Male players in the El Harrach wheelchair basketball team.

Sample Selection and Size:

The sample was selected purposively as a result of the nature of the target population, consisting of players of wheelchair basketball. The overall sample was composed of twenty-two (22) members of the El Harrach wheelchair basketball team meeting the following requirements:

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

- Medical certified disability.
 - Official team membership for the 2023/2024 sporting season.
 - Availability and willingness to participate in the study.
- Efforts were made to get a mixed sample in sporting experience and age in order to maximize data and provide objectivity.

7-3-Sample Characteristics:

The sample included physically disabled sportsmen with different experience levels, and all the members of a registered club.

The sample was split into two groups:

a. Pilot Sample:

- ✧ Included 11 members of the El Harrach wheelchair basketball team, selected purposively in order to check the psychometric properties of the study instruments.
- ✧ Participants met the following criteria: physical disability, membership of an official club for the season 2023/2024, and consent to participate.

b. Main Study Sample:

- ✧ Included 11 various players who were from the same team and chosen based on the same criteria.
- ✧ The sample is the population of interest for wheelchair basketball players.

8-Research Domains:

- **Time Domain:** The 2023/2024 sports season.
- **Place Domain:** El Harrach Wheelchair Basketball Club.

9-Study Variables:

Independent Variables: Mindfulness and Emotional Intelligence.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

-Dependent Variable: Stress Management.

10-Research Instruments:

-Five Facet Mindfulness Questionnaire (FFMQ) by Baer et al.: 39 items measuring 5 dimensions of mindfulness.

-Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF) by Petrides: 30 items measuring emotional intelligence dimensions.

-Perceived Stress Scale (PSS) by Cohen et al.: 10–14 items measuring perceived stress.

11-Description of Measurement Instruments

11-1-Five Facet Mindfulness Questionnaire (FFMQ) Baer et al., 2006

FFMQ is a 39-item questionnaire with five facets: Observing, Describing, Acting with Awareness, Nonjudging of Inner Experience, and Nonreactivity to Inner Experience. Rating is on a 5-point Likert scale. El-Behairy et al.'s (2014) translation and adaptation of the Arab version of the FFMQ was sufficiently valid and reliable in Arab settings.

The Arabic version of the FFMQ contains 39 items assessing the following five dimensions: Describing, Noticing, Acting with Awareness in the Here and Now, Nonjudging of Private Experience, and Nonreactivity to Private Experience.

Psychometric evaluation of the Arabic version revealed the following:
-Evidence of internal consistency was established using Egyptian, Saudi, and Jordanian samples data. Split-half reliability was estimated using the Spearman-Brown formula and the Guttman formula.

-Cross-sample and cross-cultural applicability of the instrument was well supported by confirmatory factor analysis.

-There were no significant between-culture differences for the five factors of mindfulness in the total score or subscales.

-Two dimensions (Observing and Describing) showed statistically significant gender differences in favour of females. Significant

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

differences were not found, however, in the total score or in Acting with Awareness, Nonjudging, and Nonreactivity dimensions.

11-2-Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF) Petrides & Furnham, 2001

The TEIQue-SF is a short-form self-report scale of trait emotional intelligence, which is a more or less enduring personality trait rather than a cognitive ability. It was adapted from its original full version (TEIQue), developed by K. V. Petrides and Adrian Furnham, from their theory-driven model of emotional intelligence as a personality trait.

The short form consists of 30 highly controlled items that are representative of the essential dimensions of emotional intelligence as operationalized on the long form. They cluster into four broad dimensions:

1. Emotional Regulation: The capacity to manage one's emotions and deal with stress and emotionally charged situations effectively.
2. Self-Appraisal: The capacity to know what is happening inside one's emotions and self-evaluate personal strength and weakness.
3. Emotional Expression: This is having the ability to clearly express one's own feelings and in socially acceptable manners.
4. Social Relationships: Refers to being able to get along with others and build good strong supportive social **relationships**.

