



## EVALUATION OF SPORTS EMOTIONAL INTELLIGENCE AMONG NATIONAL MALE JUDO PLAYERS OF CHHATTISGARH

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### ABSTRACT

Sports performance at the highest level demands control of emotions so as to achieve peak performance as and when required. The ability to achieve peak performance at the right time embedded in emotional intelligence. The present study evaluated sports emotional intelligence of national male judo players of Chhattisgarh. This study comprise of 60 national male national / interuniversity judo players of Chhattisgarh. Sports Emotional Intelligence Test prepared and standardized by Agashe and Helode (2008) was preferred for evaluation of sports emotional intelligence among selected national male judo players. The results reveal that only 35% of the selected subjects possess highest magnitude of sports emotional intelligence, 48.3% exhibited moderate level of sports emotional intelligence while sports emotional intelligence of 16.7% subjects was poor. It was concluded that national male judo players of Chhattisgarh lack sports emotional intelligence to excel at highest level and need a psychological training to address the same.

**KEYWORDS:** Sports emotional intelligence, male judo players, national.

### INTRODUCTION

Sports psychology in modern times provides insight regarding performance enhancement through psychological techniques. A general notion i.e. "how you feel is how you will play" by Kaus (1996) means that emotional control is necessary for peak performance at right time. Due to this role of emotions in sports performance has been studied time and again. Researchers like Mayer et al., 2000 have established a relationship between emotional intelligence and athletic performance. Lane et al., 2009 in their study also found a significant association between emotional intelligence and optimum performance. Some of the competencies associated with emotional intelligence are self-awareness, self-control, resilience and conflict management. Goleman (1995) in their definition of emotional intelligence included five dimensions of emotional intelligence i.e. self-awareness, self-regulation, self motivation, empathy and social skills respectively. These five dimensions of emotional intelligence consisting of 25 competencies namely emotional self control, self regulation, commitment, optimism, conflict management, leadership, personal power, adaptability, resilience etc. All these competencies are even more important in combat sport like judo where task specific emotional response is required and that too in 100 milli second time (Pedro and Durbin, 2001). Judo being a popular sport, researchers like Hans, 1996; Stevens et al., 2006; Mesquita et al., 2008; Jaswant, 2015; Lum, 2017 studied psychological variables such as mental imagery, coach/player relationship, stress, anxiety etc. apart from physiological, biomechanical factors in terms of performance in judo. Keeping this in mind, researcher decided to evaluate sports emotional intelligence of national male judo players of Chhattisgarh.

**AIMS & OBJECTIVE**

The aim of the present study was to evaluate sports emotional intelligence among national male judo players of Chhattisgarh.

**HYPOTHESIS**

It was hypothesized that majority of national male judo players will possess higher magnitude of sports emotional intelligence.

**METHODOLOGY :-**

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

**Sample :-**

This study was carried out on 60 male judo players of Chhattisgarh who took part in interuniversity judo competitions for various weight categories. Purposive sampling was used for selection of sample.

**Tools:****Sports Emotional Intelligence Inventory**

Sports emotional intelligence test standardized by Agashe and Helode (2008) was used as psychological instruments in the present study. This test assesses sports emotional intelligence on the basis of sub-factors such as self-awareness, self-regulation, self-motivation, empathy and social skills respectively. This test is in Hindi and it is highly reliable and valid.

**Procedure:**

60 male interuniversity judo players from Chhattisgarh were selected as sample. Brief description about the aims and objectives of the study was explained to selected subjects. They were motivated to give response without any bias. Sports emotional intelligence test prepared by Agashe and Helode was administered on each subject as per their convenience and availability. The scoring was performed as per the author's manual. The classification of subjects into high, moderate and low level of sports emotional intelligence was done according to criteria set-up by the authors. Scores above 225 on SEIT were treated as exhibiting high sports emotional intelligence, scores in between 181-225 were treated as moderate sports emotional intelligence and lastly scores below 181 were considered as low sports emotional intelligence. Chi square test was used to compare frequency distribution. Results shown in table 1.

**RESULT AND DISCUSSION**

**Table 1**  
**Chi-Square Statistics**

Grades of Sports Emotional Intelligence	Frequency	Percentage (%)	$\chi^2$
High (More than 225)	21	35.0%	$\chi^2 = 9.10$ ( $p < .05$ )
Moderate (Between 181-225)	29	48.3%	
Low (Less than 181)	10	16.7%	
Total	60	100.0	

$\chi^2$  (df=2) = 5.99 at .05 level and 9.21 at .01 level

Calculation of  $\chi^2$  and associated frequency distribution indicate that 35% national male judo players of Chhattisgarh do possess high degree of sports emotional intelligence whereas 48.3% and 16.7% subjects

placed in the category of moderate and low level of sports emotional intelligence respectively.  $\chi^2 = 9.10$  also indicate that majority of the national male judo players of Chhattisgarh possess moderate sports emotional intelligence followed by high and low level of sports emotional intelligence. Result clearly indicates lack of emotion regulation in national male judo players of Chhattisgarh, which may be due to their socio-demographic background and mode of psychological training they are getting.

## CONCLUSION

On the basis of results, it was concluded that majority of the national male judo players of Chhattisgarh possesses moderate level of sports emotional intelligence which needs to be enhanced through proper psychological programs so as to elevate the performance of national male judo players of tribal dominated Chhattisgarh.

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