



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 8.4  
IJAR 2022; 8(3): 87-90  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 05-01-2022  
Accepted: 07-02-2022

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## Study on relationship between emotional intelligence and personality of individual and team game players

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DOI: <https://doi.org/10.22271/allresearch.2022.v8.i3b.9532>

### Abstract

Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Personality is the characteristic sets of behaviors, cognitions and emotional patterns that evolve from biological and environmental factors. The relationship between EI and personality traits are interlinked because as EI is relevant to understanding and control of emotions which are very important in personality construction. The purpose of the present study was to find out whether there is any relationship between Emotional Intelligence and Personality Traits among the sports persons of individual and team games players. The researcher was selected 70 subjects from different colleges. The subjects were categorized into two main groups: 35 individual players (Athletics) and 35 team game players (Cricket, Kho-kho, Volleyball, Kabaddi and Football). Emotional intelligence test and Cattell's 16PF (personality) Questionnaire developed by Roqiya Zainuddin and Anjum Ahmed & Raymond Cattell were used to measure EI and personality traits respectively. The collected data were analyzed using correlation coefficient. Results showed that positive correlation in few factors of Cattell's 16 PF with Emotional Intelligence of individual players and team games players. Co-relational analysis showed that EI was positively correlated with A, C, F, H, O, Q1 and Q3 factors (Cattell's 16 PF) of individual players. On the other side, results showed that EI was positively correlated with F, H, L, M, N and Q3 factors (Cattell's 16 PF) of team game players.

**Keywords:** Personality, emotional intelligence (EI), athletics

### 1. Introduction

Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic. Personality is the characteristic sets of behaviors, cognitions and emotional patterns that evolve from biological and environmental factors. The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others. Imagine a world in which you could not understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ in your overall success in life.

Ability models of emotional intelligence posit that because emotional intelligence is a particular type of intellectual ability, the construct should overlap with cognitive ability to some extent (Mayer *et al.*, 2000). According to ability-based models, emotional intelligence can be defined as "the ability to carry out accurate reasoning about emotions and the ability to use emotions and emotional knowledge to enhance thought" (Mayer *et al.*, 2008, p. 511). Both because ability-based models of emotional intelligence are more theoretically sound than mixed models and because the role of personality traits in affecting knowledge.

Personality is the supreme realization of innate peculiar behavior of a human being, whereas personality traits have strong relationship with EI. Considering the five factor model of personality traits it has become empirically established fact that the EI measures have significant correlations with extraversion and neuroticism with positive and negative sign respectively, and have positive correlation with agreeableness, openness to experience and conscientiousness (Petrides & Furnham, 2001; Saklofske, Eustin & Minski, 2003).

The relationship between EI and personality traits are interlinked because as EI is relevant to understanding and control of emotions which are very important in personality construction. Relationship between both variables has been widely investigated, but level of relationship

between these two constructs depends on the measures used to assess e.g. Brackett and Mayer (2003) found that EI is highly significantly correlated with neuroticism, extraversion, agreeableness and conscientiousness, but moderately related to openness to experience. According to Salovey and Mayer (2002) [16] EI makes an individual proficient to identify his own emotions as well as others'. Using and understanding those emotions, and having the ability to manage those emotions are also required to develop a strong personality.

Comaji (2015) [3] *et al.* was to investigate the relation between personality characteristics and emotional intelligence of elite female swimmers participating in Iran championship. The results showed that there is no meaningful relation between emotional intelligence and power-seeking trait. Meaningful positive relation was obtained between emotional intelligence and success-seeking feature, feeling of belonging. Sampath (2013) this study was to investigate the relationship between emotional intelligence and five factor model of personality of English teachers in Sri Lanka. The results of the study indicated that the English teachers' emotional intelligence had significantly and positively correlated with personality types of extraversion, agreeableness and openness to experience but it had not significantly correlated with conscientiousness and neuroticism. Atta (2013) [5] *et al.* this study was to examine relationship pattern between personality traits and emotional intelligence (EI), besides exploring the gender differences. Correlation analysis showed that EI was positively correlated with extraversion, conscientiousness, openness to experience and agreeableness, and negatively with neuroticism.

The purpose of the present study was to find out whether there is any relationship between Emotional Intelligence and Personality Traits among the sports persons of individual and team games players.

## 2. Materials and Methods

In the present study, the researcher was using simple

random sampling technique, for selected 70 players from different colleges. The subjects were categorized into two main groups: 35 individual players (Athletics) and 35 team game players (Cricket, Kho-kho, Volleyball, Kabaddi and Football), between 18-25 years of age were selected as the subject of the study. The psychological variables of the students were measured by two standard questionnaires.

