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Moderate level of physical exercises enhance emotional intelligence: A study on B.Ed. Students

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Abstract

This study aimed to answer the effect of participating in the moderate level of physical exercises on the emotional intelligence of B.Ed. students. Eighty B.Ed. students from Kerala University College of Teacher Education were selected as subjects for this study. The students were randomly divided into experimental and control groups of forty each. A pre-test was conducted for both the groups for assessing their emotional intelligence. The experimental group underwent a training programme of moderate level of physical exercise. The control group did not involve in any type of training. A twelve week moderate level of physical exercise was given to the experimental group. After the training programme, a post test was conducted for both groups. The data were analysed using mean, standard deviation and t-test. The analysis shows a significant improvement in the emotional intelligence of B.Ed. students due to engage in the moderate level of physical exercises.

Keywords: Physical Exercise, Emotional Intelligence

Introduction

Exercise can be enjoyed by all age groups. It helps to improve their physical, mental and emotional health. Individuals who exercise for a long time are less likely to develop anxiety problems such as general anxiety disorder, panic disorder, and social disorder. When physical activity reduces, they report an increased frequency of anxiety disorders (Si, 2008; Downs and Strachan, 2016) ^[3, 4]. According to the study conducted by Xu (1998) ^[5] it is stated that when young people actively involve in pleasant, non-competitive, or rhythmic physical activity, it will produce clear short-term emotional effects, thereby promoting the formation of a good emotional state. Studies on adults found that physical activities significantly negatively correlates with negative emotional scores—the more adults engage in physical activity, the lower their negative emotional scores (Xu *et al.*, 2003) ^[6]. Maintenance of adequate levels of physical activity is a critical issue among college students as they learn to cope with a new independent lifestyle. More than half of college students report a decrease in PA after high school graduation even though they generally have access to resources (i.e., equipment and exercise facilities), are well informed about PA, and have a supportive social network (Buck-worth & Nigg, 2004; Calfas, Sallis, Lovato, & Campbell, 1994) ^[1, 2]. Most of the students of teacher education are found to be sedentary in nature. So this study is an attempt to explore how far the moderate level of physical exercises make changes on the emotional intelligence of B.Ed. Students.

Objectives of the Study

The objectives of this study

To find out the effect of moderate level of physical exercise on the emotional intelligence of B.Ed. students.

Delimitations

1. The study was delimited to the female B.Ed. students between 20 to 25 years of age from the Kerala University College of Teacher Education.
2. The study was further delimited to moderate level of physical exercise.

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Limitations

1. The subjects were not motivated in any way is considered as a limitation of the study.
2. The life style, habits, heredity and nutritional intake and other personal behaviour styles were beyond the control of the investigator were also considered as the limitations of the study.

Hypothesis

1. It is hypothesised that there would be significant improvement in the emotional intelligence of B.Ed. students through engaging in moderate level of physical exercises.

Significance of the Study

1. The findings of the study will give a clear picture of the effect of moderate level of exercises on the emotional intelligence.
2. The result of the study may probably make an impact on the public to combine exercise and music to achieve and maintain mental and physical fitness.
3. The results and findings of this study may also enable youths of schools and colleges to be involved in one or

other form of exercise voluntarily with music along with their academic pursuits.

Procedure

Selection of Subjects

For the purpose of this study, 80 B.Ed. students from Kerala University College of Teacher Education were selected as subjects. The average age of the subjects was 23 years.

Design of the Study

80 subjects were randomly divided into two equal groups as ‘X’ and ‘Y’. After taking the pre-test for the selected variable, the moderate level of physical exercises was given to the experimental group ‘X’, and ‘Y’ was the control group. The experimental group ‘X’ had undergone moderate level of physical exercises thrice a week (i.e., on Mondays, Wednesdays and Fridays) for 16 weeks and group ‘Y’ did not involve in any type of training programme. After sixteen weeks of training as per the schedule, a post-test was conducted for the same variable to both groups.

