



Physical Education

A COMPARATIVE STUDY OF ADJUSTMENT AND EMOTIONAL INTELLIGENCE OF SPORTSPERSONS OF HARYANA

Dr. Atam Singh

Physical Education, Hisar, Haryana

ABSTRACT Adjustment is an individual characteristic because different individuals react differently to a situation. For example, in coaching camp, some athlete feel home-sick or they have some health problems due to improper supply of diet etc. which may cause some sort of disturbance in an athlete's training or hinder his performance. Competing with a champion is a positive factor for one athlete, while another may react negatively due to fear of failure. It can be said that surrounding environment plays an important role regarding the behaviouristic outcome of an athlete. Research indicates that our success in life and in work is attributable about 80% to emotional intelligence and only about 20% to our cognitive intelligence. Emotional Intelligence (or "EI") involves the critical ability to recognize various emotional states in oneself and others, to assess how emotions affect behaviour, and the ability to actively choose the most effective emotional state to manage a particular situation.

KEYWORDS : Adjustment, Emotional, Intelligence, Investigation

INTRODUCTION:

Today games and sports have become highly competitive. Success in competitive sports places high psycho-physical demands on the participant. They have to be physically fit, technically sound and tactically prepared to have a firm grip over the competitive situation. However, their psychological aliveness to the situation has been described by many to be of paramount importance. At the time of competitive struggle it is the psyche of the player which moves them to use their physical fitness, technical and tactical preparedness at its maximum. Sports at its competitive level, becomes more of a psychological phenomenon than the physical one. The muscles move on the orders of the brain. If brain is fatigued, the muscles become exerted. If the brain loses, the muscles lose.

OBJECTIVES OF THE STUDY

The study was initiated with the following main objectives:

- To study the adjustment scores of sportspersons of rural and urban colleges in Haryana.
- To study the emotional intelligence scores of sportspersons of rural and urban colleges in Haryana.
- To compare the adjustment scores of male sportspersons of rural and urban colleges in Haryana.
- To compare the adjustment scores of female sportspersons of rural and urban colleges in Haryana.
- To compare the emotional intelligence scores of male sportspersons of rural and urban colleges in Haryana.

METHOD

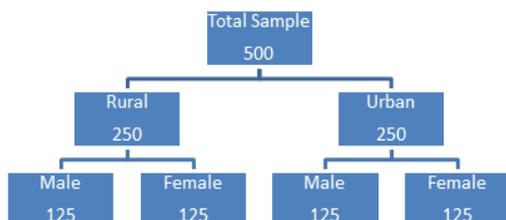
After preparing the conceptual background, the objectives, the hypothesis and the delimitation of the study were decided and normative survey method was used to collect data for the study. The investigator selected data randomly.

DATA COLLECTION

For the collection of the relevant data, full attention was paid to think over all the essential and desirable steps like the selection of an appropriate sample, selection of tools, their nature and administration etc.

SAMPLE

The sample is the representative portion of the population. In the present investigation, subjects were selected as under:



The samples were selected randomly during various inter-college tournaments and inter-university coaching camps.

TOOLS FOR DATA COLLECTION

To serve the purpose of the study, following standardized tools were administered on the selected samples:

- Adjustment Inventory for College Students (AICS) by Dr. A.K.P. Sinha and Dr. R.P. Singh
- Mangal Emotional Intelligence Inventory by Dr. S.K. Mangal and Mrs. Shubhra Mangal.
- Adjustment Inventory for College Students (AICS) by Dr. A.K.P. Sinha and Dr. R.P. Singh

TOOL SELECTION: NATURE AND ADMINISTRATION SELECTION OF TOOL

The study needed the collection of data of emotional intelligence and adjustment of students of college level. In this investigation the investigator used "Mangal Emotional Intelligence Inventory" developed by Dr. S.K. Mangal & Mrs. Shubhra Mangal & Adjustment inventory for college students by Dr. A.K.P. Sinha and Dr.R.P. Singh. The Mangal Emotional Intelligence Inventory was selected due to following reasons:

- In India it is only inventory which meant to identify emotional intelligence of professional students.
- It is a standardized inventory.
- It is easy to administer and to score.
- It has a provision for the use of separate answer sheet, so it was economical.

