Dr. Thingnam Nandalal Singh
Department of Physical
Education, Panjab University,
Chandigarh, India

Thingnam Premchandra Singh
Ph.D. Scholar, Department of
Physical Education, Panjab
University, Chandigarh, India

Okram David
M.Phil Student, Department of
Physical Education, Panjab
University, Chandigarh, India

A comparative analysis of emotional intelligence between female athletes and non-athletes

Dr. Thingnam Nandalal Singh, Thingnam Premchandra Singh and Okram David

Abstract
The purpose of present study was to compare the emotional intelligence between the female athletes and non-athletes of Panjab University, Chandigarh. To achieve the purpose of the study, one hundred fifty (n=150) female athletes and non-athletes [seventy five athletes and seventy five non-athletes] from Panjab University, Chandigarh between 19-26 years were selected as subjects of the study by using random sampling technique. To assess the emotional intelligences the emotional intelligence scale developed by Hyde *et al*. (2005) [3] was used. To find out the significance difference between the female athletes and non-athletes, independent t-test was applied with the help of SPSS software. For testing hypothesis, the level of significance was set at 0.05. Results of the study revealed that there were no significant differences on the factors; self-motivation, managing relations, integrity, self-development, value orientation and emotional intelligence (total). On the other hand, significant differences were found on the factors; self-awareness, empathy, emotional stability, commitment and altruistic behaviour.

Keywords: Emotional Intelligence, Female, Athletes and Non-Athletes

Introduction
Digiovanna (1937) [2] define intelligence is exercised in the analysis of skilled movement; the more complex and the more interpretative the movement; the greater the amount of intelligence is necessary to comprehend it. Intelligence is the tendency to identify or collect information and makes information useful towards adaptive behaviours within a surrounding. Intelligence is the combination of both biological and psychological approach of human beings to identify the different kinds of information or data or input from the environment which surround him.

Emotional intelligence is an ability to understand one's own emotion and interpersonal intelligence as an ability to know others' emotions and intentions. Emotional Intelligence also helps in understanding the human intelligence and it represents the emotional, personal, and social dimensions of intelligence which are often more important for daily activities and interpersonal competitions than the conventional, cognitive dimensions of intelligence. Emotional intelligence is about a person's ability to understand and manage their own emotions and behaviour them of others. It's a person ability that helps people cope with frustrations, control emotions and get along with other people (Snarey & Vaillant, 1985) [5].

Objective of the study
The objective of the study was to compare the emotional intelligence between the female athletes and non-athletes of Panjab University, Chandigarh.

Method and Procedure
For the purpose of the study, one hundred fifty (n=150) female athletes and non-athletes (75 athletes and 75 non-athletes) from Panjab University, Chandigarh between 19-26 years were selected as subjects of the study by using random sampling technique. To assess the emotional intelligence the emotional intelligence scale developed by Hyde *et al*. (2005) [3] was used. To find out the significance difference between the female athletes and non-athletes, independent t-test was applied with the help of SPSS software. For testing hypothesis, the level of significance was set at 0.05.

Corresponding Author:
Dr. Thingnam Nandalal Singh
Department of Physical
Education, Panjab University,
Chandigarh, India

Results and Findings
Descriptive analysis of emotional intelligence between female athletes and non-athletes is presented in table-1.

Table 1: Descriptive Analysis of Emotional Intelligence between Female Athletes and Non-Athletes

Factors	Groups	N	Mean	S.D
Self-awareness	Athletes	75	15.55	2.361
	Non-athletes	75	16.60	1.931
Empathy	Athletes	75	18.81	2.492
	Non-athletes	75	17.31	3.049
Self-motivation	Athletes	75	22.53	2.533
	Non-athletes	75	24.05	2.174
Emotional stability	Athletes	75	16.28	1.907
	Non-athletes	75	13.01	2.334
Managing relation	Athletes	75	15.71	2.085
	Non-athletes	75	14.72	1.977
Integrity	Athletes	75	12.24	1.272
	Non-athletes	75	12.91	1.463
Self-development	Athletes	75	7.97	1.315
	Non-athletes	75	8.01	1.180
Value orientation	Athletes	75	7.47	1.308
	Non-athletes	75	7.64	1.158
Commitment	Athletes	75	7.48	1.597
	Non-athletes	75	8.05	1.374
Altruistic behaviour	Athletes	75	7.85	1.009
	Non-athletes	75	7.44	1.553
Emotional intelligence (total)	Athletes	75	131.89	7.161
	Non-athletes	75	129.75	7.360

