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EMOTIONAL INTELLIGENCE AMONG TEAM AND INDIVIDUAL SPORTSMEN: A COMPARATIVE STUDY

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ABSTRACT :

The present study aims to assess the emotional intelligence among the sportsmen participating in the team and individual events. The study evaluates and draws comparison among the sports men participating in the team and individual events on the aspects like, Inter-Personal Awareness, emotional intelligence of their own and other emotions. The study is based on the primary data collected from 100 male participants of the Himachal Pradesh University, Shimla, participating in the inter-university level tournaments during the year 2014-15. The team events includeKabaddi, Cricket and Hockey and the individual events include Boxing, Judo, Athletics, and Cross Country. From the data analysis it emerged that the sportsmen, involved with individual events exhibited superior emotional intelligence as far as the component of "Intra-Personal Management own and others emotions is concerned. From the findings of the study, it is evident that emotional intelligence of individual sports persons were high on mean score. The findings also reveal the importance of psychological factors involved with the coaching, which has got a lot to do with the emotional intelligence of individual and team sports persons.

KEYWORDS :*emotional intelligence , study evaluates and draws comparison , Intra-Personal Management .*

INTRODUCTION

Emotions are expressed via verbal and nonverbal channels of communication. The verbal channel of communication is used more often to establish the logical connections between facts and events. The nonverbal channels of communication are used to convey affective message and to regulate interpersonal ex-changes. The channels of nonverbal communication that transmit emotional messages are facial expression. Happiness is a positive emotion which is most conveniently recognized and frequently expressed during a social interaction. The experience of happiness may stem from different sources, such as relief from pain, anticipation of a positive outcome of an event, an event that either enhances self-concept or allows social approval, and physical pleasure.According to P.TYoung "An emotion is disturbed state of organism: an emotion includes visceral changes due to increased activity of autonomic nervous system and an emotion originates within the psychological situation." The word intelligence is believed to be greatest parameter for measure of success in life.

Emotion is a rather neglected area of study in comparison with other area in psychology. Although early pioneers, for example Darwin, James and Freud, had shown interest, relatively fewer attempts were made during the twentieth century to take up emotion as a serious area of research. Two major reasons were put forward by Leventhal and Tomarken (1986) for this paucity of research. One, the experience of emotion was not considered an element of study by the behaviouristic ally oriented theorists, and two, emotion was conceived as a product of arousal and cognition by the traditional cognitive theorists. In addition, the biologically, oriented theorists, who accepted the concept of emotion rather reluctantly,

preferred to substitute the concept with a more pervasive element of our psychobiological state, namely, motivation.

"Emotional intelligence may be defined as the capacity to reason with emotion in four areas; to perceive, to integrate it in through, to understand it and to manage it." Difficulties in defining emotion also arise due to the changes it produces in the organism, such as changes in the physiological system (body) and in the psychological state (mind). For many years, psychologists were engaged in examining the temporal sequence of these changes (in mind and body) that accompany an emotion.

Happiness is a positive emotion which is most conveniently recognized and frequently expressed during a social interaction. The experience of happiness may stem from different sources, such as relief from pain, anticipation of a positive outcome of an event, an event that either enhances self-concept or allows social approval, and physical pleasure. The source of happiness depends on the personality of the individual (Ekman and Friesen, 1975).

SIGNIFICANCE OF THE STUDY:-

The results of the present study will help to identify emotional intelligence of sportsman representing university in team and individual events this will further help to identify sportsmen who may have potential to be of high calibre. Competitive sports are full of challenges, so youngsters taken to competitive sports must display the required psychological attributes including emotional intelligence to meet the challenges successfully. The emotional intelligence needs to be studied properly, both from the theoretical and practical point of view. This will enable the teachers and coaches to takes decisions in their work with young players taking part at different levels and train them in a proper way.

OBJECTIVES OF THE STUDY: -

The following objectives lay down for the present study

- To study the nature of distribution of scores for sportsmen representing university in Team events and Individual events on the variables of 'Intra-Personal Awareness (own and others emotions)
- To study the nature of distribution of scores for sportsmen representing university in Team and individual events on the variables of 'Total Emotional Intelligence'.
- To compare the Sportsmen representing university in Team and Individual events with respect to their mean scores on the variables of Intra-Personal Awareness (own and others emotions).
- To compare the Sportsmen representing university in Team and Individual events with respect to their mean scores on the variables of Intra-Personal Management (own and others emotions).
- To compare the Sportsmen representing university in Team and Individual events with respect to their mean scores on the variables of Inter-Personal Management (others emotions).
- To compare the Sportsmen representing university in Team and Individual events with respect to their mean scores on the variables of 'Total Emotional Intelligence'.

HYPOTHESES: -

The following hypotheses are formulated which will be tested in the present study:

- The Sportsmen representing university in Team and Individual Events differ significantly with respect to their level of Intra-Personal Awareness (Own Emotions) component of Emotional Intelligence.
- The Sportsmen representing university in Team and Individual Events differ significantly with respect to their level of Inter-Personal Awareness (Others Emotions) component of Emotional Intelligence.
- The Sportsmen representing university in Team and Individual Events differ significantly with respect to their level of Intra-Personal Management (Own Emotions) component of Emotional Intelligence.
- The Sportsmen representing university in Team and Individual Events differ significantly with respect to their level of Inter-Personal Management (Others Emotions) component of Emotional Intelligence, Sportsmen representing university in Team and Individual Events differ significantly with respect to their level of 'Total Emotional Intelligence'.

RELATED LITERATURE: -

Weise, Suckoul and CropanZano (1999) this is surprising because (a) emotions are an important part of organizational life, characterizing and informing organizational processes as well as acting as communication systems that help individuals navigate through the basic problems that in social relations.Thingujam and Ram (2000) found that female seemed significantly higher than males on emotional intelligence.Mansi (2002) attempted to study the relationship between emotional intelligence and decision making among Indian managers. The findings indicated that not only academic qualifications of manager were important but has emotional intelligence basin also a factor in decision making.

Samuel J. Zizzi, Heather R. Deaner, et. al. (2003) explored relationship between emotional intelligence and athletic performance in a sample of 61 Division 1 baseball players (aged 18-23). Of the Ss, 40 were classified as hitters (66%) and 21 were classified as pitchers (34%). These results support the previous research of R. Smith et.al. (1995) and P. Totterdell's (2000) study where subjective emotional states were related to cricket performance.Segerstrom and Miller (2004) in other words, classifying emotions into the broad classifications of positive and negative may not be sensitive enough taxonomy for detecting such relationships. This suggest that specific emotions and cognitive appraises that are otherwise obscured by broad dimensions (e.g. Affective balance) may play an important role.

L. Tiken, K. Kosana Meitei, A.K. Joy, T. Inaobi (2004) failed to ascertain objectively the existing differences in emotional and social adjustment among in athletes participating in team and individual body contact sports. The investigator used Bell's adjustment scale (1961). The study was conducted on 100 boys who understand in SAI (NERC) Imphal, inmates from 7 disciplines at 7 centers. Games i.e. football, Hockey and sepak takes fifty another fifty athletes participated in individual body contact sports i.e. tae-kwondo, Judo, Boxing and Karate and were randomly selected and used as subjects in this study.

