

Assessing the association and gender-based differences in big five personality traits and emotional intelligence among varsity squash players

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Abstract

Background and Study Aim

The Big Five Personality Traits (BFPTs) and Emotional Intelligence (EI) are considered crucial psychological factors influencing student-athletes' performance and well-being. Understanding these psychological and emotional attributes is as important as assessing an athlete's physical skills. However, existing research has not adequately addressed the relationship between BFPTs and EI among varsity squash players, particularly in the context of gender-based differences, creating a notable research gap. Therefore, this study aims to assess the association between BFPTs and EI among varsity squash players, with a specific focus on gender-based differences.

Material and Methods

The sample consisted of 126 varsity squash players, including 64 males (M = 21.67, SD = 2.078) and 62 females (M = 21.66, SD = 2.311). The study utilized a structured questionnaire comprising a demographic section, the BFI-10 to assess personality traits, and the BEIS-10 to measure EI.

Results

The BFPTs collectively explained a moderate level of variance in EI among male and female varsity squash players. Additionally, openness and neuroticism showed a significant positive association with EI among male varsity squash players, whereas among female players, only *extraversion* demonstrated a significant positive *association* with EI. Furthermore, male players scored higher in the «regulation of own emotions» component of EI. The results of this study showed that no significant mean differences in BFPT scores were observed between male and female varsity squash players.

Conclusions

The results of this study underscore the need for developing targeted training programs to enhance varsity athletes' overall well-being and performance.

Keywords:

gender-based differences, big five personality traits, emotional intelligence, varsity squash players, student-athletes

Introduction

Big Five Personality Traits (BFPTs) and Emotional Intelligence (EI) are considered key influencing factors in student-athletes' lives. Both of these factors can simultaneously impact their academic success and sports achievements [1, 2]. Therefore, understanding these psychological and emotional factors in a student-athlete is as important as assessing their physical skills [3]. EI is conceptualized as the ability of an individual to understand and manage their own emotions [4]. High EI levels are associated with better stress and anxiety management, which, in turn, improves overall well-being and performance [5]. Furthermore, EI may contribute to healthier lifestyles by regulating emotions and maintaining mental health [6]. Conversely, low EI levels have been linked to increased depression and anxiety, which may significantly elevate the risk of developing mental health disorders [7, 8, 9]. In particular, student-athletes often experience significant challenges related to academic workloads

and sports pressures. These challenges might lead to various emotional difficulties, including Obsessive-Compulsive Disorder and suicidal ideation [10].

Particularly, EI may also act as a game-changer, as it has been suggested to improve self-awareness among student-athletes [11]. This, in turn, may help them remain calm and composed during stressful moments and competitions [11]. On the other hand, EI levels can vary across individuals due to distinct personality traits associated with each person [12]. Personality traits are defined as a combination of thoughts, behaviors, and emotions that characterize an individual [13]. In recent years, the five-factor model of personality, also known as the Big Five Personality Traits (BFPTs), has gained popularity. It has been recognized as one of the leading models for quantifying personality traits with greater accuracy and precision [14]. The BFPTs include Extraversion, Openness, Neuroticism, Conscientiousness, and Agreeableness [15]. Each of these traits significantly influences student-athletes' overall health and performance; some have a positive impact, while others have a negative effect [16]. For instance, those who exhibit higher levels of extraversion are likely to

have heightened energy levels and a greater ability to socialize [17]. Furthermore, individuals who are enthusiastic and outgoing tend to enjoy interacting with others [18]. Interestingly, individuals with higher levels of agreeableness tend to show a greater tendency to cooperate with their peers [19].

Similarly, a past study on collegiate student-athletes suggested that high levels of openness may improve their overall well-being [20]. Furthermore, it can help mitigate the stressful and depressive effects of the demanding sports and academic environment among student-athletes [21]. Additionally, student-athletes who reported high levels of conscientiousness were found to possess characteristics such as being disciplined, organized, and responsible [22]. These individuals have also been reported to excel in their academic and athletic pursuits due to their well-organized and goal-oriented approach [23]. In contrast, elevated neuroticism has been reported to have a negative impact on various aspects of student-athletes' lives [24]. For example, student-athletes with higher levels of neuroticism tend to experience unstable emotional regulation and heightened stress levels [25].

