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A comparative study of wellbeing and emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U., Kurukshetra and Haryana senior state level judo championship

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Abstract

The present study was conducted to analyze the comparative study of wellbeing and Emotional intelligence medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Haryana Senior State level judo championship. A purposive survey method was used for the study. A sample of total 200 judo players (players who won position at Haryana senior state championship and M.D.U., Rohtak, K.U., kurukshetra and C.D.L.U., Sirsa) were being selected. For assessing the variables of the study, the PGI General Well being Measure by was developed by Dr. Santosh K. Verma and Ms. Amita Verma, and Sports Emotional intelligence test by Agashe and Helode (2002) were being used. The analysis was done by using ANOVA method. Results indicated that there Well being of judo players of M.D. University, Rohtak were found to be significantly different from the medalist of state level judo championship. However, judo players of K.U. Kurukshetra, C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and medalist of senior state judo championship. Whereas, Total emotional intelligence, judo players of M.D. University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D. University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship.

Keywords: Yogic Practices, Heart Rate.

Introduction

In sports, it is important to be mentally strong because only mentally strong player can give its maximum output and the mentally strong person usually have good adjustment level, good decision making skills, high self confidence, high self esteem, mental flexibility and good emotional intelligence level too. There are some studies done on the emotional intelligence in sports and in the present study investigator wants to study the role of emotional intelligence on Judokas.

The concept of emotional regulation aligns to the concept of emotional intelligence, defined as 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 (Salovey & Mayer, 1990, p. 189). In meta-analytic studies it has been shown that measures of emotional intelligence are associated with enhanced performance (Van Rooy & Viswesvaran, 2004) [15], well-being, and stress management (Schutte, Malouff, Thorsteinsson, Bhullar, & Rooke, 2007) [13]. With this in mind, Meyer and Fletcher (2007) [10] argued that sport psychologists should seek to enhance the emotional intelligence of athletes with whom they work. There is scant research on training programs designed to raise emotional intelligence in sport (Meyer & Fletcher, 2007) [10], although there is a wealth of evidence of the effectiveness of such programs in occupational settings (see Stein & Book, 2006 for an example) [14]. Bakhtiari *et al.* (2009) [2] showed that emotional intelligence may control life stresses better and lead to optimum use of time through reducing the stress. Maleki *et al.* (2012) [8] examined presence of a positive and meaningful effect of emotional intelligence on aggression, stress and mental welfare of elite athletes, where there was cohesion with the results of the present study.

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Emotionally intelligent person also have high level of well being, it may be because the emotionally intelligent person can adjust himself/herself according to the situation that indirectly improves the well-being of that individual. The same thing happens in the sports the emotionally intelligent and stable player can take the good decisions and maintains the mental balance even in the worst situations and try to overcome that situation with a proper strategic mind which indirectly helps that player to get more respect and social acceptance and also helps to win the trust of the colleagues players and which in turns help that players to achieve the high level of well being. Well being is also an important psychological constraint that plays an important role in the performance/outcome of a player or a team. In the last 10 years, a group of studies have been focused on analyzing the role of Emotional Intelligence in students' psychological well-being. Mayer and Salovey model provides us through suitable outline for understanding basic emotional processes which underlies the development of adequate psychological equilibrium, and helps us better understand the arbitrate role of certain emotional variables in learner and their influence on psychological adjustment and personal well-being.

In the recent years, both in the scientific beside in popular literature, there is an accumulated interest in the quality of life, the dimension that describe quality of life, and the events that affect quality of life. Most often the quality of life is composites as a composite of physical, psychological and social well being of a person, as perceived by the person as a group. A very important aspect of lineament of life is the happiness, atonement or gratification subjectively experienced However, there appears to be a dearth of studies on Emotional intelligence and well being in sports and especially in the judo. It is important to see the relationship between the Emotional intelligence and well being of judo players.

Statement of the Problem

To compare the level of wellbeing and Emotional intelligence among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Haryana Senior State level judo championship.