Rajendran, Downey Stough (2007) a study was made of Swinburne University, Australia on "assessing emotional intelligence in the Indian workplace: a preliminary reliability study" published in electronic journal of applied Psychology. In the study they have concluded that the concept of Emotional Intelligence (EI) has recently attracted a great amount of interest from HR practitioners and academics alike. Whilst the majority of research in this area has been concluded in western countries, recent studies have begun to assess the generalisability and validity of the EI concept in cross-cultural settings.Seher BALCI & KM Engin (2008) conducted "A Comparison of scouts" emotional intelligence levels with regards to age and gender variables: A Cross-Culture Study)". The participants were 215 scouts who attended who attended to an international scout camp in England. 90 of the participants were Turkish and 125 were from other countries.

Sonia Kanwar&RajinderBishnoi (2008) analyzed the mental health between champion and non champion, and male and female judokas. To achieve the objective of the study, 280 judokas were randomly selected as subjects, from the inter-college competitions of the northern was administered for the collection of data. The six area of mental health covered by the battery are emotional stability, over all adjustment, autonomy, security-insecurity, self concept, and intelligence. The analysis of the data shows that there were significantly differences between champion and non champion judoka on the variable emotional stability, adjustment, and overall mental health.

Dr. Nivedita Gupta (2009) studied the sample, which consisted of a total numbers of 100 boys and girls in the age group of 15 to 19 years studying in 9th to 12th grades of senior secondary schools at Dehradun in the state of uttarakhand. The sample was divided into two parallel groups, i.e. experimental and control groups. The experimental group comprised 50 boys and girls who were subjected to the mental simulation training and control groups comprised 50 those basketballs playing boys and girls who were not be subjected to any mental simulation training , but had continued with their routine training and practice schedule. For finding out the level of emotional intelligence the seven fold emotional intelligence scale constructed by Khera, Ahaja and Sarbjeet (2002) was used.

David Crombie, et. al. (2009) the relationship between team emotional intelligence (team EI) of six cricket teams and their sports performance in a South African national cricket competition over two consecutive seasons was investigated. The results showed that team EI was positively associated with the sports

performance of the cricket teams. Further, team EI was shown to be a significant predictor of sports performance, with 61% of the variation in the log points explained. This finding suggests EI may contribute to the success of teams participating in complex sports like cricket. Similarly, ShobhaNandwana and Kushagra Joshi (2010)Assessed Emotional Intelligence of Tribal Adolescents of Udaipur on 60 tribal adolescents (30 boys and 30 girls) of 16 – 18 years studying in senior secondary school of purposively selected.

Madhavi S. Waddar and Vijayalaxmi A. Aminabhavi (2010) investigated the PG students staying at home and hostel to assess the variables such as self-efficacy and emotional intelligence? The study was conducted 100 students staying at home and 100 PG students staying at hostel. Both groups (consisting of 50 female and 50 male students) were selected from different department of Karanatak University Dhawad. Andrew M. Lane, Tracey J. Devonport, et. al. (2010) this study investigated relationship between self-reports measures of emotional intelligence and memories of pre-competitive emotion before optimal and dysfunctional athletic performance. MallikaDasgupta (2010) emotional intelligence is considered to be a very powerful tool to an employee to manage relationship and achieve success at work. The study explored its relation to some of the important psychological variables in order to assess what exactly makes this component so useful indeed. Teresa Fonseca (2011) the physical capabilities and tactics of basketball players are, currently very similar, and besides their psychological skills, also their emotional state is crucial to the respective performance. Indeed, the sport practice emotional state and in the heat of competition can favour both the players or hurt them, since they may prescribe the expertise of their sports practices.

Baljinder Singh Bal, et, al. (2011) the purpose of this study was to determine if there are cognitive psychological factore used in competition and training which differentiate athletes participating in an open and closed skill sport. In addition, factors discriminating successful participants in the sport of football and the closed skill sport of gymnastics were identified. Hooda, Sharma &Yadava (2011) examined the relationship between Positive Psychological health and Social intelligence in a sample of 300 working adults. They found that significant positive association between the two components of Positive Psychological Health i.e. satisfaction with life and happiness, and six factors of Social intelligence (Cooperativeness, Confidence, Sensitivity, tactfulness Sense of humour, and memory). Further it was revealed from the results of their study that out of eight, seven factors of Social intelligence significantly predict one or the other Positive Health dimensions.Kurt ,DarrynLifson, Tim Noakes (2012) numerous article have been published regarding the link between emotional intelligence (EI) and leadership in the business domains [1-4]. Yet there is a paucity of research in the domain of EI and leadership in sport. The purpose of this study was to investigate if there was a similarity between the EI of elite business executives and elite sports team coaches.

METHODOLOGY AND SCOPE OF THE STUDY:-

This study has been under taken to assess and evaluate the Emotional Intelligence among the male players belonging to team and individual sports events. For this purpose, the procedure adopted for selection of subjects, Selection of variables, selection of test, description of tests, administration of questionnaire, collection of data, method of scoring and "statistical design to assess

Emotional intelligence

a). Intra personal awareness (own & other emotions)
b).Intra personal management (own& others emotions)

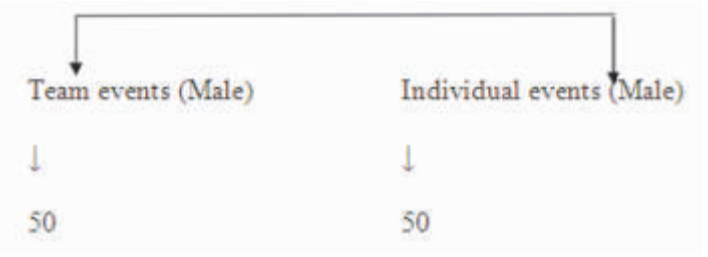
SAMPLING:-

The samples for the present study included all male sportsmen who were selected to represent the Himachal Pradesh University Shimla in inter-university level tournaments in randomly various selected team and individual sports events.

For this purpose first of all two groups were selected.

1). Team events

2). Individual events.
Total Samples=100



The data were collected from the various camps of team and individual sports events representing Himachal Pradesh University, session 2014-15.Fifty (50) subjects from team and fifty (50) subjects from individual sports events were selected as subjects for the data. Questionnaires were distributed among them and they filled it. Data were collected carefully and honestly. There was no time bound to fill up the questionnaire. List of the events and camps are as follows:

Table-1 Team Events

Sr. No.	Name of games	Place of the camps	Dated	Subjects
1	Kabaddi	P.G.C.Bilaspur	27-12-15	15
2	Cricket	M.L.S.N.C.S/Nager	4/12/2015	18
3	Hockey	M.L.S.N.C.S/Nager	22-12-15	17
			Total =	50
Table-2 Individual Events				
Sr. No.	**Name of games**	**Place of the camps**	**Dated**	**Subjects**
1	Boxing	I.G.S.C.Shimla	19-12-15	12
2	Judo	P.G.C.Hamirpur	3/12/2015	12
3	Athletics	P.G.C.Hamirpur	24-12-15	15
4	Cross country	G.C.Nalagarh	18-12-15	11
			Total=	50

TOOLS USED:-The following tool was used to investigate the variables selected for the present study:

1). To measure the emotional intelligence, the emotional intelligence inventory constructed by Dr.S.K.Mangal and Dr.SubhraMangal. (1971) was administered.

