



EMOTIONAL INTELLIGENCE AMONG KHO-KHO PLAYERS AND KABADDI PLAYERS OF BUNDELKHAND UNIVERSITY: A COMPARATIVE STUDY

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ABSTRACT

Emotional intelligence represents the ability to identify and manage your own emotions and the emotions of others. Sport is a highly-charged and emotional activity. Emotions are key to sport performance. Evidence shows that emotional intelligence positively influences athlete and coach performances. This paper introduces the reader to the role of emotional intelligence in sports. Emotional intelligence (EI) is defined as the ability to perceive, use, understand, manage, and handle emotions. People with high emotional intelligence can their own and those of others, use emotional information to guide thinking and behavior, discern between different feelings and label them appropriately, and adjust emotions to adapt to environments. The present study was an attempt to find out difference between kho-kho players and kabaddi players in their emotional intelligence. To accomplish the objective of the study 80 male sportsmen having equal number of kho-kho players and kabaddi players were randomly drawn from the Bundelkhand University Jhansi 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 kho-kho players and kabaddi players. The results indicated that there is higher of emotional intelligence among the kho-kho players and kabaddi players Keywords- Emotional Intelligence, kho-kho players and kabaddi players.



KEYWORDS: Emotion, Emotional Intelligence, sportsman, kho-kho, kabaddi, players, thinking and behavior, feelings, Sports, Physical Activities.

INTRODUCTION

The ability to express and control our own emotions is important, but so is our ability to understand, interpret, and respond to the emotions of others. Imagine a world where you couldn't understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ. Learn more about exactly what emotional intelligence is how it works, and how it is measured. Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article "Emotional Intelligence," they defined

emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (1990). Emotional intelligence (EI) 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. There are three models of EI. The ability model, developed by Peter Salovey and John Mayer, focuses on the individual's ability to process emotional information and use it to navigate the social environment.^[2] The trait model as developed by Konstantin Vasily Petrides, "encompasses behavioral dispositions and self perceived abilities and is measured through self report". The final model, the mixed model is a combination of both ability and trait EI. It defines EI as an array of skills and characteristics that drive leadership performance, as proposed by Daniel Goldman. Studies have shown that people with high EI have greater mental, exemplary job performance, and more potent leadership skills. Markers of EI and methods of developing it have become more widely coveted in the past few decades. In addition, studies have begun to provide evidence to help characterize the neural mechanisms of emotional intelligence. Emotional intelligence can be defined as 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. However, substantial disagreement exists regarding the definition of EI, with respect to both terminology and operationalizations. The theory of emotional intelligence was introduced by Peter Salovey and John D. Mayer in the 1990s, and further developed and brought to the lay public by Daniel Goleman. The concept, also known as emotional quotient or EQ, has gained wide acceptance. However, some psychologists argue that because EQ cannot be captured via psychometric tests (as can, for example, general intelligence), it lacks true explanatory power. Emotional Intelligence Makes You a Better Leaders.

Emotional Intelligence

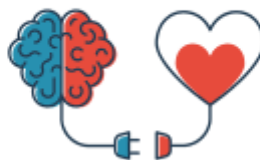


Figure 1: Connection of mind and heart

METHODOLOGY

Selection of Subjects: For the purpose of the study 80 male subjects were selected from Bundelkhand University Jhansi by using purposive sampling technique, from which 40 were kho-kho player and 40 were kabadi. Samples mean age was 20-24 Years. Scoring pattern as indicated in below paragraph. **Selection of Variables:** For the purpose of study the following variables were selected.

- a) Independent Variable: - kho-kho players and kabaddi players.
- b) Dependent Variable: - Emotional intelligence.

Collection of Data: 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 Analysis: To assess the influence of physical activity on emotional intelligence "t" test is applied to compare the results of the two groups.

RESULT & DISCUSSION

The study was carried out to see the influence of physical activities on the development of emotional intelligence of the sports person and also attempt see the influence of demographic variable in molding the emotional condition of the sports person. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in molding the personality and emotional health of the sports person. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the kho-kho players and kabaddi players.

Table 1: Mean and Standard Deviation of Kho-Kho Players and Kabaddi Players

Emotional Intelligence	Kho-Kho Players	Kabaddi Players
Mean	37.87	36.27
Sd	2.72	3.39
t.value	5.53*	

*Significant at 0.5 level

The table I showing the Mean, SD and ‘C value of the Kho-Kho Players and Kabaddi Players formulated, hypothesis that there would be significant difference between Kho-Kho Players and Kabaddi Players in their emotional intelligence The calculated data as tested, and Mean score of the Kho-Kho Players was 37.87 and SD is 2.72 and Kabaddi Players was 36.27 and 3.39 respectively and calculated ‘t’ value is 5.53, it reveals that Kho-Kho Players mean score is higher than Kabaddi Players, and it also reveals that there is significant difference in emotional intelligence of Kho-Kho Players and Kabaddi Players. Because The calculated’ value is greater than table value and it is significant at 0.5 level It may generalized that participation of Kho-Kho Players 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 Kabaddi Players get less opportunity to participate and control and manipulation of stress.

CONCLUSION

The study reveals that participation in sports activities influence on developing and cultivating qualities and ability of controlling the kho-kho players. So we should promote the players to participate in sports so that they can be more emotionally balanced and can be able to take the crucial decisions.



Figure 2: components of emotional intelligence

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