



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(4): 190-193  
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www.kheljournal.com  
Received: 16-05-2016  
Accepted: 18-06-2016

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# International Journal of Physical Education, Sports and Health

## Aggression, emotional intelligence and well-being among judo players: A comparative study

**Mastram and Jaswant**

### Abstract

Aggression, emotional intelligence and well being are the important factors that significantly effect the performance of an individual specially sports persons. These variables can affect or enhance the overall performance of a sports person. With the importance of these variables, the present study was conducted to analyze the aggression, emotional intelligence and well being among judo players. A purposive survey method was used for the study. A sample of total 200 judo players (players who won position at Haryana senior state championship and M.D.U., Rohtak, K.U., Kurukshetra and C.D.L.U. Sirsa) was selected. For assessing the variables of the study, the Aggression Scale developed by Km. Roma Pal, Sports Emotional intelligence test by Agashe and Helode and PGI General Well being Measure developed by Dr. Santosh K. Verma and Ms. Amita Verma were used. The analysis was done by using independent sample t test. Results show there was significant difference in aggression between male and females. Thus, it can be concluded that male judo players are found to be more aggressive than their counterpart female judo players and no significant difference on emotional intelligence and well being between male and female Judo Players. Further it can be suggested that in future there should be a study which compare players who secured first position with those who secured second and third position.

**Keywords:** Aggression, Emotional Intelligence, Well Being and Judo Players

### Introduction

Aggression is one of the important factors that significantly affect the performance of an individual. Aggression in man has psychological and social course with chief motive being control (acquisition of wealth, property, territory, etc.), increase (making the self, community and society grow in dimensions), and domination (showing oneself as stronger, more important, and more effective than others).

Leonard (1998) <sup>[9]</sup> and Cratty (1989) <sup>[4]</sup> enabled of two forms of aggression in sports viz. (1) hostile reactive or retaliatory aggression and (2) instrumental aggression or non-emotional and taste-oriented. Aggression is inborn both in man and woman. It is impossible to origin out aggression in all from society as well as sport earth; though some serious hard work should be made by all to reduce its incident both in brutality and frequency using efficient methods and means.

In sports, it is important to be mentally strong because only mentally strong player can give its maximum output and mentally strong person usually has good adjustment level, good decision making skills, high self confidence, high self esteem, mental flexibility and good emotional intelligence level too. There are some studies undertaken on the emotional intelligence in sports and in the present study investigator wants to study the role of emotional intelligence on Judokas.

The concept of emotional regulation aligns to the concept of emotional intelligence, defined as the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions (Salovey & Mayer, 1990) <sup>[15]</sup>. In meta-analytic studies, it has been shown that measures of emotional intelligence are associated with enhanced performance (Van Rooy & Viswesvaran, 2004) <sup>[18]</sup>, well -being, and stress management (Schutte, Malouff, Thorsteinsson, Bhullar, & Rooke, 2007) <sup>[16]</sup>. With keep this in mind, Meyer and Fletcher (2007) <sup>[12]</sup> argued that sport psychologists should seek to enhance the emotional intelligence of athletes with whom they work. There is scant research on training programs designed to raise emotional intelligence in sport (Meyer & Fletcher, 2007) <sup>[12]</sup>,

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although there is a evidence on the effectiveness of such programs in occupational settings (Stein & Book, 2006) [17]. Bakhtiari *et al.*, (2009) [2] showed that emotional intelligence may control life stresses better and lead to optimum use of time through reducing the stress. Maleki *et al.*, (2012) [10] examined presence of a positive and meaningful effect of emotional intelligence on aggression, stress and mental welfare of elite athletes, where there was cohesion with the results of the present study.

Emotionally intelligent person also has high level of well being, it may be because the emotionally intelligent person can adjust himself/herself according to the situation that indirectly improves the well being of that individual. The same thing happens in the sports. Emotionally intelligent and stable player can take the good decisions and maintains the mental balance even in the worst situations. They try to overcome that situation with a proper strategic mind which indirectly helps that player to get more respect and social acceptance and also help to win the trust of the colleagues players and which in turns helps that players to achieve the high level of well being.

Well being is also an important psychological constraint that plays an vital role in the performance/outcome of a player or a team. In the last 10 years, a group of studies has been focused on analyzing the role of emotional intelligence in students' psychological well-being. Salovey and Mayer, (1990) [15] model provides us through suitable outline for understanding basic emotional processes which underlies the development of adequate psychological equilibrium, and helps us better understand the arbitrate role of certain emotional variables in learner and their influence on psychological adjustment and personal well-being.

Most often, the quality of life is a composite of physical, psychological and social well being of a person, as perceived by the person as a group. A very important aspect of life is the happiness, atonement or gratification subjectively experienced.

However, it appears to be a dearth of studies on aggression, emotional intelligence and well being in sports and especially in the Judo. Judo is a combat sport and previous studies indicated that Judo players have usually high level of aggression as compare to other sports (Bhardwaj & Rathee, 2013; [3] Reynes & Lorant (2002) [14]; Ziaee, Lotfian, Amini, Mansournia & Memari, 2012) [19] where aggression plays an important role, so it is essential to see the relationship between the aggression, emotional intelligence and well being of judo players.

**Aim:** The main aim of the present study was to study the aggression, emotional intelligence and well being among judo players.

**Objective of Study**

In order to achieve that main purpose of the study, the following objectives were formulated:

- To assess aggression between male and female Judo Players.
- To study emotional intelligence between male and female Judo Players.
- To assess well being between male and female Judo Players.