CLASSIFICATION AND INTERPRETATION OF SCORES

All the score were totaled individually of all the subjects. The individualscore was classified according to the range of score as follow:

Table-3 Classification and Interpretation of Scores

Sr. No.	Scores	Interpretation
1	71-44-37-32	Extremely high anxiety
2	30-31	High anxiety
3	25-21-19	Normal anxiety level
4	17-16	Low anxiety
5	14-10-5	Extremely low anxiety

DESCRIPTION OF THE TEST: -

Emotional Intelligence Inventory

To achieve the objectives of the present study the Mangal emotional Intelligence inventory constructed by Dr. ShubhraMangal and Dr.S.K. Mangal was used. Emotional intelligence inventory has been designed for measurement of emotional intelligence (total as well as separately) in respect of four areas Intra-personal awareness (knowing one's own emotions), inter-personal Awareness (knowing about other's emotion),intra-personal management (Managing one's own emotions), inter-personal management (Managing

other's emotions) respectively.

i).Reliability: -The reliability of the Mangal emotional intelligence inventory was found 0.92.

ii).Validity:-The validity of the Mangal emotional intelligence inventory developed by Dr.S.K.Mangal and Dr. ShubhraMangal has been established by adopting two different approaches namely factorial and criterion related approach.

FACTORIAL APPROACH:-For adopting factorial approach inter-correlations among the four areas of the inventory were calculated.

The derived correlation matrix is presented in the table:-

Table-4 Correlation Matrix of the four Areas of the Inventory

	Intra.P. Aw. Own. Emotion	Inter.P. Aw. Other's Emotion	Intra.P. Mang. Own. Emotion	Inter.P.Mang. Other's Emotion
Intra P.A.Own.E	-	.718	.503	.439
Inter P.A.Oth.E.	.718	-	.454	.482
Intra P.M.Own.E.	.503	.454	-	.478
Inter P.E M.Oth.	.439	.482	.478	-

(N=600-300 males and 300 females)

CRITERION RELATED APPROACH

The validity coefficients (The product movement correlation coefficients obtained between total scores on emotional intelligence inventory and adjustment inventory as well as emotional maturity scale) of trained through these two measures have been given in the table.3. 6.

Table-5 Criterion Related Approach

Adjustment inventory for college students	Validity coefficients
	(N=400)
Emotional maturity scale (N=400)	-0.662
	-0.613

METHOD OF SCORING:-

The procedure for scoring emotional intelligence was as follow:-

Scoring was done according to the key in the respective manual of tool. The individual score of all the statements were totaled to arrive at the two groups which were given already.

The data of both groups were gathered according to the game.

Table-6 Classification of the Scores

Scoring scheme of Emotional intelligence Inventory	Mode of response	Score
Sr.No. of items (where 'yes' response show's presence of intelligence)		
6,18,19,20,23to25,27to29,31,41to44,51to56,	'Yes'.	1
58to68,70,71,73to76,79to82,84,88to90,96,99.	No.	0
Sr.No. of the items (where 'no' response show presence of intelligence)		
1to5,7to17,21,22,26,30,32to40,45to50,57,69,	'No'.	1
72,77,78,83,85to87,91to95,97,98,100.	Yes	0

The range of score of emotional intelligence inventory varies in between 0 to 100.

INTERPRETATION OF SCORES AND CLASSIFICATION:-For a rough estimation and quick interpretation of the

emotional intelligence score earned by an individual student attempts were also made for providing a fivefold categorization. It was done by dividing the base line of the normal curve in to five equal units being equal to – table- present the classification of emotional intelligence with regard to the total score.

Table-7 Classification of Emotional Intelligence Inventory in Terms Categories

CATEGORIES	DESCRIPTION	RANGE OF SCORES
A	Very good	90 and above
B	Good	77 to 89
C	Average	63 to 76
D	Poor	49 to 62
E	Very poor	48 and below

SCORING PROCEDURE: Scoring can be done by hand with the help of stencil. The mode of response to each of the items of the inventory is in the form of a forced choice i.e. either yes or no, indicating complete agreement or disagreement with the proposed statement respectively. In the present emotional intelligence inventory thus there are item where the response 'yes' is indicative of the presence of emotional intelligence and 'no' for lack of emotional intelligence. Similarly there are items where 'no' response provide clue for the presence of emotional intelligence and 'yes' for its absence. For scoring 'one' marks in to be provided for the response indicating presence of emotional intelligence and 'zero' for the absence of emotional intelligence

Table-8 Classification of Emotional Intelligence Inventory in Terms of Categories in four Areas

Area		Description	Range of score
Intra personal awareness	A	Very good	23 , above
Own emotion.	B	Good	20-22
	C	Average	15-19
	D	Poor	1014
	E	Very poor	9,below
Inter personal awareness	A	Very good	25, above
Other's emotion.	B	Good	20-24
	C	Average	14-19
	D	Poor	9-13
	E	Very poor	8, below
Intra personal management	A	Very good	25, above
Own management	B	Good	21-24
	C	Average	15-20
	D	Poor	11-14
	E	Very Poor	10, below
Inter personal management	A	Very good	24, above
Other's emotion	B	Good	20-23
	C	Average	15-19
	D	Poor	11-14
	E	Very poor	10, below

The list of the responses to the items indicative of the presence 'or' absence of emotional intelligence is provided here in table 3.7.

RESULTS: - The objectives of the present study were to study and compare the emotional intelligence among team and individual sportsmen. To achieve this objective, a sample of 86 sportsmen was taken out of these 43 belongs to team sports and 43 belongs to individual sports.

The data on the selective variables was calculated using appropriate tools as described in chapter 3. The data thus obtained on the three variables was tabulated separately for two groups of sportsmen and was analysed in the manners described below.

Comparisons of sportsmen representing university in team and individual events on emotional intelligencefrequency distribution and graphs

One of the objectives of the present study was to study the nature of distributions of scores for sportsmen representing university in team and individual events of emotional intelligence. For this purpose, the use of frequency distributions and graphs was made which is given as under.

Table-9 Frequency Distribution for the Scores on Intra-Personal Awareness (own emotions) component of Emotional Intelligence among Team-Sportsmen representing university in Team Events

Class Interval	Frequency	Percent	Cum./Percent
0-4	1	2.3	2.3
5-9	1	2.3	4.7
10-14	24	46.5	51.2
15-19	22	44.2	95.3
20-24	2	4.7	100.0
Total	50	100.0	100.0

Mean	=	14.07	Std. Deviation	=	3.78
Kurtosis	=	-0.29	Skewness	=	-0.28
Minimum	=	4	Maximum	=	21

It is evident from the table-9 that the scores on Intra-Personal Awareness (own emotions) Component of Emotional Intelligence for the sportsmen representing university in team events are spread over a range of 17, minimum and maximum being 4 and 21.

The mean and standard deviation for the scores on Intra-Personal Awareness (own emotions) Component of Emotional Intelligence came out to be 14.07 and 3.78 respectively. Further, the Kurtosis and Skewness for the distribution was -0.29 and -0.28 respectively.

Table-9 further reveals that 39 (90.7%) sportsmen fall between the scores 10 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range. On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in team events can be grouped on the basis of intra-personal awareness (own emotions) component of emotional intelligence as under.

