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Comparative study of emotional intelligence between sportsperson and non-sportsperson of Bilaspur

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Abstract

The purpose of present study was to find out difference between sportsperson and non-sportsperson in their emotional intelligence. To accomplish the objective of the study. Twenty (20) sportsperson and Twenty (20) non-sportsperson were randomly selected from Guru Ghasidas Vishwavidyalaya Bilaspur. Emotional intelligence scale developed by Thimgujam and Ram (1999) was applied to collect the data. 't' test was applied to found out mean difference between sportsperson and non-sportsperson. The results indicated that there is higher level of emotional intelligence among the sportsperson than non-sportsperson.

Keywords: Emotional intelligence, Sportsperson and non-sportsperson

Introduction

The human psychology is complex phenomena. Emotional intelligence of athletes has drawn more attention and emerged very interesting variable of sports psychology, scientifically understanding emotional intelligence might help to lead a productive life. has claimed it to be important in achieving success in life that to more in a organized group. People having higher level of emotional intelligence are better placed to manage their affair with wisdom. According to "emotional intelligence has generated wide spread Interest owing to the increasing personal importance attributed to the emotional management for people in modern society" claimed that EI is positively related to academic achievements, occupational success and satisfaction, emotional health and adjustment. Boyatzis Rechar, Goleman, Daniel kenneth briefly described a model of emotional intelligence based on the competencies that enable people to demonstrate intelligent use of their emotions in managing themselves and working effectively with others. The history and development as well as preliminary statistical results, of a new test based on this model are reported. The test is the emotional competence Inventory. The implications for a theory of performance in work settings and an integrated personality theory are mentioned in emphasizing the importance of clusters of Competencies in predicting performance and making links to all levels of the human psyche. Many research studies in the psychology of sport men and women studied separately not shown much interest and has been not focused on the participation of sports and physical activities, which plays a major role in determining the personality factors of the sportsperson, which could play a important role in their performance. In the face of more and more men and women belonging to different area of sports profession are entering the sports arena every year and sharing the laurels with their counterparts it was felt necessary to study the a emotional intelligence of sportsperson who are participating and non-participating in sports.

Methodology

Selection of subject

Twenty (20) sportsperson and Twenty (20) non-sportsperson were randomly selected from Guru Ghasidas Vishwavidyalaya Bilaspur were selected for the purpose of this study. The selected subjects were from the age group of 20-30 years.

Selection of variables

- 1. Independent Variable:** Sportsperson & Non-Sportsperson.
- 2. Dependent Variable:** Emotional intelligence.

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Criterion Measures

To collect the data pertaining with research problem Thimgujam and Ram scale was administered on the sportsperson & non-sportsperson of Karnataka University Students. Samples age ranging from 19-28 Years. Scoring pattern as indicated in below paragraph.

Tools

The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) [6] has been applied in the present study. While scoring the emotional intelligence scale.....

- Strongly Agree 1 Point
- Agreeing 2 Points
- For Agreeing 3 Points
- For Disagree 4 Points
- Strongly Disagreeing 5 Points

Administration of Questionnaire

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

Statistical Techniques

For the present study, the mean value, standard deviation and independents 't' test were applied to analyze the data.

Result and Discussion

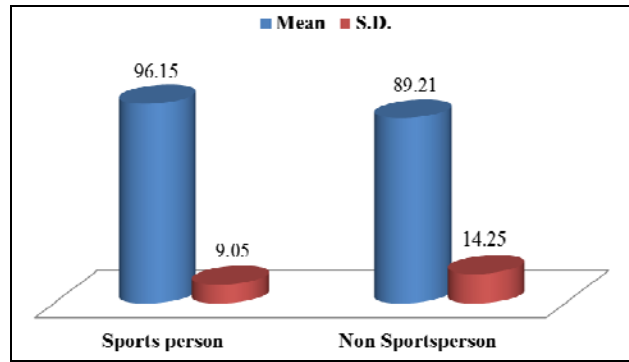
Table 1: Showing the Mean, SD and t value of sportsperson and non-sportsperson of Emotional intelligence.

Groups	N	Mean	S.D.	t-value
Sports Person	20	96.15	9.05	2.05
Non-Sports Person	20	89.21	14.25	

Significant level at 0.05 level

The calculated value was tested and Mean score of the sportsperson is 96.15 and SD is 9.05 and 89.21 and SD 14.25 respectively and calculated 't' value is 2.05, it reveals that sportsperson mean score is higher than the non-sportsperson and its also reveals that there is significant difference in emotional intelligence of sportsperson and non-sportsperson, because the calculated value is greater than table value and it's significant is at 0.05 level. Hence formulated hypothesis is accepted. It may generalized that participation of sportsperson provides ample opportunity to participate and express their emotion freely and cultivate emotional skills and to get mastery to produce regulate, manipulate and control emotion and stress among the students in respect of life and game situation frequently occur in the competition. Whereas non-sportsperson get less opportunity to participate, control and manipulation of stress.

The study was carried out to see the influence of physical activities on the development of emotional intelligence of the sportsperson and also attempt see the influence of demographical variable in molding the emotional condition of the sportsperson. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in molding the personality and emotional health of the sportsperson. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the sportsperson and non-sportsperson.



Graphical representation of mean and standard deviations sportsperson and non-sportsperson of Bilaspur.

Conclusion

The study reveals that participation in sports activities influence on developing and cultivating qualities and ability of controlling the sportsperson.

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