

Emotional Intelligence among Team and Individual Sportsmen of Himachal Pradesh University, Shimla

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ABSTRACT

The purpose of the study was to compare the level of emotional intelligence between the university level team and Individual sportsmen. The study was conducted on 43 university level male team sportsmen and 43 male Individual sportsmen. The subjects were selected from Himachal Pradesh University, Shimla. The main objectives of the investigation were to study and compare the two groups of the team and individual sportsmen. Dr. S. K. Mangal and Dr. Subhra Mangal (1971) emotional intelligence scale was used to collecting data from the 86 male team and Individual sportsmen. It was hypothesized that there would be a significant difference between the team and Individual sportsmen on the variable of emotional intelligence. The 't' test was employed to compare and analyze the variable of emotional intelligence between team and Individual sportsmen. The level of significance for testing the hypotheses was set at 0.05 level of confidence. The mean of the score of team sportsmen were 54.30 and Individual sportsmen were 64.67. The calculated 't' - value was 4.58; which showed significant difference between the emotional intelligence levels of university level team and Individual sportsmen. The emotional intelligence level of Individual sportsmen was found to be higher than the team sportsmen.

KEY WORDS

Team sportsmen, Individual sportsmen, emotional intelligence, Team events, Individual events.

INTRODUCTION

To progress and let others progress and to live and let others live are thus the ultimate goals of any education or training provided

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for developing one's potential of emotional intelligence. Some measures may help in this direction. Help yourself, and the youngsters, in developing the ability to correctly perceive feelings both in oneself and other. Give up the misgivings and misperception of the feeling in others. It leads to a hostile attribution bias. Remember that love always begets love, while suspicion, heatedness and aggression are rewarded likewise. The word 'emotion' has been derived from the Latin word 'Emover' which means 'to excite', or 'shudder. According to P.T.Young, "An emotion is disturbed state of organism: an emotion includes visceral changes due to increased activity of autonomic nervous system and an emotion originates within the psychological situation." The word intelligence is believed to be the greatest parameter for measure of success in life.

Emotion is a rather neglected area of study in comparison to other areas in psychology. Although early pioneers, like Darwin, James and Freud had shown some interest, relatively fewer attempts were made during the twentieth century to take up emotion as a serious area of research. Two major reasons were put forward by Leventhal and Tomarken (1986) for this paucity of research. One, the experience of emotion was not considered an element of study by the behaviouristic-ally oriented theorists; and two, emotion was conceived as a product of arousal and cognition by the traditional cognitive theorists. In addition, the biologically

oriented theorists, who accepted the concept of emotion rather reluctantly, preferred to substitute the concept with a more pervasive element of our psychobiological state, namely, motivation.

Izard (1979, 1994), in his search for the ontogenetic root of emotion conducted studies on the preverbal infant's facial expressions. He found that infants are capable of expressing all the discrete emotions that are fundamental to humans. This empirical finding led him to conclude that the facial expressions of emotion are innate in nature. He, however, distinguished between the innate and universal components of the expression of emotion on the basis of cross-cultural data. To him, "an expression may be conceived as universal without having the properties of innateness, simply because of culture-constant learning" (Izard, 1994, 291).

David Crombie et al (2009) conducted investigations of the relationship between team emotional intelligence (team EI) of six Cricket teams and their sports performance in a South African national Cricket competition, over two consecutive seasons. Team EI was based on cricketers measured prior to the start of competition in each season using the MSCET Ability Test and averaged over all games for that season. This was correlated with a team sports performance measure, the final log points standing for the team at the end of a competition. The results showed that team EI was positively associated with the sports performance of the

Cricket teams. Further, team EI was shown to be a significant predictor of sports performance, with 61% of the variation in the log points explained. This finding suggests, EI may contribute to the success of teams participating in complex sports like Cricket.

