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## Emotional intelligence among athletics and non-athletics man in Ahmednagar city

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### Abstract

Present research Aims to A comparative study of emotional intelligence among sportsman and non-sports man in Ahmednagar City. The sample of the study was selected by Proportionate Stratified Random sampling method which included 25 sportsman and 25 non-sports students of Ahmednagar city. Tool used for the research was Emotional Intelligence Inventory was developed by Dr. SK Mangal & Mrs. Shubhra Mangal). Mean, SD and t-test statistical analysis were used to analyze the data. The research findings reveal that the level of mental health among sportsman students is average and of non-sports students is poor. It was also found that there is a significant difference between the mental health of non-sports students is poor.

**Keywords:** Emotional intelligence, mental health, sportsman, non-sports

### Introduction

Emotional intelligence is concerned with the awareness, appraisal and utilization of emotions for individuals and for teams. Emotional intelligence can be altered through training that focuses on the role of emotions in our behaviour. Emotions such as anxiety can be positive and negative. It is the combination of emotion and the thoughts that are linked either these combinations that determine whether these emotions are motivational or de-motivational. In a recent study we looked at emotional states associated with success and failure in sports competition and academic examinations The expansion of sports science as an academic study academic study means that growing numbers of students experience the dual stresses of taking examinations and participating the results of this study are depicted which shows that

- Emotions are strongly associated with success.
- Emotional profiles linked with success are somewhat different between sports and an examination.

### Emotional intelligence

The concept of emotional intelligence is relatively new and there is still confusion about its exact definition. Like the definition of the traditional intelligence (IQ) it has got several definitions. (e.g., bar-On, 1997, Golerman, 1995, 1998, Mayer and Salovey, 1997 Salovey and Mayer, 1990) [14-18].

Salovey and Mayer who first gave this formal concept of emotional intelligence in 1990 in their model of emotional intelligence but the foundation for this model was already laid down by Gardner's (1983) [19] concept of interpersonal intelligence and interpersonal intelligence as well as

### Emotional intelligence as conceptualized by

Salovey and Mayer (1990) [18] consisted of three different categories of adaptive abilities. Firstly, it is appraisal and expression of the self as well as others. In the self, there are verbal and non-verbal components. In the others, there are non-verbal perception and empathy. Secondly, there is a regulation of emotion in the self and others. Thirdly, it is utilization of emotion that includes flexible planning, creative thinking, redirected attention and motivation.

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**Statement of the problem**

A comparative study of emotional intelligence among sportsman and non-sports man

**Objectives**

1. To study the level of emotional intelligence among sports man
2. To study the level of emotional intelligence among non-sports man
3. To compare the level of emotional intelligence among sports man and non-sports man.

**Hypothesis**

1. The emotional intelligence level among sports man will be high.
2. The emotional intelligence level among of non-sports man will be average.
3. There will be significant differences between emotional intelligence levels among sports man and non-sports man.

**Variables of the research problem****Dependent variable**

1. Emotional Intelligence.

**Independent variable**

1. Sportsman.
2. Non-sports man.

**Review of related research**

Vaibhav P. Birwatkar European journal of sport and exercise science, (2014). Sports performance has taken a great leg over the last 20 years. It is commonly judged by the outcome of a specific game. The ultimately the competition a number of factors either facilitate or inhibit spot performance. Emotions may play just as an important role in sport as any other factor such as the physical, psychological, social and spiritual factors to related sports performance the present ritual investigates relationship between E T capacities and its effect on self-regulation. In the other words E.T is a critical factor in determining whether or not an athlete wins and E. T often "Marks or breaks" a team

Rovhayeh Sohrabi, Pervaveh, Abasi Garajeh, Akber Mohammadi (2011) [20] the present research is compares on of athlete and non-athlete male students of Dr. Babasaheb Ambadkar University. Study is of causal-comparative or post-event type. Statistical Society of present research encloses university drum sample of 50 sport man and non-sport man is selected for EIQ is provided to then. Results analysis is done by T Independent groups

Dr. Ksretrimayun, Rojeet Singh, Dr.Amil Mili Index Copernicus value (2015). I international journal of science and research IJSR.

The study was to compare the Individual sports; dual sport and team sports on E. T Ages of athletes were 18 to 19 yr. For the assessment of the data on the E.T scale for sport persons (E I SS) 2005 by Rajitha Menon and Jayshree Achary (sport Authority of a India bow lore) ET scores respectively as their obtained p-values were greater than 05 ( $p>05$ ) Additional research is needed to find out the real reason of similarities and difference exists in the present study to fulfil and gap between theoretical research and proactive is to be bridged.

**Research design and methodology****Method used by the researcher**

A descriptive survey was employed by the researcher.

