



SPORTS EMOTIONAL INTELLIGENCE PROFILE OF HIGH ACHIEVER FEMALE BADMINTON PLAYERS

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ABSTRACT

The aim of the present study was to prepare a sports emotional intelligence profile of high achievers female badminton players. To conduct the study, 50 high achiever female badminton players (Ave. age 23.31 yrs) were selected as sample. The criterion for selection of high achiever female badminton players was medal winning performance in any national level badminton tournament. In the present study high achiever female badminton players were purposively selected. To assess sports emotional intelligence, SEIT prepared by Agashe and Helode (2008) was preferred. It was found that 82% high achiever female badminton players had higher magnitude of sports emotional intelligence, 12% had moderate degree of sports emotional intelligence while only 6% showed lowered magnitude of sports emotional intelligence. It was concluded that majority of high achiever female badminton players do possess superior emotional intellect.

KEY WORD: Sports emotional intelligence, badminton, high achiever female players.

INTRODUCTION:

Emotions play big part in sports performance. This theory has been supported by researchers like David et al. (2009), Lane et al. (2009) etc. It has been opined that emotional intelligence makes athletes to adapt to various environmental and sports specific situations by the virtue of their appropriate emotional states. If a particular situation during play requires arousal or vice versa calmness, emotionally intelligent athletes possess this emotional characteristic to psyched themselves or relax. According to Gill (2009), emotional intelligence is the best forecaster of the sports person's performance. Hooda, Sharma and Yadava (2009) postulated that superior emotional intelligence enable athletes to cope with environmental stress and environmental stimuli more efficiently. Few other sports psychologists also opined that meaningful adaptation to environmental stressor while controlling emotions is important for success in chosen sport.

The role of emotional and physical strength in badminton has been scientifically documented in literature. This is not uncommon because physical chess is another name of badminton i.e. playing chess with strength. Being a popular sport, so many studies have been conducted by researchers to assess potential factors



associated with performance of badminton players [Singh et al. (2011), Evangelos and Panagiotis (2012), Soltani et al. (2012), Rakhi Kumari and Rajpal (2017)]. Despite extensive research sports emotional intelligence profile of female badminton players have not been prepared. Hence the present study was planned to prepare a sports emotional intelligence profile of high achiever female badminton players.

HYPOTHESIS

It was hypothesized that the probability of exhibiting elevated sports emotional intelligence will be high among high achiever female badminton players.

METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

To conduct the study, 50 high achiever female badminton players (Ave. age 23.31 yrs) were selected as sample. The criterion for selection of high achiever female badminton players was medal winning performance in any national level badminton tournament. In the present study high achiever female badminton players were purposively selected.

Tools:**Sports Emotional Intelligence Inventory**

To assess sports emotional intelligence of selected high achiever female badminton players, five dimensional sports emotional intelligence test prepared by Agashe and Helode (2008) was adopted. The test-retest reliability coefficient of this inventory is 0.71, which is statistically significant and denotes very high level of reliability of the inventory scores through “stability” indices. This Hindi Inventory comprises of statements which covers sub-factor such as self-awareness, self-regulation, self-motivation, empathy and social skills respectively.

Procedure:

Female badminton players who met the inclusion criteria of the present study were selected purposively. After following ethical considerations, sports emotional intelligence test prepared by Agashe and Helode (2008) was administered to each subject. Subjects who scored more than 225 on sports emotional intelligence inventory were grouped into high sports emotional intelligence group, subjects whose scores lie between 181-225 were grouped in as having moderate level of sports emotional intelligence whereas subjects who scored less than 181 on sports emotional intelligence inventory were grouped into low sports emotional intelligence group. The frequency distribution in these groups was analysed with the help of non-parametric statistics. Results depicted in table 1.

RESULT AND DISCUSSION

Table 1
Distribution of High Achiever Female Badminton Players in
Different Categories of Sports Emotional Intelligence

Categories of Sports Emotional Intelligence	Frequency	Percentage (%)	χ^2
High (More than 225)	41	82%	$\chi^2 = 53.56$ ($p < .01$)
Moderate (Between 181-225)	06	12%	
Low (Less than 181)	03	6%	
Total	50	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Results presented in table 1 indicate that out of the selected high achiever female badminton players, 82% exhibited high degree of sports emotional intelligence while 12% showed moderate level of

sports emotional intelligence. Only 6% among high achiever badminton players showed lower magnitude of sports emotional intelligence. The calculated $\chi^2 = 53.56$ scientifically states that sports emotional intelligence in majority of high achiever female badminton players was of highest level.

David et al. (2009) also coined that emotional intelligence makes athletes to adapt to various environmental and sports specific situations by the virtue of their appropriate emotional states. If a particular situation during play requires arousal or vice versa calmness, emotionally intelligent athletes possess this emotional characteristic to psyched themselves or relax.

CONCLUSION

On the basis of results, it was concluded that majority of higher achiever female badminton players possess higher magnitude of sports emotional intelligence.

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