

2019

# An Examination of Athlete Leaders' Emotional Competence

Ashley M. Duguay

*University of Windsor*, [duguay7@uwindsor.ca](mailto:duguay7@uwindsor.ca)

Todd Loughead

*University of Windsor*

Follow this and additional works at: <https://scholar.uwindsor.ca/research-result-summaries>  
Consistent with the TCPS 2 (4.7) this is a research summary provided to participants and should not be considered a formal publication of results.

---

## Recommended Citation

Duguay, A. M., & Loughead, T. (2019). An Examination of Athlete Leaders' Emotional Competence. Retrieved from <https://scholar.uwindsor.ca/research-result-summaries/69>

This Completed Summary is brought to you for free and open access by Scholarship at UWindsor. It has been accepted for inclusion in Research Result Summaries by an authorized administrator of Scholarship at UWindsor. For more information, please contact [scholarship@uwindsor.ca](mailto:scholarship@uwindsor.ca).

## **An Examination of Athlete Leaders' Emotional Competence**

The examination of emotional competence in relation to sport leadership has centered on the coach despite the prominent leadership role athletes play in sports teams. However, anecdotal and empirical evidence suggests that emotional competence is an important construct for researchers to consider as athlete leadership research advances. Therefore, the purpose of the present study was to assess the validity of the Profile of Emotional Competence (PEC; Brasseur, Grégoire, Bourdu, & Mikolajczak, 2013), a trait emotional competence measure that conceptually aligns with leadership development theory (i.e., includes intrapersonal and interpersonal competencies). A convenience sample of 310 intercollegiate athletes (186 females, 121 males, 1 unbinary, 1 undecided, 1 no response;  $M_{age} = 19.84$ ,  $SD = 1.66$ ) was recruited from four local universities competing in either Atlantic University Sport (AUS;  $n = 243$ ) or the Atlantic Collegiate Athletic Association (ACAA;  $n = 67$ ). The results of the present study did not support the 10-factor first-order factor structure of the PEC with a sample of athletes. Further psychometric evaluations of the PEC are required to build a comprehensive understanding of its construct validity in sport contexts. We encourage researchers to continue such efforts and recommend that, at present, the PEC be used with caution in athlete leadership research and applied settings.