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A comparative study on emotional intelligence among Karnataka and Tamil Nadu State University Men volleyball players

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Abstract
Emotional well-being of an athlete plays a crucial role in their performance. The performance breakthrough achieved due to the clarity of emotions has been well-recognised in the field of sports. Several research has suggested a relationship between a player's performance and their emotions which only strengthens the purpose of the present study that aims at depicting the influence of emotional intelligence of a player during the course of the game. In order to demonstrate this, sixteen teams each of two states, namely, Karnataka and Tamilnadu were considered. 384 men volleyball players with age limit in the range of 18 to 24 of both Karnataka and Tamilnadu teams who have participated in the South-zone Inter-University men volleyball tournament held at SRM Institution of Science and Technology, Tamilnadu were taken into account. A standardised questionnaire (SEIT, Psychoscan) was distributed to the players before the commencement of the match in order to apprehend the emotional status of the players, at that particular instance. The data obtained was subjected to statistical analysis, the aftermath of which suggested that the players of the state of Karnataka and Tamilnadu both had statistical values which were insignificant for emotional intelligence.

Keywords: Emotional intelligence, pranayama, aged women, breath holding capacity, vital capacity

Introduction
The domain of sports include situations wherein a player can be exposed to certain circumstances involving competitive rivalry and stress which can elicit positive as well as negative emotions. Therefore it is crucial for athletes to learn the ability of comprehending their emotions, gain control over their minds and make situations work in their favour [1]. Hence, dealing with emotions is a part and parcel of competitive experience. As emotions are said to have an impact on cognition and perception, neurophysiology, decision-making, behaviour as well as motivation, determining the relationship between emotional intelligence and athletic performance is gradually gaining priority in sport psychology research. Emotional intelligence (EI) is described as the ability to grasp and express emotion, build it into thought, comprehend, reason and modulate emotion in self as well as in others. It was first introduced by Mayer and Salovey in 1990 into scientific literature and from then on, is rapidly gaining fame from the past three decades at various fronts, especially in sports. During a game, a player faces numerous forms of stressors and performance - related emotional challenges. Apart from all this, it is important for the athlete to be constantly aware of the emotions of other members of the team. In order to achieve this, the player must first comprehend his emotions in addition to the performance states which will eventually lead to execution of optimal performance by the regulation of energy levels [2].

Two main concepts – EI as an ability and as a cardinal trait, set ground for the origin of the EI theory. The concept of EI as an ability depicts its variation depending on the circumstances and is perhaps can be learned whereas trait EI is more persistent over time and in any given situation. Given the incompetence of this theory as a result of various debates amongst researchers, the tripartite model offers a much appropriate access for analysis and measurement of EI both in sports as well as physical activities. This approach involves organising EI into three levels-knowledge, ability and trait.

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Utilization of this model has benefited in acquiring findings at both the ability and trait levels [3]. Apart from this, EI can be applied using either the mixed model or the ability model. Involving both mental abilities and factors of individual personality [4]. In contrast, the aptitude of employing emotionally acquired knowledge into behaviour represents the ability model. The variance in the levels of biological markers such as cortisol depicts the capacity to foretell regulatory changes in emotion by means of EI [5]. Research suggests a direct correlation between the memories associated sports performance to the generation of future emotions [6].

The pre-competitive state of mind harbours myriad emotions. With the influence it may have on the outcome of sports performance, the intention of this study is to evaluate the levels of emotional intelligence in men volleyball players of Karnataka and Tamilnadu. A comparison between the EI levels of both the states may provide information by means of which, enhancement of player performance can be implemented.

Statement of Purpose
Emotional intelligence is considered as one of the key factors which influences a player's performance. The intent of this study is to investigate the impact of emotional intelligence on the players during the commencement of a game.

Delimitations
▪ The study was delimited to the standardized questionnaires of the emotional intelligence for the administration of the subjects.
▪ The study was delimited to Men volleyball players who represented for the respective university in the South Zone Inter-University volleyball tournament in the year 2018.
▪ The study was constrained to the South Zone Inter-University Men volleyball players of Karnataka state and Tamilnadu state.

Limitations
▪ The response obtained from the subjects through the standardized questionnaire was treated as correct and genuine.
▪ The player's performance background was not considered in this study.
▪ The player's education, family background and food habits were not considered.
▪ Knowledge of understanding the questionnaire by the subject. The response given by the subject was considered as final data.

Methodology
This study focuses on the impact of emotional intelligence of Karnataka and Tamilnadu players on their performance in the game. In order to determine this, 16 teams were selected from both Karnataka and Tamilnadu states, respectively. The age limit ranged between 18 to 24 years and the number of players were about 384 in total. All the players chosen for this study were participants of the South-zone Inter-University men volleyball tournament held at SRM Institution of Science and Technology, Tamilnadu.

Collection of Data
In order to measure the degree of advancement of emotional intelligence among the players, a standardized questionnaire designed specifically to obtain necessary details regarding emotional intelligence, Sports Emotional Intelligence Test (SEIT) authored by Agashe, C.D and Helode, R. D (Psychoscan, India) was used. The questionnaire were distributed to the players and requested to fill the forms before the onset of the match.

Assessment of Emotional Intelligence
The Sports Emotional Intelligence Test (SEIT) is composed of 15 questions with five possible response options. Based on the options chosen, the scores obtained were tallied and the scores above 225 were considered to have high emotional intelligence. Scores ranging between 181-225 were taken to have emotional intelligence at a moderate level. A score of less than 181 were treated as having low emotional intelligence.

