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Comparison of emotional intelligence among selected team games

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Abstract

The objective of this study was to compare emotional intelligence among players of selected team games. For the study 60 subjects (18 from two groups i.e., Soccer and Hockey and 12 from two groups Basketball and Volleyball) were Purposive selected from intervarsity players who represented Lakshmibai National Institute of Physical Education, Gwalior. The age of the subjects was ranged from 17 to 25 years as a subject for this study. Emotional Intelligence Scale (EIS) developed by Anukol Hude, Sanjyot Prthe and Upinder Dharwas used for measuring the Emotional Intelligence. For data analysis responses were expressed as mean and standard deviation one way ANOVA test was performed for comparison between groups. The level of significance was set as 0.05 levels to test the hypothesis. The results clearly indicate that there is no significant mean difference among players of selected team games in terms of emotional intelligence. From the analysis of results it can be concluded that the selected team games namely Soccer, hockey, basketball and volleyball were found similar type of Emotional Intelligence.

Keywords: Emotional intelligence, Education, Physical Education

Introduction

Although a person's feeling cannot be observed directly by others but can be inferred from his overt behavior and verbal report of his introspection, as no one can doubt the reality of emotions as conscious experience. To produce an emotion, a stimulus situation must be related to past experience and seen as having implications in the future. In an organization when an employee feels the presence of a threatening situation, he may handle it in two ways. He may be confident of his ability to handle the situation and may see it as a challenging opportunity to prove himself on experience fear on dread. Thus our appraisal of situation and subsequent emotion are strongly influenced by our estimate of capabilities. The emotion aroused depends not so much on the events themselves, as on how they are appraised.

Emotional intelligence, in about a person's ability to understand and manage their emotions and behavior of others. It's a person ability that helps people cope with frustrations, control emotions and get along. Emotional intelligence is the common stone for personnel and professional success. It is the competency that level. STEVE define emotional intelligence in an innate ability which give us our emotional sensitivity and our potential for learning healthy emotional management skills, whether it's in the boardroom or the class room, individuals needs to communicate, works in terms and let go of the personnel and family issues that get in the way of working and learning. Such skills add up to what is known as emotional intelligence and they even more important as educators realize that skills are critical to academic achievement. Hence, by understanding the present investigation the research scholar has made an attempt to find out the existence of the vibrations among selected subjects groups.

Problem: Comparison of Emotional Intelligence among selected team games

Hypothesis: There would be significant difference in the emotional intelligence among players of selected team games.

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Methodology

For the present study 60 subjects (18 from two groups i.e. Soccer and hockey and 12 from two groups' basketball and volleyball) were purposive selected from intervarsity players who represented lakshmibai national institute of physical education, Gwalior. The age of the subjects was ranged from 17 to 25 years. The criterion measure chosen to test the hypothesis was the scores obtain in Emotional Intelligence Scale (EIS) developed by Anukol Hude, Sanjyot Prthe and Upinder Dhar. For data analysis responses were expressed as mean and standard deviation. One way ANOVA test was performed for comparison between groups. The level of significance was set as 0.05 levels to test the hypothesis.

Result and Discussion:

The result of the present study is presented in the following table.

Table 1: Analysis Of Variance of the Means of Players of Selected Team Games In Relation To Emotional Intelligence

Sources of variables	Degree of freedom	Sum of squares	Mean sum of square	t - ratio
Between group	3	401.3611	133.787	1.21809
Within group	56	6150.639	109.8328	

*significant at 0.05 level
Tabulated $F_{.05(3, 56)} = 2.78$

The table revealed that there was no significant difference in the means of players of selected team games i.e., Soccer, Hockey, Basketball and Volleyball in relation to emotional intelligence as obtained f-ratio was 1.218097 which was less than the 2.78 required for f-ratio to significant at .05 level with (3.56) degree o freedom.

Discussion of Findings

The result of the study revealed that there was no significant mean difference among the selected team games namely Soccer, Hockey, Basketball and Volleyball in terms of their Emotional Intelligence. It may be attributed to the fact that the present study shows all these selected games are team games and require more or less similar type of emotional stability and intelligence due to the nature of demands on the sportsman. The task requirements are basically group oriented and require cooperation, co-ordination and group dynamics or group cohesion among the team members. The psychological maturity and mental and emotional status are similar to each other. All the team games are based on group cohesion and not individual play. Its requires careful planning in terms of strategy and tactical. These games involve equal amount of technical and tactical elements for successful participation in sports competition so it quite obvious that their intelligence level would be same

Conclusion

On the basis result of the study it was conclude that the selected team games namely Soccer, hockey, basketball and volleyball were found similar type of emotional intelligence.

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