

Comparison of Emotional Intelligence and General Anxiety between School Sportpersons and Non-Sportpersons of Shimla District

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The purpose of the present study was to study the emotional intelligence and general anxiety between sportpersons and non-sportpersons of senior secondary school students of Shimla district. For the study, 100 students (n=50 sportpersons and n=50 non-sports persons) were taken as sample from the different schools of Shimla District. To measure the emotional intelligence between sportpersons and non-sportpersons of senior secondary school students of Shimla district, emotional intelligence scale developed by Anukool Agde (Indor), Sanjyot Pethe (Ahmedabad), Upinder Dhar Indore was used. To measure the general anxiety, general anxiety scale constructed by Dr. Anil Kumar has been used to measure the general anxiety of male sportpersons and non-sportpersons of Senior Secondary Schools of Shimla District. For analysis of the data t test was applied. The results showed that there existed no significant difference in self awareness, empathy, self motivation, managing relation, self development, value orientation, commitment and altruistic behavior factor of emotional intelligence between sportpersons and non-sportpersons. In the variable of emotional stability, integrity and factors of emotional intelligence, there existed significant difference between sportpersons and non-sportpersons. In the variable of general anxiety there exists no significant difference between sportpersons and non-sportpersons of senior secondary schools of Shimla district.

INTRODUCTION

Emotional intelligence motivates people to pursue their unique potential and purpose. It also activates innermost potential values and aspirations, transforming them from things they think about, to what they do. Emotional intelligence enables one to learn to acknowledge and understand feelings in

self and in others. So, we appropriately respond to them, affectively applying the information and energy of emotions of our daily life and work. Copper and Sawaf (1997) define emotional intelligence as the ability to sense, understand and effectively apply the power and acumen of emotion as the

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source of human energy, information, connection and influence.

Emotional intelligence is an important factor in work place performance both at individual level and group level. Despite the undeniable effects of emotional intelligence on employees performance in different organizational level and conformation of its positive effects on employees growth, the positive effect of emotional intelligence on coping with situations and doing task in effective ways increases.

Diggins argued that the best managers need to possess EI to make decision based on a combination of self management, relationship skills and awareness of their behaviour's effect on others in the organisation. He argued that EI plays a greater role than 'traditional intelligence' in determining leaders and organization's success and concludes that EI helps people to be more aware of their interpersonal style; recognize and manage the impact of emotions on their thoughts and behavior; understanding how well they manage relationship; and how to improve.

Emotional intelligence (E.G) has emerged as a key concept among researchers and practitioners alike; and is subject to growing interest in sports psychology. To date, only a few studies have examined EI in sports; but, early studies point to encouraging results.

General anxiety is a mental state of worry, concern and uncertainty due to encountering of situations of test, which act as constant source of uneasiness for

the individual. General anxiety may be referred to as the tendency to respond with fear in achievement. Test anxiety is a special case of general anxiety. It refers to those phenomenological, psychological and behavioural responses that accompany many concerns about possible failure. It is a pervasive problem on the school, college and university campus.

General anxiety means the anxiety which a student feels or the anxious state of mind which he undergoes while he is going to task a test or going to appear in an examination. It is that state of mind where in a student is in stress, worry or tension because he knows that he is going to be evaluated. Anxiety is the most important variable, it plays a very significant role to determine the level of performance of an athlete. According to Frost (1971), 'anxiety is an uneasiness and filling of forbidding often found when a person is about to embark on a hazardous venture; it is often accompanied by a strong desire to excel.

The relationship between anxiety and athletic performance of elite athletes, has already been widely investigated in the field of sports psychology (Duffy, 1962; Hull, 1943; V.S.S.M. 2000; Singh, Dhanna 2004), but not much efforts have been made to explore this psychological construct among young children studying in schools. This study was constructed for this very purpose to know the level of anxiety among school level players, which can help in bringing about suitable manipulation in their training

programme, for maximum possible performance.

In the present study we tried to find out the difference between sportspersons and non-sportspersons of senior secondary school students of Shimla district in the variable of emotional intelligence and general anxiety level.

Objectives

1. To study and compare Senior Secondary School sportspersons and non-sportspersons of Shimla District on self awareness, empathy, self motivation, emotional stability, managing relation, integrity, self development, value orientation, commitment and altruistic behaviour factor of emotional intelligence.
2. To study and compare Senior Secondary School sportspersons and non-sportspersons of Shimla District on the variable of general anxiety.

