

## Health



by

**Tom  
Bawden**

5 months

Sunday April 1st 2018

SHARE THIS ARTICLE



## Most Popular

**Fatal heart attacks could  
be predicted years in  
advance**

Health

**Why French fishermen  
are attacking British  
boats in English Channel**

UK

**These historical words  
could fill the English  
language's many gaps**

Columnists

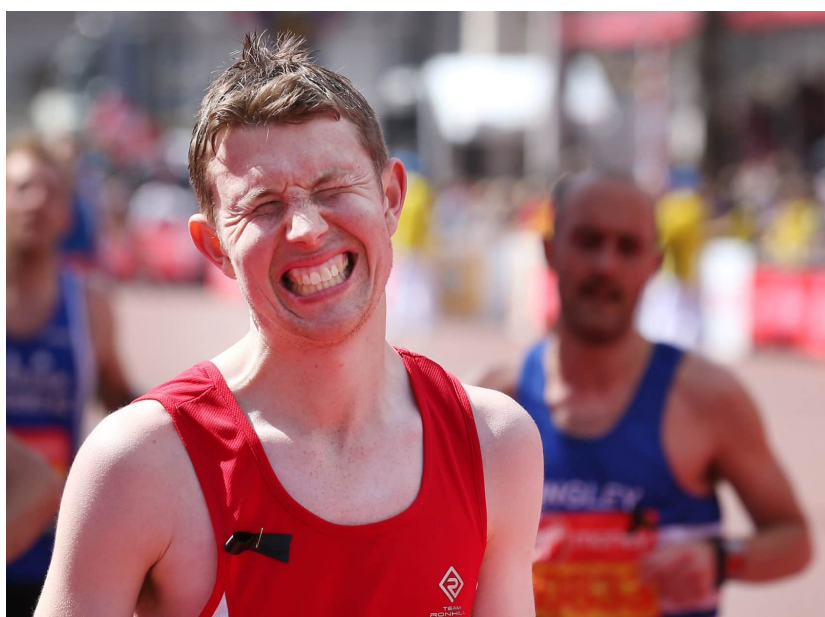
**Girl, 6, writes daily 'get  
well soon' card for  
terminally ill mum, 36**

People

**Man loses driving  
license and job after  
epilepsy misdiagnosis**

News

## Why emotional intelligence helps you run faster



A runner in the London Marathon on 21 April 2013 in London, England. (Peter Macdiarmid/Getty Images)

**The i newsletter**

News for open-minded people.

Enter Your Email

Sign Up

If you're thinking of entering a **marathon** you might want to strengthen your **emotional** intelligence as well as your leg muscles.

A new study finds that people with high levels of emotional intelligence run long distances faster than those with lower levels because they find it easier to stay on top of things mentally when extreme fatigue kicks in.

Researchers from the University of Padua in Italy looked at 237 people running half marathons to find out how good they were at overcoming fatigue.

"We were quite convinced that emotional intelligence could have an impact on running performance, since this discipline entails the

**"It was surprising the extent  
to which emotional  
intelligence influenced**

**Get daily news**  
Subscribe to the

Sign up today

**Subscribe to the  
National  
Newspaper Of  
The Year**

Find out more

need to regulate one's feelings of fatigue," said study author Enrico Rubaltelli.

**finish times,"**

**Enrico Rubaltelli**

"Still, it was surprising the extent to which emotional intelligence influenced finish times. After accounting for natural talent and training, within each level of performance those who go faster have a higher emotional intelligence," said Dr Rubaltelli.

## Findings also apply to longer distances

Although his study related to half marathons he said the findings also applied to longer runs, such as full marathons.

**Read more:**

**How the world might never have seen Roger Bannister run his famous mile**

The study is published in the journal Personality and Individual Differences.

Emotional intelligence is the ability to recognize and understand emotions in yourself and others and to use this awareness to manage your behavior and relationships.

## Emotional intelligence good for doctors

A separate study last March found that people with high levels of emotional intelligence made better doctors.

"It helps make patients more trusting, which in turn leads to better doctor-patient relationships, increased patient satisfaction and better patient compliance," according to the study, published in Journal of Contemporary Medical Education.

"Emotional intelligence also can help make physicians more resilient to the stresses of the profession and less likely to experience burnout," it concluded.

### More from i:

[How the world might never have seen Roger Bannister run his famous mile](#)

[Meet the multi-marathon runner crossing the US for a fourth time, inspired by Forrest Gump](#)

[Labour seeks to distance itself from pro-Corbyn anti-Semitic Facebook groups](#)

## Explore More

**Play this for 2 minutes and see why everyone is addicted**

**Throne: Free Online Game**

**A Phenomenon : 1 Million Subscribers Are Using This App To Learn A Language**

**Babbel**

**The Must-Play City Building Game this Summer**

**Forge Of Empires - Free Online Game**

## Maria Didrichsen about her open collection in Helsinki

BMW Art Guide

### Essentials

News  
Sport  
Lifestyle  
Culture

### Useful Links

About  
Contact Us  
Advertise  
Subscribe to i

### Join Us On



All rights reserved. © 2018 Johnston Publishing Ltd. [Cookie Settings](#) [Terms and Conditions](#) [Privacy and Cookie Policy](#)