Table-10 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Own Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	3
3.	Average Level	21
4.	Poor	23
5.	Very Poor	3
Total		50

Figure-1Bar Diagram& Frequency Polygonfor the scores on Intra-Personal Awareness (Own Emotions) among Sportsmen representing University in Team Event

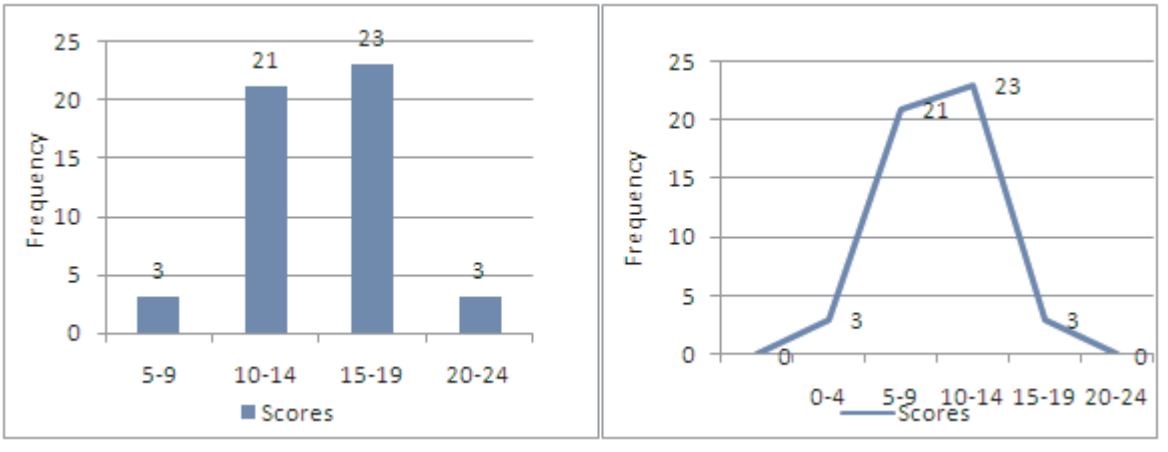


Table-11: Frequency Distribution for the Scores on Intra-Personal Awareness (own Emotions) among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum./Percent
5-9	3	4.7	4.7
10-14	9	16.3	20.9
15-19	26	55.8	76.7
20-24	12	23.3	100.0
Total	50	100.0	100.0

Mean = 16.60 Std. Deviation = 3.39
Kurtosis = -0.37 Skewness = -0.32
Minimum = 7 Maximum = 20

It is evident from the table-11 that the scores on Intra-Personal Awareness (own emotions) Component of Emotional Intelligence for the sportsmen representing university in individual events is spread over a range of 13, minimum and maximum being 7 and 20.

The mean and standard deviation for the scores on Intra-Personal Awareness (own emotions) Component of Emotional Intelligence came out to be 16.60 and 3.39 respectively. Further, the Kurtosis and Skewness for the distribution was -0.37 and -0.32 respectively.

Table -11 further reveals that 24(55.8%) sportsmen fall between the scores 15 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in individual events can be grouped on the basses of intra-personal awareness (own emotions) component of emotional intelligence as under.

Table-12 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Own Emotions)	No. of Sportsman
1	Very Good	1
2.	Good	12
3.	Average Level	27
4.	Poor	8
5.	Very Poor	2
Total		50

Figure-3 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Awareness (Own Emotions) among Sportsmen representing university in Individual Events

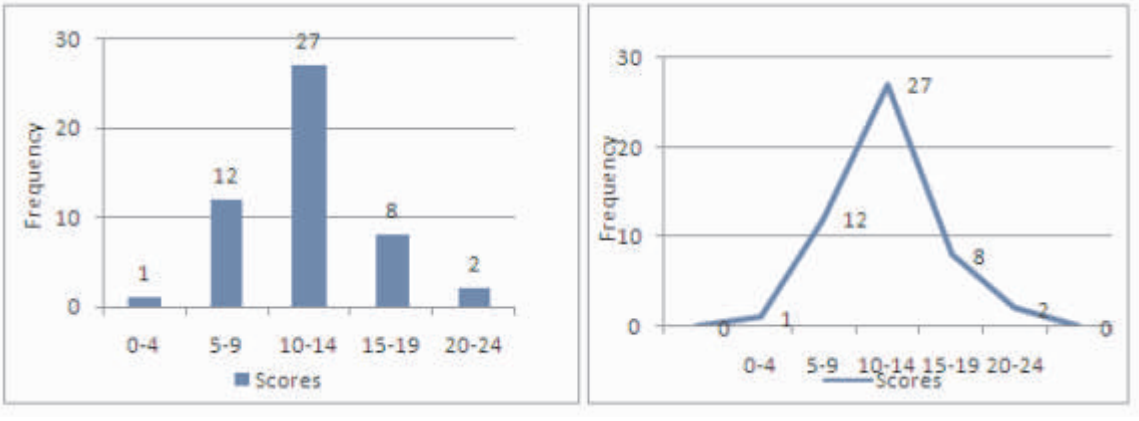


Table-12 Frequency Distribution for the Scores on Inter-Personal Awareness (others emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events

Class Interval	Frequency	Percent	Cum./Percent
5-9	10	20.9	20.9
10-14	18	37.2	58.1
15-19	21	39.5	97.7
20-24	1	2.3	100.0
Total	50	100.0	100.0

Mean	=	13.2	Std. Deviation	=	4.9
Kurtosis	=	-1.7	Skewness	=	-0.19
Minimum	=	5	Maximum	=	20

It is evident from the table -12 that the scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence for the sportsmen representing university in team events are spread over a range of 15, minimum and maximum being 5 and 20.

The mean and standard deviation for the scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence came out to be 13.2 and 4.9 respectively. Further, the Kurtosis and Skewness for the distribution was -1.7 and -0.19 respectively.

Table-12 further reveals that 33(76.7%) sportsmen fall between the scores 10 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in team events can be grouped on the basis of inter-personal awareness (others emotions) component of emotional intelligence as under.

Table-13 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Others Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	1
3.	Average Level	24
4.	Poor	16
5.	Very Poor	9
Total		50

Figure-5 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Awareness (Others Emotions) among Sportsmen representing university in Team Events

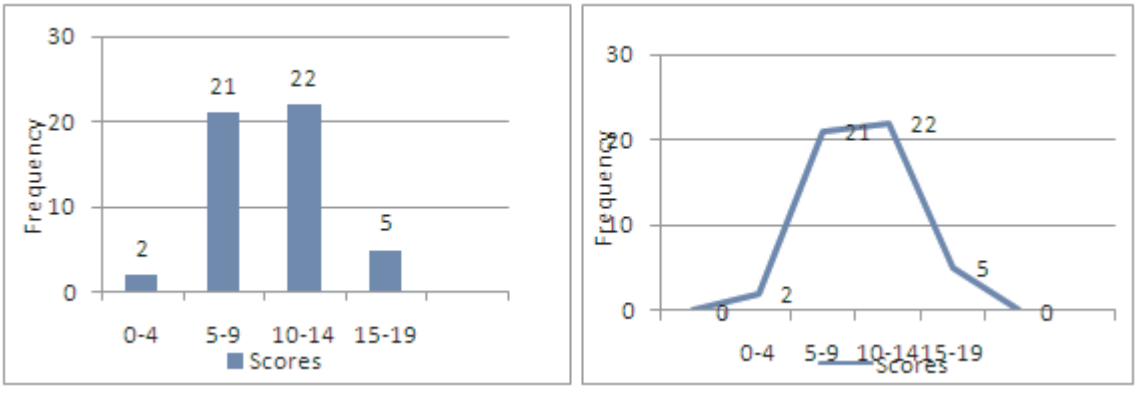


Table-14 Frequency Distribution for the Scores on Inter-Personal Awareness (others Emotions) among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum./Percent
5-9	2	4.7	4.7
10-14	21	41.9	46.5
15-19	22	44.2	90.7
20-24	5	9.3	100.0
Total	50	100.0	100.0

Mean	=	15.0	Std. Deviation	=	3.39
Kurtosis	=	-0.37	Skewness	=	-0.32
Minimum	=	7	Maximum	=	20

It is evident from the table -14 that the scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence for the sportsmen representing university in individual events are spread over a range of 13, minimum and maximum being 7 and 20.

The mean and standard deviation for the scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence came out to be 15.00 and 3.39 respectively. Further, the Kurtosis and Skewness for the distribution was -0.37 and -0.32 respectively.

