

A Comparative Study of Emotional Intelligence Between High and Low Achievers Sportsperson

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Abstract: *The purpose of the study was to compare emotional intelligence between high and low achiever's sportsperson. Methodology: For the present study the sample consisted of the Fifty (50) male sportspersons (Average age 23.41 years) who took part in national level individual and team events as well as who came in first four positions in these events were chosen and grouped as high achiever male sportspersons. To fulfil the objectives of the study, 50 intercollegiate male sportspersons (Average age 22.15 years) of team and individual sport were selected and grouped in as low achiever male sportspersons. Purposive sampling method was used in the presented study for selection of sportspersons. Procedure: The selected high and low achiever male sportspersons for the present study were subjected to the aforementioned tool in a laboratory like condition. Response obtained on statements of sports emotional intelligence test was scored off as per instruction given in manual. After scoring sports emotional intelligence scores between high and low achiever male sportspersons was compared with the help of independent sample 't' test. Result: There exists high achiever male sportspersons exhibited significantly superior sports emotional intelligence as compared to low achiever male sportspersons. Conclusion: It was concluded that sports emotional intelligence is potent variable that affect sports achievement of male sportspersons.*

Keywords: Emotional intelligence, sports achievement, Sportsperson

1. Introduction

The Indian view of EI is rooted in the rich traditional, religious and philosophical context focusing on the role of family and society in shaping one's emotions. Social concerns such as well - being of others and fulfilling one's duty constitute a dominant part of achievement goals, with social skills such as respecting elders or helping others constituting the salient means of achieving these goals (Dalal, Singh & Mishra, 1988). Likewise, the concept of shared locus of control is more salient and accorded greater value in the non - western cultural groups. Also, Indians often treat individual inclination as consonant with social duty or dharma. The Indian view of self is characterized more as interdependent. Certain valued traits in the Indian culture like respecting elders, caring, kindness, benevolence, non - violence are typical emotional expressions. These are grounded in the cultural traditions and have been passed through generations. Peace of mind, and free from worries have been emphasized as aspects of self and reflect Indian values. In Indian thought, self is viewed as an experiencing subject, or an unchanging center of awareness. Yoga, and ways of meditation are considered means of discovering the true self. All sufferings or Dukkha, according to Indian thought, have suggested gaining correct knowledge of the self as a remedy. The Indian self is constructed around "we", "our" and "us" in contrast to the western "I". "my" i. e., is always in relation 'to social context. People with such self - construal try to fit in with significant others, fulfil obligations and duties and have intimate and lasting friendships.

Emotional learning in Indian context needs to be viewed as a lifelong process of personal exploration (looking inward) to awards the discovery of true self. This process is accompanied by concepts such as: yoga, karma (deeds), Jitendriya (person who is able to manage and regulate one's

emotions) dharma (duty), vratas (ordinances), caring, benevolence though not empirically tested, but existence of these cannot be denied since they have found expression in literature, folklore, popular songs, idioms and other Indian expressions. In this culture specific ways of behaving are, therefore, basic to the notion of EI. In modern sports psychology, the word "emotional intelligence is fast gaining popularity day by day. The importance of emotional intelligence in sporting arena can be observed by looking at the success stories of the top athletes in the sports history.

Objectives of the study

Objective of this study to compare emotional intelligence between high and low achiever's sportsperson.

Hypothesis

It was hypothesized that high achiever male sportsperson will show more magnitude of sports emotional intelligence as compared to low achiever male sportspersons.

2. Methodology

The following methodological steps were taken in order to conduct the present study.

Sample Technique

To conduct the study 50 male sportspersons (Average age 23.41 years) who took part in national level individual and team events as well as who came in first four positions in these events were chosen and grouped as high achiever male sportspersons. To fulfil the objectives of the study, 50 intercollegiate male sportspersons (Average age 22.15 years) of team and individual sport were selected and grouped in as low achiever male sportspersons. Purposive sampling method was used in the presented study for selection of male sportspersons.

Criterion measures

Sports Emotional Intelligence Test

To measure emotional intelligence, five dimensional sports emotional intelligence test prepared by Agashe and Helode (2008) was adopted. The test - retest reliability coefficient of this inventory is 0.71, which is statistically significant and denotes very high level of reliability of the inventory scores through "stability" indices. This Hindi Inventory comprises of in all 15 items in which 3 items each for tapping self - awareness, self - regulation, self - motivation, empathy and social skills respectively.

Procedure

The selected high and low achiever male sportspersons for the present study were subjected to the aforementioned tool in a laboratory like condition. Response obtained on statements of sports emotional intelligence test was scored off as per instruction given in manual. After scoring sports emotional intelligence scores between high and low achiever male sportspersons was compared with the help of independent sample 't' test. Results shown in table 1.

3. Result and Discussion

Table 1: Comparison of Sports Emotional Intelligence between High and Low Achiever Male Sportspersons

Groups	High Achiever Male Sportspersons		Low Achiever Male Sportspersons		Mean Diff.	't'
	Mean	S. D.	Mean	S. D.		
Sports Emotional Intelligence	221.10	29.68	206.90	35.81	14.20	2.15 (p<.05)

Perusal of statistical entries reported in table 1 reveal significant difference in sports emotional intelligence of male sportspersons on the basis of their sports achievements. Calculated $t=2.15$ depicted in table 6 indicate that high achiever male sportspersons ($M=221.10$) possess significantly superior sports emotional intelligence as compared to low achiever male sportspersons ($M=206.90$) at .05 level of significance. Result showed that there exist high achiever male sportspersons exhibited significantly superior sports emotional intelligence as compared to low achiever male sportspersons at .05 level of significance.

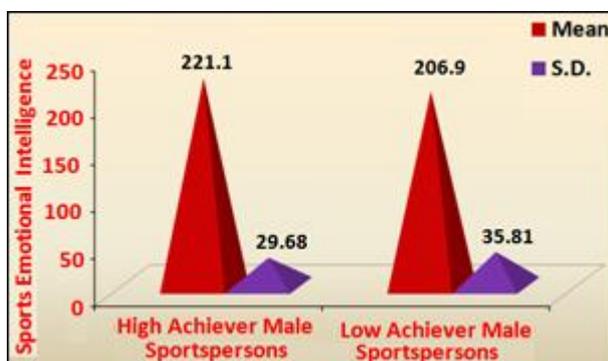


Figure 1: Diagram Showing Comparison of Sports Emotional Intelligence between High and Low Achiever Male Sportspersons

4. Conclusion

On the basis of result with associated discussion it was concluded that sports emotional intelligence does vary in male sportspersons according to their sports achievement and Sports emotional intelligence differentiate high and low achiever male sportsperson.

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