

# Computation and Comparison of Emotional Intelligence Among STC Inmates

Satyanarayan Tiwari<sup>1</sup>, Dr. Deepak Mishra<sup>2</sup>, Meenal Gupta<sup>3</sup>

## ABSTRACT

*Apart from physical skills and practices, psychological skills play important role in success in any area of life including sports. Present article focuses on use of emotional intelligence and to find out any difference in emotional intelligence between different sport disciplines. Total 126 STC inmates of different sports participated in the present study. Their age ranges from 10-22 years, with mean age of 16.42 years. Multi-dimensional and self-report emotional intelligence scale was used to assess emotional intelligence. T-test and multivariate ANOVA was computed. Result indicated that no significant differences were found between male and female athletes. However, result of ANOVA suggested that fencers differ significantly than Wushu athletes on various dimension of emotional intelligence.*

## KEYWORDS

*Emotional Intelligence, emotions*

## INTRODUCTION

Sports Psychology has been contributing to the athlete's performance through use of psychological techniques and skills like relaxation, goal-setting, mental rehearsal, visualization and self-talk etc., since last two decades. Among all other contributing factors to the performance, it appears that ability of the athlete to generate, control and use appropriate emotional states that are required to perform at his or her best, whenever they needed it most.

Emotions and emotional intelligence, contrary to cognitive

intelligence play an important factor in understanding human endeavors (Tuğrul, 1999) as well as in sports domain (Meyer & Fletcher, 2007). Emotional intelligence is defined as 'the ability to monitor one's own and other's emotions, to discriminate among them, and to use the information to guide one's thinking and actions' (Salovey & Mayer, 1990).

Proponents have claimed that emotional intelligence can enhance leadership performance, team cohesion, and coping with pressure. Lane et al,

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1. Research Fellow, Department of Sports Psychology, NS NIS, Patiala

2. JSO, Department of Sports Psychology, NS NIS, Patiala

3. Mental Trainer, Department of Psychology, NS NIS, Patiala

(2009) found in his study that emotional intelligence related to emotions experienced before successful and unsuccessful performance. Such findings has encouraged researchers to explore role of emotional intelligence in sports performance; because, sports is an emotional activity. Studies had also demonstrated gender differences in emotional intelligence. Ahmed et al (2011) found in their study that male Volleyball players outperformed on emotional intelligence in comparison to female Volleyball players. Many researchers had identified direct relationship between emotional intelligence, optimum performance and physical image of athletes of Taekwondo and Judo. Athletes, who have higher emotional intelligence, are also beneficial for team performance; because, they accept responsibilities and mistakes of their teammates (Vasiliki, 2009; Zizzi, 2003). Researchers believed that possessing social skills, understanding responsibilities and mistakes of teammates are the core characteristics of a good athletes.

Thus, present study has been planned to explore level of emotional intelligence among athletes of various sports disciplines and to compare them on different domains of emotional intelligence. Various studies have been reported significant differences in different dimensions of emotional intelligence between athletes of team

games and individual events, combat games and non-combat games. In present study, we had included athletes of team and individual sports namely Hockey, Fencing, Wushu and Boxing, to assess the differences, if any, among different dimensions of emotional intelligence.

## METHODOLOGY

### *Sample*

Total 126 STC inmates participated in this study. Their age ranged from 10 to 22 years with mean age of 16.42 years. Out of 126 athletes, 73 male and 54 female athletes from Hockey, Fencing, Wushu and Boxing were recruited from SAI, NSNIS, Patiala. Sport-wise distribution of athletes was as follows: Hockey (Total 55 out of which 25 male and 30 female); Fencing (Total 35 out of which 22 male and 13 female); Boxing (Total 12 out of which 10 male and 02 female); Wushu (Total 24 out of which 16 male and 08 female).

### *Tools*

1. *Socio-demographic Profile*: This tool comprised various socio-demographic information pertaining to athletes, which athletes required to fill first. At the end of this scale, athletes were presented with the consent form and required to sign it, showing their volunteering participation.