Analysis of Data
The data collected with the help of this questionnaire were subjected to suitable statistical tools. Here, the data was subjected to determination of standard deviation and unpaired t-test. A significance level of 0.05 was taken into consideration.

Results
Emotional intelligence clearly shows a drastic impact on the performance of an athlete. This study focuses on the influence of emotional aspect throughout the course of the game. Detailed analysis of the data obtained from the players was done by the application of t-test. At first, individual teams of both Karnataka and Tamilnadu states were taken into consideration. Apart from the collective comparison between the two states, teams with highest scores representing each state were also taken into account.

Table 1: Comparative statistics of the average emotional intelligence levels in the Karnataka and Tamilnadu teams

State	No. of teams	Minimum	Maximum	Mean	Std. Error	Std. Deviation	t value	p value	Significance
Karnataka	16	180.42	227.08	198.59	2.97	11.91	-0.541	0.593	Not Significant
Tamilnadu	16	178.75	234.58	200.58	2.80	11.23			

The above-mentioned table gives the detailed statistical analysis of the comparative emotional intelligence. Among the sixteen teams of Karnataka state, Mangalore University showed the highest score of 227.08 whereas the team of Visvesvaraya Technological University had the lowest score of 180.42 for emotional intelligence. Similarly, between the Tamilnadu teams, the SRM University revealed the highest score of 234.58 while the team of IIT Chennai had the lowest score of 178.75.

Average emotional intelligence score of Tamil Nadu state was slightly higher than that of the Karnataka state. But the difference was statistically insignificant as the p value obtained was 0.593.
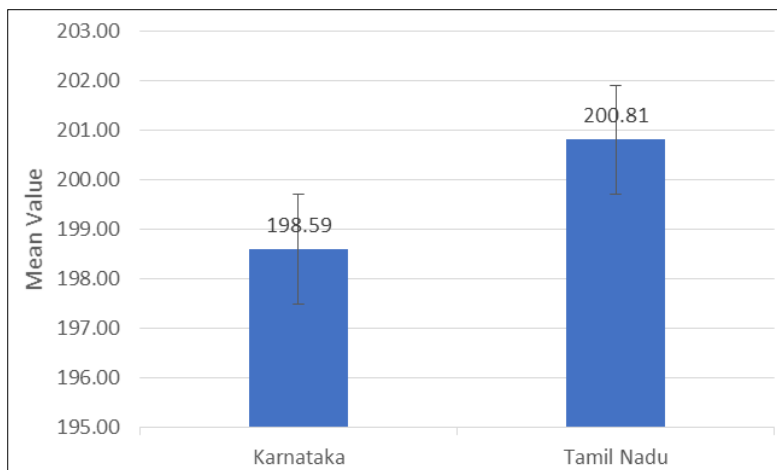
Fig 1: Comparison of average Emotional intelligence of Karnataka and Tamilnadu teams.

Table 2: Comparative statistics of the average emotional intelligence levels in top teams of Karnataka and Tamilnadu state.

Criteria	State	Mean	Std. Deviation	t value	p value	Significance
Emotional Intelligence	Mangalore University	227.08	18.52	-1.06	0.30	Not Significant
	SRM	234.58	16.01			

As per the statistical analysis of emotional level in players of top teams Karnataka and Tamilnadu, the 't' test value indicated that p value is 0.30. Since the value is more than 0.05, the difference in emotional intelligence levels is considered to be statistically insignificant. Hence the analysis shows that there is no significant difference in the level of emotional intelligence among Karnataka and Tamilnadu players.
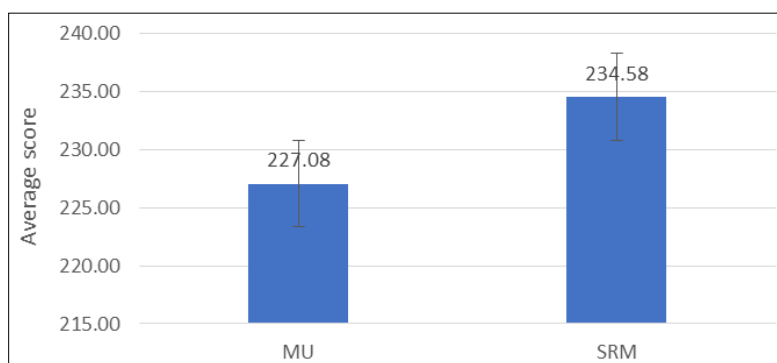

Fig 2: Comparison of average emotional intelligence of top teams of Karnataka and Tamilnadu state

Discussion
The role of emotional intelligence in sports is factor that has been overlooked until the last few decades. Studies have shown that higher performance satisfaction is obtained in individual or team possessing higher EI levels [7]. In the present study, the top team among the two states-SRM of Tamilnadu showed higher levels of emotional intelligence when compared to the rest of the teams under consideration. Amidst the top teams of each state, Tamilnadu displayed higher levels of emotional intelligence even though it was statistically insignificant. This reveals the presence of relationship between emotional intelligence and player performance.

Conclusion
Even though the results were statistically insignificant, there was a considerable difference between the top performing team when compared to the rest. As per the hypothesis suggested, this study concurs that emotional intelligence does have a relationship with player performance.

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