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## A comparative study of emotional intelligence among the college athletes and non-athletes

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### Abstract

The aim of this study was to find out the emotional intelligence among the college athletes and non-athletes. The research population included sixty (60) male subjects (n=30 athletes and n=30 non-athletes) between the age group of 18 to 28 years were selected as subject from Rajarshi Shahu College of Arts, Commerce & Science Pathri, Dist. Aurangabad, Maharashtra, India. The subjects were selected through simple random sampling technique for the present study. The Emotional Intelligence Scale developed by Agashe C. D. & Helode R. D. (2008) was used for measurement of independent variables. Descriptive analysis and Independent 't' test were applied at 0.05 level of significant. The result revealed that there was significant difference between college athletes and non-athletes on Emotional Intelligence. Findings concluded that participation of physical activities has significant influence on the emotion intelligence of college athletes.

**Keywords:** Emotional intelligence, athletes and non-athletes

### 1. Introduction

College students face great deal of pressures and challenges in the college years that are responsible for variety of physical, social and emotional threats. The most common health problems students suffer during the college years are mood disturbances, depression, anxiety and eating disorders (Cooley E. *et al.*, 2007) <sup>[1]</sup>.

Sports psychology is the scientific study of athletes and their behaviors in the context of sports and the practical application of that knowledge. The increase of performance by the management of emotions and the minimization of psychological effects of injury and poor performance deals with by Sports psychology.

Emotional intelligence means sentimental capacity of mind. Good emotion handling is a motivating factor for human behavior. Being able to monitor and regulate one's own feelings, understand the feelings of the others, and use that "emotion" or "feeling" knowledge to guide thoughts and actions is known as emotional intelligence (Goleman D., 1995) <sup>[2]</sup>. Emotional intelligence is considered as an important indicator of success in many aspects of life (Bar On R., 2002; Saarni C., 1999) <sup>[3, 4]</sup>.

Emotional intelligence (EI) is a psychological term that has just recently become popular. The notion has also thrived as both cultural exchanges and exposures that emphasize the formerly underrated emotions functions, as well as increased sweats at standardized dimension of individual variances in personality (Mayer, Salovey & Caruso, 2002) <sup>[5]</sup>.

Emotions are present in every exertion of moral being. They are high carriers of study and conduct. They play important part in impacting physical health, mental health, social life, character, literacy process and area of adaptation. When our feelings become violent and agitated, they become emotion. These are feelings which directly affect one's day to day life for long; it is believed that success at the work place depends on Intelligence Quotient (IQ) as reflected by one's academic achievements.

Etimologically, the world emotion is derived from the Latin word 'emovere' that means 'to stir up'. Thus, emotions can be understood as on agitated or excited state of our mind and body. Woodworth (1945), says emotion is a 'moved' of 'stirred-up' state of an organism. It's a perturbed muscular and glandular exertion that's the way it appears to an external bystander.

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Intelligence is the global capacity of an individual to act purposefully, to suppose rationally and to deal effectively with his terrain by David Wechsler (1944).

The term “Emotional Intelligence” was first used in a composition in 1990 by Peter Salovey and John D. Mayer [6]. They defined emotional intelligence as a form of intelligence that involves the capability to cover one’s own and others passions and feelings, to distinguish among them and to use this information to guide one’s thinking and actions. It’s the capability to perceive feelings, integrate feelings, to grease studies, understand feelings, and to regulate feelings to promote particular growth. Bar-On (1997) [7], defined emotional intelligence as being concerned with understanding oneself and others, relating to scholars and conforming to and managing with the immediate surroundings to be more successful in dealing with environmental demands. According to John D. Mayer and Peter Salovey (1995) [8] Emotional intelligence may be defined as the capacity to reason with emotion in four areas to perceive emotion, to integrate it in study to understand it and to manage it.”

