

A COMPREHENSIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN MALE AND FEMALE INTERCOLLEGIATE KABADDI PLAYERS

Dr. Onkar Singh
Akal Degree College Mastuana Sahib, Sangrur, Punjab, India

ABSTRACT

The study was conducted to find out the significant variances between intercollegiate male and female kabaddi players with regard to Emotional Intelligence. For the determination of the current study, sixty (N=60) intercollegiate male and female kabaddi players from Punjabi University Patiala between the age group of 18-25 years were selected as subjects. A standardized questionnaire on Emotional Intelligence developed by Dr. A.K. Mangal and Dr. Shubhra Mangal was used for the collection of the data. For data analyze student's t-test for independent data was used to determine the significant difference between intercollegiate male and female kabaddi players, unpaired t-test was used to data analyse the data. To test the hypothesis, the level of significance was set at 0.05. The results was found statistically significant, ($P < .05$) .05 level of significance between male and female intercollegiate kabaddi players.

Keywords: Emotional Intelligence, Kabaddi, Intercollegiate.

INTRODUCTION:

Different viewpoints affecting a competitor's execution have been widely explored throughout the years by a few specialists (Hanin, 2000a; Jackson and Csikszentmihalyi, 1999; Johnson and Tenenbaum, 2006; Moran, 2004). Brandish or athletic execution just alludes to a competitor's capacity and additionally ability to execute or play out a required game assignment. This could be created through practice and afterward exhibited by partaking in an opposition. The capacity to perform may rely on upon a competitor being normally skilled, hereditarily inclined with ability or an athletic capacity being sustained amid the formative years (Johnson and Tenenbaum, 2006). Normal physical and in addition mental elements assume a critical part in game execution (Weinberg and Gould, 2007). Passionate insight was set up as a prevalent range of research amid the 1990's and has since risen as a vital build (Meyer and Zizzi, 2007). Passionate knowledge is characterized as 'the capacity to see, screen, utilize, and oversee feelings inside one and in others.' (Salovey and Mayer, 1990). Salovey and Mayer initially begat the term

'enthusiastic insight' (Salovey and Mayer, 1990). Defining the term as a test to knowledge scholars, who have generally considered excitement of effect as disordering intellectual action, they portrayed Emotional Intelligence as a type of social knowledge. Mayer and Salovey (1993) state that, enthusiastic insight is the capacity to screen one's own and others sentiments and feelings to separate among them and to utilize this data to guide one's reasoning and activity and advance feeling and scholarly development.

Methods & Materials

For the determination of the current study, sixty (N=60) intercollegiate male and female kabaddi players from Punjabi University Patiala between the age group of 18-25 years were selected as subjects. A standardized questionnaire on Emotional Intelligence developed by Dr. A.K. Mangal and Dr. Shubhra Mangal was used for the collection of the data. For data analyze student's t-test for independent data was used to determine the significant difference between intercollegiate male and female kabaddi players, unpaired t-test was used to data analyse the data. To test the hypothesis, the level of significance was set at 0.05.

Results

Table 1. Mean and Standard deviation results with regard to Emotional Intelligence total between male and female Intercollegiate Kabaddi Players.

Group	N	Mean	Std. Deviation	t- value	p-value
Baseball	30	1.34	0.01	2.44	0.01
Cricket	30	1.35	0.02		

**Significant at 0.05 level*

Table-1 shows the Mean and SD values of emotional intelligence total of male and female Kabaddi Players was 1.34 ± 0.01 , 1.35 ± 0.02 respectively. The results was found statistically significant, ($P < 0.05$) .05 level of significance between male and female intercollegiate kabaddi players. The graphical representation is given below in figure 1.