Gender, however, has been found to significantly influence various psychological variables, including BFPTs and EI [26, 27]. Previous studies have reported significant differences between males and females in relation to BFPTs and EI [28, 29]. These differences may further affect psychological and physical health, particularly among student-athletes, as personality traits and emotion regulation play a crucial role in fostering resilience in competitive sports and academic environments [30, 31]. Despite researchers' growing interest in assessing the psychological aspects of the athletic population, varsity student-athletes remain a relatively unexplored group, particularly varsity squash players [32]. Squash is a racket sport that is physically demanding and requires high levels of mental and emotional competence to excel [33]. Moreover, it demands strong emotional regulation and elevated levels of certain personality traits to perform well under intense competitive pressure [32]. Thus, varsity players might be an ideal population to investigate how personality traits and EI interact within a highly competitive environment, as they are at a crucial stage of their academic and athletic careers.

Previous studies have indicated a significant association between Big Five Personality Traits (BFPTs) and Emotional Intelligence (EI) among different populations, including college students [34] and the general public [35]. Research findings suggest that this relationship may also be present among varsity squash players, with potential variations based on gender. Additionally, existing literature highlights gender-based differences in both EI [30, 36] and personality traits [26],

particularly among student-athletes.

The analysis of various studies has shown that personality traits and Emotional Intelligence (EI) significantly influence student-athletes' psychological well-being, academic performance, and athletic achievements. Despite numerous studies on the relationship between Big Five Personality Traits (BFPTs) and EI, the need for further in-depth research remains. It is essential to explore how these psychological factors interact in the academic environment and impact student-athletes' overall development.

This study aims to assess the association between Big Five Personality Traits (BFPTs) and Emotional Intelligence (EI) among varsity squash players, with a specific focus on gender-based differences.

Materials and Methods

Participants

The study included 126 varsity squash players who met specific inclusion criteria. To participate in the study, individuals had to: (1) be enrolled in a BS or equivalent academic program at a university, (2) be regular squash players, (3) be members of their university's squash team, (4) have represented their university in intervarsity competitions, and (5) be between 18 and 25 years old.

Initially, 140 participants were identified (70 males and 70 females). However, 14 participants (6 males and 8 females) were excluded due to incomplete responses or non-participation. As a result, the final sample size comprised 126 participants, yielding a response rate of 90%. Among them, 64 were male ($M = 21.67$, $SD = 2.078$) and 62 were female ($M = 21.66$, $SD = 2.311$). A detailed descriptive analysis is presented in Table 1.

Research Design

A quantitative cross-sectional approach was applied in this study. However, due to the nature of the cross-sectional design, it was difficult to establish cause-and-effect relationships among variables. Thus, studies employing stronger research designs would be needed to determine causality.

Instruments

Two standardized tools were used to gather data from the participants, along with a demographic questionnaire. The final version of the instrument consisted of the following three sections:

Personal Information

The first section of the instrument included demographic questions, comprising eight items. These items covered university name, study level, gender, marital status, academic status, athletic status, highest participation level, and squash experience.

Big Five Inventory Scale (BFI-10)

Table 1. Characteristics of the Participants

Variables	Frequency (f)	Percentage (%)	M	SD
Gender				
Male	64	50.8	21.67	2.078
Female	62	49.2	21.66	2.311
Marital Status				
Married	4	3.2		
Unmarried	122	96.8		
Highest Playing Level				
Club Level	10	7.9		
Inter-university Level	72	57.1		
Provisional Level	7	5.6		
National Level	22	17.5		
International Level	15	11.9		
Playing Experience (Years)	Min = 1	Max = 18	4.25	3.39

The second section of the questionnaire included a tool for measuring BFPTs. The BFI-10 was chosen because it was specifically designed [37] to simplify the assessment of personality traits. While the longer version of the Big Five Inventory (BFI-44) provides a more detailed evaluation, its use may place an additional burden on participants, potentially leading to fatigue and affecting response quality [37]. Additionally, this tool has been widely used in previous studies to assess personality traits in student-athletes [38, 39 40], further supporting its suitability for this population. Previous studies have reported relatively good Cronbach's alpha scores for this tool, ranging from .64 to .85 [41, 42, 43]. In the present study, the overall Cronbach's alpha score for this tool was 0.94, confirming its strong validity and reliability.