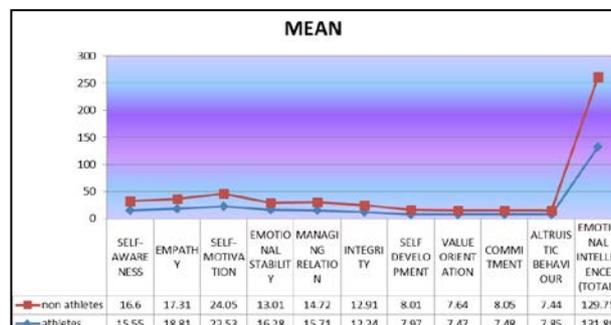Independent t-test of emotional intelligence between female athletes and non-athletes is presented in table-2.

Table 2: Comparison of Emotional Intelligence between Female Athletes and Non-Athletes

Factors	Groups	N	t-value	p-value (sig)
Self-awareness	Athletes	75	2.990*	.013
	Non-athletes	75		
Empathy	Athletes	75	3.314*	.014
	Non-athletes	75		
Self-motivation	Athletes	75	3.944	.212
	Non-athletes	75		
Emotional stability	Athletes	75	9.387*	.032
	Non-athletes	75		
Managing relation	Athletes	75	2.975	.547
	Non-athletes	75		
Integrity	Athletes	75	2.979	.119
	Non-athletes	75		
Self-development	Athletes	75	0.196	.478
	Non-athletes	75		
Value orientation	Athletes	75	0.859	.124
	Non-athletes	75		
Commitment	Athletes	75	2.357*	.028
	Non-athletes	75		
Altruistic behaviour	Athletes	75	1.933*	.000
	Non-athletes	75		
Emotional Intelligence (Total)	Athletes	75	1.810	.916
	Non-athletes	75		

*Significant at .05 level

Table 2 shows that there were significant differences on the factors such as self-awareness, empathy, emotional stability, commitment and altruistic behaviour between the female athletes and non-athletes as the p-value of the above factors were found smaller than 0.05 level of significance ($p<0.05$). Whereas no significant difference were found on the factors such as self-motivation, managing relations, integrity, self-development, value orientation and emotional intelligence (total) between the female athletes and non-athletes as the p-value of the above factors were found higher than 0.05 level of significance ($p>0.05$). The graphical representation of mean scores of parameter Emotional Intelligence (Total) between the male athletes and non-athletes has been exhibited in Figure 1.

Fig 1: Graphical Representation of Mean Scores of Female Athletes and Non-Athletes on the Parameter Emotional Intelligence (Total)

Discussion of Findings
The findings of study confirmed that there were significant differences on the factors such as self-awareness, empathy, emotional stability, commitment and altruistic behaviour between the female athletes and non-athletes. Whereas no significant differences were found on the factors such self-motivation, managing relations, integrity, self-development, value orientation and emotional intelligence (total). Pashupathi (2017) [4] analyzed the emotional intelligence between the volleyball and basketball players of various institutes of university of Mysore. The results found the significance differences between the basketball and volleyball players on the factors of emotional intelligence such as; self-awareness, empathy, altruistic behaviour and emotional stability. However, from the above results, no significant differences were noticed on the factors such as; self-motivation, managing relation, integrity, self-development, value orientation and emotional intelligence (total). Singh *et al.*, (2015) [5] reported insignificant differences on the sub-parameters self- motivation, managing relations and integrity among the different female senior baseball players from different regions of India. Bal *et al.*, (2014) [1] found insignificant differences on the sub-parameters; self-motivation, managing relations, self-development and value orientation.

Conclusion
On the basis of the findings of the study, it was concluded that there were significant differences on the factors such as self-awareness, empathy, emotional stability, commitment and altruistic behaviour between female athletes and non-athletes. No significant differences were noticed on the sub-parameters; self-motivation, managing relations, integrity, self-development, value orientation and emotional intelligence (total) between female athletes and non-athletes of Panjab University, Chandigarh.

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