Objective of Study

In order to achieve the aim of the study, the following objectives were formulated:

1. To assess whether there is any significant difference in wellbeing among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.
2. To assess whether there is any significant difference in Emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.

Hypothesis

In order to achieve the aim of the study, the following hypotheses were formulated:

- There would be no significant difference in wellbeing among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.
- There would be no significant difference in Emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and players participated at Senior State level championship.

Delimitations of the study

The study was delimited on the basis of following aspects:

- The study has been delimited to Haryana Judo Players only.
- The study has been further delimited only to Haryana Senior State Judo Championship and University medalist Judo Players.
- The study has been delimited only to judokas of Maharshi Dayanand University, Rohtak, Kurukshetra University, Kurukshetra; Chaudhary Devi Lal University, Sirsa.

Method

Design

The purpose of this research is to compare the level of wellbeing and Emotional intelligence among different university and senior state judo championship Haryana Judo Players. These objectives were achieved by calculating the Analysis of Variance (One Way ANOVA) between the groups.

Sample

The sample was be selected by using purposive sampling method. In the present study a sample of total 200 Judo players (players who won position at Haryana senior state championship and M.D.U., Rohtak, K.U., kurukshetra and C.D.L.U., Sirsa) were being selected.

Tools used

- PGI General Well being Measure by was developed by Dr. Santosh K. Verma and Ms. Amita Verma in (1989).
- Sports Emotional intelligence test by Agashe and Helode (2002).

Statistical techniques used

Analysis of Variance (One Way ANOVA) was calculated between the groups.

Results and Discussion

To achieve the main aim of the study i.e. "To compare the level of well being and Emotional intelligence among medlist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship". In order to achieve the aim, the aim is divided in two objectives and the objective wise results were displayed below.

In the order to achieve the first objective of study, i.e., "To assess whether there is any significant difference in well being among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Judo championship (Haryana)" analysis of variance (ANOVA) has been applied and resulted displayed in table. 1

Table 1: Mean, Standard Deviation scores of well being among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship.

Variable	Category	N	Mean	Standard Deviation
Well being	M.D.U. Rohtak	50	16.64	2.68
	K.U.Kurukshetra	50	15.58	3.09
	C.D.L.U. Sirsa	50	15.62	2.80
	Senior State	50	14.60	3.36

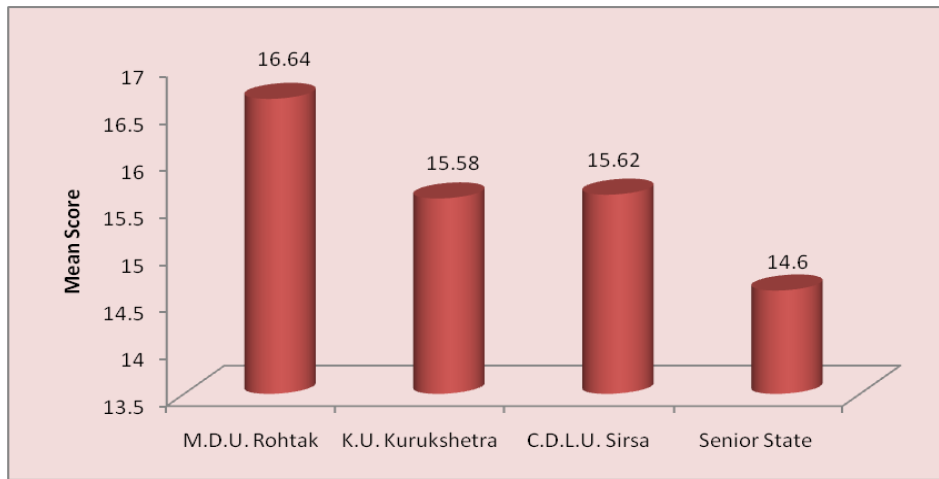


Fig 1: Mean scores of well being among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship.