Teresa Fonseca (2011) found that the physical capabilities and tactics of Basketball players are currently very similar, and besides their psychological skills, their emotional state is also crucial to their respective performance. Indeed, the sport practice emotional state and in the heat of competition can favour both the players or hurt them; since, they may prescribe the expertise of their sports practices. In this context, we carried out a study with a sample of 32 young female to evaluate the perceived emotional intelligence (PEI) in their three dimensions (attention to emotions, clarity of feelings and repair of emotional state). The PEI was assessed with the trait Meta-Mood scale (TMMS-24) salovey statistically significant in women's team in all aspects of the PEI, but in men's team.

Objectives

- ♦ To study the nature of distribution of scores for sportsmen representing Himachal Pradesh University Shimla in team events, on the variables of Total Emotional Intelligence.
- ♦ To study the nature of distribution of scores for sportsmen representing Himachal Pradesh University, Shimla, in

Individual events, on the variables of Total Emotional Intelligence.

- ♦ To compare the sportsmen representing Himachal Pradesh University, Shimla, in team and individual events, with respect to their mean scores, on the variables of Total Emotional Intelligence.

Hypothesis

- ♦ Sportsmen representing Himachal Pradesh University, Shimla, in team and individual events differ significantly with respect to their level of Total Emotional Intelligence.

METHODOLOGY

The sample of the present study comprised 86 male players; the 43 players were taken from individual sports and 43 from team sports, who were selected to represent Himachal Pradesh University, Shimla, in the Inter - University championship, in randomly total selected teams, in the session 2009-10.

Tool Used

In the present study the emotional intelligence inventory constructed by Dr. S.K. Mangal and Dr. Subhra Mangal. (1971) was administered to measure the emotional intelligence.

Statistical Analysis Used

- The investigator has employed 't' test.
1. The data pertaining to total emotional intelligence were analysed for the two

groups of sportsmen on the basis of respective manual.

2. Significant difference in total emotional intelligence, towards physical activity and two groups of sportsmen were determined through 't' test.

The frequency distribution for the scores on Emotional Intelligence among sportsmen representing Himachal Pradesh University, in team events, is given in Table 1.

Table-1: Frequency Distribution for the Scores on Emotional Intelligence among Sportsmen representing Himachal Pradesh University, in Team Events

Class Interval	Frequency	Percent	Cum. Percent
25-29	1	2.3	2.3
30-34	4	9.3	11.6
35-39	3	7.0	18.6
40-44	2	4.7	23.3
45-49	1	2.3	25.6
50-54	5	11.6	37.2
55-59	10	23.3	60.5
60-64	6	14.0	74.4
65-69	8	18.6	93.0
70-74	3	7.0	100.0
Total =	43	100.0	100.0

Mean = 54.30

Standard Deviation = 12.21

Kurtosis = 0.54

Skewness = 0.63

Minimum = 29

Maximum = 74

It is evident from the Table 1 that the scores on Emotional Intelligence among sportsmen representing Himachal Pradesh University, in Team Events are spread over a range of 45; minimum and maximum being 29 and 74.

The mean and standard deviation for the scores on Total Emotional Intelligence came

out to be 54.30 and 12.21, respectively. Further, the Kurtosis and Skewness for the distribution was 0.54 and 0.63, respectively.

Table 1 further reveals that 21(48.9%) sportsmen fall in the scores 50 to 64. The rest of the sportsmen are more or less evenly distributed below and above this range.

