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Emotional competence of volleyball and cricket players

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Abstract

This study has been carried out to explore the emotional competence of volleyball and cricket players. The present study has been operated through Descriptive Research Method (DRM). Further, design of the study is based on below mentioned parameters. A representative sample of 400 Under Nineteen volleyball and cricket Players. The collected data has been analysed with the help of descriptive and inferential statistics. Identical level of emotional competence has been seen among volleyball and cricket players. Thus, investigator can inferred that impact of type of game played by respondents has no significant on the level of emotional competence of the adolescents.

Keywords: Emotional competence, volleyball players, cricket players

Introduction

In this contemporary world our environment is facing tremendous problems. Due to these rampant problems hand human beings face more and more physical and psychological stress. As we observe psychological as well as biological complexities are arising more and more due to change in modern world. In the contemporary world our earth is facing severe environmental problems such as pollution, climate change, loss of biodiversity, depleting natural resources, depleting ozone layers etc. The origin of these problems can be traced out in human activities. The intensity of these problems and the tentative solutions to these problems is contentiously debated by researchers, stakeholders, scientists and policy makers. The belief that technological advancement will solve environmental problems cannot be fully relied on because in the 19th and 20th century with the advancement of industrial revolution era, human beings saw the major degradation of environment, which adversely affect the human health. The technology development happens for human and it is used by humans. Moreover, in the eco-system human beings, historically, claimed the first right over the resources Putnam, R.D. (2000) ^[10]. Hence, the role of human beings in dealing with environmental problems is as important as technology. The role behind degradation of environment is human being. The degradation of human environment is ultimately affecting human health. The human hand behind degradation of environment is due to lack of awareness of health consciousness. Emotional competence refers the capability of an individual to express his/her feelings and sentiments in smooth manner. From behavioural point of view, emotional competence means the ones domain specific working model to manage ones emotions appropriately within interpersonal and intra-personal relations. Emotional competence represent the fundamental behavioural makeup of an individual in which exposure, feelings, sentiments temper trait of an individual gets ample and stable manifestation. According to Sharma (1994) *“Emotional competence refers to a person’s ability to express or release his/her inner feelings and emotions. It implies an ease around others and determines our ability to effectively and successfully lead and express”*.

Statement of the research problem: The statement of the research problem is given as under:

Emotional competence of volleyball and cricket players

Operational definitions of terms and variables: The operational definitions of terms and variables included in the proposed study are as under:

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- **Motional competence:** Emotional Competence in the proposed study refers the score obtained by the respondents on the emotional competence scale developed by Pratibha Deo and Asha Mohan.
- **Volleyball players:** Volleyball players in the present study refers those students who hold volleyball experience since last three years and are below the age of 18 years.
- **Cricket players:** Cricket players in the present study refer those students who hold volleyball experience since last three years and are below the age of 18 years.

Objectives of the study: The objectives of the study are given as under:

To explore the emotional Competence of Volleyball and Cricket Players.

Delimitations of the study: The proposed study has been delimited to below mentioned dimensions:

1. The present study has been delimited to two districts of Kashmir division of union territory of Jammu and Kashmir viz. Anantnag and Kulgam.
2. The present study has been delimited to 400 respondents. However due representation will be made on the basis of sports engagement of the respondents.

Design of The Study: The present study has been operated through Descriptive Research Method (DRM). Further, design of the study is based on below mentioned parameters.

- **Data collection:** The most practical work in the research process is data collection. Data collection is the central activity in entire research process. The investigator availed a systematic procedure for collecting the data. The presents study was based on professional and Cricket players. Keeping in view, the investigator employed the below mentioned procedure.
- **Sample:** A representative sample of 400 Under Nineteen volleyball and cricket Players. Meanwhile, is pertinent to mention here that all respondents were selected under the age group of under nineteen years.

Analysis and interpretation: The analysis and interpretation of the data is given as under:

Table 1.1: Showing the various levels of emotional competence of Volleyball and cricket players (N=200 each)

Norms	Volleyball players		Cricket players	
	Frequency	Percentage	Frequency	Percentage
EH	40.00	20.00	28.00	14.00
H	37.00	18.50	27.00	13.50
AA	35.00	17.50	26.00	13.00
A	60.00	30.00	47.00	23.50
BA	28.00	14.00	72.00	36.00
L	0.00	0.00	0.00	0.00
EL	0.00	0.00	0.00	0.00
Total	200	100	200	100

Index

- EH = Extreme high.
- H = High.
- AA = Above average.
- A = Average.
- BA = Below.
- L = Low.
- EL = Extreme Low.