Table 1.1: ANOVA Table of wellbeing among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	104.100	3	34.700	.182	.010
Within Groups	1761.480	196	8.987		
Total	1865.580	199			

The Table 1.1 shows that mean score of variance of between groups and within groups are found to be 34.700 and 8.987 with df 3 and 196 respectively. The obtained ‘F’ ratio is 3.861 and it is found to be significant at 0.05 level. Thus, the null hypothesis of the present study, i.e. “There will be no significant difference in well being among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship” stands rejected. It means that various categories are not belonged to the same population with regard to their means. The significant mean difference in well being among various categories i.e., medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state championship have been calculated by using post-hoc test and presented in Table no 1.2

Table 1.2: Post-hoc analysis of variance of well being of medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state championship.

	N	Subset for alpha = 0.05	
		1	2
Senior State	50	14.6000	
K.U. Kurukshetra	50	15.5800	15.5800
C.D.L.U. Sirsa	50	15.6200	15.6200
M.D.U. Rohtak	50		16.6400
Sig.		.326	.292

From the Post hoc comparison, it can be concluded that as regard to well being, judo players of M.D. University, Rohtak were found to be significantly different from the medalist of state level judo championship. However, judo players of K.U. Kurukshetra, C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak and medalist of senior state judo championship. So it can be stated that judo players of M.D. University, Rohtak were found better in well being as compared to medalist players of senior state judo championship.

In the order to achieve the second objective of study, i.e., “To assess whether there is any significant difference in Emotional intelligence among medalist judo players of M.D.U. Rohtak,

C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Judo championship (Haryana)” analysis of variance (ANOVA) has been applied and resulted displayed in table 2.

Table 2: Mean, Standard Deviation scores of Emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

Variable	Category	N	Mean	Standard Deviation
Emotional intelligence	M.D.U. Rohtak	50	229.30	37.44
	K.U. Kurukshetra	50	208.70	48.15
	C.D.L.U. Sirsa	50	209.90	36.31
	Senior State	50	194.90	41.85

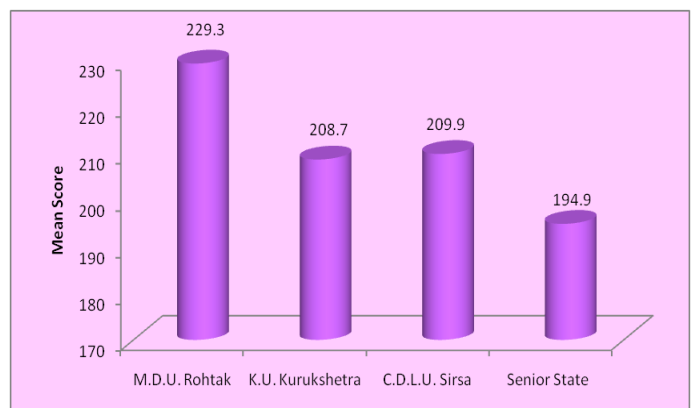


Fig 2: Mean, Standard Deviation scores of Emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

Table 2.1: ANOVA Table of Emotional intelligence among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	30012.000	3	10004.000	5.892	.001
Within Groups	332790.000	196	1697.908		
Total	362802.000	199			

The Table 2.1 shows that mean score of variance of between groups and within groups are found to be 10004.000 and 1697.908 with df 3 and 196 respectively. The obtained ‘F’ ratio is 5.892 and found to be significant at 0.01 level. It

means that various categories are not belonged to the same population with regard to their means. The significant mean difference in total emotional intelligence among various categories i.e., medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state level have been calculated by using post-hoc test and presented in Table no.2.2

Table 2.2: Post-hoc analysis of variance of emotional intelligence of medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state championship.

	N	Subset for alpha = 0.05	
		1	2
Senior State	50	194.9000	
K.U. Kurukshetra	50	208.7000	208.7000
C.D.L.U. Sirsa	50	209.9000	209.9000
M.D.U. Rohtak	50		229.3000
Sig.		.267	.063

From the Post hoc comparison it can be concluded that as regard to total emotional intelligence, judo players of M.D. University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D. University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship. Hence, the null hypothesis framed earlier, "There will be no significant difference in emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U., Kurukshetra and players participated at Senior State level championship" is partially accepted and partially rejected.

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