Table-14 further reveals that 37(86.1%) sportsmen fall between the scores 10 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in individual events can be grouped on the basis of inter-personal awareness (others emotions) component of emotional intelligence as under.

Table-15 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Others Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	4
3.	Average Level	25
4.	Poor	19
5.	Very Poor	2
Total		50

Figure-7 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Awareness (Others Emotions) among Sportsmen representing university in Individual Events

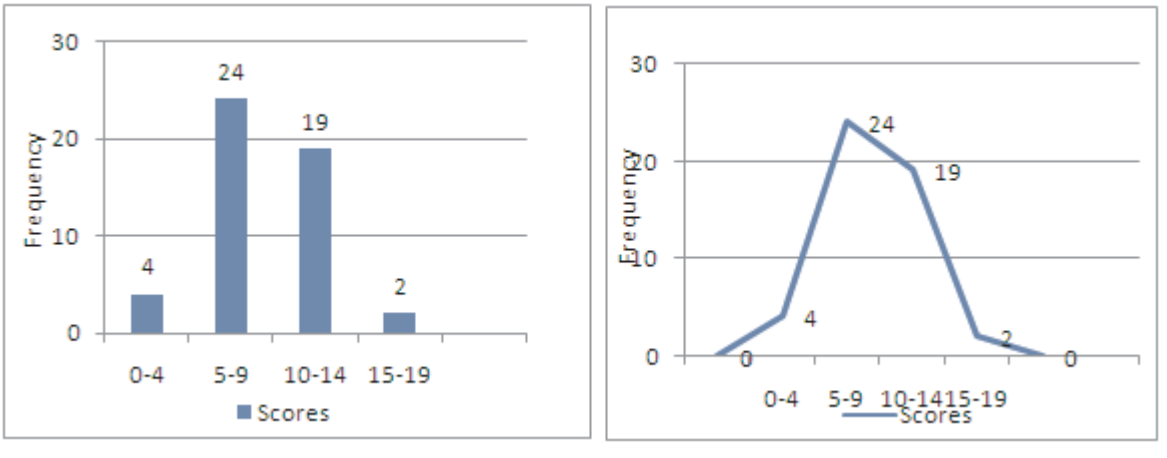


Table-16 Frequency Distribution for the Scores on Intra-Personal Management (own emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events

Class Interval	Frequency	Percent	Cum./Percent
0-4	1	2.3	2.3
5-9	4	9.3	11.6
10-14	19	37.2	48.8
15-19	19	37.2	74.4
20-24	7	14.0	100.0
Total	50	100.0	100.0

Mean	=	14.26	Std. Deviation	=	4.27
Kurtosis	=	-0.5	Skewness	=	-0.36
Minimum	=	3	Maximum	=	21

It is evident from the table -16 that the scores on Intra-Personal Management (own emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events are spread over a range of 18, minimum and maximum being 3 and 21.

The mean and standard deviation for the scores on Intra-Personal management (others emotions) Component of Emotional Intelligence came out to be 14.26 and 4.27 respectively. Further, the Kurtosis and Skewness for the distribution was -0.51 and -0.36 respectively.

Table-16 further reveals that 32(74.4%) sportsmen fall between the scores 10 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in team events can be grouped on the basis of intra-personal management (own emotions) component of emotional intelligence as under.

Table-17 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Own Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	1
3.	Average Level	25
4.	Poor	10
5.	Very Poor	14
Total		50

Figure-9 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Management (Own Emotions) among Sportsmen representing university in Team Events.

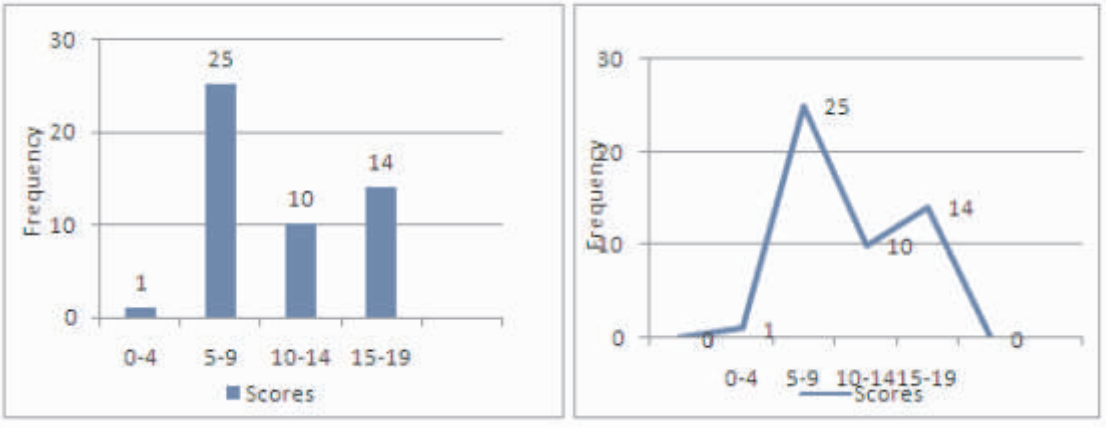


Table-18 Frequency Distribution for the Scores on Intra-Personal Management (own Emotions) among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum./Percent
10-14	5	9.3	9.3
15-19	25	51.2	60.5
20-24	20	39.5	100.0
Total	50	100.0	100.0

Mean	=	18.51	Std. Deviation	=	3.00
Kurtosis	=	0.12	Skewness	=	-0.52
Minimum	=	10	Maximum	=	23

It is evident from the table -18 that the scores on Intra-Personal Management (own emotions) component of Emotional Intelligence among Sportsmen representing university in Individual Events are spread over a range of 13, minimum and maximum being 10 and 23.

The mean and standard deviation for the scores on Intra-Personal management (own emotions) Component of Emotional Intelligence came out to be 18.51 and 3.00 respectively. Further, the Kurtosis and Skewness for the distribution was 0.12 and-0.52 respectively.

Table-18 further reveals that 22(51.2%) sportsmen fall between the scores 15 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in individual events can be grouped on the basis of intra-personal management (own emotions) component of emotional intelligence as under.

Table-19 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Own Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	13
3.	Average Level	32
4.	Poor	4
5.	Very Poor	1
Total		50

Figure-11Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Management (Own Emotions) among Sportsmen representing university in Individual Events.

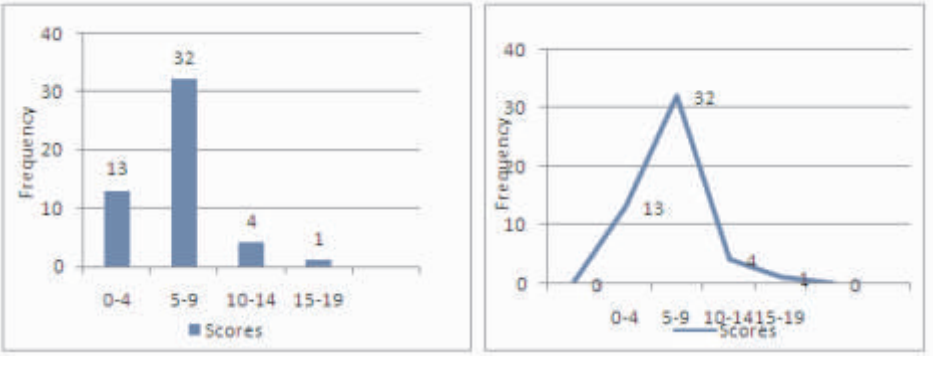


Table-20 Frequency Distribution for the Scores on Inter-Personal Management (others emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events

Class Interval	Frequency	Percent	Cum./Percent
0-4	1	2.3	2.3
5-9	11	20.9	23.3
10-14	21	41.9	65.1
15-19	16	32.6	97.7
20-24	1	2.3	100.0
Total	50	100.0	100.0

Mean	=	12.72	Std. Deviation	=	3.95
Kurtosis	=	-0.43	Skewness	=	-0.69
Minimum	=	4	Maximum	=	21

It is evident from the table-20 that the scores on Inter-Personal Management (others emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events are spread over a range of 17, minimum and maximum being 4 and 21.

