

Study on Emotional Intelligence, Stress and Burnout of the Yoga Player

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ABSTRACT

The relationship of emotional intelligence, stress and burnout of the Yoga player that was discussed in the study is the purpose. There are a total of 250 questionnaires were recovered by purposive sampling method and analyzed by Structural Equation Model (SEM). The results showed that the higher the emotional intelligence more effective to reduce the feeling of pressure and have less the situation of the burnout. And the pressure has the fully mediated effect between emotional intelligence and burnout. The results of the study will be used as valid reference to promote the yoga sport.

Keywords : Yoga、Emotional Intelligence、Stress、Burnout

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