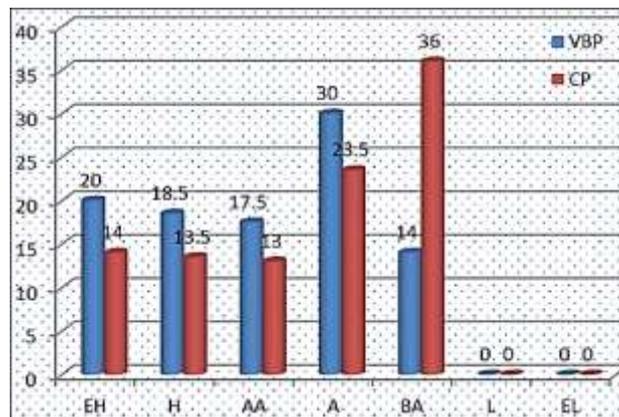


Fig 1.1: Showing the frequency and percent wise allocation of Volleyball and cricket players on various norm of emotional competence

Index

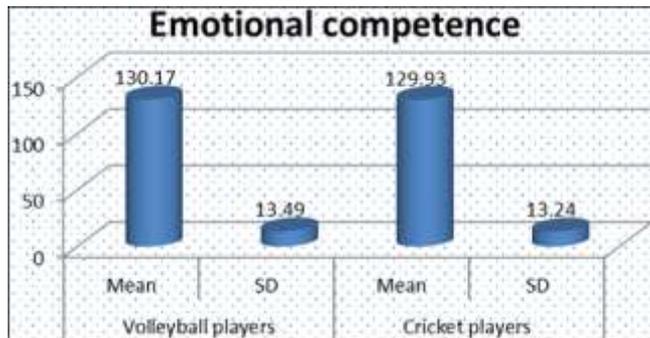
- EH = Extreme high.
- H = High.
- AA = Above average.
- A = Average.
- BA = Below.
- L = low.
- EL = Extreme Low.

Interpretation

The exploration of the results presented in above table (Please refer table 1.1, Fig. 1.1) gives analysis about the frequency and parentage analysis of Volleyball and cricket players on their various levels of emotional competence. The results reveal that among volleyball players (F=40.00) 20% were seen with extremely high level of emotional competence. In pursuance to same, (F=37.00) 18.50% volleyball players were reported with high level of emotional competence. The results specify that (F=35.00) 17.50% volleyball players were inferred with above average level of emotional competence. The results designate that (F=60.00) 30.50% volleyball players were reported with average level of emotional competence (EC). In addition to this, the results reveal that (F=28.00) 14.50% volleyball players were reported with below average level of emotional competence. In pursuance to same, the obtained results real that (F=0.00) 0.00% volleyball players were reported low level of emotional competence. Further, the results indicate that (F=0.00) 0.00% volleyball players were inferred with extremely low level of emotional competence. Coming towards their counterparts (Cricket players) the results reveal that 14% (F=28) tribal were inferred with extremely high level of emotional competence. The results further designate that 13.5% (F=27.00) volleyball players were reported high level of emotional maturity. The results indicate that 13.00% (F=26.00) volleyball players were reported high level of emotional maturity. Besides, the perusal of the results indicate that 13.00% (F=26.00) volleyball players were reported above average level of emotional maturity. The results further designate that 23.50% (F=47.00) volleyball players were reported average level of emotional maturity. In the same table results indicate that 36.00% (F=72.00) volleyball players were stated above below average level of emotional maturity. However, the attained results specify that 0.00% (F=0.00) were analysed with extreme low level of emotional competence.

Table 1.2: Showing Volleyball and cricket players on their composite score of emotional competence. (N=200 each)

Variable	Volleyball players		Cricket players		't' value
Emotional Competence	Mean	SD	Mean	SD	
	130.17	13.49	129.93	13.24	0.34@

**Fig 1.2:** Showing graphical illustration of Volleyball and cricket players on their social skills (Dimension-V) of emotional competence scale. (N=200 each)

Interpretation

While observing towards the table 1.1: (Please consult table 1.2, Fig. 1.2) gives information about the mean significant difference between Volleyball and cricket players on their composite level of emotional competence. The results reveal that the mean score of volleyball players was seen 130.17 whereas the mean score of volleyball players (M=129.93). Besides, the comparative analysis by operating independent 't' test indicate that the 't' value came out to be 0.34, which is not significant at 0.01 level of confidence. Therefore, from the above reported results, it can be inferred that players hold identical level of emotional competence as compared to cricket players. Thus, investigator can inferred that impact of type of game played by respondents has no significant on the level of emotional competence of the adolescents. Hence, from the above reported results not significant difference has been reported between Volleyball and cricket players on their emotional competence.

Conclusion

Identical level of emotional competence has been seen among volleyball and cricket players. Thus, investigator can inferred that impact of type of game played by respondents has no significant on the level of emotional competence of the adolescents.

Conflict of interest: No has conflict of interest has been declared.

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