



A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN BASKETBALL AND VOLLEYBALL SPORTSPERSON

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ABSTRACT:

The present study was an attempt to find out difference between Basketball and Volleyball in their emotional intelligence. To accomplish the objective of the study.100 sportsperson having equal number of Basketball and Volleyball were randomly drawn from the Akkamahadevi Women's university Vijayapura and Ranichannamma University Belgaum . Emotional intelligence scale developed by Thimgujam and Ram (1999) was applied to collect the data. 't' test was applied to found out mean difference between Basketball and Volleyball. The results indicated that there is higher level of emotional intelligence among the Basketball than Volleyball.

KEYWORDS-Emotional intelligence. Basketball and Volleyball sportsperson.

INTRODUCTION:

The human psychology is very complex phenomena. Emotional intelligence of athletes has drawn more attention and emerged very interesting variable of sports psychology, scientifically understanding emotional intelligence might help to lead a productive life. Golman, 1995 has claimed it to be very important in achieving success in life that to more in a organized group. People having higher level of emotional intelligence are better placed to manage their affairs with wisdom.

According to Mathews et.al,2004, "emotional intelligence has generated wide spread interest owing to the increasing personal importance attributed to the emotional management for people in modern society" Golman,1995 and Sarani,1999 claimed that EI is positively related to academic achievements, occupational success and satisfaction, emotional health and adjustment.

Boyatzis Rechar, Goleman, Daniel kenneth briefly described a model of emotional intelligence based on the competencies that enable people to demonstrate intelligent use of their emotions in managing themselves and working effectively with others. The history and development as well as preliminary statistical results, of a new test based on this model are reported. The test is the emotional competence Inventory. The implications for a theory of performance in work settings and an integrated personality theory are mentioned in emphasizing the importance of clusters of competencies in predicting performance and making links to all levels of the human psyche.

Many research studies in the psychology of sport men and women studied separately not shown much interest and has been not focused on the participation of sports and physical activities, which plays a major role in determining the personality factors of the sportsperson, which could play a important role in their performance. In the face of more and more men and women belonging to different strata of sports

profession are entering the sports arena every year and sharing the laurels with their counterparts it was felt necessary to study the a emotional intelligence of sportsperson who are participating and non participating in sports.

METHODOLOGY

Research Problem:

The present investigation pertaining to “A Comparative study of emotional intelligence between Basketball and Volleyball sportsperson” is in the framework of ex-post-facto research.

HYPOTHESIS

There would be significant difference between Basketball and Volleyball in their emotional intelligence.

Variables

- Independent Variable: - Basketball and Volleyball
- Dependent Variable: - Emotional intelligence.

Objectives

- ❖ To know the significance difference in their emotional intelligence of Basketball and Volleyball.
- ❖ To assess the significant influence of Basketball and Volleyball on the development of emotional intelligence.

Significance of the study:

1. The study of emotional intelligence behavior of Basketball and Volleyball playres helps the trainer and coaches to understand the emotional abilities of sportsperson which demands to control and manipulate in game situation
2. The know the extent of help in providing guideline to physical education teachers and coaches for selecting and preparing players for their psychological make up.

Limitations

1. Psychological variable that is emotional intelligence is only chosen for research study.

Delimitations

Data collection is restricted to the Basketball and Volleyball playres studying under Akkamahadevi women’s University jurisdiction. The particulars of samples, tools, collection of data and statistical techniques are given as under;

Sample size:

variables	Basketball	Volleyball	Total
Female	50	50	100

To collect the data pertaining with research problem Thimgujam and Ram scale was administered on the Basketball and Volleyball playres of Akkamahadevi Women’s University Vijayapura and Ranichannamma University Belgaum Students. Samples age ranging from 19-25 Years. Scoring pattern as indicated in below paragraph.

Tools: The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) has been applied in the present study. While scoring the emotional intelligence scale, the respondents feeling strongly agree would

be awarded 1, for agreeing 2, for undecided 3, for disagree 4 and finally for strongly disagreeing 5 would be awarded to the respondents.

Statistical Technique :

1.To assess the influence of physical activity on emotional intelligence “t” test is applied.

RESULT AND DISCUSSION:

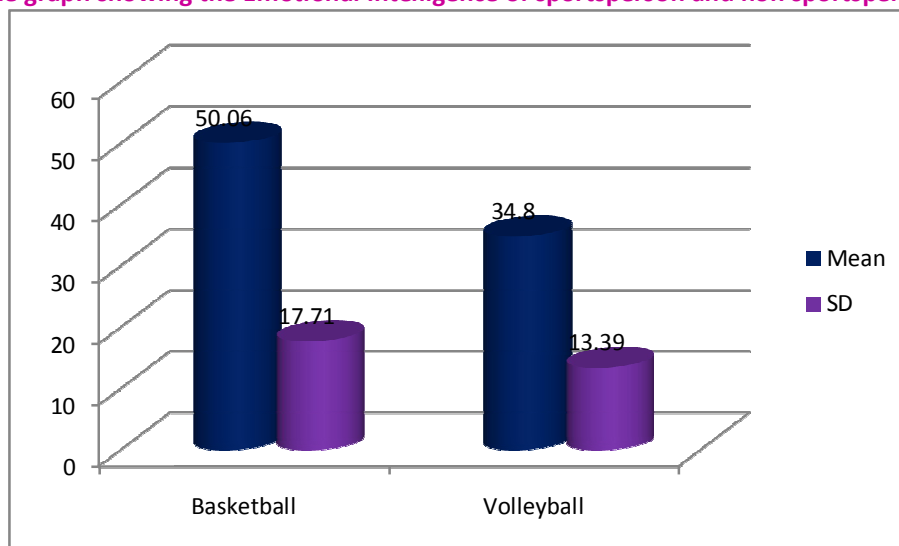
The study was carried out to see the influence of physical activities on the development of emotional intelligence of the Basketball sportsperson and also attempt see the influence of demographical variable in moulding the emotional condition of the sportsperson, Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in moulding the personality and emotional health of the sportsperson. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the Basketball and Volleyball sportsperson.

Table Showing the Mean, SD and t value of Basketball and Volleyball of Emotional intelligence.

Emotional intelligence	Basketball	Volleyball
Mean	50.06	34.80
SD	17.71	13.39
T value	7.05	

*significant at 0.015 level.

The graph showing the Emotional intelligence of sportsperson and non sportsperson



The table showing the Mean, SD and t value of the Basketball and Volleyball sportsperson, The formulated hypothesis that there would be significant difference between Basketball and Volleyball in their emotional intelligence. The calculated data was tested, and Mean score of the Basketball is 50.06 and SD is 17.71 and 34.80 and 13.39 respectively and calculated ‘t’ value is 7.05, it reveals that basketball players mean score is higher than Volleyball sportsperson, and it also reveals that there is significant difference in emotional intelligence of Basketball and Volleyball sportsperson Because The calculated value is greater than table value and it’s significant is at 0.015 level. Hence formulated hypothesis that there would not be

any significant difference is rejected and there is difference is accepted. It may generalized that participation of basketball playres provides ample opportunity to participate and express their emotion freely and cultivate emotional skills and to get mastery to produce, regulate, manipulate, and control emotion and stress among the students in respect of life and game situation frequently occur in the competition. Whereas Volleyball Sportsperson get less opportunity to participate and control and manipulation of stress.

CONCLUSION

The study reveals that participation in basketball sports activities influence on developing and cultivating qualities and ability of controlling the basletball sportsperson.

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