The mean and standard deviation for the scores on Inter-Personal management (others emotions) Component of Emotional Intelligence came out to be 12.72 and 3.95 respectively. Further, the Kurtosis and Skewness for the distribution was 0.43 and -0.69 respectively.

Table-20 further reveals that 32(74.5%) sportsmen fall between the scores 10 to 19. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in team events can be grouped on the basis of inter-personal management (others emotions) component of emotional intelligence as under.

Table-21Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Others Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	1
3.	Average Level	16
4.	Poor	20
5.	Very Poor	13
Total		50

Figure-13 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Management (Others Emotions) among Sportsmen representing university in Team Events.

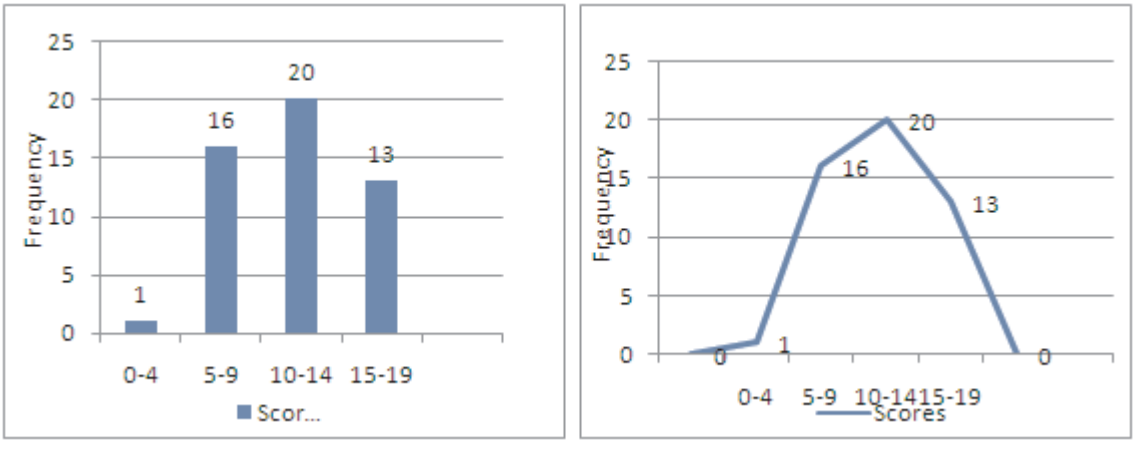


Table-22 Frequency Distribution for the Scores on Inter-Personal Management (others Emotions) among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum./Percent
5-9	2	4.7	4.7
10-14	25	46.5	51.2
15-19	23	48.8	100.00
Total	50	100.0	100.0

Mean	=	14.49	Std. Deviation	=	2.58
Kurtosis	=	0.50	Skewness	=	0.66
Minimum	=	7	Maximum	=	19

It is evident from the table-22 that the scores on Inter-Personal Management (others emotions) component of Emotional Intelligence among Sportsmen representing university in Individual Events are spread over a range of 12, minimum and maximum being 7 and 19

The mean and standard deviation for the scores on Inter-Personal management (others emotions) Component of Emotional Intelligence came out to be 14.49 and 2.58 respectively. Further, the Kurtosis and Skewness for the distribution was 0.50 and 0.66 respectively.

Table-22 further reveals that 41(95.3%) sportsmen fall in the scores 10 to 19. The rest of the sportsmen are less evenly distributed below this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in individual events can be grouped on the basis of inter-personal management (others emotions) component of emotional intelligence as under.

Table-23 Classification of Emotional Intelligence in Terms of Categories

Group	Intra-Personal Awareness (Others Emotions)	No. of Sportsman
1	Very Good	0
2.	Good	1
3.	Average Level	24
4.	Poor	23
5.	Very Poor	2
Total		50

Figure-15 Bar Diagram& Frequency Polygonfor the Scores on Intra-Personal Management (Others Emotions) among Sportsmen representing university in Individual Events

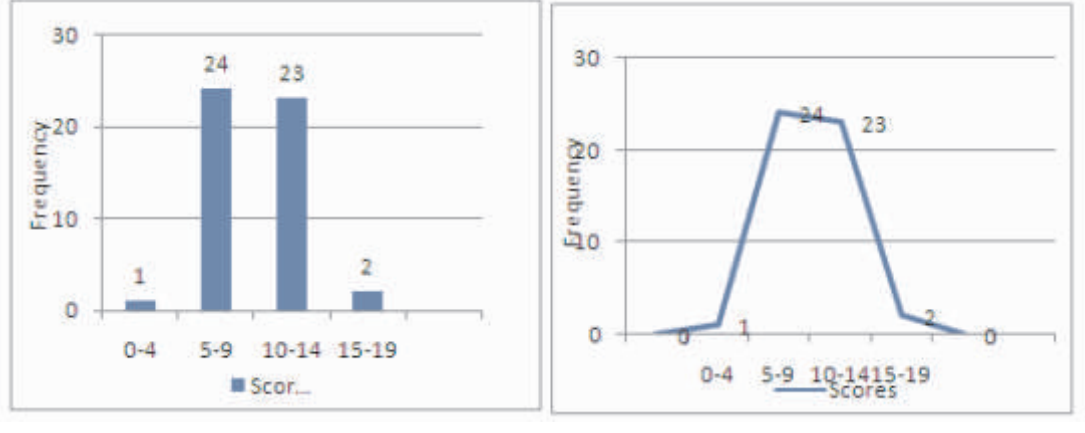


Table-24 Frequency Distribution for the Scores on Total Emotional Intelligence among Sportsmen representing university in Team Events

Class Interval	Frequency	Percent	Cum./Percent
25-29	1	2.3	2.3
30-34	5	9.3	11.6
35-39	3	7.0	18.6
40-44	2	4.7	23.3
45-49	1	2.3	25.6
50-54	6	11.6	37.2
55-59	12	23.3	60.5
60-64	7	14.0	74.4
65-69	9	18.6	93.0
70-74	4	7.0	100.0
Total	50	100.0	100.0

Mean = 54.30 Std. Deviation = 12.21
Kurtosis = 0.54 Skewness = 0.63
Minimum = 29 Maximum = 74

It is evident from the table-24 that the scores on Total Emotional Intelligence among Sportsmen representing university in Team Events are spread over a range of 45, minimum and maximum being 29 and 74.

The mean and standard deviation for the scores on total Emotional Intelligence came out to be 54.30 and 12.21 respectively. Further, the Kurtosis and Skegness for the distribution was 0.54 and 0.63 respectively.

Table-24 further reveals that 21(48.9%) sportsmen fall in the scores 50 to 64. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in team events can be grouped on the basses of total emotional intelligence as under.

Table-25 Classification of Emotional Intelligence in Terms of Categories

Group	Total Emotional Intelligence	No. of Sportsman
1	Very Good	0
2.	Good	1
3.	Average Level	14
4.	Poor	23
5.	Very Poor	12
Total		50

Figure-17 Bar Diagram& Frequency Polygonfor the Scores on Total Emotional Intelligence among Sportsmen representing university in Team Events.