**Hypothesis**

In order to achieve the aim of the study, the following hypotheses were formulated:

- There would be no significant difference in aggression between male and female Judo Players.
- There would be no significant difference in emotional intelligence of male and female Judo Players.
- There would be no significant difference in well being of male and female Judo Players.

**Method**

**Design**

A cross section was used for the present study

**Sample**

The sample was selected by using purposive sampling method. In the present study a sample of total 200 Judo players (players who secured position at Haryana senior state championship from M.D.U., Rohtak, K.U., Kurukshetra and C.D.L.U. Sirsa) was selected.

**Tools used**

- Aggression Scale (Km. Roma Pal, 1986).
- Sports Emotional intelligence test (Agashe and Helode, 2002).
- PGI General Well being (Dr. Santosh K. Verma and Ms. Amita Verma, 1989).

**Statistical Analysis**

An independent sample t test was mainly used to analyse the collected data from male and female Judo Players.

**Results and Discussion**

To achieve the main aim of the study i.e. “To study the aggression, emotional intelligence and well being among judo players”. In order to achieve the aim, the aim is divided in three objectives and the objective wise results were displayed below.

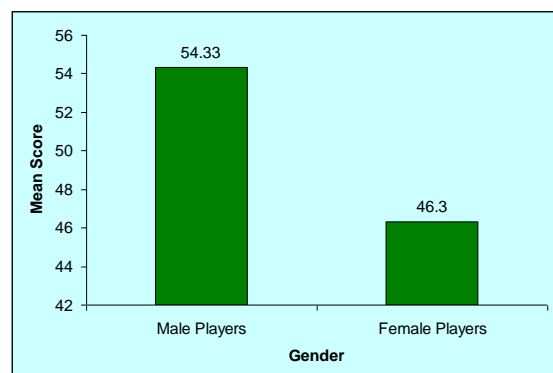
In the order to achieve the first objective of study, i.e., “To assess aggression between male and female Judo Players.” An independent sample t test was used.

**Table 1:** Shows mean, S.D. and ‘t’ value of aggression of male and female judo players

Variable	Gender	N	Mean Value	S.D.	df	t-value
Aggression	Male Players	100	54.33	22.62	198	2.616**
	Female Players	100	46.30	20.74		

\*\* Significant at 0.01 level of significance

Source: Primary Survey



**Fig 1:** Mean of aggression of male and female judo players

It is apparent from the Table 1 that the mean scores of aggression of male and female judo players was 54.33 and 46.30 with S.D.'s 22.62 and 20.74 respectively which indicate that male players have significantly more aggression than female players, which is in agreement with the findings of the researches by Masum and Khan (2014), Das and Tripathy (2015) who stated that boys were found to be more aggressive than girls. Thus, the hypothesis that "There would be no significant difference in aggression of male and female Judo Players" was rejected as per the results of t-test. In order to achieve the second objective of study, i.e., "To study emotional intelligence between male and female Judo Players" Independent sample t test was again used.

**Table 2:** Shows mean, S.D. and 't' value of emotional intelligence with different dimensions of male and female judo players

Variable	Gender	N	Mean Value	S.D.	df	t-value
self-awareness	Male	100	48.30	12.12	198	0.430
	Female	100	47.55	12.54		
empathy	Male	100	36.60	12.18	198	0.332
	Female	100	37.15	11.21		
social skills	Male	100	42.30	11.59	198	0.695
	Female	100	43.35	9.69		
self-regulation	Male	100	38.05	13.44	198	1.628
	Female	100	41.05	12.59		
motivation	Male	100	44.20	12.30	198	0.841
	Female	100	42.85	10.30		
total	Male	100	209.45	45.71	198	0.413
	Female	100	211.95	39.64		

Source: Primary Survey

table 2 Shows the mean difference between male and female Judo Players and on various domains of emotional intelligence and it was found that both group (male and female Judo players) were similar on various domain of emotional intelligence i.e. Self awareness, Empathy, Social skills, Self regulation and Motivation and there was not significant difference between two groups.

Thus, the null hypothesis, i.e., "There would be no significant difference in emotional intelligence of male and female Judo Players" was accepted. It means that male and female judo players have almost same type of emotional intelligence.

It was further revealed in the present study that male and female judo players do not differed significantly on emotional intelligence. The result of the present study also supported by Da Silva, Rosado, Da Silva & Serpa (2014), they found that there was not any significant difference in male and female players.

In the order to achieve the third objective of study, i.e., "To assess well being between male and female Judo Players" An independent sample t test was used.

**Table 3:** Mean, S.D. and 't' value of well being of male and female judo players

Variable	Gender	N	Mean Value	S.D.	df	t-value
Well being	Male Players	100	15.46	3.12	198	0.692
	Female Players	100	15.76	3.00		

Source: Primary Survey

It was found apparent from the Table 3 that the mean scores of well being among male and female judo players was 15.46 and

15.66 with S.D.'s 3.12 and 3.00 respectively, which shows that there was no significant difference between male and female judo players on well being. Thus, the hypothesis framed earlier, i.e "There would be no significant difference in well being of male and female judo players" stands accepted. Hence, it can be stated that male and female judo players almost have same level of well being.

The present finding supports the work of Kaur & Pal (2014) who also found that there was not any significant difference in well-being among male and female players.

**Conclusion:** Thus, it is quite clear from the result that the male judo players are found more aggressive than their counterpart female judo players and no significant difference in sports emotional intelligence and well being among male and female judo players.

This study has some methodological strengths which none of the previous research has incorporated. One is that our sample has been selected from Haryana state only which shows that there was homogeneity of sample. Second, we players who secured any position at Haryana Senior State Judo Championship and Inter College Championship were selected. Further, it can be suggested that in future, there should be a study which can compare players who secured first position with those who secured second and third position.

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