Responses are finished on a 5-point Likert scale, from:

-(1) Strongly Disagree -to (5) Strongly Agree, so that respondents can say how well each statement fits with their own situation.

TEIQue-SF was translated and adapted to Arabic in some earlier studies and was established to have acceptable validity and reliability ratings (Khalil, 2020).

11-3-Perceived Stress Scale (PSS) Cohen, Kamarck, & Mermelstein, 1983

Perceived Stress Scale is a widely used measure of perceived stress during the last month in individuals. The scale consisted of 10 items which were designed in positive and negative wordings using a 5-point Likert scale to assess the thought frequency and feeling of stress.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulf

PSS was first created by Sheldon Cohen and others in 1983 as a short and valid measurement of self-reported emotional stress, targeting the extent to which one feels stressed rather than the incidence of external objective stressors.

The Arabic PSS has been cross-translated and culturally adapted and was used in a number of studies (e.g., Abdul Rahman, 2017), which had sound psychometric properties such as construct validity and internal consistency reliability.

12-Structure and Content of the Scale:

Perceived Stress Scale (PSS) contains 10 items measuring the individual's perception of having been stressed or his/her perceived ability to cope with and master events of their lives during the past month. The items include positive and negative worded items, and they cover all the different aspects of perceived stress, including:

- Sense of lack of control
- Low ability to forecast life events
- Feelings of irritation or tiredness
- Beliefs of effectiveness and coping with difficulties (reverse-coded items)

12-1-Response Format:

Participants indicate on items a five-point Likert scale of frequency of each feeling or occurrence:

- (0) Never
- (1) Rarely
- (2) Sometimes
- (3) Often
- (4) Always

The positively worded items are reverse-scored in calculating the total score. The higher the total score, the higher the degree of perceived stress.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

12-2-Psychometric Properties:

The native scale, as well as the translated versions, have exhibited strong psychometric properties, including:

- Internal consistency reliability, with Cronbach's alpha values of 0.74 to 0.91
- Construct validity, as evidenced by positive correlations with anxiety, depression, and psychological well-being measures

13-Translation and Cultural Adaptation:

The scale has been translated and culturally adapted in multiple Arabic-language studies, ensuring linguistic clarity and cultural appropriateness for Arabic-speaking populations.

One notable example is the study by **Abdul Rahman (2017)**, which reported that the Arabic version of the PSS possesses **high reliability and validity**, making it suitable for both research and clinical settings in the Arab context.

14- Psychometric Properties of the Scales Used in the Study:

Scale	Number of Items	Scale Type	Reliability Coefficient (Cronbach's Alpha)
FFMQ – Mindfulness Scale	39	5-point Likert scale	0.83
TEIQue-SF – Emotional Intelligence Scale	30	5-point Likert scale	0.81
PSS – Perceived Stress Scale	10	5-point Likert scale	0.79

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulf

Table (1): Psychometric Properties of the Scales Used in the Study

15-1-TableAnalysis:

The reported reliability coefficients provide proper internal consistency, and thus scientific validity in the application of these instruments within the Algerian context is ensured. Analysis was carried out as follows:

15-1-1- FFMQ – Mindfulness Scale

- **Number of items:** 39
- **Scale type:** 5-point Likert
- **Reliability coefficient (Cronbach's Alpha):** 0.83

Analysis

- The alpha coefficient is high, with very good internal consistency, and suggests a high interrelation between the items.
- The length of the scale (39 items) is a strength for its consistency since longer scales were found to yield higher internal consistency.
- The value indicates that the scale is consistent to use in psychological and research settings in an attempt to quantify mindfulness despite its small sample size.

