

THE IMPACT OF SPORTS PARTICIPATION ON EMOTIONAL INTELLIGENCE OF THE PERFORMANCE OF ATHLETES AND NON-ATHLETES OF GULBARGA UNIVERSITY



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Abstract:

The main objective of the study was to know the impact of sports participation on Emotional Intelligence of the performance of Athletes and Non-Athletes of Gulbarga University. To measure Emotional intelligence the scale developed by Thimaganjam and Ram (1999) was used. The 200 total samples consisted of male and female and athlete and non athlete hails from rural and urban background of Gulbarga university jurisdiction. The sample age range was 19-35, the data was collected by administering the scale and after collecting data it was tested by applying 't' test and obtained 't' value of emotional intelligence of athlete and non athlete was 5.25, and t test of male and female was 9.25 and "t" score of urban and rural was 11.13. Hence, observing all the mean and 't' value of all groups were had significant difference, this indicates that there was difference in the score of Emotional intelligence among the subgroup of the study with comparing to their counterpart, and calculated 't' value were greater than table value 0.05 level for all subgroup, therefore formulated hypothesis would have positive influence on Emotional intelligence were accepted and null hypothesis was rejected.

Keywords: Emotional Intelligence, Athlete, Non-athlete, Urban & Rural Area.

Introduction:

The subject matter of psychology deals with human behavior. The field of human behavior is very wide or rather unlimited because it shows the activity performed by man in any state or condition from birth to death. So all types of activities – inner, outer, conscious, unconscious, physical, mental moral, immoral, social, and anti-social good or bad are included. According to singer – "Psychology is the science of human behavior". The term "behavior requires some explanation. In psychology, the term is used in very wide and comprehensive sense. It does not mean manners or the way of our dealings with other. It implies every activity performed by man.

Hence, playing, thinking, walking, reading, talking, writing, eating, abusing, weeping, etc., are different types of behavior. A man is busy with this or that activity every movement and only death can put an end to his activity. Therefore, in brief, behavior includes man's every activity from this birth to is death. The word sport is derived from "Disport" means to carry away

from work. This implies the sport in fun, not burdensome. The attitude in sport is to play a joy in experience not only in results; it is a pleasure of participation. “Jagadguru Sankaracharya” in his commentary on ‘Upanishad’ had disclosed that the creation of the world itself is the greatest sport. Joy is sport, and sport is joy. There may be many channels are getting joy. But a sport is vital one and its role is very important because it helps in developing physical, mental, spiritual and emotional health of human being.

Objective of the Study:

Following were the main objectives of the Study:-

- To examine the influences of emotional intelligence on the performance of athletes.
- To probe the impact of emotional intelligence on the performance of non-athletes.
- To understand the significance of emotional intelligence for the performance of the sportspersons.
- To explore the significant relationship between the emotional intelligence and performance of the sports performance.

Variables:

- Emotional Intelligence.
- Sports performance

Hypothesis of the Study:

- The emotional intelligence has a significant influence on the performance of the sportspersons.
- There would be a significant difference in the performance of athletes and non-athletes.
- Athletes have more emotional intelligence than the non-athletes.
- The training of emotional intelligence has a significant positive impact on the performance of the sportspersons.

Methodology:

The present investigation pertaining to the Impact of Training on Emotional Intelligence of the Performance of Athletes and Non-Athletes of Gulbarga University was in the framework of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques were given as under:-

Sample:

The total sample consists of 200 sportsmen belonging to athletes and non-athletes. The age levels ranging from 19-25 were selected randomly. The sample design was given below:

Sample Design

Sex	Athletes	Non-Athletes	Total
Male	50	50	100
Female	50	50	100
Total	100	100	200

Statistical Analysis:

Table No -I
Mean, SD and ‘t’ Values of Emotional Intelligence of Athletes and Athletes

Variables	Athletes	Non-Athletes
Mean	78.97	68.74
SD	52.27	13.15
t-value	5.25**	

** Significant at 0.01 level.

The above table explains the mean, SD and t values of emotional intelligence of athletes and non-athletes. It can be seen in the above table that the mean score of athletes and non-athletes were 78.97 and 68.74 respectively. It shows that the athletes had more emotional intelligence than the non-athletes.