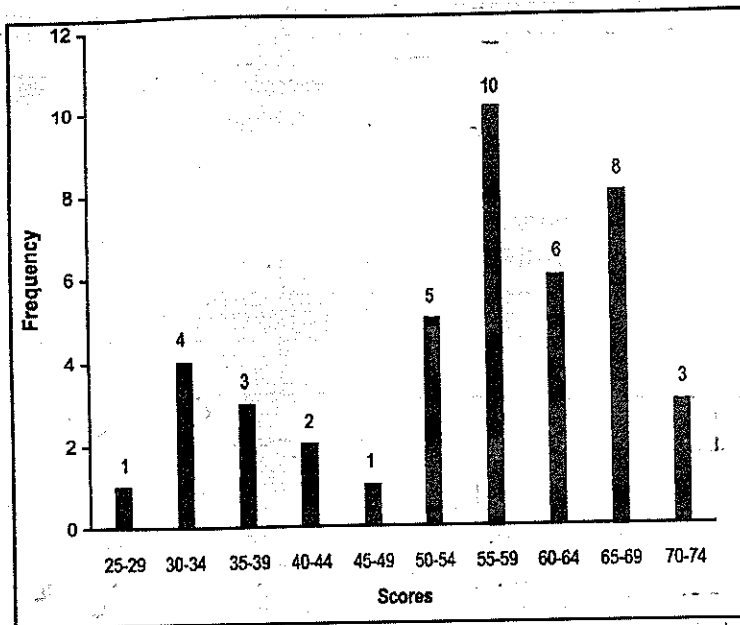


Fig.-1: Bar Diagram for the Scores on Emotional Intelligence among Sportsmen representing university in Team Event

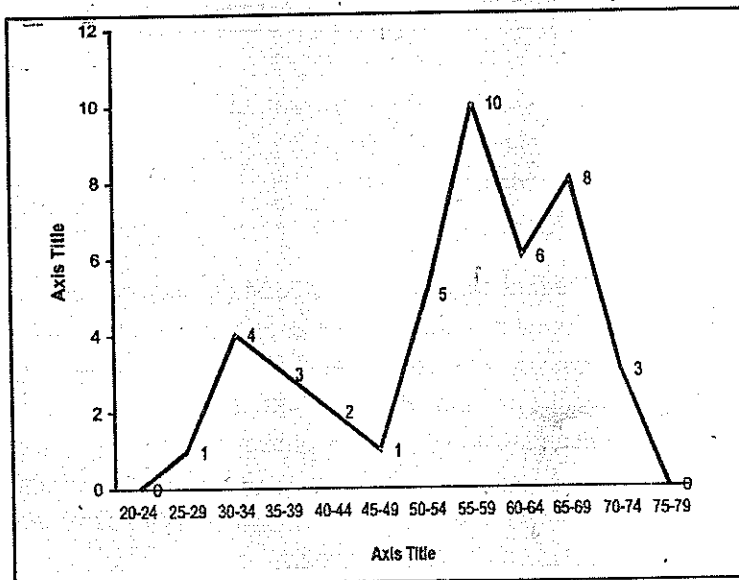


Fig.-2: Frequency Polygon for the Scores on Emotional Intelligence among Sportsmen representing university in Team Events

The frequency distribution for the scores on Emotional Intelligence among sportsmen representing Himachal Pradesh University, in individual events, is given in Table 2.

Table-2: Frequency Distribution for the Scores on Emotional Intelligence among Sportsmen representing university in Individual Events

Class Interval	Frequency	Percent	Cum. Percent.
45-49	2	4.7	4.7
50-54	3	7.0	11.6
55-59	5	11.6	23.3
60-64	12	27.9	51.2
65-69	11	25.6	76.7
70-74	4	9.3	86.0
75-79	5	11.6	97.7
80-84	1	2.3	100.0
Total=	43	100.0	100.0

Mean = 64.68

Standard Deviation = 8.44

Kurtosis = -0.30

Skewness = -0.26

Minimum = 46

Maximum = 80

It is evident from the Table 2 that the scores on Emotional Intelligence among sportsmen representing Himachal Pradesh University, in individual events, are spread over a range of 34, minimum and maximum being 46 and 80.

The mean and standard deviation for the scores on Total Emotional Intelligence came

out to be 64.68 and 8.44, respectively. Further, the Kurtosis and Skewness for the distribution was -0.30 and -0.26, respectively.

Table 2 further reveals that 23(53.5%) sportsmen fall in the scores 60 to 69. The rest of the sportsmen are more or less evenly distributed below and above this range.

