Dr. Ishwar Malik
Assistant Professor,
Department of Physical
Education, C.D. L. U., Sirsa,
Haryana, India.

Meenu
Research Scholar,
Department of Physical
Education, C.D. L. U., Sirsa,
Haryana, India.

Comparative study of emotional intelligence among female team game players of Haryana

Ishwar Malik, Meenu

Abstract
The purpose of the present study was to compare the Emotional intelligence among female team game players of Haryana. Total 90 female players were selected equally from different team games, i.e. hockey, football and basketball through random sampling technique. Only Bhiwani district was selected for the study. A scale constructed by Hyde and Pethe (2005) entitled "Emotional Intelligence Scale" was administrated on the sample. For the study only self awareness, empathy, self motivation and emotional stability were selected. The data was analyzed by Descriptive analysis and One-way Anova test. The results show the no statistically significant difference of self awareness, empathy emotional intelligence, environmental intelligence and emotional stability intelligence among hockey, football and basketball female players of Haryana.

Keywords: Emotional intelligence, self awareness, empathy, self motivation, emotional stability, female, Haryana.

Introduction
Emotional intelligence is the concept which is currently in focus among the general public, practitioners and researchers. Managing emotions in social contexts are clearly important for success in a variety of interpersonal; as well as career-related domains. According to much recent academic work, a good deal or our successes and failures in life are not attributed to our cognitive abilities as measured by tests of IQ, but rather are attributable to our abilities to form and maintain social relationships, portray ourselves positively.

Emotional intelligence is one of the most widely discussed topics in educational work and organizational psychology. Perceiving emotions consist of recognizing and interpreting the meaning of various emotional states, as well as their relations to other sensory experiences. Understanding emotions involve comprehension of how basic emotions are blended to form complex emotions. Regulating emotions encompasses the control of emotions in oneself and in others. An individual's emotional intelligence is an indicator of how he or she perceives, understands and regulates emotions. Successful intelligence involves three distinct types of mental abilities: analytic, creative and practical. Emotional intelligence was defined as: The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and to regulate emotions to promote personal growth.

The present research has employed the notion of EI which is based upon the conceptualization of EI as proposed by Goleman. The EI model adopted in this study consists of 3 components. The ten components that constitute EI are:
(i) Self- awareness
(ii) Empathy
(iii) Self-motivation
(iv) Emotional stability intelligence.

Objectives: The present study was conducted with following objectives in view:
To assess the emotional intelligence among female team game players of Haryana.
❖ Self-awareness
❖ Empathy
❖ Self-motivation
❖ Emotional stability intelligence

Correspondence:
Dr. Ishwar Malik
Assistant Professor,
Department of Physical
Education, C.D. L. U., Sirsa,
Haryana, India.

Material and Methods: The study was based on primary data. It was investigated through random sampling technique. The information for the study was gathered from female team game players of (football, hockey and basketball) in Bhiwani district of Haryana. For the purpose, sample of 90 female team game players Hockey (30) Football (30) and Basketball (30) players were collected from different team games.

Tool used: Emotional intelligence scale constructed and standardized by (Anukul Haide, Sanjot Pathi) and (Upandra Dhar (2005) were used to collect data.

Statistical technique: The data collected from the sample was analyzed by using Descriptive method and test One - way ANOVA test was performed for comparison between groups. The level of significance was set as 0.05 level. Data analysis was performed using SPSS 16.0 software under windows.

Results and Findings of the Study
To compare Emotional intelligence Descriptive method, and One Way ANOVA test was computed. The findings are presented in the Table given below:

Table 1: Descriptive Analysis of Self Awareness Intelligence among Female Team Game Players of Haryana

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Hockey (F.P)	30	7.00	13.00	20.00	512.00	17.06	1.74
Football (F.P)	30	12.00	11.00	23.00	542.00	18.06	2.18
Basketball (F.P)	30	10.00	10.00	20.00	544.00	18.13	2.01

Table-1 appears that self awareness comparison among hockey, football and basketball female (Team games) players of Haryana. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For hockey female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 17.06, 1.74, 512.00, 13.00, 20.00 and 7.00 respectively. For football female players mean squares, sum of squares, standard deviation, minimum, maximum and range is 18.06, 2.18, 542.00, 11.00, 23.00 and 12.10 respectively. In case of basketball female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 18.13, 2.01, 544.00, 10.00, 20.00 and 10.00 respectively.

