



COMPARATIVE STUDY ON EMOTIONAL INTELLIGENCES BETWEEN THE MALE ATHLETES AND NON-ATHLETES

Ms. Sonia

Assistant Professor of Physical Education (UITTR),
Chandigarh University, Gharuan, Mohali (PB).

ABSTRACT

The main purpose of the study was to compare the emotional intelligences sub-parameter; self-awareness, empathy, self-motivation, emotional stability, managing relation, integrity, self-development, value orientation, commitment and altruistic behavior between the male athletes and non-athletes of Panjabi University, Patiala. To achieve the objective of the study, hundred (100) male athletes, fifty (50) from athletes and fifty (50) from non-athletes were taken purposively as a subject for the study. The age of the selected subjects was ranging from 19-25 years for this study. To determine the significance difference on emotional intelligence, Independent 't'-test was applied to compare the difference between the male athletes and non-athletes. The level of significance was set at 0.05. Statistical calculation on gathered data showed that there were significant differences found on the sub-parameter of Empathy, Self-motivation, Managing relation, Integrity, Value-orientation, Commitment, Altruistic behaviour and the parameter Emotional Intelligences (total) between the male athletes and non-athletes of Panjabi University, Patiala. Insignificant differences were found on the sub-parameter of Self-awareness, Emotional stability and Self-development between the male athletes and non-athletes.

KEYWORDS: Emotional Intelligence, Male, athletes and non-athletes.

INTRODUCTION

With the evolution of the human being, the eagerness of mankind is very high. It's like a never ending process. Man has always the tendency for the betterment of his society, his country and mankind also. Not only this, human being tried for excellence and to be better than others. It may be in the field of intellectual, or may be in the area of physical prowess and efficiency. Athletes are those who engaged in any kinds of games or sports activities under some sports coaching or maintaining regular exercises schedule given to them by the coaches or teachers have a definite aim to be a renowned athlete and non-athlete are those who are not engaged or assigned in any kinds of games or sports or any kinds of physical activities, simply colleges or university going students.



Intelligence is the sum total of mental capacity or energy of an individual to act purposefully, to think sensible, and to deal fruitfully with one's environment. When there is more complicated and more illustrative in the movement, the necessary to understand of intelligences is increased. As we all know that the sports activities involve different kinds of movements and different kinds of actions. All the movements, skills and actions are performed in an intelligent way. Emotional Intelligence refers to individual differences in the capacity to perceive emotions, to use emotions in productive ways, and to understand and regulate emotions. Emotional Intelligence,

defined in this manner, is an intellectual capacity that connects reasoning with feeling.

The term emotional intelligence was first used by the **Salovey & Mayer (1990)**. Since then, this area has got much attention in the field of Physical Education and Sports Psychology. Emotional intelligence came up from the work of Social Intelligence by **Thorndike (1920)**. In 1927, **Thorndike** classified Intelligence into three types: Abstract Intelligence which is related to verbal concepts, Concrete Intelligence which is related to shapes and matter and thirdly Social Intelligence now termed as Emotional Intelligence. It shows that it is not a new concept.

Ahmed et.al (2011) studied the difference of emotional intelligence between the male and female volleyball players. The results found that male volleyball players have higher emotional intelligence than the female volleyball players.

Ulucan (2012) investigated the emotional intelligence levels of athletes in different sports in terms of some demographic variables. The results observed that Emotional Intelligence increased significantly with the increase in age levels, and the team athletes were found more significantly higher in Emotional Intelligence than the athletes of Individuals sports events.

OBJECTIVE OF THE STUDY

To compare the emotional intelligence between the male athletes and non-athletes of Panjabi University, Patiala.

MATERIALS AND METHODS

The subject was selected as purposively for the study. The subject of the study were 100 subject (50 athletes and 50 non-athletes). The ages of the subject were ranging between 19-25 years.

After consultation with the experts and review of literature in journals, research articles, periodicals and books and keeping in view of the feasibility of the study in terms of availability of Questionnaire and the relevance of the variables to the present study, the following variables were selected.