2. *Multi-dimensional and self-report emotional intelligence scale-revised (MSREIS-R)*: This scale was used to

assess the emotional intelligence among athletes of different sports disciplines. This scale has been constructed and revised by Dr. Rakesh Pandey and Dr. Julika Anand. It comprises 51 items, to assess four dimensions of emotional intelligence, on a 6-point rating scale. First dimension is ability to express and appraise emotion, comprised 17 items, with chronbach's alpha coefficient reliability of 8371. Second dimension is ability to utilize emotion consisted of 15 items with chronbach's alpha coefficient reliability is 8340. Third dimension is ability to manage emotion in others, with 11 items and chronbach's alpha coefficient reliability is 7358. Fourth dimension is ability to manage emotion in others, with 08 items, and chronbach's alpha coefficient reliability as 7314. Reliability of full scale was found 9153. Concurrent and construct

validity was found satisfactory.

#### Procedure

First of all, participants were called to the lab and debriefed about the study. When all participants were ready and understood the nature of study, they were asked to show their consent for the study. After getting consent from each athlete, they were given to fill socio-demographic profile and emotional intelligence questionnaire. After completion of both questionnaires, they were thanked for their participation.

## RESULTS & DISCUSSION

Result of t-test showed that there were no significant differences between male and female participants, on various dimensions of emotional intelligence. Results indicate that male and female athletes used emotional information and managed them equally.

**Table-1: Mean differences between genders for various dimensions of emotional intelligence**

Dimensions	Gender	N	Mean	SD	t-ratio (df)	Sig.
Ability to express emotion	Male	72	68.8300	11.31538	.210 (124)	.834
	Female	54	68.4164	10.44217		
Ability to utilize to emotion	Male	72	64.7356	10.42907	-.263 (124)	.793
	Female	54	65.2200	9.99736		
Ability to manage emotion in self	Male	72	45.0748	7.22170	-1.603 (124)	.112
	Female	54	47.4441	9.37386		
Ability to Manage emotion other	Male	72	33.9312	6.36889	-.682 (124)	.497
	Female	54	34.6435	4.94859		



Table-2: Result of multivariate ANOVA

Dependent Variable	Game	Mean	SD	F <sub>(3,122)</sub>	Mean Difference	Sig.
Ability to express emotion	Boxing	65.01	17.22	5.87	10.935	.001
	Fencing	73.48	9.73			
	Hockey	69.03	9.37			
	Wushu <sup>b</sup>	62.54	8.76			
Ability to utilize to emotion	Boxing	62.90	13.69	2.02		.114
	Fencing	67.60	10.34			
	Hockey	65.27	9.13			
	Wushu	61.32	9.77			
Ability to manage emotion in self	Boxing	45.67	9.94	.189		.903
	Fencing	46.67	11.34			
	Hockey	46.25	6.15			
	Wushu	45.08	6.54			
Ability to manage emotion other	Boxing	33.45	8.61	4.26	4.59 <sup>a,c</sup>	.014
	Fencing <sup>a</sup>	35.33	5.22			
	Hockey <sup>a, b</sup>	35.23	5.16		4.49 <sup>b,c</sup>	.008
	Wushu <sup>c</sup>	30.73	5.15			

<sup>a, b, c</sup> Common super scripts shows no significant differences in Post Hoc test using Bonferroni Test

To find out sport-wise differences in using emotional intelligence, multivariate ANOVA was computed and it showed that there was significant difference between Fencing and Wushu, on ability to express emotion; where as fencers displayed more ability to express emotion as compared to Wushu athletes. On ability to manage emotion of others, Fencers and Wushu as well as Hockey and Wushu athletes differ significantly. However, there were no significant differences between Hockey and Fencing athletes.

Thus, it can be observed from above analysis that male and female athletes use emotional information equally; and they do not differ in terms of emotional intelligence. However, ANOVA showed that there were differences between athletes of different sports. Post-hoc analysis suggested that fencers outperformed on ability to express emotion and ability to manage emotion of other than Wushu athletes. Thus, result indicated that fencers required a great deal of attention towards using emotional intelligence to perform better.

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