15-1-2 TEIQue-SF – Emotional Intelligence Scale

- **Number of items:** 30
- **Scale type:** 5-point Likert
- **Reliability coefficient (Cronbach's Alpha):** 0.81

Analysis:

- Reliability coefficient is high, which shows good internal consistency, justifying the reliability of results obtained by using this measure.
- Items are highly homogeneous and uniformly measure the different areas of emotional intelligence.
- 0.81 value lies within limits academically acceptable for the measurement of psychological test measures.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

15-1-3- PSS – Perceived Stress Scale

- **Number of items:** 10
- **Scale type:** 5-point Likert
- **Reliability coefficient (Cronbach's Alpha):** 0.79

Analysis:

- Though the few items have very high coefficient of reliability and evidence good internal consistency.
- The scale is sufficiently reliable even for small sample applications.
- 0.79 is practically indistinguishable from the widely accepted value (0.70) and thus is sufficient even for exploratory or pilot research alone.

16-Presentation and Discussion of Hypotheses Result :

16-1-General Hypothesis:

"There is a statistically significant relationship between mindfulness, emotional intelligence, and stress management among wheelchair basketball players of the Harrach team."

Results of the General Hypothesis Test (Multiple Linear Regression):

Independent Variables	B	Standardized Beta (β)	t	Sig. (p-value)
Constant	45.20	—	4.55	0.001
Mindfulness	-0.38	-0.35	-2.30	0.042
Emotional Intelligence	-0.52	-0.48	-2.67	0.01

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulf

Table (3) :presents the results of the general hypothesis analysis.

Statistic	Value
R (Multiple Correlation Coefficient)	0.65
R² (Coefficient of Determination)	0.42
F (F-statistic)	6.55
Degrees of Freedom (df)	(2, 8)
Sig. (ANOVA p-value)	0.019

Table (4) presents the results of the general hypothesis.

16-1-1-Results Analysis and Interpretation

A **multiple linear regression analysis** was conducted to test the general hypothesis, which posited a statistically significant relationship between **mindfulness and emotional intelligence** on one hand, and **stress management** on the other, among wheelchair basketball players from the El Harrach team.

-The results of the **ANOVA test** indicated that the overall model was **statistically significant** ($F = 6.55$, $df = 2, 8$, $p = 0.019$), suggesting a meaningful relationship between the combined independent variables and the dependent variable.

-The **coefficient of determination (R^2)** was **0.42**, meaning that **42% of the variance** in stress management could be explained by the **combined effect of mindfulness and emotional intelligence**.

- Furthermore, the findings revealed that:

-**Mindfulness** made a **significant negative contribution** to predicting stress management ($\beta = -0.35$, $p = 0.042$), indicating that higher levels of mindfulness are associated with **lower levels of perceived stress**.

-**Emotional intelligence** also had a **significant negative effect** ($\beta = -0.48$, $p = 0.018$), confirming its role in **reducing stress levels**.

16-1-2-Discussion:

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

These findings are consistent with **Baer et al. (2006)**, which highlighted the role of mindfulness in improving individuals' ability to manage pressure and reduce negative emotional responses. Similarly, **Hassed (2016)** supported this orientation, reporting that mindfulness practices promote psychological balance and reduce anxiety levels among athletes.

16-2-First Sub-Hypothesis:

“There is a statistically significant relationship between mindfulness and stress management.”

Given that the sample was **purposively selected** (non-random), the **Spearman's rank-order correlation coefficient** was used to assess the relationship between **mindfulness** and **stress management**.

Variables	Spearman's ρ	Significance Level (Sig.)	Type of Relationship
Mindfulness ↔ Stress Management	-0.52	0.031	Significant Inverse

Table (5) shows the results of the first sub-hypothesis.

16-2-1-Statistical Analysis :

Spearman's rho correlation coefficient was used to measure the relationship between mindfulness and stress management, due to the non-random nature of the sample and its small size.

16-2-2-The results showed:

- A moderate negative correlation ($\rho = -0.52$)
- Statistically significant at the 0.05 level (Sig. = 0.031)

16-2-3-Statistical Interpretation:

As the level of mindfulness increases among players, the level of perceived stress decreases. This indicates that mindfulness plays a role in reducing psychological pressure.

