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Analysis of emotional intelligence among intercollegiate Kabaddi, volleyball and football players

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Abstract

The purpose of the study was to analyse the emotional intelligence between intercollegiate men Kabaddi, Volleyball and Football players. To achieve the purpose, 60 men Kabaddi, Volleyball and Football players were selected from Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India and their age is ranged between 18 to 23 years. The selected participants were assigned to one of three groups with n=20 subjects each, such as Kabaddi, Volleyball and Football groups. Emotional Intelligence Scale Questionnaire (Singh, 2004) was used to assess the emotional intelligence. The collected data from the three groups were statistically analyzed by using one way analysis of variance (ANOVA). Whenever, the F-ratio was found to be significant, the Scheffe's test was used as post-hoc test to determine the mean difference. The level of significance was fixed at .05 levels, which was considered to be appropriate. It was concluded that there was significance difference exist among Kabaddi, Volleyball and Football players on emotional intelligence. Volleyball players are better when compared with Kabaddi and Football players on emotional intelligence.

Keywords: Emotional intelligence, kabaddi, volleyball, football

Introduction

The psychological aspects related to sport have been studied since as early as the late 19th century with researchers becoming more interested in the emotional aspects involved during the second part of the 20th century (Weinberg & Gould, 2007). Many researchers therefore have studied emotions as a unique part of sport performance (Hanin, 2000a; Jones, 2003; Kerr, 1997; Lazarus, 2000; Vallerand, 1983) [2, 3, 5, 6, 11]. Emotions experienced in sport are specific and unique to individual athletes (Jones *et al.*, 2005) [4].

Emotional means "Intense feeling towards someone" and Intelligence means "Problem solving style (Ability)". Emotional Intelligence is the ability to choose the right feeling appropriate to given solution and the skill to communicate these feeling effectively. It is the emotional competency which includes cognizance of our own emotions, ability to identify and empathize with other's feelings.

One of the important factors for success of an individual is "Emotional Intelligence" (EI). It is the ability to manage emotions intelligently. Emotional intelligence is a set of acquired skills and competencies that predict positive outcomes at home with one's family, in public place, and at work. People who possess these are healthier, less depressed, more productive at work, and have better relationships.

Over the last decade Emotional Intelligence (EI) has drawn significant interest from academics and sports practitioners throughout the world. The development of emotional intelligence skills is important because it is an area that is generally overlooked when skills development programs are designed. And yet research shows that emotions, properly managed, can drive trust, loyalty, and commitment towards sports.

Salovey and Mayer have used the term emotional intelligence for the first time in 1990 (Schutte & Malouff, 1999) [8]. The three categories or domains identified by them for this type of intelligence included appraisal and expression, regulation, and utilization of emotions to solve problems and make decisions. (Salovey and Mayer 1999) first viewed emotional intelligence as an adaptive ability but later revised it as an ability to perceive, understand, manage and use emotions to facilitate thinking (Bar-On, 2006) [1].

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Purpose of the study

The purpose of the study was to analyse the emotional intelligence among intercollegiate Kabaddi, Volleyball and Football players.

Methodology

To achieve the purpose of the study, 60 intercollegiate men Kabaddi, Volleyball and Football players were selected as subjects from the Manonmaniam Sundaranar University, Tamil Nadu, India and their age ranged 18 to 23 years. The selected subjects were assigned into one of three groups of n=20 each, such as group I as Kabaddi Player, group II as Volleyball players and group III as Football players. Members of these groups will consist of healthy men students who

represented in the intercollegiate tournaments in their respective teams.

Emotional Intelligence Scale Questionnaire (Singh, 2004) was used to assess the emotional intelligence level. The level of significance was fixed at .05 levels, which was considered to be appropriate. The collected data from the three groups were statistically analyzed by using one way analysis of variance (ANOVA). Whenever, the F-ratio was found to be significant, the Scheffe's test was used as post-hoc test to determine the mean difference. The level of significance was fixed at .05 level for all the cases.

Analysis of data

Table 1: Results of analysis of variance on emotional intelligence among kabaddi, volleyball and football players

| Adjusted Post Test Means | | | Sources of Variance | Sum of Square | DF | Mean Squares | F-ratio |
|--------------------------|--------------------|------------------|---------------------|---------------|----|--------------|---------|
| Kabaddi Players | Volleyball Players | Football Players | | | | | |
| 170.35 | 119.90 | 138.20 | Between | 26091.43 | 2 | 13045.72 | 124.78* |
| | | | Within | 5959.55 | 57 | 104.55 | |

Significance at 0.05 level. The table value required for $F_{2,57} = 3.16$

From the Table, The obtained value of F-ratio on emotional intelligence is 124.78, which is greater than the required table value of 3.16 with df 2 and 57 at 0.05 level of significance. Therefore, it was concluded that there was a significance

difference among Kabaddi, Volleyball and Football players on emotional intelligence. To find out the significant mean difference between the paired means, the Scheffe's test was used as post-hoc test to determine the mean difference.

Table 2: Scheffe's test for the differences between the paired means on emotional intelligence

| Adjusted Post Test Mean | | | Mean Differences | Confidence Interval |
|-------------------------|--------------------|------------------|------------------|---------------------|
| Kabaddi Players | Volleyball Players | Football Players | | |
| 170.35 | 119.90 | | 50.45* | 29.49 |
| 170.35 | | 138.20 | 32.15* | |
| | 119.90 | 138.20 | 18.30 | |

*Significant at .05 level.

Table above shows that the mean differences on emotional intelligence between Kabaddi and Volleyball players; Kabaddi and Football players; and Volleyball and Football players are 50.45, 32.15 and 18.30, which are greater than the confidence interval value 29.49, which shows significant difference at .05 level of confidence and Volleyball and Football players is 18.30 which are lesser than the confidence interval value 29.49, which shows no significant difference at .05 level of confidence. It may be concluded from the results of the study that there was a significant difference on emotional intelligence between Kabaddi and Volleyball players; Kabaddi and Football players. It was concluded that Volleyball players is better than in emotional intelligence when Compared with other two groups namely Kabaddi and Football players.

Discussion on finding

The result indicates that the emotional intelligence had shown significant difference among Kabaddi, Volleyball and Football players. It was concluded that Volleyball players is better than when compared with Kabaddi and Football players on emotional intelligence. The results of this investigation are also supported by the following research studies conducted by Singh, Simerjeet & Dureja, Gaurav (2012) ^[9] examine the 'emotional maturity' among university Volleyball players. Zamanian, *et al.* (2011) studied a comparison of emotional intelligence in elite athletes in several sports and non-athletes. Uluacan (2012) ^[10] investigate the EI (Emotional Intelligence) levels of athletes in different branches of sport in terms of some demographic variables.

Conclusions

The following conclusions were derived from the present study.

1. There was a significance difference exists among Kabaddi, Volleyball and Football players on emotional intelligence.
2. Volleyball players are found to be better than Kabaddi and Football players on emotional intelligence.

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