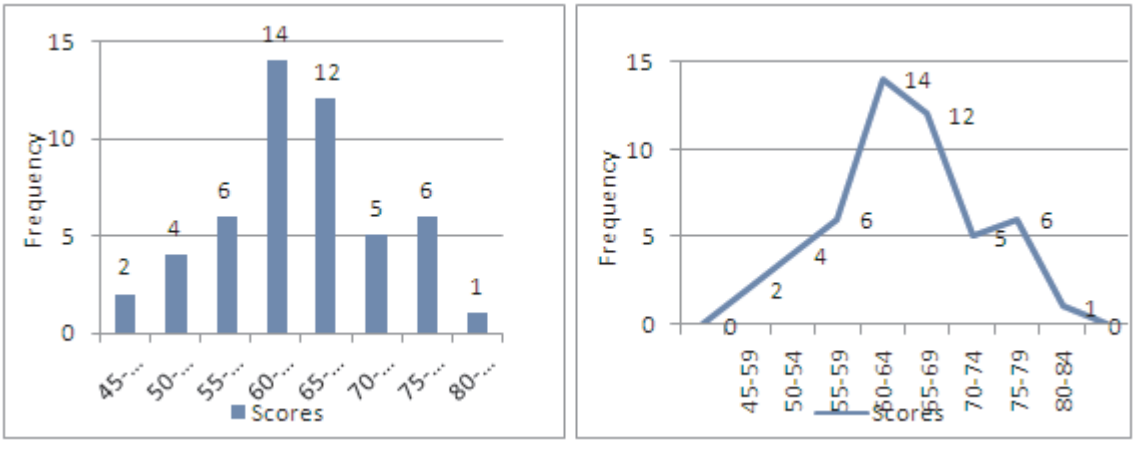


Table-26 Frequency Distribution for the Scores on Total Emotional Intelligence among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum./Percent
45-49	2	4.7	4.7
50-54	4	7.0	11.6
55-59	6	11.6	23.3
60-64	14	27.9	51.2
65-69	12	25.6	76.7
70-74	5	9.3	86.0
75-79	6	11.6	97.7
80-84	1	2.3	100.0
Total	50	100.0	100.0

Mean = 64.68 Std. Deviation = 8.44
Kurtosis = -0.30 Skewness = -0.26
Minimum = 46 Maximum = 80

It is evident from the table-26 that the scores on Total Emotional Intelligence among Sportsmen representing university in Individual Events are spread over a range of 34, minimum and maximum being 46 and 80.

The mean and standard deviation for the scores on total Emotional Intelligence came out to be 64.68 and 8.44 respectively. Further, the Kurtosis and Skewness for the distribution was -0.30 and -0.26 respectively.

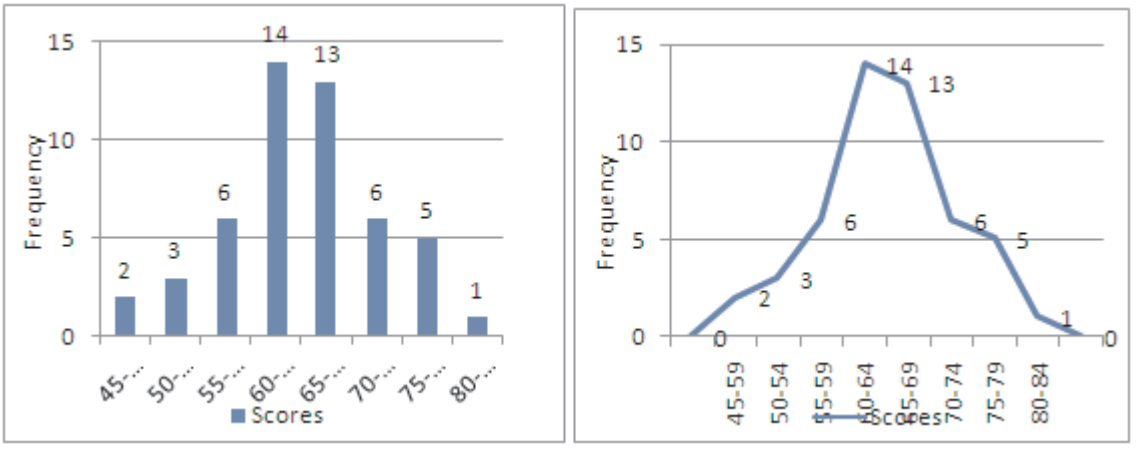
Table-26 further reveals that 23(53.5%) sportsmen fall in the scores 60 to 69. The rest of the sportsmen are more or less evenly distributed below and above this range.

On comparing the scores with the norms given in the manual of the test, the sportsmen representing university in individual events can be grouped on the basses of total emotional intelligence as under.

Table-27 Classification of Emotional Intelligence in Terms of Categories

Group	Total Emotional Intelligence	No. of Sportsman
1	Very Good	0
2.	Good	5
3.	Average Level	11
4.	Poor	32
5.	Very Poor	2
Total		50

Figure-19 Bar Diagram& Frequency Polygon for the Scores on Total Emotional Intelligence among Sportsmen representing university in Individual Events.



Comparison of Sportsmen representing university in Team and Individual Events with respect to their Mean Scores on "Intra-Personal Awareness (Own Emotions" Component of Emotional Intelligence

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on "Intra-Personal Awareness (Own Emotions)" component of Emotional Intelligence is presented in Table-28.

Table -28 t-Value for Two Groups of Sportsmen on "Intra-Personal Awareness (Own Emotions)" Component of Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SE_M	't'
Sportsmen representing university in Team Events	50	14.07	2.53	3.78	0.58	3.14*
Sportsmen representing university in Individual Events	50	16.60		3.71	0.57	

*Significant at 0.05 Level

It is evident from Table-28 that the t-value for the means of two groups of sportsmen on "Intra-Personal Awareness (Own Emotions)" component of Emotional Intelligence came out to be 3.14, which is significant at 0.05 level of confidence. This indicates that sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on "Intra-Personal Awareness (Own Emotions)" component of Emotional Intelligence. Hence, the hypothesis that "Sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on Intra-Personal Awareness (Own Emotions) component of Emotional Intelligence" is accepted.

It is revealed from Table-28 that the mean score on "Intra-Personal Awareness (Own Emotions)" component of Emotional Intelligence for sportsmen representing university in Individual Events is higher in comparison to their counterparts representing university in Team Events. From this, it may be inferred that sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Intra-Personal Awareness (Own Emotions)" is concerned.

Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on "Inter-Personal Awareness (Others Emotions)" Component of Emotional Intelligence

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on "Inter-Personal Awareness (Others Emotions)" component of Emotional Intelligence is presented in Table-29.

Table-29 t-Value for Two Groups of Sportsmen on "Inter-Personal Awareness (Others Emotions)" Component of Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SE_M	't'
Sportsmen representing university in Team Events	50	13.02	1.98	4.09	0.62	2.44*
Sportsmen representing university in Individual Events	50	15.00		3.39	0.52	

*Significant at 0.05 Level

It is evident from Table-29 that the t-value for the means of two groups of sportsmen on "Inter-Personal Awareness (Others Emotions)" component of Emotional Intelligence came out to be 2.44, which is significant at 0.05 level of confidence. This indicates that sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on "Inter-Personal Awareness (Others Emotions)" component of Emotional Intelligence. Hence, the hypothesis that "Sportsmen representing university in Team

and Individual Events differ significantly with respect to their mean scores on Inter-Personal Awareness (Others Emotions) component of Emotional Intelligence" is accepted.

