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EMOTIONAL INTELLIGENCE AND MOTIVATIONAL ACHIEVEMENT AMONG SPORTS PERSON

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ABSTRACT :

Emotional intelligence and sports performance have taken a good leap over the last 20 years. This is generally judged by the outcome of a particular game; the solution in this context is to win the game and ultimately compete. Several factors can either facilitate or prevent the performance of a sport. Emotions can play an important role in sports, just like other physical, mental, social and spiritual factors related to sports performance. Given the lack of research in examining emotion or emotional intelligence in athletic performance, the current article examines the relationship between emotional intelligence ability and its self-regulation and direct effect on the mind. Emotionally intelligent can come to the right emotional state for the demands of the situation. If the situation requires high stimulation, emotionally savvy people are good at making up their own minds.

KEY WORDS : *Emotional intelligence and sports performance.*

INTRODUCTION :

Emotional intelligence is the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior. Andrew N. Colman (2001) the term appeared sporadically in the psychological literature during the 1970s and 1980s, but the concept was first formally defined in 1990 by the US psychologists Peter Salovey (born 1958) and John D. Mayer (born 1953), who later specified four groups of competencies that it encompasses: (a) the ability to perceive, appraise, and express emotions accurately; (b) the ability to access and evoke emotions then they facilitate cognition, (c) the ability to comprehend emotional messages and to make use of emotional information; and (d) the ability to regulate one's own emotions to promote growth and well-being. Therefore, the emotional intelligence as a construct, speaks about emotional consistency, emotional competency and emotional maturity. The success or failure of any task certainly depends upon emotional stability of the persons. Therefore the development of emotional intelligence promotes skills and potentials use of emotions for success and achievement.

Sports are recreation as well as competition and are considered to be part of one's life. They are existed as such through the ages. The word sport is derived from two words 'dis*' and 'porter meaning "carrying away from work". When we talk of sports, we definitely point out to such creative activities which are relaxing in nature and which are done for the sake of seeking



“pleasure only”. Basically sports are individual activities boom out of natural urge for movement but now-a-days there is a tendency for, serious and combined practice between various organizations, and between the members of the team. Sports are part and parcel of human as well as animal life. A sportive child is a healthy child. A sportive adult is a relaxed, free and happy individual, not unnecessarily troubled by these cares and corroding anxieties of world.

In fact sports, in the wider perspective, mean pleasure as well as competition in sports; competition has become very intense and all individuals and nation are striving very hard to gain supremacy over others. Olympics and other world competitions may stand testimony to this fact. Sports fields are no more pleasure resorts, they are not the promoters of international brotherhood and good will, although everybody concerned with sports claims so but they have become arena of cut throat competitions where each individual is highly motivated by his political masters to “win” at all costs. This has resulted in to a number of problematic situations. Now sports have become an extremely complex phenomenon. Cohen (1973) thinks that the essence of modern sport - is a social form, in other words which demands and is made possible by a special processing of un-social impulses. “Sports have been described as the sediment of a most finely distributed collective hatred precipitated in athletic contests”. From this point of view, sports competition is nothing but the “violence of the cultured man’ or constrained turbulence.

In the light of the factual knowledge, sports have not to be viewed as a mere part-time but as extremely complex behavioural issues, genetic endowment, generally good environment and the lightly specialized training go to make an individual athlete or players of some reckoning. This is the reason why psychological aspects of sports or “sport psychology” have become such a challenging and interesting field of study and research. Modern sports psychology has broadened considerably from the early focus on motor learning, perception and bio-mechanics. John Salmela includes a list in which the professionals list their major areas of interest in the field. The most lists includes motor skill learning, personality, anxiety and stress, conflict and competition, imagery training, relaxation training, attention training, motivation, socialization, development, team building, play and leisure, mental training, coaching, counselling and fitness. The specific sports concentrations of these professionals range all the way from dances to Base Ball and Basket Ball and from Soccer and Fencing to Volley Ball, Tennis, Golf, Athletics and many others. Accurate information of sports psychology is that it is rapidly growing and rapidly extending its areas of application along with this growth can be found a redefining of the subject matter, methods and ideas of the field.

