



“A STUDY OF SPIRITUAL HEALTH AND EMOTIONAL INTELLIGENCE OF SPORTSMEN”

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Abstract:

The present study was to investigate the spiritual health and emotional intelligence of sportsmen. 200 sportsmen had taken the study (100 Male and 100 female players). The purpose of the study was to find out the spiritual health and emotional intelligence male and female players. Hypothesis of the study are 1. Female players have significantly high spiritual health than the male players. 2. Male players have significantly high emotional intelligence than the male players. Dr Hydhe and pethe emotional intelligence and Dr Amit Kumar Shrivastava spiritual health test were used for the study. conclusion 1. Female players have significantly high spiritual health than the male players. 2. Male players have significantly high emotional intelligence than the male players.

INTRODUCTION:

Our body is the physical container for our organs, systems, brain, mind, emotions and soul. Our bodies are made up of organs, systems, tissues and cells. This book is not about anatomy and physiology, nor is it about disease; it is about your health. I will simply list the major systems in our body as a general reference as follows: the skeletal system of bones and joints; a muscular system; a nervous system; an endocrine system; a circulatory system; a lymphatic system; a respiratory system; a digestive system; a urinary system; and a reproductive system. We have a huge chemical factory in our bodies with many chemical reactions taking place. These chemical reactions are responsible for things such as memory and the movement of information between our minds, nerves and muscles.

THE BODY/MIND RELATIONSHIP:

There is a vital relationship between the body and the mind. Whatever affects one will affect the other. It is impossible to have health in one without the other. The concept of psychosomatic disease (psycho — the mind; soma — the body), conceived by Paracelsus in the sixteenth century, has been well accepted. In almost every disease the mind plays some part, either to a greater or lesser extent. The powerful effect of the mind on the body has become the subject of a highly specialized science and field of medicine. It has been popularized in many books, such as None of These Diseases, by Dr. S. I. McMillen (London: Lakeland, 1972).

Pamela A. Ratner, Joy L. Johnson, and Bonnie Jeffery (March/April 1998). Examining Emotional, Physical, Social, and Spiritual Health as Determinants of Self-rated Health Status. Purpose. To determine whether individuals' perceptions of their emotional, physical, social, and spiritual health constitute elements of their self-rated health status operationalized with a commonly employed single indicator. Design. Secondary analysis of cross-sectional survey data. Structural equation modeling with LISREL was used. Setting. The Yukon Health Promotion Survey, Yukon Territory, Canada, 1993. Subjects.

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The population-based sample was made up of 742 women and 713 men between 15 and 90 years of age; 80.3% responded. Measures. Self-rated health status was operationalized with the “excellent, good, fair, poor” indicator derived from the question: “In general, compared to other people your age, would you say your health is” Social, spiritual, emotional and physical health statuses were also self-rated from excellent to poor. results. The model's fit of the data was acceptable. Only physical health status significantly contributed to the variance in self-rated health status (55.1 % of the variance was explained). Emotional, social, and spiritual health was found to have no effect on individuals' ratings of their health status. Conclusions. Although recent conceptualizations have broadened in much of the theoretical and political discourse about health, especially in health promotion, the self-rated health status indicator measures only physical health status.

Hierarchical relationship between emotional intelligence and spirituality only within an individual context. Although research into the integral nature of spirituality (Wilbur, 2006) informs researchers that the interpretation of an individual's experience of spirituality must also concurrently co interpret the individual's cultural, spiritual practices and societal context, the present authors will only focus on how an individual's current level of awareness and self understanding frame-of-reference (an Individual's “View”) influences his or her emotional and spiritual development. In focusing only on the inner experience of spirituality and emotional intelligence we will explore how organizations might mitigate employee burnout and further motivate employees towards their human potential at work (Garssen & Visser, 2005).

OBJECTIVE OF THE STUDY:

1. To find out the spiritual health and emotional intelligence of male and female players.

Hypothesis:

- 1) There will be significant difference in between male players and female players Dimension of spiritual health.
- 2) There will be significant difference in between male players and female players Dimension of emotional intelligence.

Sample:

For the present study 200 players were selected from Dr Babasahed Ambedkar University, Aurangabad. The effective sample consisted of 200 players (Kabaddi, Basketball, Badminton and cricket players), 100 players were male and 100 players were female.

Tools

Spiritual Health Scale (SHC):

Dr Archana Singh and Dr Amit Kumar Shrivastava was used for measuring spiritual health. This test is developed and standardized by Dr Archana Singh and Dr Amit Kumar Shrivastava the 55 items are rated on a three point scale. The subjects were required to respond to each item in terms of “Agree”, “Neutral”, and “Disagree”. The reliability of the scale was determined by using 'test-retest' method and was found .74. And the construct validity was determined by rating scores by 5 judges and correlation coefficient was found to be .68.