Table 2: One Way Anova Table For The Data Of Self Awareness Among Female Team Game Players Of Haryana

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	5	3.892	.778		
Within Group	24	83.975	3.499	.576	.718
Total	29	137.867	2.953		

Significant at 0.05 level.

The mean squares value of the self awareness in case of hockey, football and basketball female players of Haryana is .778, 3.499 and 2.953 respectively. The obtained sum of squares between the groups is 3.892 with in groups is 83.975 and in total is 137.867. The obtained f-ratio value among the hockey, football and basketball female players of Haryana is .576. The obtained significant value of table is .718 at the significant level of 0.05 level. It appears from the table-2 that significance difference were found for self awareness i.e. among hockey, football and basketball female players of Haryana as the calculated value .576 was found less than the tabulated value 2.42 at 0.05 level.

Table 3: Descriptive Analysis of Empathy Intelligence among Female Team Game Players of Haryana

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Hockey (F.P)	30	11.00	12.00	23.00	544.00	18.13	2.47
Football (F.P)	30	12.00	13.00	25.00	609.00	20.30	2.66
Basketball (F.P)	30	16.00	9.00	25.00	599.00	19.96	3.39

Table-3 appears that empathy intelligence comparison among hockey, football and basketball female (Team games) players of Haryana. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For hockey female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 18.13, 2.47, 544.00, 12.00, 23.00 and 11.00 respectively. For football female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 20.30, 2.66, 609.00, 13.00, 25.00 and 12.00. In case of basketball female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 19.96, 3.39, 599.00, 9.00, 25.00 and 16.00 respectively.

Table 4: One Way Anova Table For the Data of Empathy among Female Team Game Players of Haryana

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	11	82.619	7.511		
Within Group	18	123.681	6.871	.519	.866
Total	29	177.464	3.887		

Significant at 0.05 level

The mean squares value of the empathy intelligence in case of hockey, football and basketball female players of Haryana is 7.511, 6.871 and 3.887 respectively. The obtained sum of squares between the groups is 82.619, 123.681 and 177.464 respectively. The obtained f-ratio value among the hockey, football and basketball female players of Haryana is .519. The

obtained significant value of table is .866 at the significant level of 0.05 level. It appears from the table-4 that significance difference were found for empathy intelligence i.e. among hockey, football and basketball female players of Haryana as the calculated value .519 was found less than the tabulated value 2.42 at 0.05 level.

Table-5: Descriptive Analysis of Self Motivation among Female Team Game Players of Haryana

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Hockey (F.P)	30	13.00	15.00	28.00	707.00	23.56	2.86
Football (F.P)	30	15.00	15.00	30.00	691.00	23.03	3.07
Basketball (F.P)	30	13.00	16.00	29.00	726.00	24.20	3.18

Table-5 appears that self- motivation intelligence comparison among hockey, football and basketball female (Team games) players of Haryana. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For hockey female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 23.56, 2.86, 707.00, 15.00, 28.00 and 13.00 respectively. For football female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 23.03, 3.07, 691.00, 15.00, 30.00 and 15.00 respectively. In case of basketball female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 24.20, 3.18, 726.00, 16.00, 29.00 and 13.00 respectively.

Table-6: One Way Anova Table For the Data of Self Motivation among Female Team Game Players of Haryana

Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	11	90.067	8.188		
Within Group	18	147.300	8.183	1.459	.230
Total	29	274.967	11.78		

Significant at 0.05 level

The mean squares value of the self motivation in case of hockey, football and basketball female players of Haryana is 8.188, 8.183 and 11.78 respectively. The obtained sum of squares between the groups is 90.067, 147.300 and 274.967 respectively. The obtained f-ratio value among the hockey, football and basketball female players of Haryana is 1.459.