Hypotheses

1. There would be no significant difference between Senior Secondary School sportspersons and non-sportspersons of Shimla District with regard to self-awareness, empathy, self-motivation, emotional stability, managing relation, integrity, self-development, value-orientation, commitment, and altruistic behaviour factor of emotional intelligence.
2. There would be no significant difference between Senior Secondary School sportspersons and non-sportspersons with regard to general anxiety.

METHODOLOGY

For the study, 100 student (n=50 sportspersons and n=50 non-sportspersons) were taken as sample from the different schools of Shimla District. The emotional intelligence scale developed by Anukool Agde (Indore), Sanjyot Pethe (Ahmedabad), Upinder Dhar Indore was applied to assess the emotional intelligence level of sportspersons and non-sportspersons. This questionnaire consists of 34 items and it measures the emotional intelligence level of sportspersons and non-sportspersons.

The Hindi version of general anxiety scale constructed by Dr. Anil Kumar was used to measure the general anxiety of male sportspersons and non-sportspersons of Senior Secondary Schools of Shimla District of Himachal Pradesh.

EMOTIONAL INTELLIGENCE

The variable of emotional intelligence has the ten factors namely self-awareness, empathy, self motivation, emotional stability, managing relation, integrity, self development, value orientation, commitment and altruistic behaviour. The two groups of sportspersons and non-sportspersons were compared on the ten factors of emotional intelligence separately, using the technique of 't' test.

The result of t-test for two groups of sportspersons and non-sportsperson with respect to their self-awareness, empathy, self motivation, emotional stability,

managing relation, Integrity, self development, value orientation,

commitment and altruistic behaviour. factors of Emotional intelligence has been presented in Table 1

RESULTS & DISCUSSION

GROUP	Variables	N	MEAN	S.D	M.D	t
Sports Person	Self Awareness	50	17.74	1.87	.264	1.307
Non-Sports Person		50	18.22	1.79	.254	
Sports Person	Empathy	50	18.76	2.08	.294	.564
Non-Sports Person		50	18.48	2.82	.399	
Sports Person	Self Motivation	50	24.96	2.71	.384	.351
Non-Sports Person		50	24.78	2.39	.338	
Sports Person	Emotional Stability	50	17.24	1.76	.250	2.02*
Non-Sports Person		50	16.44	2.16	.306	
Sports Person	Managing Relation	50	17.50	1.65	.234	1.351
Non-Sports Person		50	17.02	1.88	.267	
Sports Person	Integrity	50	14.20	1.88	.266	3.893**
Non-Sports Person		50	12.72	1.91	.271	
Sports Person	Self Development	50	8.62	1.21	.171	.610
Non-Sports Person		50	8.76	1.07	.152	
Sports Person	Value Orientation	50	8.06	1.64	.232	1.262
Non-Sports Person		50	7.66	1.52	.214	
Sports Person	Commitment	50	8.98	1.18	.167	1.333
Non-Sports Person		50	8.62	1.49	.211	
Sports Person	Altruistic Behavior	50	8.74	1.00	.142	.882
Non-Sport Persons		50	8.54	1.24	.176	

* Significant at 0.05 level

(Table value of 't' at 0.05 level=1.98 for df 98)

** Significant at 0.01 level

(Table value of 't' at 0.05 level=2.64 for df 98)

It is evident from Table that t value between sportspersons and non-sportspersons of senior secondary schools of Shimla district in relation to self awareness, empathy, self motivation, managing relation, self development, value orientation, commitment and altruistic behavior factor of emotional intelligence came out to be 1.307, .564, .351, 1.351, .610, 1.262, 1.333 and .882, respectively; which was not significant,

at 0.05 level of significance.

In the variable of emotional stability and integrity factors of emotional intelligence t value between sportspersons and non-sportspersons of came out to be 2.02 and 3.89, respectively; which is significant, at 0.05 and 0.01 level of significance.

General Anxiety

The two groups of sportspersons and non-sportspersons were compared with

respect to the total score on general anxiety using the techniques of 't' test.

The result of t-test for two groups of

sportspersons with respect to "general anxiety" is presented in Table 2.