Cattell's 16PF (personality) Questionnaire was constructed by Raymond Cattell. The tool contains 105 items and sixteen factors. Emotional intelligence test was constructed by Roqiya Zainuddin and Anjum Ahmed. The tool contains 30 items and 5 dimensions, which are- Self-awareness, Self-regulation, motivation, Empathy, social skills.

During lockdown period, the researcher was collecting the data through online. At first the researcher was opened Google Form new page, likewise Google – Google Chrome – Apps – Google Docs – Main Menu – Google Form. The researcher was uploaded Cattell's 16 PF questionnaires and Emotional Intelligence Questionnaire at Google form page. The researcher was created the link (short form) then shared every subject through Whatsapp. He was sent the link 90 subjects to two whatsapp groups, but 70 subjects were responded against this questionnaire, 35 players of individual and 35 players of team games. These responses automatically recorded at researcher's Gmail of Google form to response section. According to procedure the researcher was counting the data from him Google form (excel file). Finally, the researcher was applied descriptive statistics and discussed the results.

## 3. Result and Discussion

### Correlations between measures of Emotional Intelligence and Personality

The correlations among all the possible pairs of the variables included in the study were computed by Method of correlation. The obtained significant correlations were reported in Table-I and II. It may be noted that the degrees of freedom (df) being 33 a correlation coefficient of 0.335 is significant at 0.05 level.

**Table 1:** Represents Correlation of Cattell's 16PF Personality Test and Emotional Intelligence Test of Individual players.

Cattell's 16PF Factors Name	Self-Regulation (EI)	Motivation (EI)	Empathy (EI)	Social Skill (EI)
Warm-hearted, Caring, Attentive (A)	0.067	0.122	0.385*	0.371*
Emotionally Stable, Adaptive (C)	0.189	0.487*	0.223	0.079
Enthusiastic, Animated, Spontaneous (F)	0.325	0.409*	0.365*	0.050
Socially Bond, Venturesome (H)	0.010	0.372*	0.214	0.072
Apprehensive, Warrior (O)	0.248	0.246	0.085	0.335*
Open to change, Experimenting (Q1)	0.547*	0.310	0.063	0.056
Perfectionist, Organized (Q3)	0.462*	0.220	0.394*	0.253

\*Significant at 0.05, Table value = 0.335, df = 33

From the table - I, it observe that the correlation value of different components of Emotional Intelligence between Personality traits of individual players. Correlation co-efficient between 'A' factor of Cattell 16 PF and Empathy of Emotional Intelligence was found 0.385, which was significant at 0.05 level and the co-efficient between 'A' factor of Cattell 16 PF and Social Skills of E.I. was also found (0.371) significant.

Likewise, the Correlation co-efficient between 'C' factor of Cattell's 16 PF and Motivation of E.I. was found 0.487, which was significant at 0.05 levels. Correlation co-efficient between 'F' factor of Cattell 16 PF and Motivation of E.I. was found 0.409, which was significant at 0.05 level and the

co-efficient between 'F' factor of Cattell 16 PF and Empathy of E.I. was also found (0.365) significant. Correlation co-efficient between 'H' factor of Cattell 16 PF and Motivation of E.I. was found 0.372, which was significant at 0.05 level. Correlation co-efficient between 'O' factor of Cattell 16 PF and Social Skills of E.I. was found 0.335, which was significant at 0.05 level. Correlation co-efficient between 'Q1' factor of Cattell 16 PF and Self-Regulation of E.I. was found 0.547, which was significant at 0.05 level. Correlation co-efficient between 'Q3' factor of Cattell 16 PF and Self-Regulation of E.I. was found 0.462, which was significant at 0.05 level and the co-efficient between 'Q3' factor of Cattell 16 PF and Empathy of E.I.

was also found (0.394) significant. On the other hand correlation co-efficient between others factor of Cattell 16

PF and Emotional Intelligence was no found relation, which was not significant at 0.05 level.

**Table 2:** Represents Correlation of Cattell's 16PF Personality Test and Emotional Intelligence Test of Team Game players.