The obtained significant value of table is .230 at the significant level of 0.05 level. It appears from the table-6 that significance difference were found for environmental intelligence i.e. among hockey, football and basketball female players of Haryana as the calculated value 1.459 was found less than the tabulated value 2.42 at 0.05 level

Table 7: Descriptive Analysis of Emotional Stability among Female Team Game Players of Haryana

Game	N	Range	Minimum	Maximum	Sum of squares	Mean	S.D
Hockey (F.P)	30	11.00	6.00	17.00	411.00	13.70	2.45
Football (F.P)	30	13.00	7.00	20.00	473.00	15.76	3.00
Basketball (F.P)	30	8.00	12.00	20.00	504.00	16.80	2.18

Table-7 appears that emotional stability comparison among hockey, football and basketball female (Team games) players of Haryana. Mean squares, Standard deviation, Sum of squares, minimum, maximum and range are described in details. For hockey female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 13.70, 2.45, 411.00, 6.00, 17.00 and 11.00 respectively. For football female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 15.76, 3.00, 473.00, 7.00, 20.00 and 13.00 respectively. In case of basketball female players mean squares, standard deviation, sum of squares, minimum, maximum and range is 16.80, 2.18, 504.00, 12.00, 20.00 and 8.00 respectively.

Table 8: One Way Anova Table For the Data of Emotional Stability among Female Team Game Players of Haryana

| Source of treatment	Df	Sum of square	Mean squares	F ratio	Significant
Between group	7	54.100	7.729		
Within Group	22	120.200	5.464	1.031	.438
Total	29	261.367	9.220		