Brief Emotional Intelligence Scale (BEIS-10)

Assessing EI has historically been challenging due to the large number of items in most EI measurement scales. To address this issue, Davies and Lane [44] developed a brief version of the Emotional Intelligence Scale (BEIS-10), which consists of only ten items. The BEIS-10 has been widely applied in research on student-athletes [45, 46], reinforcing its relevance for the current study. A previous study by Murmu and Neelam [47] reported a Cronbach's alpha score of 0.86, indicating good reliability. In the present study, the BEIS-10 achieved an overall Cronbach's alpha score of 0.74, demonstrating a sufficient level of internal consistency.

Data Collection Procedure

An in-person data collection method was selected for this study. Before initiating the data collection, ethical approval was obtained from the institution's ethical review committee. Participants were provided with a detailed explanation of the study's objectives and were assured that the

collected data would be used solely for research purposes. Participation in the study was voluntary, and individuals had the right to withdraw at any stage.

Questionnaires were distributed individually, and participants were instructed to select the option that best reflected their thoughts. In case of any difficulty or confusion, they were encouraged to ask questions while completing the questionnaire. The estimated time for completion was 20–25 minutes per participant.

Statistical Analysis

This study used IBM SPSS (v. 22) software for data analysis. Descriptive analysis and an independent samples t-test were applied to examine the variance between the groups. Additionally, multiple linear regression (MLR) analysis was performed to determine the association between variables. Furthermore, to identify significant results, a p-value below 0.05 was considered.

Lastly, all necessary statistical assumptions for MLR analysis and t-tests, including normality, linearity, homoscedasticity, multicollinearity, and independence of errors, were tested and met before conducting the primary analysis.

Results

Male Varsity Squash Players. To examine the relationship between BFPTs and EI among male varsity squash players (Table 2), multiple linear regression (MLR) was applied. BFPTs were the predictor variables, and EI was the dependent variable. The ANOVA table yielded significant results, indicating a positive relationship between BFPTs and EI among male varsity squash players.

The findings of the regression analysis (Table 3) indicated that BFPTs significantly and positively predicted EI among male varsity squash players, $F(5,$

58) = 7.928, $p = 0.000$. The findings also revealed an R^2 value of 0.406, indicating that BFPTs explained 41% of the variance in EI among male varsity squash players. Among the predictor variables, Openness to Experience ($\beta = 0.438$, $p = 0.001$) and Neuroticism ($\beta = 0.312$, $p = 0.006$) were significant and positively linked to EI, as both variables exhibited significant standardized effects. Conversely, Extraversion ($p = 0.404$), Agreeableness ($p = 0.504$), and Conscientiousness ($p = 0.337$) were not statistically significant.

Female Varsity Squash Players. To investigate the association between BFPTs and EI among female varsity squash players (Table 4), multiple linear regression (MLR) analysis was applied. The ANOVA table showed significant results, indicating a positive link between BFPTs and EI among female varsity squash players.

The results (Table 5) revealed that BFPTs

positively predicted EI among female varsity squash players, $F(5, 56) = 2.808$, $p = 0.025$. The R^2 value was 0.200, indicating that BFPTs collectively explained 20% of the variance in EI among female varsity squash players. Among the predictor variables, Extraversion ($\beta = 0.287$, $p = 0.026$) was found to be significantly and positively associated with EI. Additionally, Agreeableness ($p = 0.687$), Conscientiousness ($p = 0.396$), Openness ($p = 0.080$), and Neuroticism ($p = 0.207$) did not show a statistically significant link with EI ($p > 0.05$).

The results of the independent samples t-test (Table 6) were applied to assess gender-based variations in EI among varsity squash players. The findings revealed that the appraisal of own emotions showed no statistically significant difference, $t(124) = 0.417$, $p = 0.677$, for male ($M = 4.09$, $SD = 1.08$) and female ($M = 4.00$, $SD = 1.22$) varsity squash players. Additionally, the appraisal of other emotions

Table 2. ANOVA results for the relationship between BFPTs and EI among male varsity squash players

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	889.728	5	177.946	7.928	.000 ^c
Residual	1301.881	58	22.446		
Total	2191.609	63			

Note: ^c - Predictors (BFPT factors)

Table 3. Regression results for the relationship between BFPTs and EI among male varsity squash players

