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Comparative study of emotional intelligence between athletes and archers

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Abstract

The purpose of the study was to find out the significant difference of emotional intelligence between Athletes and Archers. The survey method through the technique of Questionnaire of emotional intelligence (Hyde *et al.* 2001) had been adopted to collect the significant data for this study. The researcher collected the data on sixty (N=60) Group –A: Athletes (n=30), Group-B: Archers (n=30) male Athletes and Archers as subjects between the age group of 18-25 years. The statistical package for the social sciences (SPSS) was utilized for analysis. The distinctions in the mean of both groups for selected variable were tested for the significance of difference by unpaired t-test. In all analyses, the 5% critical level ($p>0.05$) was considered to show statistical significance. The outcomes demonstrate that statistically significant differences were found with regard to emotional intelligence between male athletes and toxophilite.

Keywords: Emotional intelligence, athletes, archers

Introduction

Emotional Intelligence (EI) is defined as- Emotional intelligence is a type of social intelligence that includes the ability to monitor one's own and others' feelings, to discriminate among them, and to utilize the information to guide one's thinking and actions (Salovey & Mayer, 1990) [2]. Furthermore, according to emotional Intelligence is the ability to know recognize and adequately utilize our emotions, which make it easier to manage people around us and ourselves. This definition comprises of some important components for example, motivating ourselves, managing them, knowing our emotions, recognizing emotions in others and managing relations. In the games perspective, emotional intelligence is chief for athletes. For athletes, higher emotional intelligence has been connected to higher performance in sports. Emotional intelligence plays an essential part in influence one's ability to make it in coping with environmental demands, challenges and pressures, burden. An individual's emotional intelligence is an indication of how a person perceives, understands and regulates emotions.

Materials and Methods

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 sixty (N=60) Group –A: Athletes (n=30), Group-B: Archers (n=30) male Athletes and Archers as subjects between the age group of 18-25 years.

1. Group –A: Athletes (n=30)
2. Group –B: Archers (n=30)

The statistical package for the social sciences (SPSS) was used for analysis. The differences in the mean of both groups for selected variable were tested for the significance of difference by unpaired t-test. In all analyses, the 5% critical level ($p>0.05$) was considered to indicate statistical significance.

Table-1.shows the Mean and SD values of Emotional Intelligence of male Athletes and Archers were 143.47 ± 8.01 and 135.97 ± 13.23 respectively. The obtained “t” value 2.6558 (2.00) was found statistically significant level of significance.

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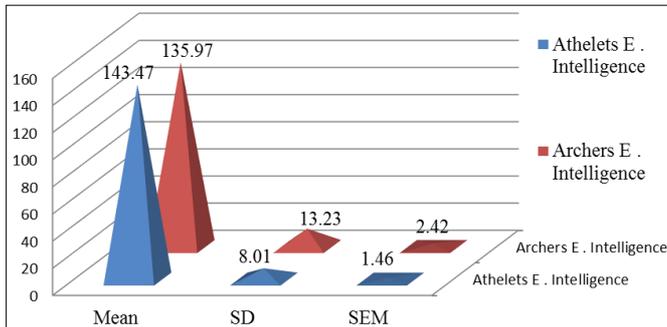
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Table 1: Mean and Standard deviation results with regard to Emotional Intelligence between Male Athletes and Archers.

Group	No	Mean	Std. Deviation	Std. Error	T value
Athletes	30	143.47	8.01	1.46	2.6558*
Archers	30	135.97	13.23	2.42	

t.05 (58) =2.00

**Fig 1:** Graphical Representation of mean scores with regard Emotional Intelligence between Male Athletes and Archers.

Finding of Discussion

The present result also indicates that the significant differences between Athletes and Archers with regard to Emotional Intelligence. It is evident from results that significant differences were found between male Athletes and Archers with regard to the emotional intelligence. (Torkfar, *et al.* 2011) [4] who also found that there was significant difference Between athletes of individual and group about emotional intelligence.

Conclusion

To conclude, It is evident that the results of Unpaired t- test between two groups with regard to the parameter emotional intelligence total were found to be statistically significant ($P>0.05$). Since the obtained “t” value 2.6558 (2.00) was found statistically significant.

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