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## Comparison of sports emotional intelligence between hill and plain area of Assam

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### Abstract

This research compares the emotional intelligence (EI) of sports between athletes from hill and plain areas of Assam, focusing on individuals aged 18 to 25 years. The study comprises 100 athletes, with an equal representation of both genders, from diverse regions within Assam. Emotional intelligence was measured using a standardized questionnaire based on the EI framework developed by Dr. C.D. Agashe and Dr. R.D. Helode (2002). A survey methodology was employed to collect data and analyze the emotional intelligence levels of athletes from the hill and plain areas. The research aims to explore regional differences in emotional intelligence, considering the unique cultural, environmental, and socio-economic factors that may shape the emotional and psychological traits of athletes. The findings of this study will offer insights into how emotional intelligence varies across geographical regions and its potential impact on sports performance, contributing to better-targeted strategies for athlete development and emotional well-being in Assam.

**Keywords:** Sports Emotional Intelligence Test (SEIT), Athletes, Hill and Plain Areas, Assam, Regional Comparison

### Introduction

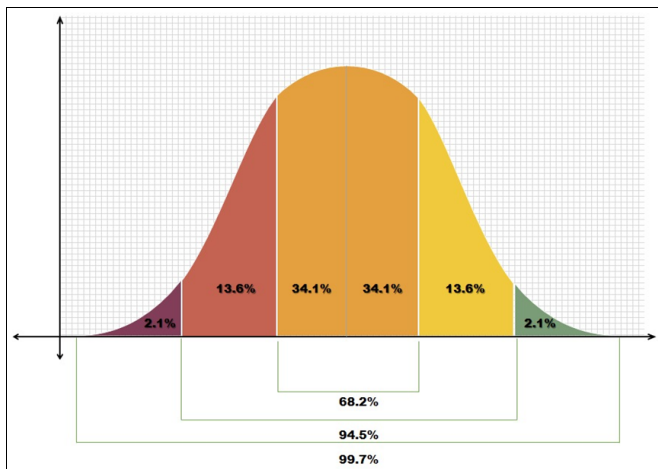
The psychology of sports and physical activity is a branch of psychology that studies cognitive behavior while a person engages in sports or another physical activity. This applied science seeks to understand and optimize an athlete's internal world. In this sense, researchers study the different psychological processes that influence athletes' behavior, including emotional intelligence in sports. These processes refer to concepts such as motivation and emotional processes and how they affect an athlete's performance. They also study different aspects related to how psyche intervention affects performance, initiation, and health. By using this knowledge, sports psychologists help athletes control stress since stress produces an emotional and behavioral imbalance that affects performance. Goleman published his book Emotional Intelligence in 1985. As a result, people began to study emotional intelligence in different areas. Since then, social and scientific interest in emotional processes has increased. However, emotional intelligence wasn't applied to sports until 2001. In 2009, it truly became an important aspect of sports and physical activity. Emotional intelligence is another way of understanding intelligence. It goes beyond cognitive aspects such as memory and the ability to solve problems.

### Methodology

The method adopted for the selection of subject administration and scoring of the questionnaire and the statistical procedure used for analyzing the data. The researcher will take a total 100 subjects for comparing sports emotional intelligence between both hill and plain area athletes of Assam men and women sportsmen within the age range of 18 to 25 years. The researcher will take simple random sampling technique as appropriate tool for selecting the desire subjects of the study.

**Table No-1;** Overall Descriptive Statistical Analysis of Data on Sports Emotional Intelligence Between Hill and Plain area of Assam

Subjects	No	Mean	SD	DF	Cal-T	Tab-T
No of Athletes from hill area	50	153.60	50.17	96	-3.68	1.98
No of Athletes from plain area	50	182.20	28.47			

**Graph 1:** Graphical Representation of Sports Emotional Intelligence Between Hill and Plain area of Assam

	-2 SD	-1SD	Mean	+ 1 SD	+ 2 SD
Hill Area	53.27	103.43	153.60	203.77	253.93
Plain Area	125.26	153.73	182.20	210.67	239.14

## Results

According to the study's findings, the significance of the topic, the researcher has chosen an investigation titled, "Comparison of Sports Emotional Intelligence Between Hill and Plain area of Assam". The research finds that the null hypothesis is rejected, showing a statistically significant difference in the performance of athletes from the hill area and those from the plain area. Descriptive statistics revealed that the plain area athletes performed better than the hill area athletes, with a greater mean performance score ( $M = 182.20$ ,  $SD = 28.47$ ) than the hill area group ( $M = 153.60$ ,  $SD = 50.17$ ). To find out if this difference in mean scores was statistically significant, an independent samples t-test was used. The computed t-value of -3.68 was greater than the critical t-value of  $\pm 1.98$  at the 0.05 level of significance, and the null hypothesis was rejected.

This result indicates that the difference in performance between the two groups observed is statistically significant and not likely to have resulted from chance. These results indicate that geographic origin could be an important factor in determining athletic performance. The higher variability seen among hill area players, as supported by a larger standard deviation, suggests more spread-out levels of performance among these individuals. In contrast, the plain area players exhibited more homogeneous performance results. Overall, the evidence supports the view that plain area athletes perform much better than hill area athletes.

## Conclusion

- Hill Area athletes show greater variability in their performance, with scores ranging from 53.27 to 253.93. This indicates that their performance values vary widely.
- Plain Area athletes have a more restricted range of performance values, from 125.26 to 239.14, suggesting less variation in their performance.
- Despite these differences in the range of performance values between the two areas, both groups follow a

consistent pattern. Performance tends to increase from -2 to +2 standard deviations (SD).

- Plain Area athletes consistently outperform Hill Area athletes, with their overall performance values being higher across the board.
- The higher performance values observed in the Plain Area athletes suggest that they generally have a performance advantage compared to athletes from the Hill Area.
- These findings highlight a clear disparity in performance levels between athletes from the two regions, with the Plain Area showing superior overall performance.

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