Table -1 : 't' Value For Senior Secondary Schools Sportspersons And Non-sportsperson With Respect To Their Mean Score On General Anxiety

Group	N	Mean	SD	MD	t
Sportspersons	50	50	23.5400	.39861	0.635
Non-sportspersons	50	50	23.8800	.39861	

Not Significant

It is evident from Table 2 that mean value for sportspersons and non-sportspersons, in relation to general anxiety, came out to be 23.5400 and 23.8800, which indicate that two groups of sportspersons and non-sportspersons differs lightly from each other on general anxiety level. The standard deviation of sportspersons and non-sportspersons is 2.52506 and 2.81860, which shows that there is little more deviation in score of sportspersons and non-sportspersons. It is obvious from Table 4.11 that 't' value among sportspersons and non-sportspersons came out to be 0.635, which is not significant, at 0.05 level of confidence. (Table value of 't' at 0.01 level = 1.98 for df 98).

The researcher had discussed the finding in respect of the result obtained after treatment given to the raw data of two different variables from sportspersons and non-sportspersons. Each variable is discussed in relation to the finding separately.

It is clear from Table that in the variable of self awareness factor of

emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non-significant at 0.05 level of confidence. It reveals that sportspersons and non-sportspersons possess equal 'self awareness' factor of emotional intelligence. Hence, the formulated hypothesis that, *"there would be no significant difference in 'self awareness' factor of emotional intelligence between sportspersons and non-sportspersons stands accepted.*

It is clear from Table that in the variable of empathy factor of emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non significant at 0.05 level of confidence. It reveals that sportspersons and non-sportspersons posses equal 'empathy' factor of emotional intelligence level. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in 'Empathy' factor of emotional intelligence"* stands accepted.

It is clear from Table that in the variable of self motivation factor of emotional intelligence t-value for two groups of senior secondary schools sportspersons and non-sportspersons came out to be non-significant at 0.05 level of confidence. This indicates that sportspersons and non-sportspersons are more or less the same on self motivation factor of emotional intelligence level. It reveals that formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in 'self motivation' factor of emotional intelligence"* stands accepted

It is clear from Table that in the variable of emotional stability factor of emotional intelligence t-value for two groups sportspersons and non-sportspersons came out to be significant 0.05 level of confidence. It reveals that sportspersons and non-sportspersons differ significantly on account of 'Emotional stability' factor of emotional intelligence. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in 'Emotional stability' factor of emotional intelligence level"* stands rejected.

It is clear from Table that in the variable of managing relation factor of emotional intelligence t-value for two groups of senior secondary schools sportspersons and non-sportspersons came out to be non-significant at 0.05 level of confidence. This indicates that

sportspersons and non sportspersons are more or less the same on 'Managing relation' factor of emotional intelligence. Hence, the formulated hypothesis that *there would be no significant difference between sportspersons and non-sportspersons of Shimla District in 'managing relation' of factor of emotional intelligence* stands accepted.

It is clear from Table that in the variable of integrity factor of emotional intelligence t-value for two groups of senior secondary schools sportspersons and non-sportspersons came out to be significant, at 0.05 level of confidence. It reveals that sportspersons and non-sportspersons differ significantly on account of integrity factor of emotional intelligence level. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in 'Integrity' factor of emotional intelligence"* stands rejected.

It is clear from Table that in the variable of self development factor of emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non significant 0.05 level of confidence. It reveals clearly that sportspersons and non-sportspersons are more or less the same on self development factor of emotional intelligence level. Hence, the formulated hypothesis that *"there would be no significant difference among sportsperson and non-sportsperson of Shimla district 'self development' factor*

of emotional intelligence" stands accepted.

It is clear from Table that in the variable of value orientation factor of emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non significant at 0.05 level of confidence. It reveals clearly that sportspersons and non-sportspersons do not differ significantly on account of 'value orientation' factor of emotional intelligence level. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in value orientation factor of emotional intelligence"* stands accepted.

It is clear from Table that in the variable of commitment factor of emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non significant 0.05 level of confidence. This indicates that sportspersons and non-sportspersons are more or less the same on 'commitment' factor of emotional intelligence. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of*

Shimla district in commitment factor of emotional intelligence" stands accepted.

It is clear from Table that in the variable of altruistic behaviour factor of emotional intelligence t-value for two groups of sportspersons and non-sportspersons came out to be non significant at 0.05 level of confidence. It reveals that sportspersons and non-sportspersons possess equal 'altruistic behaviour' factor of emotional intelligence. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district in 'altruistic behaviour' factor of emotional intelligence"* stands accepted.

It is clear from Table that in the variable of general anxiety t-value for two groups of sportspersons and non-sportspersons came out to be non significant at 0.05 level of confidence. It reveals that sportspersons and non-sportspersons possess equal general anxiety. Hence, the formulated hypothesis that *"there would be no significant difference between sportspersons and non-sportspersons of Shimla district on the variable of general anxiety"* stands accepted.

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