Significant at 0.05 level

The mean squares value of the emotional stability among emotional stability in case of hockey, football and basketball female players of Haryana is 7.729, 5.464 and 9.220 respectively. The obtained sum of squares between the groups is 54.100, 120.200 and 261.367 respectively. The obtained f-ratio value among the hockey, football and basketball female players of Haryana is 1.031. The obtained significant value of table is.438 at the significant level of 0.05 level. It appears from the table-8 that significance difference were found for emotional stability i.e. among hockey, football and basketball female players of Haryana as the calculated value .438 was found less than the tabulated value 2.42 at 0.05 level.
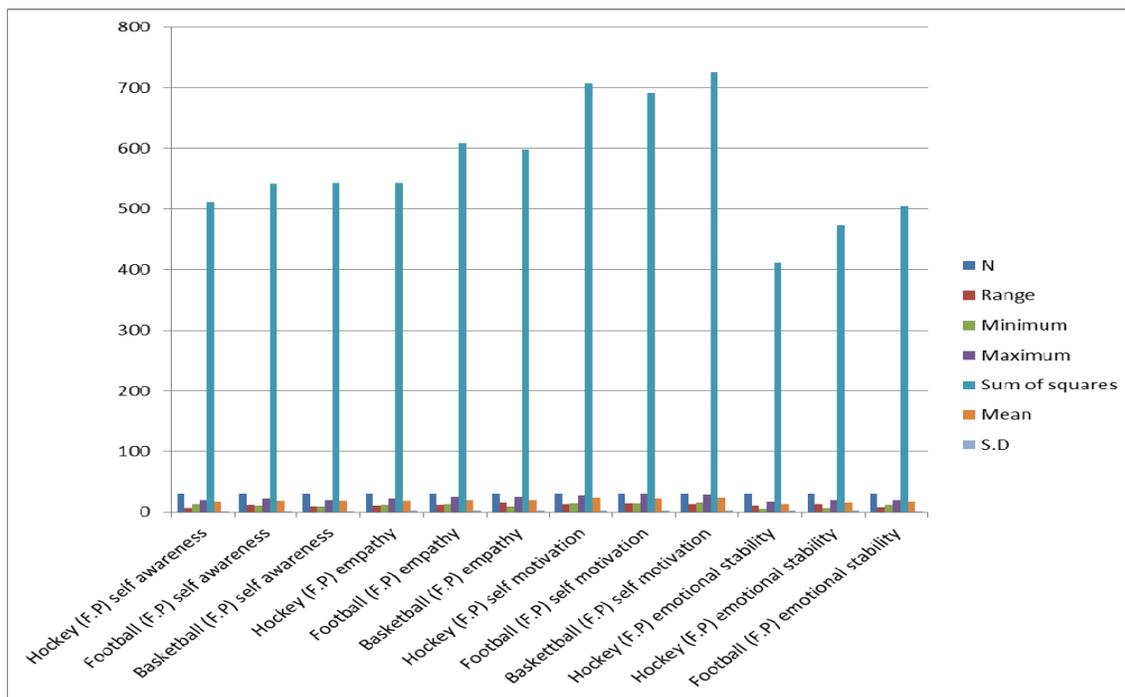
Graph-1: Graphical Representation of Descriptive Analysis among Female Team Game Players of Haryana on Emotional Intelligence
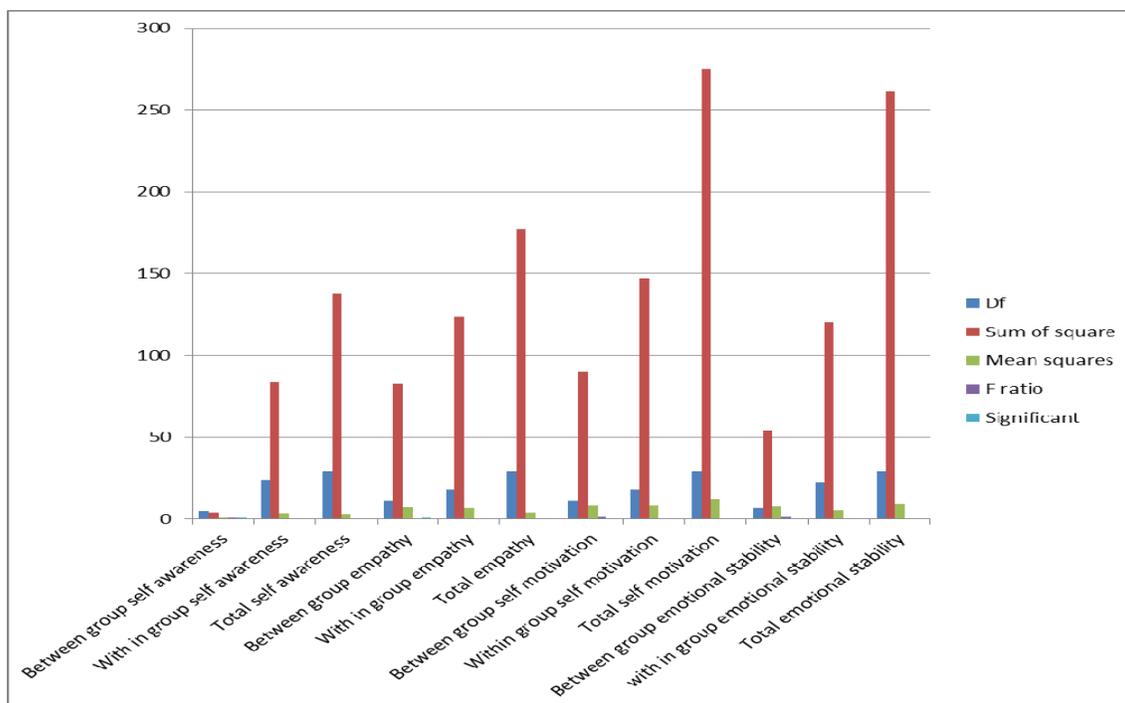
Graph 2: Graphical Representation of One-Way Anova Test Among Female Team Game Players of Haryana on Emotional Intelligence

References

1. Borude RR. Research Methodology. Chhya Publication, Aurangabad, 2005.
2. Codaty Jyostana. Understanding Emotional Intelligence. Pustak Mahal, Delhi, 2004.
3. Guilford JP. Fundamental statistics in Psychology and Education. New York, McGraw Hill, 1956.
4. Guilford JP. The nature of human intelligence. New York; McGraw Hill, 1966.
5. James, W. The principles of psychology, New York: Smith, 1890, 2.
6. Morgan CT. Introduction to Psychology, Tata McGraw Hill Publications, 2001.
7. Mundada Khalane. Fundamental of Psychology, 1st Ed, Atharv Publication, Jalgaon, 2013.
8. Pawar BS. Self esteem, Self concept and Self efficacy among visually, hearing impaired and orthopedically disabled adolescents of khandesh region. Ph.D. Thesis. Thesis. North Maharashtra University, Jalgaon, 2011.
9. Shirsath, Javeed. A study of self concept among senior college students those who performing yoga and those who not perform yoga Indo-Indian journal of social science researches. 2010; 2(6):125-127.