

Comparative study of emotional intelligence between male sports person and non sports person

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Abstract

The present study is a comparative study regarding emotional intelligence among sports person and non sports person under graduate student from the affiliated colleges of Awadesh pratap singh university Rewa M.P state India. In this study total 80 student were randomly selected as a sample. Emotional intelligence test constructed by Dr. Sheetla prasad was used for collection of data t-test method was used for statistical analysis of variable. It can be deduced by the analysis that there is significant difference between emotional intelligence between sportsperson and non sports person.

KEYWORDS:- Emotional intelligence , sports person, and non sports person

Introduction:- The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

'Emotional intelligence is the key to both personal and professional success

The term emotional intelligence has been used for the first time by Wine Pyre in his doctorate thesis, but in 1990, Mayer and Salovey extended its meaning (Hassan Alian, 2005). One of the most important theoreticians of personality, social and emotional view, is Bar-On, the first formulator of Emotional Intelligence Questionnaire. Bar-on considers emotional intelligence an important factor in determining individuals' capabilities for being successful in life and regards it to be in direct relationship with sentimental health, i.e. current psychological condition and in sum emotional health. Emotional intelligence and emotional and social skills change and grow in the course of time and can be improved by training and corrective programs such as their therapeutic techniques Bar-on & Parker, 2000). Based on what was said, present study is in search answer to this question that whether there is difference between emotional intelligence of sports person and non sports person

Emotional intelligence refers to the capability of a person to manage and control his or her emotions and possess the ability to control the emotions of others as well. In other words, they can influence the emotions of other people also.

Methodology:-

Selection of subject

Forty(40) sportsperson and forty (40) non-sportsperson were randomly selected from the affiliated colleges of Awadesh pratap singh university Rewa M.P state. The selected subjects were from the age group of 20-30 years. Emotional intelligence test constructed by Dr. Sheetla prasad was used for collection of data t-test method was used for statistical analysis of variable

Result and Discussion

Table 1

Comparison of self confidence between male sports person and non sports person

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	283.5	256.60	90	78	2.12	2.02
Sports person	193.5	73.94				

Table 2

Comparison of trustworthiness between male sports person and non sports person

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	123.1	66.39	20.2	78	1.73	2.02
Sports person	102.9	32.10				

Table 3

Comparison of innovativeness between male sports person and non sports person

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	61.9	37.79	14.95	78	2.24	2.02
Sports person	76.85	18.62				

Table 4

Comparison of conscientious between male sports person and non sports person

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	47.75	25.69	22.15	78	4.42	2.02
Sports person	69.9	18.58				

Table 5

Comparison of adjusted between male sports person and non sports person

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	59.9	27.67	8.5	78	1.83	2.02
Sports person	51.4	9.60				

Table 6**Comparison of emotional intelligence between male sports person and non sports person**

Group	Mean	S.D	M. D	D. F	O.T	T.T
Non sports person	112.05	39.06	16.41	78	2.58	2.02
Sports person	98.82	9.47				

Research findings show that means score of non sports person group is greater than those of the sports person group. And total score of emotional intelligence of non-sports person group is greater than sports person group. According to the results, there is a significant difference between mean scores of sports person group and non-sports person group.. Results of present research is inconsistency with research results of Hassan Alian (2005), Besharet et al (2007), Aghayee, Nouri, Sharifi, Atashpour and Hagh Negahdar (2007). The results show that there is significant difference between sports person group and non-sports person. Results of present research are consistency with research results of Hassan Alian (2005). In present century when daily life is full of stresses, ability in control of undesirable emotions is of special importance in emotional health (Goleman, 1995). Role of emotional ability is very important in psychological health. In addition, ability to recognize the emotion in oneself and others is essential for emotional health. Without this ability, comprehension of other people's feelings and sentiments is impossible and people may have no experience of intimacy and mutual understanding

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