Dependent Variable	Predictor Variable (BFPT Factors)	B	SE	β	t	p
EI	Extraversion	.540	.644	.094	.840	.404
	Agreeableness	.417	.619	.079	.673	.504
	Conscientiousness	-.734	.759	-.112	-.968	.337
	Openness	2.518	.689	.438	3.604	.001*
	Neuroticism	1.740	.610	.312	2.852	.006*

Note: BFPT - big five personality traits, EI - emotional intelligence, * - $p < .05$

Table 4. ANOVA results for the relationship between BFPTs and EI among female varsity squash players

Source	Sum of Squares	df	Mean Square	F	Sig.
Regression	622.483	5	124.497	2.808	.025 ^c
Residual	2482.758	56	44.335		
Total	3105.242	61			

Note: ^c - Predictors (BFPT factors)

Table 5. Regression Results for the Relationship Between BFPTs and EI Among Female Varsity Squash Players

Dependent Variable	Predictor Variable (BFPT Factors)	B	SE	β	t	p
EI	Extraversion	2.298	1.004	.287	2.289	.026*
	Agreeableness	-.314	.776	-.049	-.405	.687
	Conscientiousness	-.785	.918	-.116	-.856	.396
	Openness	1.815	1.018	.224	1.783	.080
	Neuroticism	1.452	1.138	.174	1.276	.207

Note: BFPT - big five personality traits, EI - emotional intelligence, * - $p < .05$

Table 6. Results of t-test Analysis for Gender-based Differences in EI among Varsity Squash Players

Variable	Male M	Male SD	Female M	Female SD	t (124)	p	95% CI LL	95% CI UL	Cohen's d
Appraisal of Own Emotions	4.09	1.086	4.00	1.225	0.417	0.677	-0.322	0.494	0.07
Appraisal of Other Emotions	3.57	1.105	3.68	1.124	-0.539	0.591	-0.500	0.286	0.09
Regulation of Own Emotions	4.09	0.809	3.74	0.978	2.147	0.034*	0.027	0.661	0.38
Regulation of Other Emotions	3.94	0.732	3.73	0.991	1.315	0.191	-0.103	0.510	0.24
Utilization of Emotions	4.11	0.710	4.06	0.856	0.321	0.749	-0.232	0.322	0.06

Note: M - Mean, SD - Standard Deviation, CI - Confidence Interval, LL - Lower Limit, UL - Upper Limit, * - $p < .05$

Table 7. Results of t-test Analysis for Gender-based Differences in BFPTs among Varsity Squash Players

Variable	Female M	Female SD	Male M	Male SD	t (124)	p	95% CI LL	95% CI UL	Cohen's d
Agreeableness	2.90	1.117	2.55	1.117	-1.711	.090	-.734	.053	.31
Conscientiousness	2.59	1.054	2.40	.901	-1.091	.278	-.536	.155	.19
Extraversion	2.88	.890	2.58	1.020	-1.762	.081	-.639	.037	.31
Neuroticism	3.42	.885	3.58	1.059	.924	.357	-.181	.499	.16
Openness	3.42	.880	3.66	1.027	.650	.948	-.327	.349	.01

Note: M - Mean, SD - Standard Deviation, CI - Confidence Interval, LL - Lower Limit, UL - Upper Limit.

revealed no significant difference, $t(124) = -0.539$, $p = 0.591$, for male ($M = 3.57$, $SD = 1.105$) and female ($M = 3.68$, $SD = 1.124$) varsity squash players. However, the regulation of own emotions showed a statistically significant difference, $t(124) = 2.147$, $p = 0.034$, for male ($M = 4.09$, $SD = 0.809$) and female ($M = 3.74$, $SD = 0.978$) varsity squash players. The Cohen's d value was found to be 0.38, which was less than 0.50, indicating a medium effect size. Furthermore, the regulation of other emotions showed no significant difference, $t(124) = 1.315$, $p = 0.191$, for male ($M = 3.94$, $SD = 0.732$) and female ($M = 3.73$, $SD = 0.991$) varsity squash players. Lastly, the utilization of emotions showed no significant mean differences, $t(124) = 0.321$, $p = 0.749$, for male ($M = 4.11$, $SD = 0.710$) and female ($M = 4.06$, $SD = 0.856$) varsity squash players.