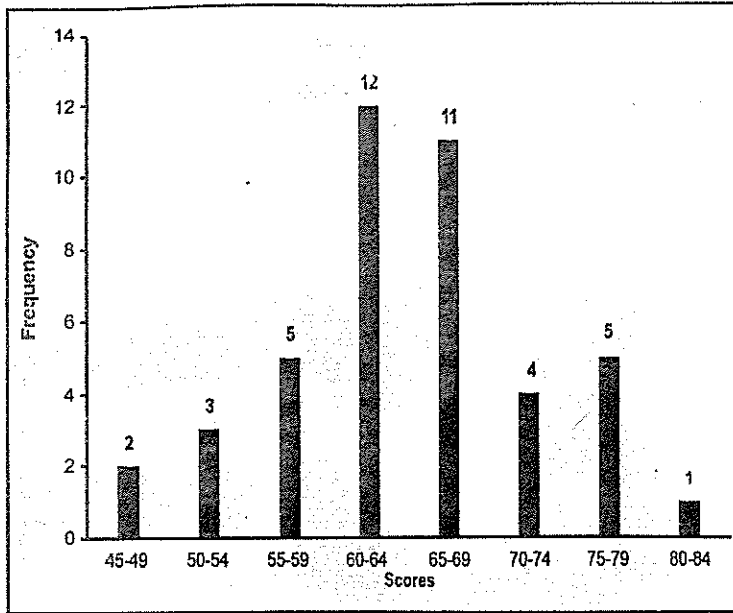


Fig.-3: Bar Diagram for the Scores on Emotional Intelligence among Sportsmen representing university, in Individual Events

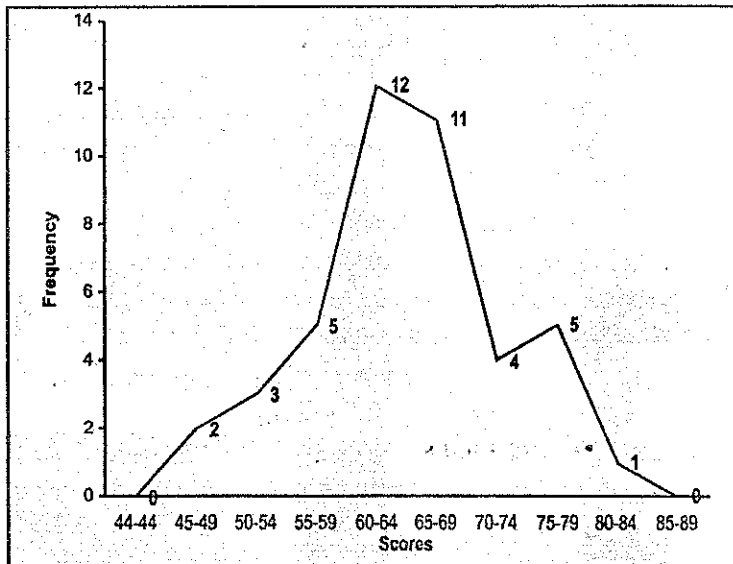


Fig.-4: Frequency Polygon for the Scores on Emotional Intelligence among Sportsmen representing university, in Individual Events

The t-value along with number, means, mean difference, standard deviations and standard errors of means for two groups of sportsmen on Emotional Intelligence is presented in Table 3.

Table-3: t-Value for Two Groups of Sportsmen on Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SEM	't'
Sportsmen representing university in Team Events	43	54.30	10.37	12.21	1.86	4.58*
Sportsmen representing university in Individual Events	43	64.67		8.45	1.29	

* Significant at 0.05 Level

It is evident from Table 3 that the t-value for the means of two groups of sportsmen on Emotional Intelligence came out to be 4.58, which is significant at 0.05 level of confidence. This indicates that sportsmen representing Himachal Pradesh University in team and individual events differ significantly with respect to their mean scores on Emotional Intelligence. Hence, the hypothesis that *"Sportsmen representing Himachal Pradesh university in Team and Individual Events differ significantly with respect to their mean scores on "Emotional Intelligence"* is accepted.

It is revealed from Table 3 that the mean

score on Emotional Intelligence for sportsmen representing Himachal Pradesh University, in individual events, is higher in comparison to their counterparts representing Himachal Pradesh University in team events. From this, it may be inferred that sportsmen representing Himachal Pradesh University in Individual Events exhibit superior emotional intelligence.

CONCLUSION

Regarding emotional intelligence, there was significant difference between the means of University level team and individual sportsmen. The emotional intelligence of the individual sportsmen is found to be higher than the team sportsmen.

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