SPORTSMEN MAKES PERFORM BETTER:

Modern Day Sports is very demanding. Players and athletes are required to perform best on their abilities and beyond. Therefore, the most important thing is to get players to compete in competitive environment and get maximum help. The athlete must have the skills required to excel in a sporting event, but it is also a part of the sports team that makes it an equally important factor for the athlete’s success. Sports psychology is eager to create athletes or teams to be able to handle high emotional stress levels participating in sports competitions. Psychologists and sports coaches are working to increase performance levels for sportspersons. The coach can give psychologists proper information about specific athletes, who will then be able to take out the athlete’s psychological and behavioural samples before an event. With the mentality of the athlete, with the help of this mental film, the coach will be able to create the most effective training program which will be best for all the players’ capabilities. The best example of sports psychology benefits is the ability to test levels of tolerance of different players during the many sports tournaments that have long been played. In such cases, you can see that some athletes will treat themselves less by the opponents than others. These players and players will change their high performance with a high level of tolerance and will focus on the length of the game. It is now clear that these athletes were coaches of sports psychology and the benefits that come with athlete.

Most top athletes and coaches believe that psychological factors play an important role in building physical skills and learning skills for the winners. When physical skills match in the same way - when they are in competitive sport when the competitor controls a lot of control over him or her mind, then he wins.

Mental strength will not be lacking in skill, but differences in winning and losing in nearby competitions can vary. An important question for sports and exercise psychologists is whether the winners may be subjected to psychological traits that are necessary to succeed or mental harassment by training and experience. Recent research has tried to detect the concept of mental ruthlessness in the game and it seems that some people are naturally tougher than others.

When there are few moments during the competition that starts moving in one direction or the other, psychological importance is noticed. In these situations players need to be completely focused and calm in difficult situations. Tennis players talk about 'big' points, such as the fast chance to break service during a fit field; For athlete, after the under-caring, the final triple-jump in the tournament can be; For a footballer, how could you react to a bad refereeing decision or to go back to the match expected to win your team. Think of the times when plans have not been planned and how we react. Traveling to the summit is rarely a smooth road and we learn from our mistakes - or do it. Do obstacles reduce your self-confidence and reduce your motivation or act as a catalyst for larger efforts?

Most top athletes and coaches believe that psychological factors play an important role in building physical skills and learning skills for the winners. When physical skills match in the same way - when they are in competitive sport - when the competitor controls a lot of control over him or her mind, then he wins. Mental strength will not be lacking in skill, but differences in winning and losing in nearby competitions can vary. An important question for sports and exercise psychologists is that it is easy for the winners to get the mental attributes required to succeed and whether they can get mental toughness through training and experience. Recent research has tried to find the concept of mental brutality in the game better and it seems that some people are naturally more eloquent than others, people can 'work hard' in a proper approach to training.

The importance of giving to children and youth is growing with meaningful and enjoyable movement experiences. Movement and drama are the focal point of life of children, significant to all the aspects of their development and development. The physical education program provides an opportunity for all students to get active regularly and develop joy in movement and enjoyment among the following categories: Alternative-environment activities, dance, sports, gymnastics and personal or double activity. External activities are promoted in the natural setting.

Unique learning opportunities in physical education, kindergarten to grade students are able to get all the knowledge, skills and attitude in which they can extend their 12 jivanandvare active lifestyle - a lifestyle which gives the importance of physical activity as essential ingredients. The nature of active lifestyle is done through the aggregation of physical activity in daily activities and leisure activities.

Development of Positive Attitude:

Students are endowed with such experiences that encourage them to enjoy physical activity and to influence their life and health and health. They are encouraged to explore, take risks, display curiosity, work collaboratively with others and get physical fitness of personal fitness. All movement opportunities give opportunity for the development of positive personal and social behaviour.

Active Participation:

Learning the experience of physical education provides maximum time for activity and participation for each student. During group work, every opportunity is given to ensure that each student has an active role in learning activities.

