



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1503-1505

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www.theyogicjournal.com

Received: 02-01-2019

Accepted: 12-02-2019

Omeshwar Sanyal

Lecturer, Department of Youth services and sports, Jammu and Kashmir, India

Comparative study of sports emotional intelligence among badminton players on the basis of their level of participation

Omeshwar Sanyal

Abstract

The aim of the present study is to compare sports emotional intelligence of national, state and district level male badminton players. Total 40 national level male badminton players (Average age 23.12 yrs.), 40 state level male badminton players (Average age 21.82 yrs.), 40 district level male badminton players (Average age 21.02 yrs.) were selected as sample. The sample was collected through convenience sampling method. To assess sports emotional intelligence, five dimensional sports emotional intelligence test prepared by Agashe and Helode (2008) ^[1] was adopted. Results indicate that sports emotional intelligence was found to be superior in national male badminton players as compared to state and district level male badminton players but the difference in mean scores were not significant for every group. On the basis of results and associated discussion it was concluded that superior sports emotional intelligence is a major variable that influence the performance of male badminton players.

Keywords: sports, emotional intelligence, badminton, national level, males

Introduction

Goleman and his colleagues have suggested that EI is 'a convenient phrase with which it is easier to focus attention on human talent. Even though it is a simple phrase, it incorporates the complexity of a person's capability'. Based on extensive research Goleman (1995, 1998) has proposed five dimensions of EI consisting of 25 competencies namely: 1. Self-awareness: Accurate self-assessment, emotional self-awareness and self-confidence. 2. Self-regulation: Trustworthiness, self-control, conscientiousness, adaptability, and innovation. 3. Self-motivation: Commitment, achievement drive, initiative and optimism. 4. Empathy: Developing others, understanding of others, service orientation, political awareness and leveraging diversity 5. Social skills: influence, communication, conflict management, d. leadership, e. change catalyst f. building bonds g. collaboration and cooperation, and h. team capabilities. Physical chess is another name for badminton. It means that badminton is like playing chess with strength. In badminton great importance is assigned to biomechanical, physiological and psychological parameters. Although researcher worked extensively on psychological factors associated with sports achievement in badminton, sports emotional intelligence has not been explored in the light of sports achievement. To fill this void, the present study is planned. Meyer & Fletcher, (2007) ^[8] stated that the use of different conceptualizations, definitions and assessment inventories may yield various emotional intelligence profiles of the same individual or team, Wielinga *et al.*, (2011) ^[11] stated that stay motivated and setting a strong goals and targets is necessary for all the athletes and are contributing for prediction of performance for athletes. James (1982) ^[7] revealed that the components of muscular endurance and muscular strength increases self-concept. Physical exercise has been linked to good mental health and positive self-concepts Friel (2009) ^[4] expressed that most of the coaches trained their athletes through vigorous and various training methods for success but mental skill is also an important aspect to develop confidence, positive thought, motivated and focused which help to achieve the target goals. Austin *et al.* (2012) ^[2] stated that if the body is strong but the mind is weak, all physical gains are lost. Ruggedness, courage, intelligence, exuberance, buoyancies, emotional adjustment, optimism, conscientiousness, alertness, loyalty and respect

Correspondence

Omeshwar Sanyal

Lecturer, Department of Youth services and sports, Jammu and Kashmir, India

for authority are Characteristics of the great athletes. Gill (1986) [5] indicated that the successful athletes did indeed possess more positive mental health characteristics and fewer negative mental health characteristics than the general population. Successful athletes were above the waterline (population norm) on vigor, but below the surface on the more negative moods of tension, depression, anger, fatigue and confusion Although researchers like Sorenson (2010) [10], Attri (2013) [3], Hasan *et al.* (2015) [6] have extensively studied sports emotional intelligence but surprisingly sports emotional intelligence has not been explored among male badminton players on the basis of level of participation, hence this study was conducted. It was also hypothesized that the sports emotional intelligence in national, state and district level male badminton players will differ significantly with each other.

Methodology

Sample: For present study, 40 national level male badminton players (Ave. age 23.12 yrs.), 40 state level male badminton players (Ave. age 21.82 yrs.), 40 district level male badminton players (Ave. age 21.02 yrs.) were selected as sample. The sample was collected through convenience sampling method.

Instrumentation: To measure emotional intelligence, sports emotional intelligence test prepared by Agashe and Helode (2008) [1] was used for the purpose of data collection. The test-retest reliability coefficient of S.E.I. is 0.71, which was significant and indicates very high level of reliability of the inventory scores through “stability” indices. This Hindi Inventory comprises of in all 15 items in which 3 items each for tapping self-motivation, self-awareness, self-regulation, socials skills and empathy respectively.

Collection of Data: After establishing a good rapport with the subjects they were assured that their responses and their identities will be kept under strict confidence and will not be disclosed anywhere. Sports emotional intelligence test prepared by Agashe and Helode (2008) [1] was administered to each subject. After this, the scoring was completed according to the scoring system prescribed by the authors of the scale. After scoring, the data was tabulated according to their groups. When the data were tabulated according to pre-defined groups was compared with the help of ‘t’ test. The statistical results are depicted in table no. 1, 2 and 3.

Results

Table 1: Descriptive statistics of scores on sports emotional intelligence in a group of national, state and district level male badminton players

Groups	N	Mean	SD
National level	40	218.25	30.85
State level	40	211.50	36.86
District level	40	197.75	39.25

Table 2: Anova summary

Sources of Variance	df	Sum of Square	Mean Squares	F-ratio
Between Groups	2	8731.667	4365.833	3.40*
Within Groups	117	150235.000	1284.060	
Total	119	158966.670		

*Significant at .05 level

Results obtained through One Way ANOVA indicate that sports emotional intelligence in national level male badminton

players, state level male badminton players and district level male badminton players did differ significantly with each other. The F ratio of 3.40, which is statistically significant at .05 level, confirms this finding.

The obtained results shown in table 1 and 2 were also confirmed by Least Significant Difference Test presented in table no. 3.

Table 3: Comparison of paired mean scores on sports emotional intelligence of male badminton players at different levels of their

National Level	State Level	District Level	Paired mean difference
218.25	211.50	-	6.75
218.25	-	197.75	20.50*
-	211.50	-	13.75

The sports emotional intelligence of national male badminton players (M=218.25) was found to be significantly superior as compared to district level male badminton players (M=197.75). The mean difference of 20.50 was found to be statistically significant at .05 level. Non-significant difference was observed in sports emotional intelligence between national level male badminton players (M=218.25) and state level male badminton players (M=211.50). The mean difference of 6.75 was not found to be statistically significant at .05 level. No significant difference was observed in sports emotional intelligence between state level male badminton players (M=211.50) and district level male badminton players (M=197.75). The mean difference of 13.75 was not found to be statistically significant at .05 level of significance

Discussion and Conclusion

The results indicate that national male badminton players are much more efficient in coping with emotions and this enables them to perform at the highest level. Previous studies in this area also justify the finding of the present work. On the basis of results and associated discussion it was concluded that superior sports emotional intelligence is a major variable that influence the performance of male badminton players.

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