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Emotional intelligence between male and female Hockey players: A psychological study

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Abstract

The purpose of this study to find out significant difference between hockey male and female players on the variable emotional intelligence. It was hypothesized that there would be significant difference with regard to variable emotional intelligence between hockey male and female players.

Material and method: For this study, the investigator had selected thirty (N=30) male hockey players and thirty (N=30) female hockey players. Age limits is 19 to 25 years of subjects. The Purposive sampling technique was used to select the subject. t-test was employed to compare the emotional intelligence between male and female hockey players. For testing the hypothesis, the level of significance was set at 0.05.

Selection of tool: In order to measure emotional intelligence Hyde *et al* (2001) questionnaire is used.

Result and Discussion: The present study has highlighted the significance of difference between male and female hockey players. The outcome of result might be due to the fact that male hockey players have the ability to understand and interpret one's own feeling and they continue to do what they believe in even under severe condition.

Conclusion: It is concluded from the findings that significant difference between male and female hockey players on the variable emotional intelligence.

Keywords: Emotional intelligence, hockey, psychological variable

1. Introduction

Psychology is both applied and academic fields that studies the human mind and behavior. Research in psychology seeks to understand and explain thoughts and emotion behavior. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics and many others areas affecting health and daily life. Most top athletes and coaches believe that psychological factors play a crucial role for top performance. When physical skills are evenly matched as they tend to be in competitive sport the competitor with greater control over his or her mind will usually emerge as the victor. Mental strength is not going to compensate for lack of skill. But in close consent it can make the difference between winning and losing. Human beings are by nature competitive and ambitious for their excellence in all athletic performance. Every teams wants to show their supremacy by challenging other team. Thus this challenge stimulates, inspires and motivate all the players to sweat and strive to perform at optimum level in present competitive sports world.

Hockey players need a good combination of physical, physiological as well as psychological fitness in order to succeed. Of all the factors affecting sports performance, it seems that the most important is the ability of the athletes to identify and assume the appropriate feeling required to perform at his best when he needs to. According to kauss (1996), how you feel is how you will play. The significance of emotional intelligence on sports performance has often been evident in most comments of spectators, team managers and sports analysts on athlete' and teams' performance during and after competition. Emotional intelligence is " The ability to monitor one's own and other's emotion's to discriminate among them, and use the information to guide one's thinking and action's (Salovey & Mayers, 1990, p.198) [18]. Salovey and Mayers (1990) [18] introduced the " ability model" that includes four major themes of abilities included in emotional intelligence, namely (1) perceiving emotions, (2) using emotions, (3) understanding emotions and (4) managing emotions. The mastery of these four dimensions of emotional learning is referred to as emotional intelligence. Daniel Goleman (2001) believed that in addition to cognitive intelligence, individuals are also equipped with

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emotional intelligence. Mayer and Salovey (2000) describe emotional intelligence as the subset of social intelligence that involves the ability to monitor one's own and other's feeling and emotions, to discriminate among them and use this information to guide's one's thinking and actions. Hein (2005) describe emotional intelligence as knowing how to separate healthy from unhealthy feelings and how to turn negative feelings into positive ones. This study therefore investigate the applicability of emotional intelligence to male and female hockey players. Limited research has studied emotional intelligence. It seems intuitive that the level of one's emotional intelligence will relate to their performance and behavior on the sports field. Research has shown psychological skills facilitate athletic performance. It is intuitive that successful athletes who are able to reach their own individual performance state will exhibit high emotional intelligence. A major component of team sports is communicating with teammates and coaches, and working together towards a common goal. This happens when team members are aware of the feelings and emotions of themselves and others (Zizzi, Deaner, Hirschhorn, 2003) [21]. Shahbazzadegan *et al.*(2013) conduct a study to find out the relationship between education of emotional intelligence component and positive thinking in promotion of mental health and self- efficacy in female running athletes of Ardabil' Takhtei athletic stadium. Soleimani and Sepasi (2013) [19] conduct a study to investigate the study relationship among emotional intelligence and psychological self- resiliency in athletes. Ulucan (2012) [20] investigated the emotional intelligence levels of athletes in different branches of sports in terms of some in terms of some demographic variables. Afkhami *et al.* (2011) [21] examined the relationship between emotional intelligence and coaching efficacy of university coaches. Ahmed *et al.* (2011) [2] studied the difference of emotional intelligence between the male and female volleyball players. They found that male volleyball players higher emotional intelligence than the female volleyball players. Ilyasi *et al.* (2011) studied the relationship between sport orientation and emotional intelligence among male university students.

2. Material and Method: For this study researcher had selected sixty subjects of state level. Thirty (N=30) male hockey players and thirty (N=30) Female hockey players. The purposive technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

2.1 Tool: To carry out this study researcher select Hyde *et al.* (2001). Emotional Intelligence Questionnaire. The form of the scale constituted 34 items. Individual with high score can be considered to have high level of emotional intelligence. Responses are given strongly agree, agree, undecided, disagree, strongly disagree weight from 1 to 5 in emotional intelligence test.

2.2 Procedure: The questionnaire Hyde *et al.* (2001) Emotional Intelligence questionnaire administered on two group, male and female hockey players. Direction and instruction given by researcher, read carefully then response. After fill form raw data collected and statistically processed.

2.3 Statistical Analysis: t-test was employed to compare the difference between male and female hockey players. For testing the hypothesis, the level of significance was set at 0.05.

3. Results: Table 1 show there is significant difference between male and female hockey players. It is evident that obtain t- value is found higher than table t-value ($t-0.05=5.3686, p<0.05$).

Table 1: T-test results regarding the variable emotional intelligence between male and female hockey players

	Male	Female	t-value
Mean	147.1034	135.5172	5.3686
Variance	32.4532	102.6158	
Stand. Dev	5.6968	10.1299	

Significant at * $p<0.05$ t-.05 (56)=2.000

4. Discussion: The purpose of this study to find out Emotional intelligence between male and female hockey players. The results of this study revealed that statistical significant difference was found between male and female hockey players. While calculating the mean value it was observed that male hockey players had demonstrated significantly better emotional intelligence as compared female hockey players. The outcome of result might be due to the fact that male hockey players have the ability to understand and interpret's own feeling and they continue to do what they believe in even under severe criticism. They have the clarity of their priorities, are able to build rapport and maintain personal friendship with their fellow players which enable them to outdo their opponents. The Ahmed *et al.* (2011) [2] also studied the difference of emotional intelligence between the male and female volleyball players. They found that male volleyball players higher emotional intelligence than the female volleyball players.

5. Conclusion: Within the limits of the study and subject on which the present study was concluded significant difference was found between male and female hockey players. It seem reasonably fair to conclude that male and female hockey players having difference as far this set of population concerned. Male hockey players have higher Emotional intelligence than females.

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