Problem Solving Skill:

To develop decision-making and problem-solving skills, students are in a challenge to identify and investigate problems, find active ways to resolve them, and present solutions in various ways.

Personal and Career Planning Skill:

Where possible, a physical education program will add about what is happening to students and at work. Students must develop basic job skills, including opportunities for exploring career with physical activity and working procedures, problem solving, leadership and effective communication.

Achievement Motivation:

In the last 30 years, the game inspired by the game has adopted a social cognitive approach. An approach, objective aim theory, has become the most important way to understand sports motivation. Objectives are cognitive samples of various motives in the public realization situations and are considering applying behaviour and cognition and influencing the education, work or sports conditions. Inspiration in various areas of scientific research such as education, business and exercise is a frequent study. In particular, inspiration is a design that some people choose to participate in different activities, try hard and stay away from others. According to Sports Psychology, people taking inspiration are important because the researchers try to understand and explain human behaviour in areas of physical activity through objective, internal and external objectives and achieving objectives. The Sports Psychology Board's Inspiration Research has examined the intentions of the individual to participate in and participate in physical activity. Children participated in youth sports activities to improve skills, to enjoy new skills, accept challenges and physically fit Gill et al. (1983). On the contrary, due to lack of playing games due to lack of physical activity of the children, competitive emphasis on youth sports programs and the dislike of their coaches.

Many researchers have studied the motivation of the Physical Education class, especially the principles of study of inspiration for success, which they are considered to be loyal constructions. However, it is related to the aim of the objective pillar which is the study of inspiration for sports and physical education. Sports psychoanalytic research is also based on a goal approach. Nicholas (1984, 1989) is a concept of the goal approach that the achievement of achievement is the objective of the individual's achievement. Goal Opinion Theory says that individuals try to display high potential and avoid display of low potential. In addition, the definition of success and failure is based on two target orientations. Work objectives are shown by the self-refractive perspectives of capacity capability and emphasis on work efficiency and performance improvements. Ego's direction is defined by the ideals-related assumptions of definition and emphasis on winning and positive social comparisons with others. The motivation for the psychological achievement of the game is to focus on expressing, describing and behaving with individual differences. However, Ames and Nicole claimed that success is necessary to achieve success with a social cognitive paradigm so that it is necessary for researchers to understand the true nature of one's true nature.

Inspiration is related to students, it is very important. Students, who generally get high motivation to achieve, work academically well. Students with less motivation do not work academically well. But motivation does not guarantee availability. Similarly, success does not show inspiration. Inspirational researchers share the view that success is a dialogue between the behavioural changes and inspiration for the individual topic. There are two purposes directly involved in behaviour, inclusion, coverage and explicit speech. There are instances of willingness to work for a well-intentioned purpose, which are also known as performance and encouraged to work. Explanatory purposes are expressed by wise choices and are more stimulated for external reasons. Also, strong-minded individuals must achieve their goals so that internal standards will be established and other people will follow social norms. These two purposes usually work together to determine direction and behaviour of a person in a passion.

The athlete's re-existence can be defined as the absolute motivation to go or avoid competitive conditions. In broader sense, it involves the desire or desire of the concept. The desire to achieve success in the game is not a smooth move like hunger or crazy, but there is a possibility that there is a developed or learned environment. The best definition of conflict status to avoid the approach of athletes is provided by the inspiration of the McLelland-Atkinson campaign. In its simplest form, it was suggested that successful

editing is the work of two structures. These two structures are the purpose of achieving success, and fear of failure. The purpose of achieving success is considered to show inspiration under the athlete to participate in an exciting activity. Fear of failure is a psychological design related to the anxiety of cognitive status. According to this theory, the desire to enter a position of success is the work of relative forces of these two structures - the purpose of success and fear of failure. If a person is more than afraid of a failure to participate in activities, then that person will do the activity.

