A Study of Relationship between Emotional Intelligence and Playing Ability of Handball Players

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Abstract

The purpose of the present study was to measure Relationship between Emotional Intelligence and Playing Ability of Handball Players. In this study, a total 100 subjects (handball players) were selected for the purpose of data collection. The players who have participated in International level Handball Championship were selected. Collection of data with the help of the questionnaires related to Emotional Intelligence Scale (EIS) constructed and standardized by Anukool Hyde, Dr Sanjyot Pethe and Dr. Upinder Dhar (2002) and Handball Playing Ability by Handball Rating Scale necessary data was scored.

After data collection Statistical analysis of the data to determine the characteristics of Emotional Intelligence and Handball playing ability of International level handball players mean and standard deviation was used. However, in order to determine the relationship of Emotional intelligence and playing ability of handball players Pearson product moment correlation analysis was carried out. The level of significant for the entire above test was set at 0.05. The data was analyzed by using SPSS version 18.0 version. Finally, results obtained after critical analysis of the collected data are presented. The data analysis is carried out using various statistical tests and the results are presented using suitable Tables and charts.

KEYWORDS : Emotional Intelligence, Playing Ability, Players

1.0 Introduction

In general, the player's involvement in any sport is not limited to their immediate surroundings. It can depend on event which like place in another area of the field and do not directly involve them, but have an influence on what occur is their vicinity. This particular feature makes it difficult to understand the behavior of competitive sportsman for two reasons; first player cannot be readily to explained by their personal attribution. When their behavior or choice of individual action produces the so called aggregate effects can prompt perverse effects in the behavior of sportsman. Hence, in view of the above, it is important to understand the psychology of the player in general and his/her emotional intelligence in particular.

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of the sports persons. Sports psychologists have emphasized the significance of personality characteristics attitudes, achievement motivation, self-concept, emotional intelligence and lots of other psychological factors that influence performance of athletes.

Sports have undergone a rapid development in the last few decades, each sports has become science in itself, especially Handball. There are certain moments during competition that appear to carry great psychological significance when the

momentum starts to shift in one direction or another These situations require athletes to remain completely focused and calm in the face of difficult circumstance such as after seriously underperforming for a Handballer. Handball is a sports which require all above cited psychological qualities but the variables i.e. achievement motivation, emotional and social intelligence are foremost important at all levels of the participation. Little work has been done on these variables in the field of sports yet. In view of the above, this investigation was carried out to determine the relationship between emotional intelligence and playing ability of the international level handball players.

2.0 Methodology

2.1 Selection of Subjects

In this study, a total 100 subjects (handball players) were selected for the purpose of data collection. The players who have participated in International level Handball Championship were selected.

2.2 Tools for data collections

- Emotional Intelligence of the handball players was assessed by using Emotional Intelligence Scale (EIS) constructed and standardized by Anuket Hyde, Dr Sanjyot Pethe and Dr. Upinder Dhar (2002).
- The handball playing ability of the subjects was assessed by the help of three handball competent coach using Handball Rating Scale (HRS). The scoring from each of the subjects was done strictly in accordance with the distribution of points as was against each sub heading of the 7 components of handball playing ability.

2.3 Collection of Data

With the help of the questionnaires related to Emotional Intelligence and Handball Playing Ability by Handball Rating Scale necessary data was scored.

2.4 Statistical Analysis of the Data

To determine the characteristics of Emotional Intelligence and Handball playing ability of International level handball players mean and standard deviation was used. However, in order to determine the relationship of Emotional intelligence and playing ability of handball players Pearson product moment correlation analysis was carried out. The level of significant for the entire above test was set at 0.05. The data was analysed by using SPSS version 18.0 version.

3.0 Results and Discussion Study

In this chapter of the thesis, the results obtained after critical analysis of the collected data are presented. The data analysis is carried out using various statistical tests and the results are presented using suitable Tables and charts.

3.1 Emotional Intelligence of International level Handball Players

Table 1: Emotional Intelligence of **International level** Handball Players

Emotional Intelligence	Statistics
N	100
Min	63
Max	86
Mean	75.8
±SD	±6.84
Skewness	-.261
Kurtosis	-1.205

SD: Standard deviation; **Min**: Minimum; **Max**: Maximum

Table 1 presents descriptive statistics pertaining to Emotional Intelligence of International level Handball players was analyzed to check the nature and consistency of the collected data. The skewness (-.261) and kurtosis (-1.205) values obtained from the data generated in this study showed that it (data) was consistent and was fit for analysis involving further inferential statistics related analysis.