**Population**

A population refers to any collection of specified groups of human being or non-human entities such as objects, educational, Institutions, time, units, and geographical areas. The population of the present research in Ahmednagar City all Sportsman and non-sports man

**Research sample**

Simple random sampling technique was used for the study

**Sampling design**

The researcher adopted the simply unrestricted simple sampling method there are 25 from sport man and 25 non-sports man) A sample of 50 sport man were selected from Ahmednagar city. Researcher took 25 sport men or 25 non-sport men: thus the sample of 50 was induced in this study

**Tools and techniques of data collection**

The proportionate stratified random sampling method, which included 25 sportsman and 25 non-sports students of Ahmednagar city. Tool used for the research was Emotional Intelligence Inventory was developed by Dr. S. K. Mangal & Mrs. Shubhra Mangal).

**Procedure of data collection**

Researcher has used EIOS (emotional intelligence of sport man) for collecting data he has divided the question paper to the students of both sport man and non-sport man in Ahmednagar city.

Then she collected the papers and given marks/scarce. The researcher has done a survey from Ahmednagar city.

**Statistical measures****Used the present researcher has used**

1. Mean.
2. S.D (Standard Deviation).
3. T-Test

**Statistical analysis, results and discussion****Introduction**

Analysis and interpretation are main steps in the research process. The aim of the analysis is to organize, classify and summarize the collected data so that they can be better comprehended and interpreted to give answers to the questions that triggered the research. Interpretation is the search for the broader meaning of research findings. In this chapter a detailed analysis of the collected data has been attempted as per the stated objectives. A brief account of the results obtained in this work, along with the employed statistical techniques is presented in this chapter.

**Data Screening**

The sample consisted of 50 subjects. It included 25 sportsmen and 25 non-sports man. Data was carefully analyzed and interpreted. Statistical analysis used was Mean, Standard deviation, and t-test.

**Statistical Analysis, Results and Discussion.**

**Hypothesis 1:** The emotional intelligence level among sportsman will be high

**Table 1:** Table showing mean, S.D and emotional intelligence level among Sportsmen

Sportsman	N	Mean	S.D	Interpretation
	25	56.84	9.063	Average

**Interpretation:** Table No 1 reveals that the mean score and SD for emotional intelligence among sportsmen is  $M= 56.84$  &  $S.D = 9.063$ . The obtained mean value indicates the average level of emotional intelligence among sportsmen. Hence on the basis of the result hypothesis is rejected

**Hypothesis 2:** The emotional intelligence level among Non-sportsmen will be average.

**Table 2:** Table showing mean, S.D and emotional intelligence level among No sportsman

Non Sportsman	N	Mean	S.D	Interpretation
	25	46.88	4.781	Average

**Interpretation:** Table no 2 reveals that the mean score and SD for emotional intelligence among sportsmen is  $M= 46.88$  &  $S.D = 4.78$ . The obtained mean value indicates the average level of emotional intelligence among Non-sportsmen. Hence on the basis of the result, hypothesis is accepted.

**Hypothesis 3:** There will be a significant difference between emotional intelligence levels among sportsmen and non-sport man.

**Table 3:** Table showing significant difference between Emotional intelligence levels among sportsmen and non-sport man

	N	Mean	S.D	DF	t-value	Significant difference
Sportsman	25	56.84	9.063	48	4.860	Significant
Non-sportsman	25	46.88	4.781			

### Interpretation

Table no 3 reveals that the mean score and SD for emotional intelligence among sportsmen is  $M = 56.84$  &  $S.D = 9.063$ . Whereas the mean score and SD for emotional intelligence among non-sportsmen is  $M= 46.88$  &  $S.D = 4.78$  respectively. The obtained t value 4.860 is greater than the table value 1.98 at 0.05 levels of significance; therefore there is a significant difference between Emotional intelligence levels among sportsmen and non-sport men. Hence on the basis of the result, hypothesis is accepted. This shows that the level of emotional intelligence among sportsmen is better as compared to non-sports man

## Findings and Conclusions

### Results of the study

1. Table No 1 reveals that the mean score and SD for emotional intelligence among sportsman is  $M= 56.84$  &  $S.D = 9.063$ . The obtained mean value indicates the average level of emotional intelligence among sportsman.
2. Table No 2 reveals that the mean score and SD for emotional intelligence among sportsman is  $M= 46.88$  &  $S.D = 4.78$ . The obtained mean value indicates the average level of emotional intelligence among Non-sportsmen.
3. Table no 3 reveals that the mean score and SD for emotional intelligence among sportsman is  $M= 56.84$  &  $S.D = 9.063$ . Whereas that the mean score and S.D for emotional intelligence among non-sportsmen is  $M = 46.88$  &  $S.D = 4.78$  respectively. The obtained t value 4.860 is greater than table value of 1.98 at 0.05 levels on significance; therefore there is a significant difference between Emotional intelligence levels among sportsman and non-sport men. This shows that the level of emotional intelligence among sportsmen is better as compared to non-sports man.

## Conclusion

1. The emotional intelligence level among sports man is average
2. The emotional intelligence level among no sports man is average
3. There is a significant difference between emotional intelligence levels among-sport man and non-sport man.

## Conflict of Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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