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Comparison of emotional intelligence, psychological hardiness and resilience between male and female badminton players

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Abstract

This study aims to investigate badminton players' emotional intelligence, psychological hardiness, and resilience. These variables are crucial psychological constructs that influence an individual's ability to cope with adversity, manage emotions, and enhance performance in competitive sports such as badminton. The study utilizes a quantitative research design, employing a validated psychological questionnaire to assess emotional intelligence, psychological hardiness, and resilience. The sample consists of 200 badminton players including 100 male and 100 female state-level players. The collected data were analyzed by the "t" test and the significance level was set at 0.05. Data analysis showed significant differences in psychological hardiness and resilience between male and female badminton players.

Keywords: Emotional intelligence, badminton, players, hardiness, resilience

Introduction

Badminton is a highly competitive sport that requires a combination of physical skills, mental agility and emotional control. Success in badminton is not solely determined by physical abilities but is also influenced by psychological factors such as emotional intelligence and psychological hardiness. Emotional intelligence refers to the capacity to recognize, understand, and manage one's emotions, as well as the ability to perceive and respond effectively to the emotions of others. Mayer and Salovey (2004) ^[1] defined Emotional Intelligence as, "The capacity to reason with emotion in four areas to perceive emotion, to integrate it in thought, to understand it and to manage it. According to Petrides *et al.* (2004) ^[2], those with high levels of emotional intelligence are exceptionally good at perceiving emotions and can use this skill to influence others to react favorably to them. Hanin (2000) ^[3], defined emotional intelligence as the ability to distinguish between good and unhealthy emotions and to transform negative emotions into positive ones. On the other hand, psychological hardiness refers to an individual's ability to withstand and thrive in the face of challenging situations, displaying resilience, commitment, and control. Psychological hardiness is a combination of attitudes and beliefs that motivate individuals to act appropriately under stress in tough conditions, find growth opportunities and adapt to challenging situations, overcoming potential consequences. (Devin *et al.*, 2015) ^[4]. Psychological hardiness was defined as an athlete's ability to exhibit a strong personality and psychological well-being, take charge of situations and show autonomy (Fourie *et al.*, 2001) ^[5].

Athletes can adapt to challenges and overcome them by using psychological resilience, which is a crucial psychological concept that helps them stay motivated and focused while competing at their best. The ability to cope with, overcome and even emerge stronger as a result of difficulties or harm is resilience. (Darvishzadeh, K. *et al.*, 2016) ^[6]. Badminton players' performance, well-being and general success in the sport must be optimized, which requires an understanding of their psychological resilience. Resilience provides young athletes with the tools to avoid potentially dangerous or stressful situations. (Pedro, SDG 2017) ^[9]. According to Richardson *et al.*'s (1990) ^[7] psychological resilience model, people develop protective individual and environmental support elements as they deal with the problems they encounter in life.

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These specific psychological traits distinguish elite, successful athletes apart from their non-elite, unsuccessful and less successful competitors (Oguntuase, S.B *et al.* 2022) [8]. These elements will enable them to come up with better solutions and aid in their defense against these problems.

The results of this study help us to understand how male and female athletes differ psychologically from one another and one another in the field of badminton. The study offers knowledge that can guide coaching tactics, athlete development plans, and interventions to improve performance and well-being by looking at these psychological variables.

Methodology

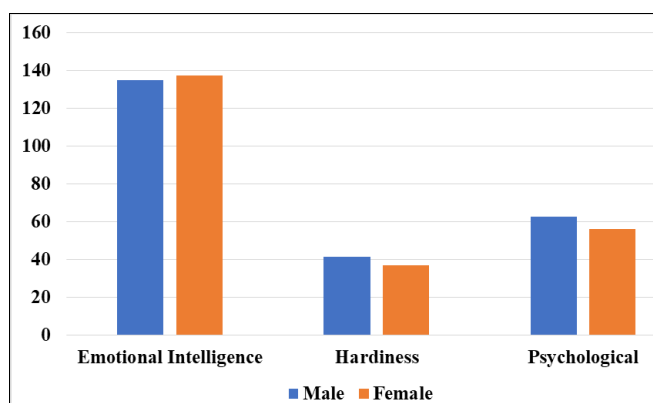
In this study, a comparative design is employed to compare emotional intelligence, psychological hardiness and resilience between male and female badminton players. To serve the purpose of the investigation, 200 badminton players were selected i.e., 100 male and 100 female players. The age group of the subjects was between 19 to 21 years. The emotional intelligence scale developed by Hyde, Pethe and Dhar (2001) [10] and Hardiness Scale developed by Kobasan and Kahn (1982) [11] and Stress Resiliency Profile developed by Thomas and Tymon (1995) [12] were used to assess emotional intelligence, psychological hardiness and resilience respectively. After providing them with instructions on how to complete the questionnaire, the subjects were given the form. Data collection was conducted with diligence and integrity, without set time restrictions. After the collection of data, descriptive statistics and t-test was used to analyze the data at 0.05 level of significance.

Results

The data collected for the criterion variables are shown below-

Table 1: There is a significant difference in psychological hardiness and resilience between male and female badminton players

Variable	Male		Female		T-test
	Mean	SD	Mean	SD	
Emotional Intelligence	134.62	12.08	136.41	15.58	-0.908
Hardiness Scale	41.36	3.01	36.98	4.41	8.203
Psychological Resilience	62.80	8.52	56.28	6.59	6.053



In male badminton players, the mean value and standard deviation (Mean \pm SD) of emotional intelligence, psychological hardiness and resilience were 134.62 \pm 12.08, 41.36 \pm 3.01 and 62.80 \pm 8.52 respectively.

Similarly, in female badminton players, the mean value and standard deviation (Mean \pm SD) of emotional intelligence, psychological hardiness and resilience were 136.41 \pm 15.58, 36.98 \pm 4.41 and 56.28 \pm 6.59 respectively.

Based on Table 1, there is a significant difference in psychological hardiness and resilience between male and female badminton players, while no significant differences were found in emotional intelligence.

Discussion

The study seeks to examine potential gender differences in these psychological constructs among badminton players, considering the impact on performance, well-being, and overall athletic success. This study explored the emotional intelligence, psychological hardiness and resilience of badminton players. The results of the study showed significant differences in psychological hardiness and resilience. These results support the previous research of Mohammad *et al.* (2010) athletes where resilience and hardiness were positively associated with sport achievement and psychological well-being, and negatively associated with psychological distress.

In emotional intelligence, current study showed no differences in male and female badminton players, which opposes the previous study done by Erdoğan, Y.M. (2008) [14] and Mathivanan, (2013) [13] suggested women have higher emotional intelligence than men. (Fernández, M *et al.* 2019) [15]. Concluded from his study that higher-level female showed a higher comprehension and perception than higher level males.

Conclusion

The findings of this research provide valuable insights into the emotional and psychological characteristics associated with success in badminton, which can guide coaches, trainers, and athletes in developing appropriate interventions and strategies to enhance performance and well-being. The present study aimed to compare the levels of emotional intelligence, psychological hardiness, and resilience between male and female badminton players. Based on the findings of the study it is concluded that there are significant differences in the psychological hardiness and resilience between male and female badminton players. In terms of emotional intelligence, no significant gender differences were observed among badminton players. The reason behind similarities exists between male and female badminton players in the present study may be from their training effect and the level of the competition OR tournament they have participated. Therefore, it is advised to conduct the same study in different games for future research in order to identify the significance of these variables in various players and maximize the benefits for each participant.

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