Gender-based disparities in Big Five Personality Traits (BFPTs) among varsity squash players are presented in Table 7. The results of the t-test analysis revealed no significant differences in extraversion scores, $t(124) = -1.762$, $p = 0.081$, with mean values of $M = 2.58$, $SD = 1.020$ for males and $M = 2.88$, $SD = 0.890$ for females. Similarly, agreeableness scores showed no significant differences, $t(124) = -1.711$, $p = 0.090$, with scores of $M = 2.55$, $SD = 1.117$ for males and $M = 2.90$, $SD = 1.117$ for females. No significant differences were also found in conscientiousness scores, $t(124) = -1.091$, $p = 0.278$, with $M = 2.40$, $SD = 0.901$ for males and $M = 2.59$, $SD = 1.054$ for females. Additionally, openness scores did not differ

significantly, $t(124) = 0.65$, $p = 0.948$, with values of $M = 3.66$, $SD = 1.059$ for males and $M = 3.42$, $SD = 0.880$ for females. Lastly, neuroticism scores showed no significant differences, $t(124) = 0.924$, $p = 0.357$, with $M = 3.58$, $SD = 1.059$ for males and $M = 3.42$, $SD = 0.885$ for females.

Discussions

A few studies [27, 29] have previously explored gender-based differences in BFPTs and EI. No study has specifically focused on student-athletes, particularly in the context of squash players, thus making this a novel study. Therefore, this research primarily focused on evaluating gender-related variations in BFPTs and EI among varsity squash players. The study's outcomes demonstrated that BFPTs had a moderate variance level in EI among male and female varsity squash players. Particularly, the neuroticism and openness traits were significantly and positively associated with EI among male varsity squash players, whereas among female varsity squash players, only the extraversion trait showed a significant positive relationship with EI. Furthermore, only the factor *regulation of own emotions* from the factors of EI was reported to be higher among male varsity squash players. Lastly, no significant mean differences in BFPTs were observed between male and female varsity squash players. The study results might extend existing knowledge, as this is the first-ever study to explore the gender

role while assessing the association between BFPTs and EI, especially in the context of varsity squash players. This insight may further promote equality by developing specific psychological and physical interventions for both genders.

Moreover, the findings revealed that the openness and neuroticism traits were notably and positively connected with EI among male varsity squash players. This suggests that high scores in openness and neuroticism might lead to increased levels of EI among male varsity squash players. To the best of our knowledge, no prior study has assessed the relationship between BFPTs and EI among male varsity student-athletes until now. However, these results are partially in line with a past study conducted on judoka athletes. That study revealed that high levels of the openness trait were positively associated with EI among judoka athletes [48]. Our findings on neuroticism and EI are conflicting, as neuroticism was previously associated with low EI levels among medical students and professional athletes [49, 50]. The positive association between neuroticism and EI reported in our study might be due to the fact that squash is a highly competitive sport. It involves a great deal of mental and physical tension, along with the academic stress placed on student-athletes [51]. Due to continuous exposure to physical and mental stress, male squash players might have developed adaptive strategies over time. These adaptive strategies may have led to an increase in their EI levels [52]. However, further studies are needed to confirm the possible reasons for this positive association among student-athletes.

In addition, the results disclosed that extraversion was substantially and positively associated with EI among female varsity squash players. These findings are of unique significance, as no prior study has specifically assessed the association between these variables among those players. However, past studies on varsity students and the general population that assessed the impact of personality traits on EI exhibited similar findings [53, 54]. For instance, Claudia and Oana-Maria [54] conducted a study to assess the relationship between EI and BFPTs among higher education students. The study's results revealed a positive association between extraversion and EI among students. However, our research focused only on determining the relationship between BFPTs and EI among varsity squash players, not their root causes. Thus, it can be proposed that high levels of extraversion might be associated with enhanced emotional regulation, leading to heightened EI [55]. However, additional studies are necessary to clarify the exact mechanisms of this association between personality traits and EI among female players.

Besides, our study revealed that BFPTs explained a 40% variance in EI among male varsity squash players, compared to 20% among female players.