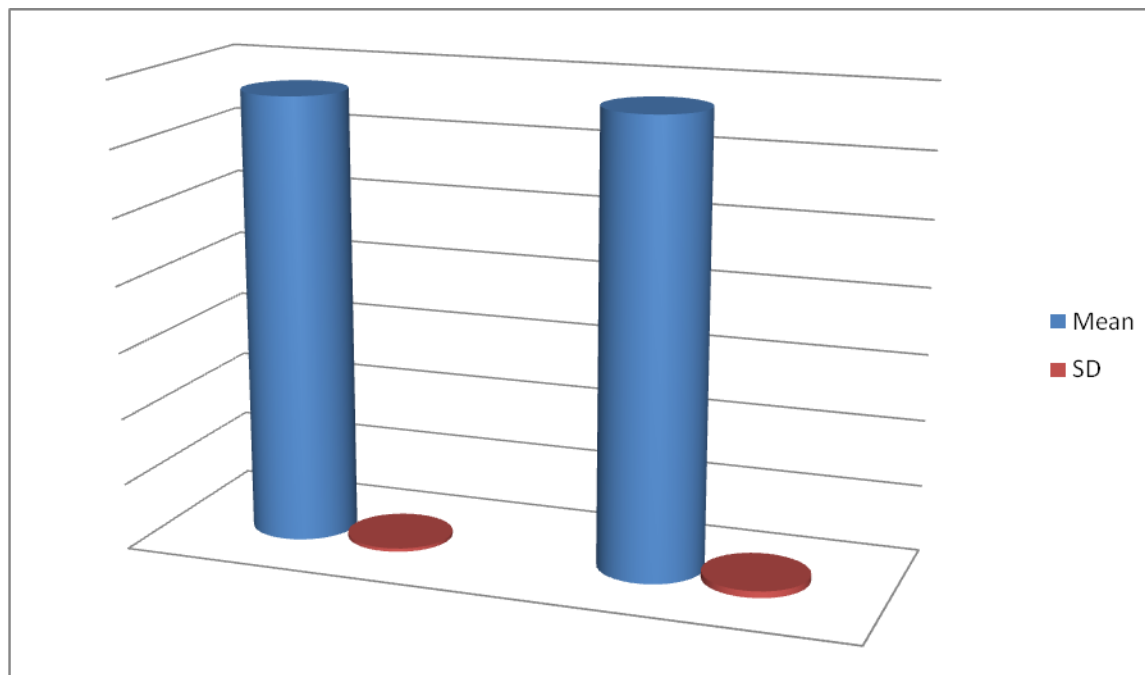


Figure 1. Mean and Standard deviation results with regard to Emotional Intelligence total between male and female Intercollegiate Kabaddi Players.

References

1. Hanin Y. L (2003) Performance Related Emotional States in Sport: A Qualitative Analysis investigation involving professional cricketers. *Psychology of Sport and Exercise*, 2, 249- 265.
2. Hanin, Y. L. (2000a). *Emotions in sport*. Champaign, Illinois: Human Kinetics.
3. Jones, M. V., Taylor, J., Tanaka-Oulevey, M., & Daubert, M. G. (2005). Emotions. In J. Taylor & G. S. Wilson (Eds.), *Applying sport psychology: Four perspectives* (pp. 65-81). Champaign, Illinois: Human Kinetics.
4. Rohit. (2013). A STUDY OF EMOTIONAL INTELLIGENCE IN KABADDI AND KHO-KHO PLAYERS OF HARYANA. *International Journal of Research in Social Sciences And Humanities*, 3(I).
5. Salovey, P., & Mayer, J. D. (1990) Emotional intelligence. *Imagination, Cognition, and Intelligence*, 9, pp. 185–211.
6. Meyer, B. B., & Zizzi, S. (2007). Emotional intelligence in sport: Conceptual, methodological and applied issues. In A. M. Lane (Ed.), *Mood and human performance: Conceptual, measurement and applied issues* (pp. 131-152). New York: Nova Science Publishers, Inc.

7. Weinberg, R. S., & Gould, D. (2007). Foundations of sport and exercise psychology (4th ed.). Champaign, Illinois: Human Kinetics.
8. Johnson, M. B., & Tenenbaum, G. (2006). The roles of nature and nurture in expertise in sport. In D. Hackfort & G. Tenenbaum (Eds.), Essential processes for attaining peak performance: Perspectives on sport and exercise psychology (Vol. 1) (pp. 26-52). Oxford: Meyer & Meyer Sport (UK) Ltd.

WWW.IJOBSMS.IN