3.2   Playing Ability of International level Handball Players

Table 2: Handball Playing Ability of **International level** Handball Players

Handball Playing Ability	Statistics
N	100
Min	22
Max	29
Mean	25.9
±SD	±1.99
Skewness	.043
Kurtosis	-1.142

SD: Standard deviation; **Min**: Minimum; **Max**: Maximum

Table 2 presents descriptive statistics pertaining to Handball Playing Ability of International level Handball players was analyzed to check the nature and consistency of the collected data. The skewness (.043) and kurtosis (-1.142) values obtained from the data generated in this study showed that it (data) was consistent and was fit for analysis involving further inferential statistics related analysis.

3.3   Relationships between Emotional Intelligence and Playing Ability of Handball Players

Table 3: Relationships between Emotional Intelligence and Playing Ability of **International level** Handball Players

	Emotional Intelligence	Handball Playing Ability
Emotional Intelligence	1	.220[*]
Handball Playing Ability	.220[*]	1

* : Significant at p 0.05 level

The Above **Table 3** presents results regarding the relationships between Emotional Intelligence and Playing Ability of International level Handball Players. The data showed that there is significant positive relationship between Emotional Intelligence and Playing Ability (r^2= .220, p<0.05) of the international level handball players.

3.4   Results of the Regression Analysis

Subsequent to correlation coefficient determination, a regression analysis was carried out to delineate a predictive model. The regression technique is used to investigates the relationship between a dependent (Handball Playing Ability) and independent variables (Emotional Intelligence).

Model 1: Playing Ability of **International Level Handball Players**

Table 4a: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.354[a]	.125	.107	1.88840
a. Predictors: (Constant), Emotional Intelligence, Athletic Coping Skills				

Table 4b: ANOVA

ANOVA[a]						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	49.452	2	24.726	6.934	.002[b]
	Residual	345.908	97	3.566		
	Total	395.360	99			
a. Dependent Variable: Handball Playing Ability – International Players						
b. Predictors: (Constant), Emotional Intelligence, Athletic Coping Skills						

Table 4c: Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	18.102	2.341		7.733	.000
	Emotional Intelligence	.040	.029	.136	1.370	.174
	Athletic Coping Skills	.069	.024	.289	2.917	.004
a. Dependent Variable: HANDBALL Playing Ability						

Model 1: Handball Playing Ability of International Level Handball Players
        The general form of the equation is as follows

Handball Playing Ability = 18.102+ (.040 x Emotional Intelligence-International) + (.069 x Athletic Coping Skill)

Above **Table 4a** provides the R and R^2 value. The R value is 0.125, which represents the simple correlation. It indicates a relatively strong degree of correlation. The R^2 value indicates how much of the dependent variable, "Handball Playing Ability", can be explained by the independent variables. Furthermore, on the basis of the **ANOVA** table (**Table 4b**) it is evident that the regression model predicts the outcome variable significantly well. Since, the Sig. i.e. probability value is less than 0.05. Furthermore, on the basis of the stats present in **Table 4c** (Coefficients table), we get the information on predictor variable. This gives us the information we need to predict Handball Playing Ability of International Level players from different conditions.

4.0 Conclusions
4.1 Emotional Intelligence of International level Handball players
- The skewness (-.261) and kurtosis (-1.205) values obtained from the data generated in this study showed that it (data) was consistent and was fit for analysis involving further inferential statistics related analysis.

4.2 Playing Ability of International level Handball players
- The skewness (.043) and kurtosis (-1.142) values obtained from the data generated in this study showed that it (data) was consistent and was fit for analysis involving further inferential statistics related analysis.

4.3 Relationships between Emotional Intelligence and Playing Ability
- From the study results it is concluded that there is a significant positive relationship between Emotional Intelligence and Playing Ability (r^2= .220, p<0.05) of the international level handball players.

4.4 Model for Handball Playing Ability of International Handball Players

- The model indicates that there is positive relationship (r=0.354) amongst the independent and dependent (Handball Playing Ability) variable. It is clear from the results that the independent parameters selected in this model have a noticeable influence on the Handball Playing Ability.

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