These differences between male and female varsity squash players might be due to various underlying mechanisms. A possible explanation for this variance is that they experience differences in their training environments and coaching strategies [56, 57]. For instance, male players have often been encouraged to participate in highly intense competitions that require rigorous training schedules [58]. As a result, they may have developed a greater sense of emotional stability and regulation, leading to greater variance in EI. In contrast, female players might experience distinct coaching strategies focused on improving their skill set and teamwork [59]. Such coaching techniques and methods might shape unique ways of managing emotions among female varsity squash players. Additionally, changes in stress levels caused by academic burden might also be a crucial factor in this regard. High academic stress levels might have influenced female athletes' ability and capacity to respond to and handle distinct emotions [60]. Meanwhile, male athletes might have utilized their performance-driven mindset to navigate this academic stress, allowing their BFPTs to exert a stronger influence on EI.

Conversely, the results highlighted that, among the EI factors, only the regulation of own emotions was significantly higher in male varsity squash players. These findings were supported by previous studies that assessed gender-based differences in EI among varsity student-athletes [36, 61]. For example, a study on Lithuanian student-athletes reported that male student-athletes scored higher on EI than their female counterparts [36]. Our study primarily focused on examining the existence of gender-based differences in BFPTs and EI among varsity squash players. Therefore, we could not determine the probable contributing factors or underlying mechanisms behind this association. However, it can be suggested that male varsity squash players are more prone to stressful and competitive environments. In addition, they may also face extreme external societal pressures due to high expectations to perform at every stage [62]. This continuous exposure may have led to the development of greater levels of emotional resilience and control among them [63]. Further research is necessary to explore these mechanisms and understand their relationship with psychological development in varsity student-athletes.

Lastly, no significant mean differences were observed in the BFPT scores among varsity squash players of both genders. These findings are unique, as previous studies have reported significant differences in BFPTs among varsity student-athletes and the general population [26, 31, 64, 65]. Past studies aimed at assessing gender-based differences in BFPTs suggested similar results. The findings revealed that male individuals were generally higher in extraversion, whereas most females reported

higher levels of neuroticism [26, 66]. On the other hand, findings regarding the remaining traits were mixed. Some studies reported higher agreeableness, conscientiousness, and openness levels among males [26, 66], whereas others highlighted increased levels of these traits among females [67, 68]. However, we were unsure of the exact reasons for this contradictory finding. Since squash is a physically and mentally demanding sport, it can be suggested that participation in squash might contribute to the development of strong mental resilience and emotional regulation over time. These positive psychological attributes, in turn, might have reduced gender-based variability in BFPTs within the specific population of our study.

The outcomes of this research suggest several notable practical implications for relevant practitioners, researchers, coaches, scholars, and student-athletes. The study results may aid sports psychologists in designing specific and targeted training programs for varsity athletes of both genders. This, in turn, could enhance EI and personality traits, which are directly linked to their academic and athletic performance. Additionally, these findings may help address the unique needs of both male and female varsity players, fostering improved self-regulation, teamwork, and stress management. The positive link between specific BFPTs and EI implies that higher levels of these traits may contribute to improved EI among varsity squash players. Enhanced emotional well-being, in turn, may lead to better mental health and sustained performance in high-pressure situations.

Limitations and Directions for Future Research

The study design was cross-sectional, which is considered relatively weak compared to longitudinal and randomized controlled trials. Hence, future studies should employ stronger study designs, including longitudinal, observational, quasi-experimental, and randomized controlled trials. Additionally, the use of brief versions of

the Big Five Inventory and Emotional Intelligence tools introduced another limitation to our study. Nonetheless, these tools have been widely accepted and utilized as valid and reliable measures for personality and EI assessment. However, using only two items for each subscale may have reduced the reliability of the results compared to longer versions. Therefore, to enhance the reliability and accuracy of the findings, future studies should employ the full versions of both tools.

Lastly, this study specifically focused on varsity athletes with general athletic status. Future research should target specific athletic groups, such as domestic, national, and international-level competitors. This approach would provide a clearer understanding of the association between personality traits and EI across varying competition levels in both genders.

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Conclusions

The objective of this study was to assess the association between BFPTs and EI, as well as gender-based differences among varsity squash players. The results demonstrated a significant positive association between personality traits and EI in both male and female varsity squash players. Additionally, male varsity squash players reported higher levels of EI than their female counterparts. Lastly, no significant mean differences in BFPTs were observed between male and female varsity squash players. These findings highlight the need for gender-specific training programs to enhance EI and well-being in varsity squash players.

Conflicts of Interest

The authors declare that there are no conflicts of interest related to the topics addressed in this manuscript.

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