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Assessment of selected emotional intelligence factors between female baseball and softball players

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Abstract
The purpose of the study was to find out the significant difference of a selected Emotional Intelligence factors i.e: Self-awareness and Emotional stability between female Baseball and Softball players. The survey method through the technique of questionnaire of emotional intelligence (Hyde *et al*. 2001) had been adopted to collect the relevant data for this study. The investigator collected the data on Fifty (N=50), Interuniversity female Baseball and Softball players of Punjab selected as subjects. The age of subjects ranging between 18-28 years. Unpaired t-test was employed. The level of significance 0.05 was set. The outcome of the study represent that insignificance differences was observed with regard to Self-awareness and Emotional stability between female Baseball and Softball players.

Keywords: Emotional intelligence, self-awareness and emotional stability

Introduction

Emotional Intelligence (El) is defined as – 'the ability to employ monitor, perceive and manage emotions within one and in others' Salovey & Mayer, (1990) [5]. Furthermore, according to Goleman, (1995) [2] emotional intelligence is 'the ability to know, identify and effectively use our feelings, which make it easier to manage people around us and ourselves'. Self-awareness is the ability to perceive aspects of our personality, behaviour, emotions, motivations and thought process. Emotional stability is the quality of maintaining a constant character despite forces that threaten to disturb it. (Kamlesh, 2011) [3].

Bal, *et al*. (2014) [1] examined the emotional intelligence and will to win level among male hockey players. The results exposed significant difference with regard to the sub-variables self-awareness of emotional intelligence among male hockey players of different playing positions and no significant differences were found on the sub-variables: Empathy, self-motivation, emotional stability.

Emotions have a vital role in human psyche and they have considerate influence on one's thoughts, actions, perceptions and behaviors. Thus, it is appropriate to say that emotions are the necessary inspiring force behind all the psychological activities. Perceiving emotions comprises of recognizing and interpreting the meaning of various emotional states, as well as their relations to other sensory practices. Understanding emotions involves comprehension of how basic emotions are blended to form complex emotions, how emotions are affected by events surrounding experiences and whether various emotional reactions are likely in given social settings. An adaptable emotion includes the control of emotions in oneself and in others (Kaur, 2017) [4].

Methodology
Selection of Subjects
The investigator collected the data on Fifty (N=50), Interuniversity female Baseball and Softball players of Punjab selected as subjects. The age of subjects ranging between 18-28 years.

Selection of variable
Emotional Intelligence: this Questionnaire has ten factors but for this study I'm two selected-
1. Self-awareness
2. Emotional stability

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Tool
Emotional Intelligence Questionnaire made by Hyde *et al*. 2011.

Administration of Test/ Questionnaire
Factors of Emotional Intelligence only two selected:

Self-awareness: Self awareness is being aware of one self and is measured by item 6, 12, 18, 29. These items are "I can continue to do what I believe in, even under severe criticism", "I have my priorities clear", "I believe in myself" and "I have built rapport and made maintained personal friendships with work associates."

Emotional stability: Emotional stability is measured by items 14, 19, 26 and 28. These are "I do not mix unnecessary emotions with issues at hand", "I am able to stay composed in both good and bad situations", "I am comfortable and open to novel ideas and new information" and "I am persistent in pursuing goals despite obstacles and setbacks." The factors explain 6.0 percent variance with a total factor load is 2.51. The correlation of this factor with total score is 0.75.

Scoring: In this five point scale use, the responses are given weight from 1 to 5 as shown below:

5	Strongly Agree
4	Agree
3	Undecided
2	Disagree
1	Strongly Disagree

Reliability and Validity of Questioner
This questioner Reliability is 0.88 and Validity 0.93.

Statistical Techniques Employed
Statistics is a process by which data is gathered, described, organized and analyzed in numerical terms. After collecting the relevant data unpaired t –test was employed. The level of significance set at 0.05 percent.

Results

Table 1: Mean and Standard deviation results with regard to Self-awareness between female Baseball & Softball players

Group	Mean	S.D	T Valve
Baseball Players	16.84	1.55	0.182
Softball Players	16.72	2.19	

't'.05 (48) = 2.00

Table & figure 1: shows the Mean and SD values of Self-awareness variable of Baseball & Softball players were 16.84±1.55 and 16.72±2.19 respectively. The obtained "t" value 0.182 (2.00) was found statistically insignificant, (*P*<.05) .05 level of significance.
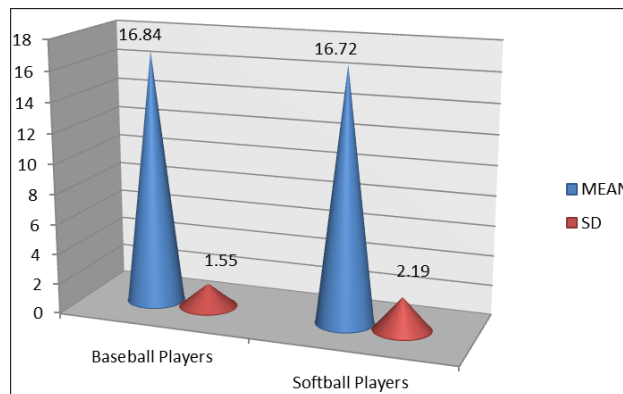

Fig 1: (Self-awareness)

Table 2: Mean and Standard deviation results with regard to Emotional Stability between female Baseball & Softball players

Group	Mean	S.D	T Valve
Baseball Players	16.28	2.34	0.180
Softball Players	16.16	2.37	

't'.05 (48) = 2.00

Table & figure 2: shows the Mean and SD values of Emotional Stability variable of Baseball & Softball players were 16.28±2.34 and 16.16±2.37 respectively. The obtained "t" value 0.180 (2.00) was found statistically insignificant, (*P*<.05) .05 level of significance.
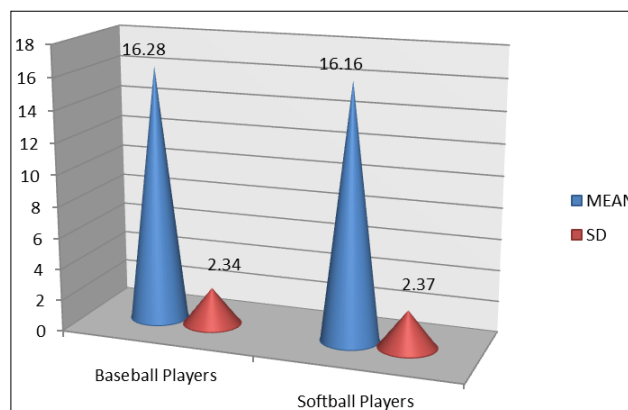

Fig 2: (Emotional Stability)

Discussion

The outcome of the study shows the insignificance differences of Self-awareness and Emotional stability between female Baseball & Softball players. On the basis of analysis of the data, researcher found that the earlier study of Kaur, (2017) [4], Vitalkar, (2016) [6] and Bal, *et al.* (2014) [1] sported the this study.

Conclusion

Conclusion Based on the findings of this study, the following conclusion was drawn: To conclude, It is evident that the results of t test between two groups with regard to the sub-parameter Self-awareness and Emotional stability of emotional intelligence were found to be statistically insignificant at (P>0.05). Since the obtained "t" value 0.182 and 0.180 (2.00) was found statistically insignificant.

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