The details of the tools employed in the present study are as follows

1. Emotional intelligence developed by Hyde, Pethe, & Dhar (2002).

Factors of Emotional Intelligence: The scale was administered on 100 samples and the scores obtained were subjected to parameter analysis and ten sub-parameter were identified. These sub-parameter are- a) Self-Awareness, b) Empathy, c) Self-Motivation, d) Emotional Stability, e) Managing Relations, f) Integrity, g) Self-Development, h) Value Orientation, i) Commitment, j) Altruistic Behaviour.

The significance differences between male athletes and non- athletes on emotional intelligences were calculated by using independent 't'-test and the level of significance was set at 0.05.

RESULTS AND FINDINGS

Table 1: comparative analysis on the sub-parameter of emotional intelligences and parameter of emotional intelligences (total) between the male athletes and non-athletes

Variables	Group	N	Mean	S.D	t-value	p-value
Self-awareness	N.A	50	16.1000	1.84336	1.738	.085
	A	50	16.7400	1.83848		
Empathy	N.A	50	18.8400	2.44415	1.999	.048
	A	50	19.7200	1.92767		
Self-motivation	N.A	50	22.9600	2.32080	4.367	.000
	A	50	24.9200	2.16503		
Emotional stability	N.A	50	15.4200	1.80803	1.180	.241
	A	50	15.8200	1.57389		
Managing	N.A	50	15.4000	1.56492	3.999	.000

relation	A	50	16.6400	1.53543		
Integrity	N.A	50	11.9800	1.34756	3.085	.003
	A	50	12.7000	0.95298		
Self-development	N.A	50	7.7200	1.14357	0.256	.799
	A	50	7.7800	1.20017		
Value-orientation	N.A	50	7.4000	1.44279	2.587	.011
	A	50	8.0400	0.98892		
Commitment	N.A	50	7.6800	1.31615	3.122	.002
	A	50	8.4400	1.10951		
Altruistic behaviour	N.A	50	7.4200	1.26314	3.086	.003
	A	50	8.1600	1.13137		
Emotional Intelligences (total)	N.A	50	130.8600	9.08016	4.583	.000
	A	50	138.9600	8.58798		

The results of above table evident from the above results that significant differences were found on the sub-parameter such as Empathy, Self-motivation, Managing relation, Integrity, Value- orientation, Commitment, Altruistic behaviour and the parameter Emotional Intelligences (total). However, insignificant differences were found on the sub-parameters; Self- awareness, Emotional stability and Self- development. The male athletes found more higher emotional intelligence on the sub-parameter of Empathy, Self-motivation, Managing relation, Integrity, Value- orientation, Commitment Altruistic behaviour and the parameter Emotional Intelligences (total) than the male non-athletes. Probable reason could be that the male athletes had possessed more ability to perceived the emotion, manage and regulate it in a proper way .And there were no significance difference found on the sub-parameter of Self-awareness, Emotional stability and Self-development among the male athletes and non-athletes. Probable reason could be that the subject of this study were living under same geographical, cultural and environmental condition.

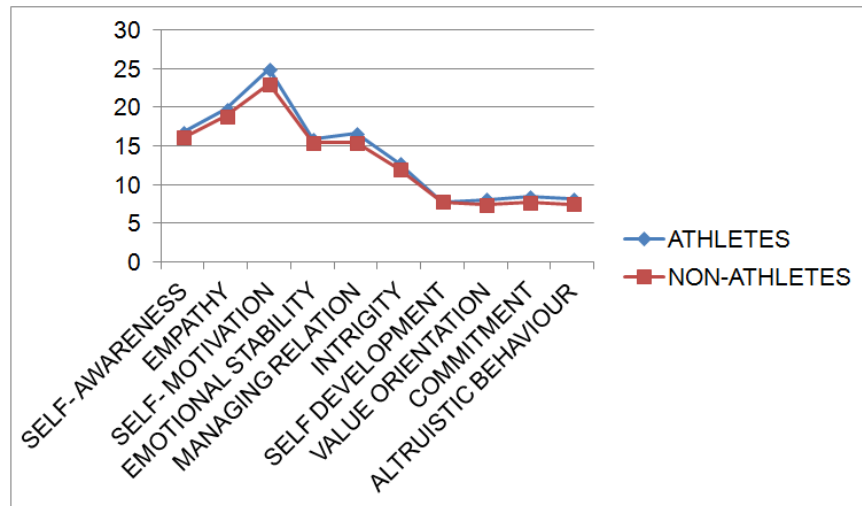


Fig 1: Graphical representation of the mean scores of the sub-parameter of emotional intelligences on male athletes and non-athletes of Panjabi University