In everyday life, emotions play a veritably important part in deciding the geste of human beings and how they reply in colorful situations. The capacity of recognizing our own passion and those of the others, for motivating ourselves and for managing passion well in ourselves and in our connections assumes great significance in our lives. The capability to cover feelings from moment to moment is pivotal for cerebral sapience and self-understanding (Sowmya & Betsur, 2010) [9]. One can develop required chops using general intelligence so as to bring success in life. Positive feelings give quality to life and help to manage emotional problems and disturbances. Through emotional intelligence, one can become more successful in life as compared to individuals who gain solely, high levels of intellectual intelligence (Goleman, 1998) [20]. An emotionally stable person can deal with problems more effectively than an emotionally perturbed person. Fillings can be shown in different ways or passions. Emotional characteristics like self-confidence and empathy differ from other cognitive abilities because they are drawn on different brain areas. Different kinds of personalities are developed through application of different feelings.

Emotional intelligence is the capability to fete one’s own and other people’s feelings (Khan, Haider, & Ahmed, 2011) [11], to distinguish between different passions and label them meetly and to use emotional information to guide thinking and geste (Ilyasi, Sedagati, & Salehian, 2011) [12]. Athletes who have emotionally intelligent the power to be tone moved and directed (Dogan, & Cetin, 2008) [13]. Athletes take full responsibility for their own performance and make independent opinions. They’re inner-directed with the emotional strength and responsibility to choose their response to the challenge of performing well (Kaukiainen, Bjorkqvist, Lagerspetz, Osterman, Salmivalli, Rothberg, & Ahlbom, 1999) [14].

Now a days emotional intelligence as an important variable of moral psychology which drives an individual and affects his performance in any concerned field (Bar-On, 2003) [15], it becomes imperative to see how this variable supplements with the performance in sports (Crombie, Lombard, & Noakes, 2009) [16], as these aren’t only violent but are full of aggression. It’s an important set of cerebral capacities that relates to life success (Litherland, Lyman, & Eyer, 1997) [17].

To understand the conception of emotional intelligence, one should be clear about the two constituent terms, emotion and intelligence and their combination. Lately athletes need to

identify how feelings impact the way they estimate and dissect situations during sports competition (Ahmed, Khan, & Ahmed, 2011) [11]. This helps the athlete to deconstruct habitual patterns of behavior and the impact these behaviors can have on the way they interact within the team. Additionally, athletes need to develop more resourceful ways of reasoning about and appraising events to direct more effective behavioral outcomes.

Therefore, the main intention of this paper was to investigate the level of emotional intelligence between college male athletes and non-athletes.

## 2. Review of Literature

Literature related to the present study has been presented as follows:

Dr. Sakpal Hoovanna (2017) [18] studied on emotional intelligence between sports women and non-sports women’s of Karnataka state women’s university, Bijapur. He was stated that the present study has found significant difference between both groups. It was concluded that the participation of physical activities has significant influence on the emotional intelligence of sports women’s.

Faezeh Zamanian *et al.*, (2011) [19] conducted a study on emotional intelligence in elite student athletes and non-athletes. For this study total 160 samples were participated. They are reported that significant difference was observed in the emotional intelligence in elite athletes and non-athletes. Inanlo N. *et al.*, (2010) [20] set up, in a study on high-school women’s students. They are reported that talented athletes demonstrate advanced emotional intelligence. A study conducted by Saklofske *et al.*, (2007) [21], also reported that there was a significant difference between athletes and other people on emotional intelligence.

Dr. Ramneek Jain *et al.*, (2020) [22] aimed to measure the emotional intelligence between female sports person and non-sports person of Apex University, Jaipur Rajasthan. They were reported that women’s sports persons have emotional intelligence high level than non-sports persons.

In the result of studied by Mohammad Nejad and Soleiman Nejad (2012) [23], about emotional intelligence and mental health education managers, there was a relation among women samples. The results of other study by Abdolvahabi *et al.*, (2012) [24] demonstrated a significant relationship between emotional mindfulness, empathy and tone-efficacy in proposition courses for Physical Education preceptors.

Dhananjay B. Vitalkar (2016) [25] assessed the emotional intelligence between rural and urban basketball players. Total 60 subjects (30 rural and 30 urban) were selected randomly from inter-collegiate tournament of Sant Gadge Baba Amravati University, Amravati. The result revealed that there were significant differences between rural and urban basketball players. He was concluded that the rural area the emotion is more than the urban area, hence significant.