16-2-4-Discussion:

The result indicates that wheelchair basketball players with higher levels of mindfulness tend to:

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

- Be aware of the present moment without judgment.
- Regulate emotional responses, especially in competitive situations.
- Accept events without resistance or exaggeration, thereby reducing psychological stress.

The results support the first sub-hypothesis and reinforce the literature that emphasizes the role of mindfulness as an effective strategy for stress management. This highlights its importance as a cognitive-psychological skill that should be enhanced among athletes with special needs.

-The relationship is significantly negative; that is, the higher the level of mindfulness, the lower the level of perceived stress.

-This finding is consistent with previous studies such as Baer et al. (2006) and Hassed (2016), which affirm that mindfulness enhances acceptance and attention to the present moment, thereby reducing stress responses.

16-2-5-Comparison with Previous Studies:

This result is consistent with a number of previous studies that emphasized the protective role of mindfulness against stress, including:

-Baer et al. (2006): Their results showed that individuals with higher levels of mindfulness recorded lower levels of anxiety, stress, and depression, due to their ability to accept and be aware of the present moment.

-Hassed (2016): Confirmed that mindfulness training improves athletes' performance under pressure and reduces cortisol levels, the hormone associated with stress.

-Similar Arab studies have also shown that mindfulness serves as a protective factor in stressful environments, especially among groups facing special challenges, such as athletes with disabilities.

16-3-Second Sub-Hypothesis:

"There is a statistically significant relationship between emotional intelligence and stress management."

Spearman's correlation coefficient was used due to the purposive nature of the sample.

Variables	Spearman's	Significance	Type of
-----------	------------	--------------	---------

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

	ρ	Level (Sig.)	Relationship
Emotional Intelligence ↔ Stress Management	-0.57	0.021	Significant Negative

Table(6) show the Results for the Second Sub-Hypothesis

16-3-1- Statistical Analysis :

- The value $\rho = -0.57$ indicates a moderate negative correlation.
- Sig. = 0.021 is below the 0.05 significance level, indicating that the relationship is statistically significant.

16-3-2- The results showed:

As the level of emotional intelligence increases among players, their perceived stress decreases, reflecting a protective effect of emotional intelligence against stress.

The result suggests that emotional intelligence plays a significant role in regulating stress among wheelchair basketball players, as shown through:

- Emotional regulation and the ability to adapt flexibly to stressful situations.
- Understanding personal emotions and interacting with the external environment without impulsiveness or distraction.
- Realistic self-evaluation and emotional discipline, which reduces the tendency to exaggerate threats or overreact emotionally.

A player with high emotional intelligence does not become overwhelmed by anxiety but rather channels awareness and energy into athletic performance, thereby reducing perceived stress.

The results of this hypothesis support the view that emotional intelligence is a key psychological skill in mitigating stress among athletes. It is a predictive factor for resilience against performance-related stress.

An athlete who understands and controls their emotions is less likely to be negatively affected by competition-related pressure and is more capable of investing their energy into optimal performance.

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

16-3-3-Comparison with Previous Studies:

This result aligns with existing psychological literature on the relationship between emotional intelligence and stress, including:

-Petrides & Furnham (2001): Found that dimensions of emotional intelligence, particularly emotional regulation and self-appraisal, contribute to improved psychological adjustment and reduced negative effects of stress.

-Salovey et al. (1995): Reported that individuals with high emotional intelligence are better equipped to manage stressful situations effectively.

- Bar-On (2000): Linked emotional intelligence with psychological well-being, stating that differences in stress response stem from individuals' capacity to recognize and regulate emotions.

-In the Arab context, Abdel Rahman (2017) showed an inverse relationship between emotional intelligence and stress among athletes, indicating that emotional skills enable them to resist psychological pressure during competitions.

Summary:

The study was designed to investigate the potential links between mindfulness, emotional intelligence, and stress management in wheelchair basketball players of the El Harrach team. Three hypotheses were tested (two correlational and one predictive), and the results were as follows:

-First hypothesis: There was a statistically significant negative relationship between mindfulness and stress management; through the cultivation of awareness and acceptance of the present moment, perceived stress levels were reduced.