The obtained t value for the both groups was 5.25 which is significant at 0.01 level indicates that there was a significant difference of emotional intelligence between the athletes and non-athletes.

Table No-II
Mean, SD and ‘t’ Values of Emotional Intelligence of Male and Female Athletes

Variables	Male	Female
Mean	69.76	53.74
SD	22.27	13.15
t-value	9.25**	

** Significant at 0.01 level.

The above table No-II explains that mean, SD and t values of emotional intelligence of male and female athletes. The mean score presented in the above table explains that male sportspersons had more mean score (69.76) than the female sportspersons (53.74). It shows that the male sportspersons have the more emotional intelligence than the female sportspersons. Moreover, the obtained t value was 9.25 which were significant at 0.01 shows that there was a significant difference of emotional intelligence between the male and female sportspersons. Therefore, it could be concluded that the male respondents have more emotional intelligence than the female sportspersons and this advantage helps them to perform better than their counterparts in the different sports competitions and tournaments.

Table No-III
Mean, SD & ‘t’ Values of Emotional Intelligence of Non-Athlete Male and Non-Athlete

Variables	Male (Non-Athlete)	Female(Non-Athlete)
Mean	53.61	44.27
SD	12.33	9.13
t-value	9.25**	

** Significant at 0.01 level.

The above table No-III demonstrates the mean, SD and t values of emotional intelligence of non-athlete male and non-athlete female sportspersons. The careful analysis of the above data explains that the mean score of non-athlete male and non-athlete females were 53.61 and 44.27 respectively. The high mean score of non-athlete male suggests that they have a high emotional intelligence than the non-athlete females. Moreover, the obtained t value for the both groups was 9.25 which were significant at 0.01 level indicates that there was a significant difference of emotional intelligence between the both groups. Hence, it can be summarized that the non-athlete male have more emotional intelligence than the non-athlete females.

Table No-IV
Mean, SD and 't' Values of Emotional Intelligence of Urban and Rural Athletes

Variables	Urban	Rural
Mean	73.65	60.08
SD	27.45	24.71
t-value	11.13**	

** Significant at 0.01 level.

The above table explains the mean, SD and t-values of emotional intelligence of urban and rural athletes. It was observed in the above table that the mean score of urban and rural athletes were 73.65 and 60.08 respectively. The high mean score of urban athletes suggests that they have a high emotional intelligence than the rural athletes. Moreover, the obtained t value for the both groups was 11.13 which was significant at 0.01 indicates that there was a significant difference of emotional intelligence between the both groups. Hence, it could be said that the urban athletes have more emotional intelligence than the rural athletes.

Table No-V
Mean, SD and 't' Values of Emotional Intelligence of Urban and Rural Non-Athletes

Variables	Urban(Non-Athletes)	Rural (Non-Athletes)
Mean	60.06	47.76
SD	11.14	9.66
t-value	14.09**	

** Significant at 0.01 level.

The above explains the mean, SD and t values of emotional intelligence of urban and rural non-athletes. It is visible in the above table that the mean scores of urban and rural non-athletes were 60.06 and 47.76 respectively. The high mean score of the urban non-athletes suggests that they have a high emotional intelligence than the rural non-athletes who have less mean score than their counterparts. Likewise, the obtained t-value for the both groups was 14.09 suggest that there was a significant difference of emotional intelligence between the both groups. Therefore, it can say that the urban non-athletes have more emotional intelligence than their counterparts that was rural non-athletes.

Conclusion:

The study reveals that participating in athletic activities leads to develop emotional ability among the players and demographical variables i.e.: urban and male variables were positively influenced on the developing emotional intelligence.

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