Another study done by Dr. Neelam Sharma *et al.*, (2019) [26] on the emotional intelligence among elite and non-elite sports persons. For the purpose total 20 female sports persons from elite 10 and non-elite 10 were selected from SAI Kolkata and GNDU Amritsar. The result revealed that elite sports persons have higher emotional intelligence than non-elite sports persons. They were concluded that there was significant difference between elite and non-elite sports persons on the variable emotional intelligence. Similar result also found by Dr. Manish M. Deore (2021) [27] on sports emotional intelligence between rural and urban female wrestling players. Gul Mohammad *et al.*, (2015) [28] examined the emotional

intelligence between state and national level volleyball players. The result revealed that there is significant difference between athlete and national level volleyball players on emotional intelligence. Litherland M. *et al.*, (1997) [17] revealed that the athletes with high emotional intelligence have features like as self-exciting ability, perseverance and endurance against defeat, keeping their spirit, overcoming depression, sympathy, cordiality and group work also. Goleman D. (1998) [30] also found that high emotional intelligence people have more ability in knowing their emotions, controlling their emotions, exciting themselves, knowing others' emotions and regulating their own relationships with others.

Hemmatinezhad *et al.*, (2012) [31] concluded that auspicious and cheerful sports groups have advanced emotional intelligence and further cooperation with each other. Nouroozi S. H. *et al.*, (2010) [32] stated that female student athletes had higher level of emotional intelligence compared to the female non-athletes. Narimani M. & Basharpoor S. (2009) [33] reported that the extent of sustainable attachment is lower among individual sport athletes than athletes of sport team. Further he set up that the emotional intelligence of athletes sport team is higher than individual sport athletes and the emotional intelligence of individual sport athletes is advanced than that of non-athletes. These all researcher well proved that emotional intelligent is an important variable of cerebral which should be present in athletes (Cantor N. & Kihlstrom J., 1987; Pasand F. *et al.*, 2013; Paul S., 2015a; Paul S., 2015b) [34, 35, 36, 37]. Present study keeping in mind was framed with the purpose to compare the volleyball players of state and national level on emotional intelligence.

### 3. Materials and Methods

#### 3.1 Subject

Sample of the study consisted of sixty (60) male subjects (n=30 athletes and n=30 non-athletes) between the age group of 18 to 28 years were selected as subject from Rajarshi Shahu College of Arts, Commerce & Science Pathri, Dist. Aurangabad, Maharashtra, India. The subjects were selected

through simple random sampling technique for the present study. All the subjects were informed about the objective and protocol of the present study.

#### 3.2 Procedure

Sports emotional intelligence test prepared by Agashe and Helode (2008) [29] was administered on each subject as per their convenience and vacuity. The scoring was performed as per the author's manual. The classification of subjects into high, moderate and low level of sports emotional intelligence was done according to criteria set-up by the authors. Independent 't' test was used to compare sports emotional intelligence of selected subject belonging to two groups.

#### 3.3 Measuring Tools

To measure sports emotional intelligence of selected subjects five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008) [29] was used. The test-retest reliability coefficient of this inventory was 0.71 which was statistically significant and denotes very high level of reliability of the inventory scores. This Hindi inventory comprises of in all 15 items in which 3 items each for tapping self-awareness, self-regulation, self-motivation, empathy and social skills respectively.

#### 3.4 Data Analysis

The collected data in present study were analyzed by statistic program version 25.0 of the Statistical Package for Social Science (SPSS) software. Descriptive Statistic (Mean and Standard Deviation) and Independent 't' test was applied to comparison between athletes and non-athletes. The significance level of was set as 0.05 levels ( $p < 0.05$ ).

### 4. Results

The findings with regards to the present study have been presented in Table No. 1. Further in Fig. No. 1 the graphical representation is presented.

