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"A STUDY OF EMOTIONAL INTELLIGENCE BETWEEN MALE AND FEMALE KHO-KHO INTER UNIVERSITY PLAYERS

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ABSTRACT:

The purpose of the present study was to compare the Emotional intelligence between male and female Kho-Kho players of Gulbarga University, Kalaburagi, Karnataka. For the study 50 kho-kho players, male 25 and female 25 from Gulbarga university through random sampling technique. A scale constructed by Hyde and Pethe (2005) entitled "Emotional Intelligence Scale" was administered on the sample. The data collected from the sample was analyzed by using 't' test.



KEYWORDS: Emotional intelligence, male, female, Kho-Kho.

INTRODUCTION:-

The Sports Psychology is the logical study of athletes and their behaviors in the circumstance of sports and the sensible request of that information. Sports psychology deals with the augment of presentation by the organization of emotions and the minimization of psychosomatic belongings to the injury and poor presentation. Emotional intelligence means schmaltyz ability of mind. It is the aptitude to recognize, assess and control the emotions of one self, of others and of groups that is, emotional intelligence involves our aptitude to appreciate, articulate and control our emotions.

The implication of emotional manipulate on sport recital has often been obvious in the most comments of listeners, team managers and sports analysts on athletes' and teams' performances during and after competitions.

EMOTIONAL INTELLIGENCE IN SPORT:

Although emotional intelligence is still a relatively new term in sport, it certainly is not a new concept. For years we have marveled at how the great athletes are able to "switch themselves on" to create amazing performances with incredible consistency. We would describe them as being composed, mentally tough, having the right psychology, a

great sports mind, emotionally controlled or simply determined or focused. Today we recognize these athletes' as having high levels of competency in the area of emotional intelligence. The Key to emotional intelligence is the ability to control your emotions and create peak performance on demand. If only we could teach our athletes to do this consistently! But, what if we could? This article examines what emotional intelligence is and while wanting to develop this invaluable ability within your athletes is paramount, it isn't the first step. Most importantly, coaches require high levels of emotional intelligence as the first priority. (Future articles will continue this topic and focus on developing

emotional intelligence in our athletes

EMOTIONAL INTELLIGENCE AND PERFORMANCE:

In recent years, sports psychology research has seen the rise of a concept named emotional intelligence. But what is it, how can it help sports performance and how can we enhance our own emotional intelligence? Andy Lane explains. Emotional intelligence is a relatively new concept that has emerged over the last decade, which to date has principally been studied in business settings. It is defined as 'the capacity to recognize and utilize emotional states to change intentions and behavior'. Emotional intelligence can be measured using pen and paper test; in such tests, the responses to statements such as 'When I experience a positive emotion, I know how to make it last' and 'I motivate myself by imagining a good outcome to tasks I take on' are recorded and assessed. Emotional intelligence can be summarized thus: The ability to recognize different emotional states; Assessing the effects of emotions on subsequent behavior The ability to switch into the best emotional state to manage a particular situation.

STATEMENT OF THE PROBLEM

"A Study of Emotional Intelligence between Male and Female Kho-Kho Players Inter University Players"

MATERIAL AND METHODS:

The study was based on primary data. It was investigated through random sampling technique. The information for the study was gathered from male and female kho-kho players of Gulbarga University Gulbarga, Karnataka. For the purpose, sample of 50 kho-kho players male 25 and 25 female players were collected from Gulbarga University.

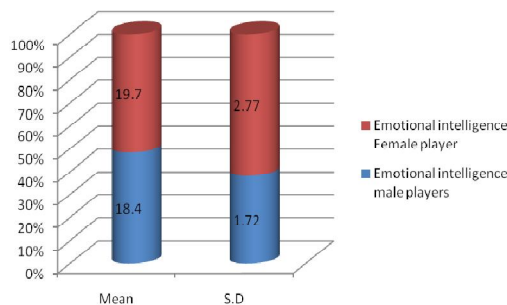
Statistical technique: The data collected from the sample was analyzed by using 't' test.

Table 1: Mean Scores, standard deviation and t-ratio of Emotional intelligence scale between male and female kho-kho players of Haryana

Variables	Group	Mean	S.D	't' ratio
Emotional intelligence	Male players	18.40	1.72	3.40*
	Female player	19.70	2.77	

Table 1: Shows that the mean scores, standard deviation and t-ratio of the emotional intelligence scale of male and female kho-kho players they have obtained the mean value of 18.40 and 19.70 respectively which are given in table 1 reveals that the significant difference was found out in (t=3.40) male and female kho-kho players.

Graph 1: Graphical representation of Emotional intelligence scale between male and female kho-kho players of Karnataka.



CONCLUSIONS

Finally the following conclusions were drawn in their present study. Kho-Kho female players were found to have got more Emotional intelligence as compared to male players of Haryana.

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