Emotional Intelligence test:

Pedhe and Hyde were used for measuring Emotional intelligence. This test is developed and standardized by Pedhe and Hyde the 34 items are rated on a five point scale. The subjects were required to respond to each item in terms of “Strongly disagree”, “Disagree”, “Neutral”, “Agree”, “strongly agree”. This is well known test having high reliability and validity coefficients.

Procedures of data collection

Two instruments could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25

subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable:

Independent variable:

Gender a) Male b) Female

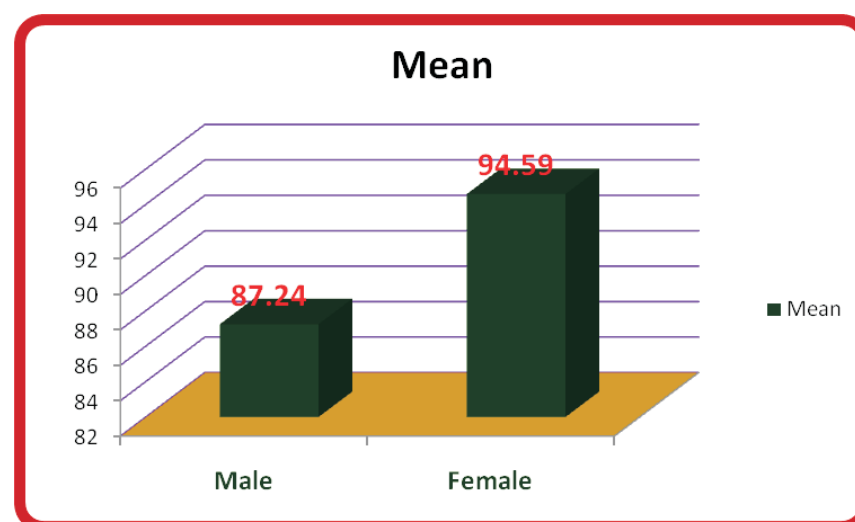
Dependent Variable:

1. Spiritual Health
2. Emotional intelligence

STATISTICAL ANALYSIS AND DISCUSSION

Table No. 01
't' showing the significance of difference between the players of two groups in respect to Spiritual Health.

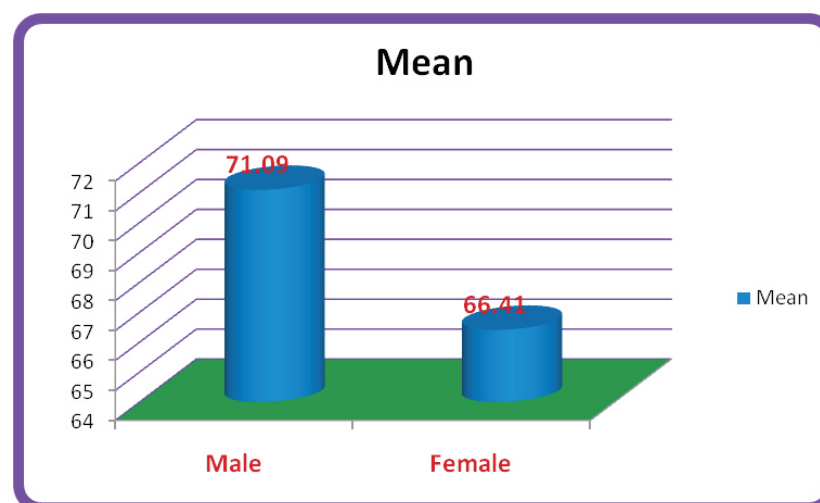
| Gender | Mean | SD | S.E | N | df | 't' |
|--------|-------|------|------|-----|-----|--------|
| Male | 87.24 | 5.17 | 0.52 | 100 | 198 | 8.58** |
| Female | 94.59 | 6.83 | 0.68 | 100 | | |



The results related to the hypothesis have been recorded. Mean of spiritual health score of the male players Mean is 79.26 and that of the female players Mean is 87.24 The difference between the two mean is highly significant ('t'= 8.58, df=198, P < 0.01) It is clear that male and female players Differ Significantly From each other from the mean scores and graph it was found that the female players have Significantly high spiritual health than the male players.

Table No. 02
't' showing the significance of difference between the players of two groups in respect to emotional intelligence.

| Gender | Mean | SD | S.E | N | df | 't' |
|--------|-------|------|------|-----|-----|--------|
| Male | 71.09 | 3.48 | 0.35 | 100 | 198 | 8.19** |
| Female | 66.41 | 4.53 | 0.45 | 100 | | |



The results related to the hypothesis have been recorded. Mean of emotional intelligence score of the male players Mean is 71.09 and that of the female players Mean is 66.41 The difference between the two mean is highly significant ($t= 8.19$, $df = 198$, $P < 0.01$) It is clear that male and female players Differ Significantly From each other from the mean scores and graph it was found that the female players have Significantly high emotional intelligence than the male players.

CONCLUSION:

- 1)Female players have significantly high spiritual health than the male players.
- 2)Male respondents have significantly high emotional intelligence than the female respondents.

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