



A Comparative Study of Emotional Intelligence between Combative Sports and Team Game Sports Person

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Abstract

The purpose of this study to find out significant difference between combative Sports and Team game Sports Person on the variable emotional intelligence. It was hypothesized that there would be significant difference with regard to variable emotional intelligence between combative Sports and Team game Sports Person. For this study, the investigator has selected forty (N=40) male combative Sports Person and forty (N=40) male Team game Sports Person players. Age limits is 19 to 28 years of subjects. The Purposive sampling technique was used to select the subjects. t-test was employed to compare the emotional intelligence between combative Sports and Team game Sports Person. For testing the hypothesis, the level of significance was set at 0.05. In order to measure emotional intelligence Hyde et al (2001) questionnaire is used. The present study has highlighted the significance of difference between combative Sports and Team game Sports Person. Results indicated that there significant difference was found between combative Sports and Team game Sports Person in their Emotional Intelligence.

Key Words: Emotional Intelligence, Combative Sports & Team Game Sports Person.

1. Introduction:

Emotional intelligence (EI) is the ability to perceive accurately, appraise, and express emotions; to generate feelings when they facilitate thought; to understand emotion and emotional knowledge; and to regulate emotions to promote emotional and intellectual growth.

Paying attention to emotional experiences of athletes and the ability to control the destructive emotions of performance is the main part of preparation program of Olympic and genius athletes. The results of conducted studies concerning identification of medalist athletes' properties imply that from among effective factors impacting the performance of athletes, the ability to recognize, express and manage the feelings logically in stressful situations is highly important. On the other hand, according to development of different methods of exercise and skill execution techniques, the quality of exercise sessions and having high power, speed, flexibility and physical preparedness cannot singly guarantee the success of athletes and or teams, but development and improvement of mental preparedness and paying attention to factors such as self confidence, self management, adequate emotional energy, awareness of one's and others feelings and emotion management would lead to transfer of learnt skills from exercise sessions to competition time in a positive manner.

2.1 Objective of the Study:

The purpose of the present study was to Compare Emotional Intelligence between combative Sports and Team game Sports Person.

2. Materials and Method:

2.1 Selection of Subjects:

The present study consisted of forty (N=40) male combative Sports Person and forty (N=40) male Team game Sports Person players. Age limits is 19 to 28 years of subjects

2.2 Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content of Emotional Intelligence was selected for the purpose of the present study.

2.3 Criterion Measures:

To carry out this study researcher select Hyde et al. (2001). Emotional Intelligence Questionnaire. The form of the scale constituted 34 items. Individual with high score can be considered to have high level of emotional intelligence. Responses are given strongly agree, agree, undecided, disagree, strongly disagree weight from 1 to 5 in emotional intelligence test. The questionnaire Hyde et al. (2001) Emotional Intelligence questionnaire administered on two groups, Basketball & Handball players. Direction and instruction given by researcher, read carefully then response. After fill form raw data collected and statistically processed.

2.4 Statistical Analysis of Data:

The present study t-test was employed to compare the difference between combative Sports and Team game Sports Person. For testing the hypothesis, the level of significance was set at 0.05.

3.Result and Discussion of the Study:

Table – 1
Comparative statistics of Emotional Intelligence between combative Sports and Team game Sports Person.

Group	Sample	Mean	Standard Deviation	SE Mean	t-value
Combative Sports Person	40	143.70	2.84	0.45	5.70023*
Team game Sports Person	40	139.65	3.48	0.55	

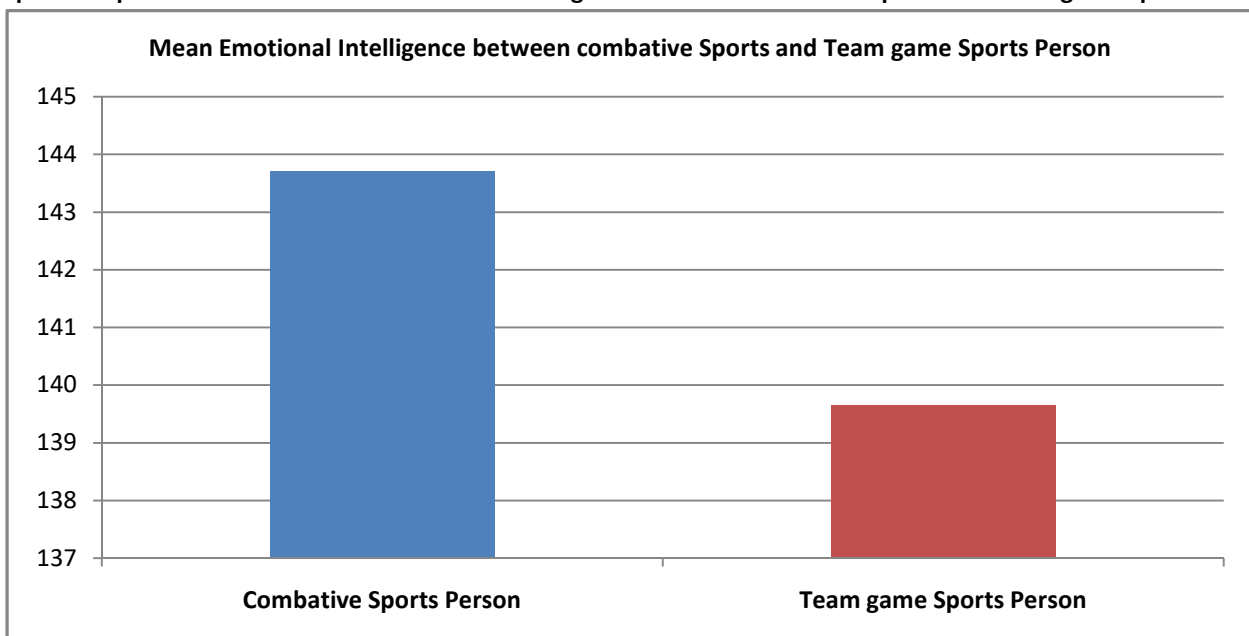
Significant at 0.05 level (df 78=1.99)

The t-value is 5.70023. The p-value is < .00001. The result is significant at $p < .05$.

Table no.1 indicates that there was a significant difference between combative Sports and Team game Sports Person on the scores of Emotional Intelligence test score since the obtained value of 't' 5.70023 was higher than the tabulated value of 'T' 1.99 which was required to be significant at 78 degree of freedom with 0.05 level of significance.

Figure 1:

Graphical Representation of variable Emotional Intelligence between combative Sports and Team game Sports Person



4. Discussion:

The purpose of this study to find out Emotional intelligence between combative Sports and Team game Sports Person. The results of this study revealed that statistical significant difference was found between combative Sports and Team game Sports Person. While calculating the mean value it was observed that combative Sports players had demonstrated significantly better emotional intelligence as compared team game Sports. The outcome of result might be due to the fact that combative Sports person have the ability to understand and interpret's own feeling and they continue to do what they believe in even under severe criticism.

5. Conclusion and Finding:

Within the limits of the study and subject on which the present study was concluded significant difference was found between combative Sports and Team game Sports Person. It seems reasonably fair to conclude that combative Sports and Team game Sports Person having difference as far this set of population concerned. Combative Sports Person have higher Emotional intelligence than Team game Sports Person.

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