Original Research Paper

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RELATIONSHIP OF EMOTIONAL INTELLIGENCE AND WILL TO WIN AMONG MEDALIST AND NON MEDALIST ATHLETES

Physical Education

KEYWORDS: Emotional Intelligence, Psychological Well Being, Softball, Athletics and Handball.

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ABSTRACT

The purpose of the study was to find out Emotional Intelligence and Psychological well being among different groups (i.e. Softball, Athletics and Handball games respectively). For present study a total of 45 subjects 15 from each Softball, Athletics and Handball games were selected. The level of significance was set at 0.05 levels. The results showed an insignificant difference of Emotional Intelligence and Psychological well being among different games respectively.

Introduction

Professional sports are a tough world leaving very few rooms for mistakes and imperfections. For its participants who have devoted the major part of their lives to arrive at this level, mental stress experienced is enormous because for them a lot is at stake. Success at this level would require not only physical fitness and talent but, also a great deal of mental strength to nurture/harness this talent and to execute it perfectly in the face of competitive pressure. Sports performance is not simply a product of physiological and biomechanical (e.g. technique factors) but psychological factors also play a crucial role in determine performance". However, every athlete has a certain stress level that is needed to optimize his or her game. That bar depends on factors such as past experiences, coping responses and genetics, Although psychotically preparation is a component that has been often neglected by athletes and coaches. Studies have shown that mental readiness was felt to be the most significant statistical link with Olympic ranking. Psychological well being actually deals with positive view of persons self and life it is a versatile concept that almost touches each and every aspect of morale and gratification with life (Lent, 2004), Psychological wellbeing revolves around emotion and experiences of athletes in their day to day lives. According to Ryff and Keyes (1995) Psychological well-being is mainly comprised of six areas, namely, personal growth, self-acceptance, purpose in life, autonomy, environmental mastery and positive relations with others. As per Salami, (2011) the concept of Psychological well being is very much diverse and imminent variable that includes emotional as well as mental components. Psychological well being is mainly comprised of six primal attributes; self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. Hamachek, (2000) stated that emotional intelligence is firm forecaster of cognitive wellness or psychological wellbeing. In various lives condition development of emotional intelligence derives a greater affect in inquiring the modes of addressing unlike life hindrances. Auto realization is a central tool of improved cognitive wellness. Individuals who realize and handle their feelings in purposeful styles, possess greater capabilities to minimize their psychometrics such as stress, trauma and other agitating emotional ideas and cognitive well being troubles. These people have highly emotionally intelligence. Gardner,(2006) found that intrapersonal rational troubles, weak response check, stress, desolation, stress, anxiety, less self morale, belligerent conducts , homicidal thinking's, drug and intoxicant ingestion appear to be importantly associated on pathetic emotional intelligence, nevertheless assertive immanently sound, higher gratification degree and greater felicity regarded to be because of eminent degree of emotional intelligence

Objectives of the study

1. To find out Psychological well being among softball, Athletics and Handball players.

2. To find out Emotional Intelligence among softball, Athletics and Handball players.

3. To compare Psychological well being among different game players (i.e. softball, Athletics and Handball players).

4. To compare Emotional intelligence among different game players (i.e. softball, Athletics and Handball players).

Hypotheses

1. There will be significant difference of Psychological well being among among different game players (i.e. softball, Athletics and Handball players).

2. There will be significant difference of Emotional Intelligence among among different game players (i.e. softball, Athletics and Handball players).

Delimitation

1) The present study was delimited to male players of various different games (i.e.15 players from each softball, Athletics and Handball games).

2) The study was further delimited to the Players that had participated at senior national, Inter University and AIU (Association of Indian Universities) level.

3) The total number of selected players was 45 between 19 to 27 years of age group.

4) The study was further delimited to the various psychological variables i.e. Psychological well being and Emotional Intelligence.

Methodology

In this chapter the procedure to be adopted for the selection of subject, selection of variables, criterion measurers, collection of data and statistical technique to be used has been described.

The selection of subjects

The subject of this study was senior national, Inter University and AIU players from the state of Punjab. The total number of subjects for this study was 45 players (i.e. 15 players of each game, softball, Athletics and Handball).

Criterion Measures

The criterion measures adopted for the study were as follows:

- Assessment of psychological wellbeing was done by using a scale of psychological well being scale developed by Dr. Devendra Singh Sisodia and Ms.Pooja Choudhary.

- Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar.

Level of Significance

The level of significance to check the relationship between the variables and the F-value was set at 0.05 levels, which was considered appropriate for the purpose of the study.

Statistical Techniques

The data was analyzed by applying Descriptive Statistics i.e. Mean and Standard deviation.

Analysis and interpretation

	Sports	Mean	Std. Deviation	Shapiro-Wilk Sig.
Emotional Intelligence	Softball	132.4667	17.30345	.794
	Athletics	135.2000	13.15946	.871
	Handball	139.2000	15.30266	.396
Psychological Well Being	Softball	196.0000	21.46026	.052
	Athletics	183.4000	19.18283	.516
	Handball	193.5333	20.35089	.144

Table: 1.1 showing descriptive statistics along with Shapiro wilk test

Table 1.1 shows the mean and standard deviation of Emotional intelligence and Psychological well being among different games (i.e. Softball, Athletics and Handball respectively. The normality of the data was analyzed by Shapiro-wilk test. It was found out that the p-value of emotional intelligence and psychological among different games was found to be insignificant at 0.05 level of significance. Thus clearly indicating distribution of the data to be normal.

Anova Table

		df	F-value	Sig-value
Emotional Intelligence	Between Groups	2	.730	.488
	With in Groups	42		
	Total	44		
Psychological Well Being	Between Groups	2	1.664	.202
	With in Groups	42		
	Total	44		

Table 1.2

The F-value of Emotional intelligence in table 1.2 is insignificant as its p-value(=.488) is greater than 0.05. Thus the null hypothesis of no difference among the means of the three groups were failed to be get rejected. Thus showing that there was no difference of Emotional intelligence among the means of three groups i.e. Softball, Athletics and Handball respectively.

The F-value of Psychological well being as shown in table 1.2 is insignificant as its p-value(=.202) is greater than 0.05. Thus the null hypothesis of no difference among the means of the three groups were failed to be get rejected. Thus showing that there was no difference of Psychological well being among the means of three groups i.e. Softball, Athletics and Handball respectively.

Conclusion:

The Study was conducted to find out the difference of Emotional Intelligence and Psychological well being among different sports (Softball, Athletics and Handball). The results shows that there is no difference in the means of Emotional Intelligence and Psychological well being among different sports groups.

Recommendations:

1. The study can be conducted among different age groups.
2. The study can be connected among different Psychological variables.

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