Inspiration is an essential component of human personality. It directs someone's activities and makes them less or less dynamic. Other psychological features and capabilities do not provide such a similar effect on performance without the desire to succeed. Yoga inspiration affects other factors affecting the performance of the game: physical preparation, technique, technique and lifestyle. The principle of personal investment seems to offer sports psychologists an opportunity to investigate the motivation for the campaign to be available for the report of social promotions. This theory focuses on the motivation and motivation by the means of the situation. The situation involves three interrelated components: personal encouragement; self-feeling; and hypothetical options. Individual promotions are defined as aspects of the environment that are attractive or immoral to a person. The meaning of self-element is defined as "what is more or less organized collection of thoughts, beliefs and emotions". The objective of the inspirational atmosphere transmitted by Ames (1984, 1992) and Maher (1984), to address the various environments created by adults in a successful destination, is the goal, which is related to the students' potential and the concept of competence and in those circumstances, The goal can motivate the approach and its effectiveness Depending, providing optimal policies or malicious use.

To achieve the work the probability of achieving the concept of a person and creating fear of failure. Both have a strong feeling that affects the person's decision about whether to try to work. If a task inspires the motivation to work and motivation to avoid work at once, then the effect of two inspirations will be the result. If the result is more positive to go to work, that person will be motivated towards work. If the results are more positive to avoid the work, then the person will be motivated to avoid the work. The power of inspiration is also important. Different operations are considered for each function. Most often it is subconscious. The motivation for these transformations is to motivate a person to achieve some motivation in how much a person is motivated to work or to avoid; their behaviour is guided by positive reactions. In a person who is motivated to avoid failure, their behaviour is directed by undesired potential. Under the circumstances, the person can experience both purposes at the same time. The goal of choosing an individual is dependent on the relative strength of the purpose of success, to achieve success or to avoid failure. If a person has a high probability of successfully completing the work, the task will be easy. The less probability of a person successfully completing the task would be difficult to find.

Emotional Intelligence and Sports Performance:

Psychology is related to human behaviour on the subject. The area of human behaviour is very broad or unlimited because it shows man's activity in any state or from birth to death. Therefore all kinds of activities like internal, external, conscious, unconscious, physical, mental moral, immoral, social and socio-social or evil. According to the singers - "Psychology is the science of human behaviour". The word "behaviour requires some explanation. In psychology, the term is used in a very broad and broad sense, which means that there is no way of courtesy or deal with others, which means every action taken by man.

Volleyball is a game that requires adjacent needs that appear in the understanding of emotional intelligence, which requires close personal interaction between team members, tolerance of stress and frustration, emotional restraint and emotional response. Under the circumstances of this business it is necessary to reflect competitive and cooperative skills, with physical and psychological properties, including personal and inherent properties. Intelligence is the basic feature of men. Intellectual degree is clearly reflected in the behaviour, behaviour, and actions of a person. In this particular case the person needs to find himself and respond properly. This includes gathering information, processing information, making choices about alternative options presented and making logical decisions. Emotional role plays a role in

sports performance. Sport is an emotional experience for many athletes. An important victory can bring joy and happiness, and a brutal defeat can lead to disappointment and disappointment. The emotional status of the athlete, which affects both performances during training and competitiveness, can also affect the result of the tournament.

An emotional intelligence defined by Daniel G  llmann, Gullmann explains the main characteristics of someone with high emotional intelligence; they are aware of emotions and are capable of controlling them and are directed to both themselves and the outsiders, both under awareness and rule. The "personal capacity" in G  leman's words comes from being aware and useless for one's own feelings. "Social ability" is the awareness and regulation of others.

CONCLUSION:

Emotional intelligence is a form of skill and efficiency that helps you to establish and maintain a simple and meaningful existence from your life. It is very difficult to know what to do to improve our performance without this skill. Without emotional intelligence we will struggle to make informed decisions, we do not know how to plan for the training steps. We cannot have the confidence and confidence that we can really build a decent athlete. It feels difficult for us to handle good working relationships. It does not matter if you are under pressure and you do not understand how to handle stress and anxiety or something like a failure to achieve a predetermined goal. Achievement Motivation is the ability to identify the meaning of emotions and their relation and solve them on the basis of logic and problems. It includes the ability to understand emotional intelligence, to understand emotional feelings, to understand and manage information about those feelings.

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