



## Comparative analysis of Emotional Intelligence between Men and Women Volleyball players in Tamilnadu

### KEYWORDS

Emotional Intelligence, Men and Women Volleyball players.

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### ABSTRACT

The purpose of the study was to compare the Emotional Intelligence between Men and Women Volleyball Players of Tamilnadu. The study was administered on 24 Volleyball players in the age group 18-25 years selected at random. They were divided into two equal groups as Men (N = 12) and Women (N = 12) volleyball players. The questionnaire of Emotional Intelligence (TEIQue -SF) authored by Petrides, K. V. & Furnham, A. (2006) was administered to test their emotional intelligence. Independent t-test was used to analyse the data and in all cases the level of significance was fixed at 0.05. The results showed that women volleyball players were found to be better than men volleyball players in Emotional Intelligence, no significant difference on Emotional Intelligence were found between Men and Women volleyball players of Tamilnadu.

### INTRODUCTION

Sports psychology is the scientific study of athletes and their behaviors in the context of sports and the practical application of that knowledge. Sports psychology deals with the increase of performance by the management of emotions and the minimization of psychological effects of injury and poor performance.

Emotional intelligence means sentimental capacity of mind. It is the ability to identify, assess and control the emotions of one self, of others and of groups that is, emotional intelligence involves our ability to understand, express and control our emotions.

According to **Kauss (1996)**, how you feel is how you will play. The influential effect of emotions on athletic performance has drawn the attention of state level many researchers who have tried to find procedures to control and regulate emotions (**Lane et al., 2010**). Research conducted on emotional intelligence and athletic performance illustrates, for instance, that emotional intelligence capacities have a direct effect on self-regulation and mindset. For example, emotionally intelligent people can get themselves into the appropriate emotional states for the demands of the situation. If the situation requires high arousal, as in the case of athletes in our study, emotionally intelligent people are good at getting themselves psyched up. Equally, if the situation requires calmness, emotionally intelligent people are good at relaxing themselves.

The significance of emotional influence on sport performance has often been evident in most comments of spectators, team managers and sports analysts on athletes' and teams' performances during and after competitions. Oftentimes, they comment on players' display of confidence or lack of it, aggressiveness or timidity, resilience or depression, anger or enthusiasm, frustration or determination and other forms of emotionality while attributing to such factors, the responsibility for the success or failure of their performances. Research has shown a significant relationship between emotional intelligence and a variety of other constructs including athletic performance (**Mayer et al., 2000**).

**Lane AM and Wilson M. (2011)** have investigated relationships between trait emotional intelligence and emo-

tional state changes over the course of an ultra-endurance foot race covering a route of approximately 175 miles (282 km) and held in set stages over six days. Thirty-four runners completed a self-report measure of trait emotional intelligence before the event started. Participants reported emotional states before and after each of the six races. Findings lend support to the notion that trait emotional intelligence associates with adaptive psychological states, suggesting that it may be a key individual difference that explains why some athletes respond to repeated bouts of hard exercise better than others. Future research should test the effectiveness of interventions designed to enhance trait emotional intelligence and examine the attendant impact on emotional responses to intense exercise during multi-stage events.

Volleyball is recognized as an international sport, widely played, popular even at the school level. This game offers a wide range of development of strength, speed, endurance to all parts of the human body. Volleyball requires a fairly high standard of psychological contributions towards the performance. Volleyball is a team sport in which goal is to keep the ball alive while it is on your side of the net, but to kill the rally by putting the ball down on your opponent's side of the net.

### You can score points in the game of volleyball in one of two ways:

1. Putting the ball on the floor in-bounds on your opponent's side of the net.
2. An error (forced or unforced) by your opponent which renders them unable to return the ball over the net and in-bounds on your side in their allotted three contacts.

### METHODS

The purpose of the study was to analyse the emotional intelligence between men and women volleyball players of Tamilnadu. To achieve the purpose of the study 24 National level volleyball players of Tamilnadu from both men and women were selected at random between the age group of 18 to 25 years.

The participants completed the Test of Emotional Intelligence questionnaire by (Petrides & Furnham, 2003) during

the competition season. Independent t-test was used to analyse the data and in all cases the level of significance was fixed at 0.05.

## RESULTS AND DISCUSSIONS

The influence of independent variables on emotional intelligence were analyzed and presented below.

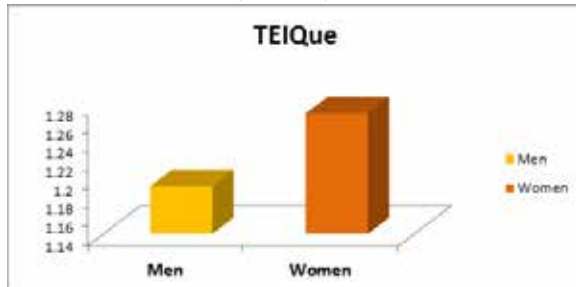
**Table-1**  
**Independent t-test for differences between men and women volleyball players on Emotional Intelligence**

|       | N  | Mean  | S.D    | S.E   | T Ratio |
|-------|----|-------|--------|-------|---------|
| Men   | 12 | 1.191 | 10.365 | 2.991 | 1.172   |
| Women | 12 | 1.269 | 20.425 | 5.896 |         |

Not Significant (2, 22 df) (0.05) = 2.074

As shown in Table 1, the obtained t value on the scores of Emotional Intelligence 1.172 was lesser than the required table value of 2.074, which proved that there was no significant difference on Emotional Intelligence between men and women volleyball players.

**Figure – 1 Men values of Emotional Intelligence between Men and Women Volleyball Players of Tamilnadu**



From the above table the obtained t ratio of 1.175 on emotional intelligence was less than the table value of 2.074 with df 2,22 required for significance at 0.05 level of confidence. The results showed that women volleyball players were found to be better than men volleyball players in Emotional Intelligence, no significant difference on Emotional Intelligence were found between Men and Women volleyball players of Tamilnadu.

## CONCLUSION

Today, Volleyball has spread to 220 countries around the world, and is recognized as a truly international, widely played popular sport. A sport is very important in physical as well as psychological development of the individual. The sportsmen are mentally healthy than non – sportsmen because sports plays therapeutic role in player's life (Ismail, & Gruber, 1965, 1971; Havelka & Lazarevic, 1981). In sports the players get satisfaction as he is cheered by spectators. It is very important for his psychological development. Sports provide a channel for the expression of emotions through motor activity (Mecloy Layman, 1984; Silva, 1984).

From the available data the following conclusions were drawn.

- No significant difference was found on Emotional Intelligence between Men and Women volleyball players of Tamilnadu.
- Women volleyball players were found to be better than men volleyball players in Emotional Intelligence

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