Analysis of data and discussion of findings

Table 1: Significance of differences between the pre-test and post-test means of experimental and control groups on emotional intelligence

Groups	Means		Standard deviation		‘T’ Value
	Pre-test	Post-test	Pre-test	Post-test	
Experimental Group (N=40)	56.4	74.4	8.25	6.24	8.52*
Control Group (N=40)	55.50	55.43	8.00	7.94	0.348

*Significant at 0.05 level, ‘t’ value required at 0.05 Level=2.045 (DF 39)

The statistical results presented in table indicate that the experimental group exhibited significant improvement on emotional intelligence with initial mean score (56.4) and the final mean score (74.4). Further it demonstrates that the obtained ‘t’ value (8.52) is higher than the tabulated ‘t’ value (2.045) at 39 degrees of freedom. Hence the obtained ‘t’ value was found to be highly significant at 0.05 level. On

the other hand, the initial mean value (55.50) and final mean value (55.43) for control group showed negligible difference. Since, the obtained ‘t’ value (0.348) is less than the required ‘t’ value (2.045), it was therefore insignificant at 0.05 level. The graphical representations of means of the experimental and Control groups are diagrammatically shown in figure.

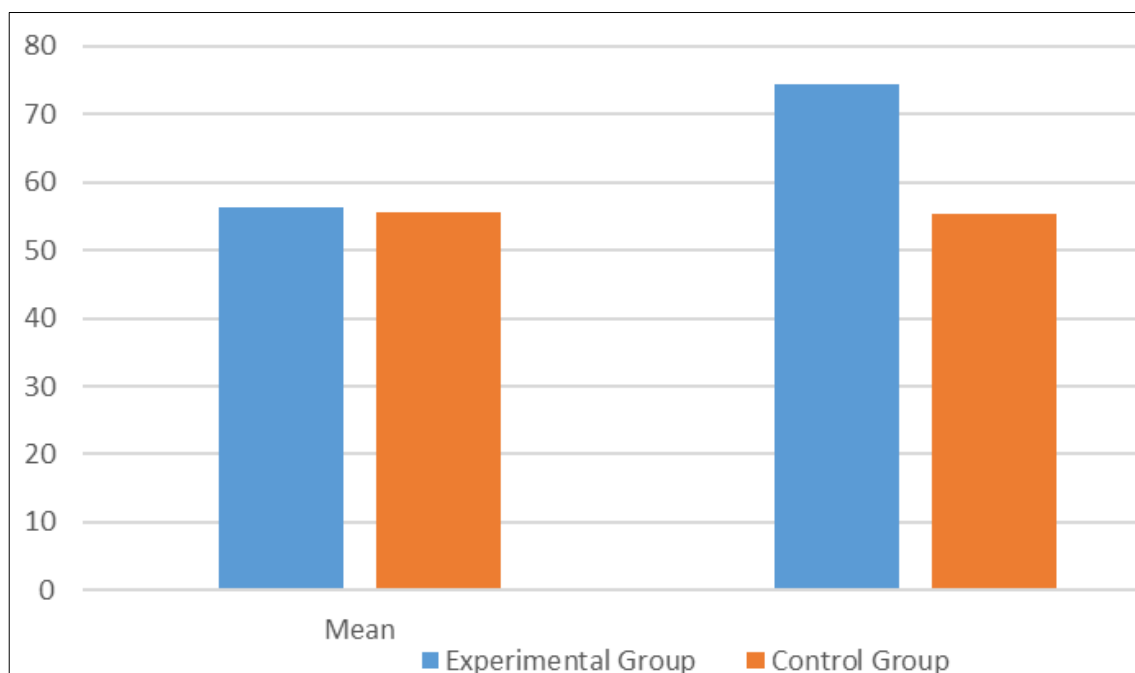


Fig 1: The graphical representation of mean difference between the experimental and control groups

Conclusion

The statistical analysis of the data showed that B.Ed. students engaged in moderate level of physical exercises significantly improved their emotional intelligence. So it is clear that engaging in physical exercise at moderate level would make enhancement of the emotional intelligence.

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