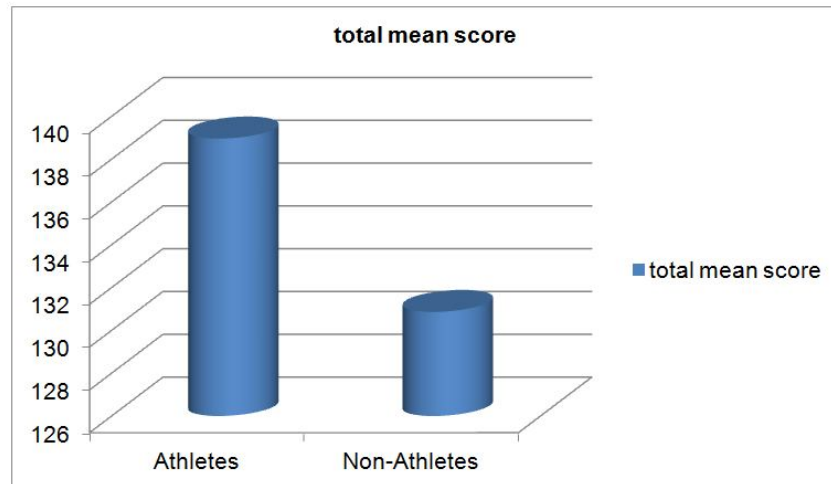


Fig 2: Graphical representation of the mean scores of the parameter of emotional intelligences (total) on male athletes and non-athletes of Panjab University, Chandigarh.

DISCUSSION OF FINDINGS

The finding of the study indicate that there was significance difference found among the male athletes and non-athletes on the factors of emotional intelligences as the obtained p-value was found less than the 0.05 level of significance. The male athletes had higher emotional intelligence than the male non-athletes. Probable reason could be that the male athletes had possessed more ability to perceived the emotion, manage and regulate it in a proper way.

CONCLUSIONS

The results found that there were significant differences on the sub-parameter of Empathy, Self-motivation, Managing relation, Integrity, Value- orientation, Commitment, Altruistic behavior and the parameter Emotional Intelligences (total) between the male athletes and non-athletes of Panjabi University. Insignificant differences were found on the sub-parameter of Self- awareness, Emotional stability and Self-development between the male athletes and non-athletes.

REFERENCES:

1. Ahmed, S., Khan, K. S., & Ahmed, S. (2011). A study on emotional intelligence among male and female volleyball players. *Golden Research Thoughts*, 1(3), 1-4.
2. Bal, B.S., & Singh, D. (2014). Emotional Intelligences in Basketball Players: A Predictor Of Sports Performance. *Journal of Education Practice and Innovation*.
3. Hyde, A., Pethe, S., & Dhar, U. (2001). *Publication manual for emotional intelligence scale*. National Psychological Corporation, 4/230, Kacheri Ghat, Agra, India.
4. Parnabas, V. et al (2014). *Emotional Intelligence and Sports Performance Among Malaysian Ethnic*. Proceedings of the International Colloquium on Sports Science, Exercise, Engineering and Technology 2014 (ICoSSEET 2014). Springer, Singapore.
5. Salovey, P., & Mayer, J.D. (1990) Emotional Intelligence. *Imagination, Cognition and Personality*, 9(3), 185-221.
6. Singh, D., Dureja, G., & Dolly. (2015). Emotional intelligence among female baseball players. *Journal of Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*.
7. Thanemozhi, T., & Margaret. J. (2015). *Comparative Analysis of Psychological Skills between Men and Women Volleyball Players in Tamilnadu during practice and competition conditions*. *Indian journal of applied research: physical education*, 5(6).

8. Thorndike, E. L. (1920). Intelligence and its uses. *Harper's Magazine*, 140, 227-235.
9. Ulucan, H. (2012). Investigation of the emotional intelligence levels of the athletes in different branches in terms of some demographic variables. *Journal of Advanced Social Research*, 2(2), 67-79.