Cattell's 16PF Factors Name	Self-Regulation (EI)	Motivation (EI)	Social Skill (EI)
Enthusiastic, Animated, Spontaneous(F)	0.249	0.198	0.367*
Socially Bond, Venturesome(H)	0.364*	0.050	0.096
Vigilant, Suspicious, Sceptical(L)	0.107	0.051	0.471*
Abstracted, Imaginative, Idea-Oriented(M)	0.122	0.232	0.423*
Private, Discreet, Non-Disclosing(N)	0.035	0.324	0.420*
Perfectionist, Organized(Q3)	0.376*	0.372*	0.007

\*Significant at 0.05, Table value = 0.335, df = 33

From the table - II, it observe that the correlation value of different components of Emotional Intelligence between Personality traits of team game players. Correlation co-efficient between 'F' factor of Cattell 16 PF and Social Skills of Emotional Intelligence was found 0.367, which was significant at 0.05 level.

Likewise, the Correlation co-efficient between 'H' factor of Cattell 16 PF and Self-Regulation of Emotional Intelligence was found 0.364, which was significant at 0.05 level. Correlation co-efficient between 'L' factor of Cattell 16 PF and Social Skills of Emotional Intelligence was found 0.471, which was significant at 0.05 level. Correlation co-efficient between 'M' factor of Cattell 16 PF and Social Skills of Emotional Intelligence was found 0.423, which was significant at 0.05 level. Correlation co-efficient between 'N' factor of Cattell 16 PF and Social Skills of Emotional Intelligence was found 0.420, which was significant at 0.05 level. Correlation co-efficient between 'Q3' factor of Cattell 16 PF and Self-Regulation of Emotional Intelligence was found 0.376, which was significant at 0.05 level and the co-efficient between 'Q3' factor of Cattell 16 PF and Motivation of E.I. was also found (0.372) significant. On the other hand correlation co-efficient between others factor of Cattell 16 PF and Emotional Intelligence was no found relation, which was not significant at 0.05 level.

#### 4. Discussion

In the present study the researcher was found positive correlation in few factors of Cattell's 16 PF with Emotional Intelligence of individual players. All factor of Cattell's 16 PF was carried different characteristics of human being. Factor 'A and Q3' had been indicated some human characteristics search as warn-hearted, caring, attentive, and perfectionist, organized respectively. Empathy and social skills (EI) were relation with above human characteristics. Similarly, there was positive relationship between motivations (EI) with factors 'C' (emotionally stable, adaptive) and 'H' (socially bond, venturesome) of Cattell's 16 PF. 'F' factor (enthusiastic, animated, spontaneous) of Cattell's 16 PF was positive relationship with motivations and empathy. 'O' factor (apprehensive, warrior) of Cattell's 16 PF was positive relationship with social skills. 'Q1' factor (open to change, experimenting) of Cattell's 16 PF was positive relationship with self-regulations.

On the basis of result the researcher was also found positive correlation in few factors of Cattell's 16 PF with Emotional Intelligence in team games players. Factor 'F', 'L', 'M' and 'N' had been indicated some human characteristics search as enthusiastic, animated, spontaneous and vigilant, suspicious, skeptical and abstracted, and imaginative, idea-oriented and private, discreet, non-disclosing respectively. A social skill

(EI) was relation with above human characteristics. Similar as, 'H' factor (socially bond, venturesome) of Cattell's 16 PF was positive relationship with self-regulations. 'Q3' factor (perfectionist, organized) of Cattell's 16 PF was positive relationship with self-regulation and motivation.

Most of the previous researchers were used measuring of personality traits through five factors model. Previous research findings supported the results of current research. Atta (2013) [5] *et al.* this study was to examine relationship pattern between personality traits and emotional intelligence (EI), besides exploring the gender differences. Correlation analysis showed that EI was positively correlated with extraversion, conscientiousness, openness to experience and agreeableness, and negatively with neuroticism. Previous study was shows Sampath (2013) the results of the study indicated that the English teachers' emotional intelligence had significantly and positively correlated with personality types of extraversion, agreeableness and openness to experience but it had not significantly correlated with conscientiousness and neuroticism.

But most of the factors of Cattell's 16 PF with Emotional Intelligence was found not significantly differ, because the researcher think that emotional intelligence and personality were varied time to time, due to mental thinking, due to mood, due to intelligence and interest of activity etc.

#### 5. Conclusion

1. So, this present study it may be concluded that individual players: (a) Empathy and social skills (EI) were relation with warm-hearted, caring, attentive, perfectionist and organized ('A and Q3') of human characteristics. (b) There was positive relationship between motivations (EI) with emotionally stable, socially bond, venturesome, enthusiastic, animated and spontaneous (C, H and F) of human characteristics.
2. So, this present study it may be concluded that team games players: (a) A social skill (EI) was relation with enthusiastic, animated, spontaneous and vigilant, suspicious, skeptical and abstracted, and imaginative and idea-oriented (F, L, M, and N) all characteristics of human.

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