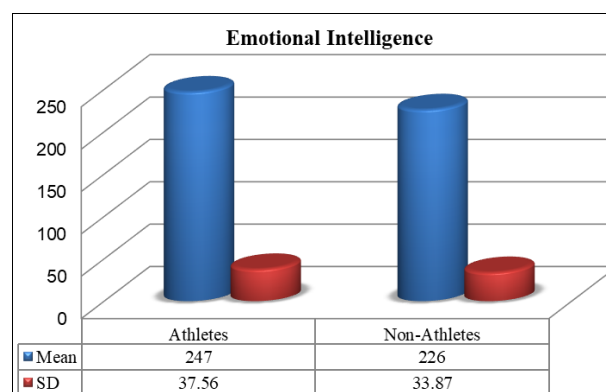
**Table 1:** Analytic statistics of emotional intelligence between athletes and non-athletes

Variables	Group	N	Mean	SD	DF	't'-value
Emotional Intelligence	Athletes	30	247	37.56	29	3.90*
	Non-Athletes	30	226	33.87		

\*Significant on 0.05 level of confidence

Table No. 1. Indicates the results of athletes and non-athletes with regards the variable emotional intelligence. The descriptive statistics shows the Mean and SD value of emotional intelligence of athletes and non-athletes is

247±37.56 and 226±33.87 respectively. The 't' value is 3.90 which is more than tabulated value. It means there was significant difference between athletes and non-athletes with regards to their emotional intelligence.



**Fig 1:** Graphical representation in emotional intelligence of athletes and non-athletes

## 5. Discussions

Emotional intelligence is the capacity of the athletes for making apt use of self-awareness, self-regulation, self-motivation, empathy and social chops to manage their own feeling, emotions those of others to ensure success through maximum best possible performance and geste in the world of sports & games in the present study emotional intelligence of college male athletes was found to be markedly less as compared to non-athletes.

The result of the study also supported by the previous study conducted by Dr. Sakpal Hoovanna (2018) <sup>[18]</sup> on emotional intelligence between sports women and non-sports women's of Karnataka state women's university, Bijapur. She was concluded that the participation of physical activities has significant influence on the emotional intelligence of sports women's. The findings of Faezeh Zamanian *et al.*, (2011) <sup>[19]</sup> also reported that significant difference was observed in the emotional intelligence in elite athletes and non-athletes. Similar results were found in previous work carried out by Inanlo N. *et al.*, (2010) <sup>[20]</sup> conducted study on high-school female students; they were reported that talented athletes demonstrate higher level emotional intelligence. Another study conducted by Saklofske *et al.*, (2007) <sup>[21]</sup>, revealed that there was a significant difference between athletes and other peoples on emotional intelligence.

Another study done by Dr. Neelam Sharma *et al.*, (2019) <sup>[26]</sup> on the emotional intelligence among elite and non-elite sports persons. They were concluded that there was significant difference between elite and non-elite sports persons on the variable emotional intelligence. Dhananjay B. Vitalkar (2016) <sup>[25]</sup> conducted a study on emotional intelligence between rural and urban basketball players. He was concluded that the rural area the emotion is more than the urban area, hence significant. Similar result also found by Dr. Manish M. Deore (2021) <sup>[27]</sup> between rural and urban female wrestling players of Aurangabad on sports emotional intelligence.

The findings of Hemmatinezhad *et al.*, (2012) <sup>[31]</sup> concluded that optimistic and cheerful sports groups have higher emotional intelligence with each other. Nouroozi S. *et al.*, (2010) <sup>[32]</sup> stated that female student athletes had higher level of emotional intelligence compared to the female non-athletes. Narimani M. *et al.*, (2009) <sup>[33]</sup> concluded that the extent of sustainable attachment is lower among individual sport athletes compared to team sport athletes.

Similar results were found in previous work carried out by Dr. Ramneek Jain (2020) <sup>[22]</sup> on emotional intelligence between female sports person and non-sports person of Apex University, Jaipur Rajasthan. They were concluded that female sports persons have a high level of emotional intelligence than non-sports persons.

## 6. Conclusions

With the limitations of the study and subjects on which the present study was conducted it is concluded that significant difference was found between college male athletes and non-athletes on emotional intelligence. The college male athletes have a higher level of emotional intelligence than non-athletes.

It should be realized that the ability to manage the emotions is one of important elements in determining the success of individual's life. In the field of education, emotional intelligence has a large implication especially in ensuring the students ability to compete in their life and also their self-development. At the end we can say that the findings of this research study will prove beneficial for educators, sports

persons, parents, counselors etc. for furnishing better knowledge about this vital element of success and its important predictors.

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