It is revealed from Table-29 that the mean score on "Inter-Personal Awareness (Others Emotions)" component of Emotional Intelligence for sportsmen representing university in Individual Events is higher in comparison to their counterparts representing university in Team Events. From this, it may be inferred that sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Inter-Personal Awareness (Others Emotions)" is concerned.

Comparison of Sportsmen representing university in Team and individual Events with Respect to their Mean Scores on "Intra Personal Management (Own Emotions)" Component of Emotional Intelligence

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on "Intra-Personal Management (Own Emotions)" component of Emotional Intelligence is presented in Table-30.

Table-30 t-Value for Two Groups of Sportsmen on "Intra-Personal Management (Own Emotions)" Component of Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SE_M	't'
Sportsmen representing university in Team Events	50	14.26	4.25	4.27	0.65	5.34*
Sportsmen representing university in Individual Events	50	18.51		3.00	0.46	

*Significant at 0.05 Level

It is evident from Table-30 that the t-value for the means of two groups of sportsmen on "Intra-Personal Management (Own Emotions)" component of Emotional Intelligence came out to be 5.34, which is significant at 0.05 level of confidence. This indicates that sportsmen participating in Team and Individual Events differ significantly with respect to their mean scores on "Intra-Personal Management (Own Emotions)" component of Emotional Intelligence. Hence, the hypothesis that "Sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on Intra-Personal Management (Own Emotions) component of Emotional Intelligence" is accepted.

It is revealed from Table-30 that the mean score on "Intra-Personal Management (Own Emotions)" component of Emotional Intelligence for sportsmen representing university in Individual Events is higher in comparison to their counterparts representing university in Team Events. From this, it may be inferred that sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Intra-Personal Management (Own Emotions)" is concerned.

Comparison of Sportsmen representing university in Team Individual Events with Respect to their Mean Scores on "Inter-Personal Management (Others Emotions)" Component of Emotional Intelligence

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on "Inter-Personal Management (Others Emotions)" component of Emotional Intelligence is presented in Table-31.

Table-31 t-Value for Two Groups of Sportsmen on "Inter-Personal Management (Others Emotions)" Component of Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SE_M	't'
Sportsmen representing university in Team Events	50	12.72	1.77	3.95	0.60	2.45*
Sportsmen representing university in Individual Events	50	14.49		2.58	0.39	

*Significant at 0.05 Level

It is evident from Table-31 that the t-value for the means of two groups of sportsmen on "Inter-Personal Management (Others Emotions)" component of Emotional Intelligence came out to be 2.45, which is significant at 0.05 level of confidence. This indicates that sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on "Inter-Personal Management (Others Emotions)" component of Emotional Intelligence. Hence, the hypothesis that "Sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on Inter-Personal Management (Others Emotions) component of Emotional Intelligence" is accepted.

It is revealed from Table-31 that the mean score on "Inter-Personal Management (Others Emotions)" component of Emotional Intelligence for sportsmen representing university in Individual Events is higher in comparison to their counterparts representing university in Team Events. From this, it may be inferred that sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Inter-Personal Management (Others Emotions)" is concerned.

Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on Total Emotional Intelligence

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on Emotional Intelligence is presented in Table-32.

Table-32 t-Value for Two Groups of Sportsmen on Total Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SE_M	't'
Sportsmen representing university in Team Events	50	54.30	10.37	12.21	1.86	4.58*
Sportsmen representing university in Individual Events	50	64.67		8.45	1.29	

*Significant at 0.05 Level

It is evident from Table-32 that the t-value for the means of two groups of sportsmen on Emotional Intelligence came out to be 4.58, which is significant at 0.01 level of confidence. This indicates that sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on Emotional Intelligence. Hence, the hypothesis that "Sportsmen representing university in Team and Individual Events differ significantly with respect to their mean scores on "Emotional Intelligence" is accepted

It is revealed from Table-32 that the mean score on Emotional Intelligence for sportsmen representing university in Individual Events is higher in comparison to their counterparts representing university in Team Events. From this, it may be inferred that sportsmen representing university in Individual Events exhibit superior emotional intelligence.

FINDINGS AND DISCUSSION: -

There is no denying of the fact that man has covered a long journey starting from caves to big sky scrapers man has left no stone unturned to reach height but as it has been proved that in order to gain something we have to pay a price for it human being has paid a huge cost for this development and is still in its way of Dearing the debt. Human beings have lost their basic values. If we are winners at the materialistic front at the same time we have lost the battle at the psychological level.

The scores on Intra-Personal Awareness (own emotions) Component of Emotional Intelligence for the sportsmen representing university in individual events were spread over a range of 13, minimum and maximum being 7 and 20. The scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence for the sportsmen representing university in team events were spread over a range of 15, minimum and maximum being 5 and 20. The scores on Inter-Personal Awareness (others emotions) Component of Emotional Intelligence for the sportsmen representing university in individual events were spread over a range of 13, minimum and maximum being 7 and 20.

The scores on Intra-Personal Management (own emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events were spread over a range of 18, minimum and maximum being 3 and 21. The scores on Intra-Personal Management (own emotions) component of Emotional Intelligence among Sportsmen representing university in Individual Events were spread over a range of 13, minimum and maximum being 10 and 23.

The scores on Inter-Personal Management (others emotions) component of Emotional Intelligence among Sportsmen representing university in Team Events were spread over a range of 17, minimum and maximum being 4 and 21. The scores on Inter-Personal Management (others emotions) component of Emotional Intelligence among Sportsmen representing university in Individual Events were spread over a range of 12, minimum and maximum being 7 and 19.

The scores on Total Emotional Intelligence among Sportsmen representing university in Team Events were spread over a range of 45, minimum and maximum being 29 and 74. Sportsmen representing university in Individual and Team Events exhibit more or less similar level of anxiety, aggression.Sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Intra-Personal Awareness (Own & other Emotions)" were concerned.

Sportsmen representing university in Individual Events exhibit superior emotional intelligence as far as its component of "Intra-Personal Management (Own & others Emotions)" were concerned.Sportsmen representing university in Individual Events exhibit superior emotional intelligence.

SUGGESTIONS FOR FURTHER STUDIES: -

On the basis of present study the further investigation can be carried in the areas of Inter-college, national level, state level teams and individual events among both males and females.

CONCLUSION:-

The findings of the present study have obvious applied implications for physical education and sports in our country. Sportsmen /women, participating in various categories of sports activities, express significant variations in their psyche. Sport participation helps in increasing the crystallized adjustment and managed fears, phobias and emotional intelligence that further contribute to better performance.

Emotional Intelligence is highly related to performance in sports and games. Emotional Intelligence contributes to increment in sports capacity in one category of games while the same may not help or moderate quantity of anxiety, aggression and emotional intelligence are essential for sportsmen/women irrespective of their participation in varied and sometimes opposing sports categories.

This study assumes significance in view of the emotional intelligence among the team and individual sportsmen of Himachal Pradesh University Shimla. It has been suggested that team and individual sportsmen with respect of findings of the present study there are clear linkages of the variables of perceived impact of life changes. The finding also suggested that emotional intelligence of individual sportsmen were high on mean scores. These finding can lead to indigenous intervention package for coaches belonging to University teams.

Research evidence revealed the level emotional intelligence among team and individual sportsmen. These psychological factors are important in the field of coaching and performance. It is clear from the review of related literature that emotional intelligence plays a very significance role in sports performance. The study may help in developing efficient coaching performance considering the above component of the psychology in the field of physical education.

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- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
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- Current Index to Scholarly Journals
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