DESCRIPTION OF THE TOOL**(a) Adjustment Inventory for College Students by Dr. Sinha and Dr. Singh**

The adjustment inventory has been designed for use with Hindi knowing college students in India. This covers five area of adjustment (i) Emotional (ii) Social (iii) Educational (iv) Home (v) Health. Each of these five areas contains 102 questions with negative scoring. The student having scored more than 28 are poor adjusted while students having scored less 12 are well adjusted.

(b) Mangal Emotional Intelligence Inventory

This inventory consists of forced choice 100 items responding in terms of Yes or No. It takes approximately 30-40 minutes to complete 'Yes' or 'No' has been given for each item by encircle the chosen alternative against the question. This inventory is meant to identify the emotional intelligence potential of 16+ students. It is standardized on 1200 students of 10+2 undergraduate college and professional colleges like B.Ed., polytechnic etc. As reported in the manual the validity and reliability both has been properly established. Separate percentile norms have been given for males and females. Fivefold classifications in terms of emotional test scores has also been provided to designate one as very superior, superior average, below average and very low. Scoring can be made with the help of scoring key.

ADMINISTRATION OF TOOLS

Having well equipped with the tool, which was needed in the present investigation, the next step was to devise a plan to administer them on the samples chosen. For this the principals of respective colleges were approached personally and the purpose of the study was explained clearly. They were requested for a date convenient to them on which the investigator could come to administer the Tests. It was made clear that the work would take one and half hour and so two of the regular periods was sufficient. In this way tests were administered as per schedule.

With the cooperation of teachers and principals of the respective colleges a sort of report was established between the testers and investigator. Before taking test, the purpose and importance of test was clearly explained to them.

Students were asked to go through the instructions given in the beginning pages of the Test-booklet. Thus doubts about the procedure of giving answer sheet and were asked to fill personal information necessary for investigation like name, roll no. etc. After this they were asked to answer the question.

STATISTICAL TECHNIQUES

Keeping in view the objectives as well as design of the study, the appropriate statistical techniques were used to analyses the data, such as t-test and Pearson's Product Movement Method (Coefficient of Correlation).

FINDINGS OF THE STUDY

On the basis of analysis of data, the following main conclusions have been drawn by the researcher:

- The Rural male and female sportsperson were better in adjustment than urban male and female sportsperson. The studies of Dominick (1966) also corroborate with the finding of the paper.
- The urban male and female sportsperson were having more emotional intelligence than rural male and female sportsperson. The results of the paper also corroborated with the findings of Dintimen (1964) and Dean (1998).
- In the male category the rural male was more adjusted than urban male sportsperson, while urban male sportsperson were more emotional intelligent. The results of the paper are also supported by the findings of Santo (1970) in which he has mentioned that the rural people are more adjustable than the urban. Satyanarian (2002) also found that the urban people are more emotionally intelligent than the rural sportsperson.

RECOMMENDATIONS

On the basis of the results obtained from the analysis of data, the following recommendations are made:

1. The research study can be undertaken on different groups on psychological parameters.
2. Similar research study can be undertaken on the sports persons of other states.
3. The result of the study can be helpful to the coaches and physical education teachers in preparing training schedules for their players.
4. The result of the study can be helpful to the individual for self evaluation.
5. Similar study may be conducted between sportsperson and non person.

A COMPARISON OF ADJUSTMENT SCORE BETWEEN THE SPORTSPERSON OF RURAL AND URBAN COLLEGES IN HARYANA.

