

## ASSESSMENT OF SELECTED EMOTIONAL INTELLIGENCE FACTOR (EMOTIONAL STABILITY) BETWEEN MALE FOOTBALL AND HOCKEY PLAYERS

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### ABSTRACT

*The purpose of the study was to find out the significant difference of a Psychological variable i.e: Emotional Stability between male Football and Hockey players. The survey method through the technique of questionnaire of emotional intelligence (Hyde et al. 2001) had been adopted to collect the relevant data for this study. The researcher collected the data on seventy (N=70) Group-A: Football (n1=35), Group-B: Hockey (n2=35) players as subjects between the age group of 18-28 years. The Statistical Package for the Social Sciences (SPSS) version 19.0 was used for all analysis. The difference in the mean of each group for selected variable was tested for the help of student's t-test (unpaired t-test). In all the analysis, the critical level set at 5% ( $p < 0.05$ ). The outcome shows that statistically insignificant difference was found with regard to emotional stability between male Football and Hockey players.*

**Keywords:** Emotional intelligence, emotional stability, Football and Hockey.

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### INTRODUCTION:

Emotions have an essential role in human psyche and they have considerable influence on one's thoughts, actions, perceptions and behaviors. Thus, it is appropriate to say that emotions are the necessary inspiring force behind all the psychological activities. Perceiving emotions comprises of recognizing and interpreting the meaning of various emotional states, as well as their relations to other sensory practices. Understanding emotions involves comprehension of how basic emotions are blended to form complex emotions, how emotions are affected by events surrounding experiences and whether various emotional reactions are likely in given social settings. An adaptable emotion includes the control of emotions in oneself and in others. An

individual's emotional intelligence is an indication of how a person perceives, understands and regulates emotions (Goleman, 1995). In sport psychology, the notion that emotions provide response and that individuals learn to associate certain emotions with success is consistent with suggestions made by Hanin (2003). Hanin argued that individuals develop met emotional beliefs regarding which emotions associate with optimal performance and emotions associate with dysfunctional performance.

**Procedure:**

The survey method through the researcher collected the data on seventy (N=70), male Football and Hockey players as subjects between the age group of 18-28 years.

Group-A: Football (n1=35)

Group-B: Hockey (n2=35)

**Tool:** Emotional Intelligence Questionnaire made by Hyde et al. 2011.

**Emotional stability:** Emotional stability is measured by items 14, 19, 26 and 28. These are “I do not mix unnecessary emotions with issues at hand”, “I am able to stay composed in both good and bad situations”, “I am comfortable and open to novel ideas and new information” and “I am persistent in pursuing goals despite obstacles and setbacks.”

**Scoring:** In this five point scale use, the responses are given weight from 1 to 5 as shown below:

5-Strongly Agree

4-Agree

3-Undecided

2-Disagree

1-Strongly Disagree

**Reliability and Validity of Questioner:** This questioner Reliability is 0.88 and Validity 0.93.

After collecting the data the Statistical Package for the Social Sciences (SPSS) version 19.0 was used for analysis of data. The difference in the mean of each group for selected variable was tested for the help of student's t-test (unpaired t-test). In all the analysis, the critical level set at 5% ( $p < 0.05$ ).

### Analysis and Findings

Table 1: Mean and Standard deviation results with regard to Emotional stability between male Football and Hockey players.

Group	Mean	Std. Deviation	P value
Football players	15.980	2.390	0.43
Hockey players	16.40	2.120	

Table-1 shows the Mean and SD values of Emotional stability between male Football and Hockey players were  $15.980 \pm 2.390$  and  $16.40 \pm 2.120$  respectively. The obtained P value 0.43 was found statistically insignificant, ( $p > 0.05$ ) .05 level of significance.

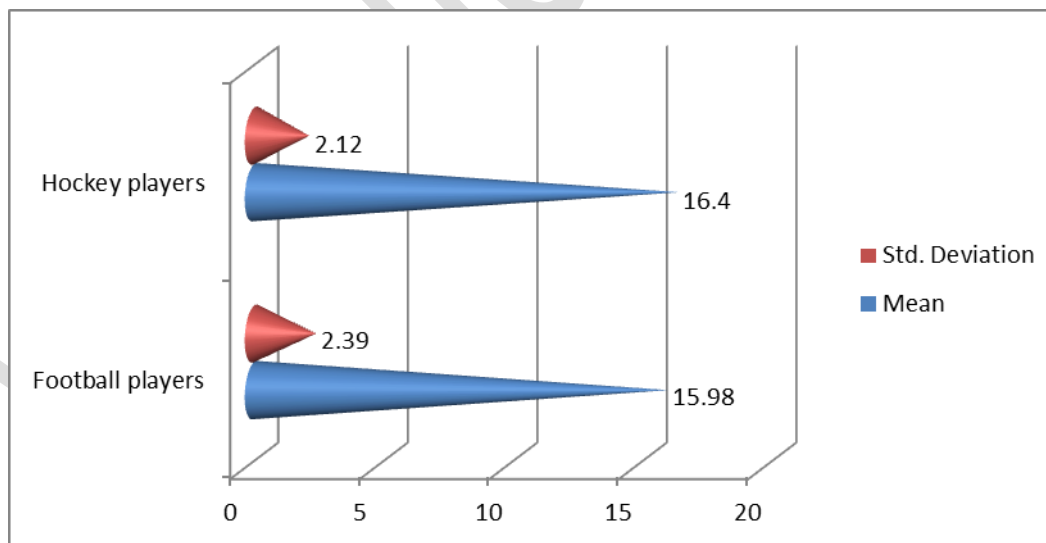


Fig 1: Graphical Representation of mean scores with regard to Emotional stability between male Football and Hockey players.

## Conclusion

Based on the findings of this study, the following conclusion was drawn: To conclude, It is evident that the results of t test between two groups with regard to the sub parameter Emotional stability of emotional intelligence were found to be statistically insignificant at ( $P > 0.05$ ). On the basis of analysis of the data, researcher found that the earlier study of Kaur, (2017) ,Vitalkar, (2016) and Bal, et al. (2014) sported the this study.

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