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Emotional Intelligence (EI) Among Female Baseball, Softball and Cricket Players: A Cross-Sectional Analysis

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Abstract
The purpose of the study was to find out the significant difference of Emotional Intelligence among female Baseball, Softball and Cricket players. The survey method through the technique of questionnaire of emotional intelligence (Hyde et al. 2001) had been adopted to collect the relevant data for this study. The researcher collected the data on ninety (N=90) Group-A: Baseball (n_1=30), Group-B: Softball (n_2=30)), Group-C: Cricket (n_3=30) female Baseball, Softball and Cricket players as subjects between the age group of 18-28 years. The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analysis. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For further analysis Post-Hoc Test (LSD Test) was applied. In all the analyses, the 5% critical level ($p<0.05$) was considered to indicate statistical significance. The result shows that statistically partially significant differences were found with regard to emotional intelligence among female Baseball, Softball, and Cricket players.

Keywords: Emotional Intelligence, self-awareness, empathy, Softball, Baseball, Cricket.

1. Introduction
Emotional Intelligence (El) is defined as – 'the ability to employ monitor, perceive and manage emotions within one and in others' Salovey & Mayer, (1990) [4]. Furthermore, according to Goleman, (1995) [3] emotional intelligence is 'the ability to know, identify and effectively use our feelings, which make it easier to manage people around us and ourselves'. This definition consists of five components such as motivating ourselves, managing them, knowing our emotions (self-awareness), recognizing emotions in others (empathy) and managing relationships. In the sports point of view, emotional intelligence is chief for athletes. For athletes, higher emotional intelligence has been linked to higher performance in sports. Emotional intelligence plays an essential part in influence one's ability to make it in coping with environmental demands, challenges and pressures, burden. An individual's emotional intelligence is an indication of how a person perceives, understands and regulates emotions.

Materials and Methods
The survey method through the technique of questionnaire of emotional intelligence (Hyde et al. 2001) had been adopted to collect the relevant data for this study. The researcher collected the data on ninety (N=90), female Baseball, Softball and Cricket players as subjects between the age group of 18-28 years.

- Group-A: Baseball(n_1=30)
- Group-B: Softball (n_2=30))
- Group-C: Cricket (n_3=30)

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For further analysis Post-Hoc Test (LSD Test) was applied. In all the analyses, the 5% critical level ($p<0.05$) was considered to indicate statistical significance.

Results and Discussions

Table 1: Analysis of Variance (ANOVA) results with regard to Emotional Intelligence among female Baseball, Softball & Cricket players.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	807.75	2	403.87	2.348	.102
Within Groups	14961.90	87	171.97		
Total	15769.65	89			

Significant at 0.05, $F_{0.05}$ (3.101)

It is evident from table 1 that the results of Analysis of Variance (ANOVA) among three groups of female Baseball, Softball and Cricket players with regard to the emotional intelligence (EI) were found to be statistically partially significant (P>0.05). Since the obtained "F" ratio 2.348 (.102) was found statistically partially significant. The results of post-hoc test have been presented in Table 2 below.

Table 2: Analysis of Least Significant Difference (LSD) post hoc test with regard to Emotional Intelligence (EI) total among female Baseball, Softball & Cricket players.

Group (A)	Group (B)	Mean Difference (A-B)	Sig.
Baseball (Mean=1.35)	**Softball**	-3.43333	.313
	Cricket	3.90000	.253
Softball (Mean=1.38)	**Baseball**	3.43333	.313
	Cricket	7.33333*	.033
Cricket (Mean=1.31)	**Baseball**	-3.90000	.253
	Softball	-7.33333*	.033

Significant at 0.05 level

A glance at Table 2 showed that the mean value of Baseball female players were 1.35 whereas Softball female players had mean value as 1.38 and the mean difference between both the groups was found -3.43333.The p-value sig .313 shows that the Softball female players had demonstrated better on emotional intelligence than their counterpart's Baseball female players insignificantly. The mean value of Baseball female players were 1.35 whereas Cricket female players had mean value as 1.31. The mean difference between Baseball and cricket female players was found 3.90000. The p-value sig .253 showed that the Baseball female players had demonstrated better on emotional intelligence than their counterpart's Cricket female players insignificantly. The mean value of Softball female players were 1.38 whereas Cricket female players had mean value as 1.31. The mean difference between Softball and Cricket female players was found 7.3333*. The p-value sig .033 shows that the Softball female players had demonstrated significantly better on emotional intelligence than their counterpart's Cricket female players. The graphical representation of responses has been exhibited in Figure 1.

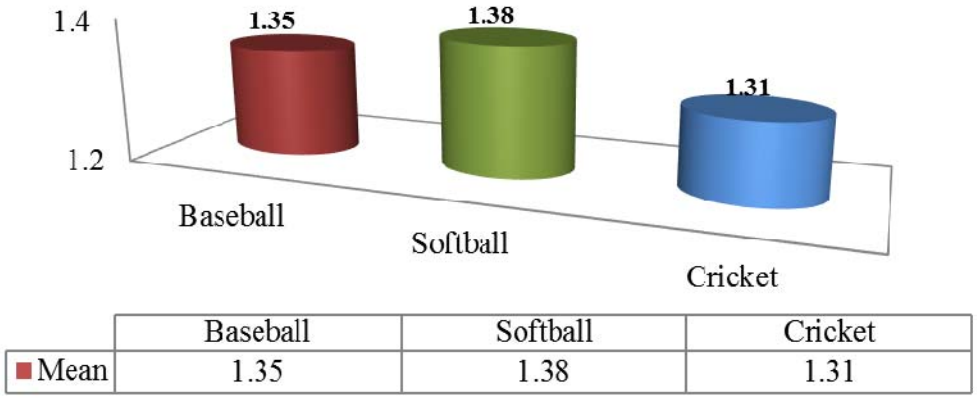

Fig 1: Graphical Representation of mean scores with regard to Emotional Intelligence (EI) total among female Baseball, Softball & Cricket players.

Conclusion

To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the parameter emotional intelligence (EI) were found to be statistically partially significant (P>0.05). Since the obtained "F" ratio 2.348 (.102) was found statistically partially significant. The outcome of results might be due to the fact that Softball female players are able to pay attention to the worries and concerns of others, can listen to someone without the urge to say something, can stay focused under pressure, are able to handle multiple demands and able to identify and separate their emotions. They feel that they must develop themselves even when their job does not demand it, are able to maintain the standards of honesty and integrity and also

able to confront unethical actions in others which enable them to outdo their counterparts. Singh *et al* (2015) [5] found significant difference on Emotional intelligence among female baseball players: a psychological probe. There is evidence that increased EI leads to more positive attitudes, improved relationships, higher orientation towards positive values and greater adaptability (Akerjordet & Severinsson 2007) [1].

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