There will be no significance difference in adjustment scores between the sportspersons of rural and urban colleges in Haryana.

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Rural Sportspersons	250	38.75	14.22	1.07	0.05
Urban Sportspersons	250	37.45	12.87		

df= 498
't'(1.96)

As shown in Table above, the mean score of Rural sportspersons on adjustment variable was 38.75 and mean score of Urban sportspersons

on adjustment variable was 37.45, and the SD of score of Rural and Urban sportspersons was 14.22 and 12.87 respectively, while calculated value of 't' was 1.07, which was less than table value of 't' (1.96). It means that the hypothesis was accepted at the 0.05 level of significant and significance different was not found between the adjustment score of Rural and Urban sportspersons.

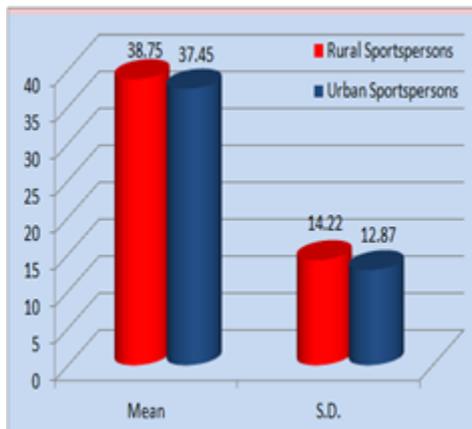


Figure – 1 Comparison of adjustment score between the sportsperson of rural and urban colleges in Haryana

A COMPARISON OF EMOTIONAL INTELLIGENCE SCORE BETWEEN THE SPORTSPERSON OF RURAL AND URBAN COLLEGES IN HARYANA.

There will be no significance difference in Emotional Intelligence scores between the sportspersons of rural and urban colleges in Haryana.

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Rural Sportspersons	250	66.85	15.87	8.09	0.05
Urban Sportspersons	250	78.65	16.73		

Df= 498
't'(1.96)

As shown in Table above, the mean score of Rural sportspersons on Emotional Intelligence was 66.85 and mean score of Urban sportspersons on Emotional Intelligence was 78.65 and the SD of score of Rural and Urban sportspersons was 15.87 and 16.73 respectively, while calculated value of 't' was 8.09, which was more than table value of 't' (1.96). It means that the hypothesis was rejected at the 0.05 level of significant and significance different was found between the Emotional Intelligence score of Rural and Urban sportspersons.

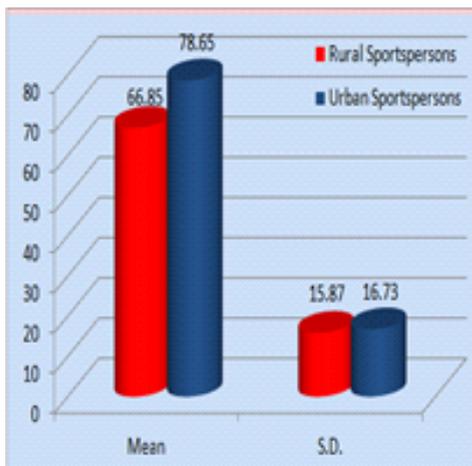


Figure – 2 Comparison of emotional intelligence score between the sportsperson of rural and urban colleges in Haryana

CONCLUSION:

On the basis of analysis of data, the following main conclusions have been drawn by the researcher:

- The Rural male and female sportsperson were better in adjustment than urban male and female sportsperson. The studies of Dominick (1966) also corroborate with the finding of the paper.
- The urban male and female sportsperson were having more emotional intelligence than rural male and female sportsperson. The results of the paper also corroborated with the findings of Dintimen (1964) and Dean (1998).
- Like male category the rural female were also more adjusted than urban female sportsperson, while urban female sportsperson were more emotional intelligent and having better self-concept than rural female sportspersons. The results of paper also corroborated with the findings of A. S. R. Silva *et. al.*

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