-Second hypothesis: A statistically significant inverse correlation emerged between emotional intelligence and stress management, implying that the ability of the athlete to understand and regulate emotions helps lessen stress during competition.

Overall Conclusion:

Findings have shown that mindfulness and emotional intelligence are crucial psychological constructs in studying stress management among physically disabled athletes. These abilities help the athletes

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

become more receptive to the emotional and psychological testing of competitions, hence enhancing performance and emotional stability.

Also, the study revealed that mindfulness and emotional intelligence have negative correlations with stress management for wheelchair basketball players. Furthermore, these mental factors considerably determine the extent to which stress is experienced by athletes in their sports engagements.

From the findings, one can infer that mindfulness—in cultivating awareness of the present moment coupled with non-judgmental acceptance—diminishes stress by increasing mental flexibility and inner peace. Meanwhile, emotional intelligence, being the ability to manage and regulate one's emotions, serves the athlete in better managing the pressures of games and challenges related to disabilities.

The study, accordingly, stresses usually the development of mental and emotional skills in athletes with disabilities as a viable approach to enhancing psychological health and optimizing performance.

References List

First: Arabic References

1. El-Behairy, A., et al. (2014). Arabization and standardization of the Five Facet Mindfulness Questionnaire (FFMQ). *Journal of Psychological Studies*, 28(4), 140–155.
2. Tilouli, A., & Hamid, H. (2025). Effectiveness of a mindfulness program in reducing competitive anxiety among U19 football players. *Al-Tahaddi Journal – University of Oum El Bouaghi*, 17(1), 24–38.
3. Khazaal, H. J. (2019). The impact of a cognitive stress-management counseling program using relaxation techniques on sitting volleyball players. *Journal of Sports Education Studies and Research*, 59(2).
4. Khalil, M. A. (2020). Emotional intelligence as a mediating variable between emotional regulation and psychological

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoul

adjustment among university students. *Journal of the Faculty of Education, Ain Shams University*, 44(3).

5. El-Desouky, M. (2013). *Satisfaction With Life Scale* (Arabic ed.). Cairo: Anglo-Egyptian Bookshop.
6. Abdul Rahman, H. A. (2017). Psychological stress and its hardiness among a sample of university students. *Arab Studies in Psychology*, 16(4), 213–240.
7. Ayadi, M. Z. B. (2020). The relationship between mindfulness and achievement motivation among team sport players at An-Najah National University (Unpublished master's thesis). An-Najah National University, Palestine.
8. Marwan, A. M. I. (1977). *Sports for Persons with Disabilities*. Amman: Dar al-Fikr for Printing, Publishing, and Distribution.
9. Huda, J. S. (2018). Mindfulness and its relationship to life satisfaction among a mixed- gender adolescent sample. *Journal of Psychological Studies*, 28(4), 883–945.
10. Harvard Business Review Arabia. (n.d.). Mindfulness. Retrieved from <https://hbrarabic.com>

Second: Foreign References

1. Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27–45. <https://doi.org/10.1177/1073191105283504>
2. Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385–396.
3. Hassed, C. (2016). *Mindfulness for Life*. Exisle Publishing.
4. Hayward, B. A. (2005). Relationship between employee performance, leadership and emotional intelligence in a South

Mindfulness and Emotional Intelligence and Their Relationship with Stress Management among Ousmail Safia; Ousmail Makhoulf

African parastatal organization (Master's thesis, Rhodes University).

5. Petrides, K. V., & Furnham, A. (2001). Trait emotional intelligence: Psychometric investigation with reference to established trait taxonomies. *European Journal of Personality*, 15(6), 425–448. <https://doi.org/10.1002/per.416>
6. Shapiro, S. L., & Carlson, L. E. (2009). *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*. American Psychological Association.