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To know the influence of sex variable on emotional intelligence of sportsmen

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Abstract

The research paper investigates the influence of sex variables on developing emotional intelligence among sportsperson. The standardized scale constructed by Prof. Thimaghujum was administered on sportsperson to collect the required information to assess the sex difference between men and women sport person, and obtained "t" value is 1.25 at 0.05 level of significant, it reveals that there is no significant difference in their emotional intelligence behavior among men and women's. It is due to participation of sports provided the equal opportunity to face the challenges and have plenty of experience and try to overcome from the critical sports situation, hence, both men and women shown equal mean score for the emotional intelligence behavior when researcher has tested, and conclusion was drawn that participation of sport cultivates skills and mastery over the emotion to control and regulate effectively in sports situation and life situation.

Keywords: Yoga, pranayama, aged women, breath holding capacity, vital capacity

Introduction

Man is a just as truly a social as a biological creature and the socialization and development of the personality of an individual is a highly complex process beyond the common understand. But the research undertaken all over the world indicate the fact that, the development of a personality of an individual is entirely influenced by his socio-economic cultural atmosphere to which he is exposed in his primitive years. Because, the social extent and magnitude of the individuals personality are largely determined by his perception of social objects. In context to the women personality various rational explanations is found about development of women personality. Basically women's were perused as genetically having a weak make up and lack of social support, social cultural aseptically, orthodox perception, and negative attitude towards females, male dominated society and created cultures might put her into the secondary and subsidiary role. Under these deprived conditions, she does not able to inculcate the interpersonal skills and managing and regulating the own emotions in their real life because sports women's personality are also the product of such deprived environments. So hence, an attempt was made to know the sex different in their emotional intelligence.

Emotional Intelligence

The concept of emotional intelligence is relatively new and there is still confusion about its exact definition. Like the definition of the traditional intelligence (IQ) it has got several definitions (e.g., bar-on, 1997, Goleman, 1995, 1998, Mayer & Salovey, 1997 Salovey & Mayer, 1990) [7]. It was Salovey and Mayer who first gave this formal concept of emotional intelligence in 1990 in their model of emotional intelligence but the foundation for this model was already laid down by Gardner's (1983) concept of interpersonal intelligence and interpersonal intelligence as well as Stember (1988) triarchie theory of intelligence. Besides, the roots of emotional intelligence are available in social intelligence (Thronidike, 1920), and even in the definition of intelligence given by the Wechsler (1958) who defined intelligence as "the aggregate or global capacity of the individual to act purposefully, to think rationally, and to deal effectively with his / her environment". He pointed out that ability to be adaptive to different situations and coping with life situations successfully were included in this definition. But the intelligence tests that carry his name, that is, the Wechsler Scales of intelligence, do

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not have separate entity of measurement of this social skill. Emotional intelligence as conceptualized by value Salovey and Mayer (1990) [7] consisted of three different categories of adaptive abilities. Firstly, it is appraisal and expression in the self as well as others. In the self there are verbal and non-verbal components. In the others there are non-verbal perception and empathy. Secondly, there is a regulation of emotion in the self and others. Thirdly, it is utilization of emotion that includes flexible planning, creative thinking, redirected attention and motivation. Goleman (1995) then subsumed this model with a lot of personality characteristics, which he believed would contribute positively to success in any domain of life. Mayer and Salovey (1997), however, revised their own original model stressing the cognitive components of emotional intelligence, because they felt the former one “omitted thinking about feelings”. Accordingly, “emotional intelligence involves the ability to perceive accurately, appraise and express emotions, the ability to access and or generate feelings when they facilitate thought the ability to understand emotion and emotional knowledge and the ability to regulate emotions to promote emotional and intellectual growth (Mayer & Salovey, 1997). So, this model contributes quite a lot in understanding mental abilities, which has been neglected for quite a long time. In the original model they viewed that emotional intelligence might or might not be related to other types of intelligence, the cognitive ability. But Mayer and Salovey predicated that emotional intelligence was related to other types of intelligence and they proved it in 1999 based on 1997 model using a scale developed by Mayer, Caruso and Salovey (in press). But Mayer and Salovey model is contradicting with Bar-on (1997) model where he claimed that emotional intelligence is an array non-cognitive capabilities, competencies and skill that influence one’s ability to control in coping with environmental demands and pressures.

Methodology

Problems

To assess the influence of sex variable on emotional intelligence of the sportsmen

Hypothesis

There is a sex difference in emotional intelligence of sportsmen.

Objectives

To verify the significant sex different in emotional intelligence of sportsmen.

The present paper made an attempt “to know the influence of sex variable on the emotional intelligence of sportsmen” is in framework of ex post facto research. The particulars of the samples, tools, collections of the data and statistical techniques are given as under.

Sample

The toll samples consists of 100 sportsmen belonging to different degree college of Gulbarga University, were selected randomly and the age level ranging from 19 – 25.

Sample Design

Variables	Sex
Male	50
Female	50
Total	100

Tools

Emotional intelligence scale developed by Thimgujan and Ram (1999) has been applied in the present study, while scoring the emotional intelligence scale, the respondents feelings strongly agree would be awarded 1, for agreeing 2, for undeceiving 3, for disagree 4 and finally for strongly disagreeing 5, would be awarded to the respondent.

Statistical Analysis

The ‘t’ test was used to asses the significant difference between man and women sportsmen.

Discussion

The hypothesis that there is a significant difference in emotional intelligence between male and female sports is postulated on the rational that the women are genetically weak persons and lack social support, socio-cultural obstacles. Orthodox perception and negative attitude towards female, male dominated society might put her into the secondary and subsidiary role. Under this deprived conditions, she does not cultivate the interpersonal skills and ability to manage their emotions n different circumstances.

The hypothesis that there is a significant difference between emotional intelligence of male and female sportsmen is formed on the basis that the male sportsmen have more emotional intelligence then the female sportsmen because males sportsmen have rich exposure to the various social and sports events. And male dominate society has always given preference to male in each and every activities, as a result of close interaction with the peoples and events is sustained with high emotional intelligence and also have a good exposure to socio cultural events. The planned education, rationality and dignity of man has developed him to control over his emotions.

Table 1: showing the mean, SD and t value of male and females in their emotional intelligence of sportsmen.

Variable	Male	Female
Mean	78.77	72.74
SD	52.27	13.15
t value	1.25**	

** Significant at 0.05 level

Table reveals the mean and SD and ‘t’ value of the EI of male and female sportsmen belonging to low and high SES. On the dimensions of the EI the male and female sportsmen means scores are 78.97 and 72.74 respectively. The relatively high score of male sportsmen on EI suggest that there are high in EI when compared to the female sportsmen, the obtained t value is 1.25 which is not significant. Hence, there is a no significant difference between male and female in their emotional intelligence as the same is not confirmed. This is because of emotional intelligence is common to men and women of equal opportunities are extended they can also get the ability of controlling their emotions and ability of regulating, expressing, effectively in a different situation. Self confidence, courage manifestoes in the sports context makes them to have a control over their shyness and fearness. Hence, there is no difference between male and female sportsmen in emotional intelligence.

Conclusion

The participation in the sports activities provides various opportunities to cultivate interpersonal skills and ability of managing and regulating the emotions in a real life situation.

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