



ISSN: 2456-0057
IJPNPE 2018; 3(2): 100-102
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www.journalofsports.com
Received: 05-05-2018
Accepted: 06-06-2018

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Differences of self-esteem and emotional intelligence between kho-kho and kabaddi players

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Abstract

The study was aimed to compare Kho-Kho and Kabaddi players on two psychological constructs: Self-esteem and Emotional intelligence. Two validated questionnaires were administered on the total of 50 players, 25 each from Kho-Kho and Kabaddi. Unpaired t-test was run to find out the mean differences on each parameter. Both groups showed significant differences on Self-esteem and emotional intelligence along with its sub-scales except Managing emotions. However, overall emotional intelligence varied significantly ($p < .05$). It was found that Kabaddi players were having better Self-esteem whereas Kho-Kho players were more emotionally intelligent than their counterparts.

Keywords: Self-awareness, managing emotions, motivating oneself, empathy, social skills

Introduction

Emotional intelligence has emerged as intriguing area of psychology and several studies have been done on emotional intelligence. Salovey and Mayer (1990) [1] introduced emotional intelligence and for them emotional intelligence refers to the mental ability of individuals to reason with emotions to enhance thought while promoting intellectual and emotional growth. Many researchers have found individual differences in emotional intelligence (Salovey *et al.*, 1997) [9]. The emotional intelligence is consider a subject that attempts to explain, understand and interprets the individuals feeling, pleasures and ability status. It is an ability to discern the emotions in order to evaluate thoughts, manners and to put them in a way that makes emotion and intelligent growth and maturity (David, 2014; Goleman, 1995) [5, 6].

Self-esteem is considered as an emotional response a general feeling about the self that may be more or less positive. Biabangard (1995) [2] defined Self-esteem as a general personality trait; and a personal judgment of worthiness. Self-esteem can be defined as a value that has information within self-imagination of a person and it formed by the person's beliefs about all attributes, aspects and characteristics within him. There is a lot of evidence regarding the positive correlation between the emotional intelligence and self-esteem. Rey *et al.*, (2011) [3] conducted a study on the Perceived emotional intelligence, self-esteem and life satisfaction among adolescents sample of 316 Spanish adolescents and found that perceived emotional dimensions, particularly mood clarity and repair, showed positive relationship with life satisfaction and self-esteem was also positively related with adolescent's satisfaction with life. A study quantitative study examined the relationships between self-esteem with Emotional Intelligence and marital satisfaction among women and discovered a positive relationship between the self-esteem with emotional intelligence and marital satisfaction. Kho-Kho and Kabaddi are both indigenous sports of India. Kho-Kho requires speed, agility and more explosive strength whilst Kabaddi demands more strength along with speed, agility, flexibility and fast contraction of muscles. In India, few investigations on trait emotional intelligence have been done on non-sporting University populations (Singh, 2018) [7]. Since, research on psychological parameters is scarce among Kho-Kho and Kabaddi players, the present study is an attempt to explore the psychological makeup of sportspersons of these two sports.

Methods

Selection of subjects

A total of 50 Players including 25 of Kho-Kho and 25 of Kabaddi from Guru Nanak Dev

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University Amritsar participated in the study. The purposive sampling method was utilized to recruit the participants.

Study variables

- Self-esteem
- Emotional intelligence
- *Self-awareness*
- *Managing emotions*
- *Motivating oneself*
- *Empathy*
- *Social skills*

Tools of data collection

The participants were assessed on two psychological

constructs: Self-esteem and Emotional intelligence. Self-esteem was examined by using Rosenberg's Self-esteem scale (1965) and Emotional intelligence was measured by administering Emotional intelligence scale constructed by Goleman (1995) [6].

Statistical procedure

IBM SPSS statistics version 21 was used to analyze data. Since the data was normally distributed on histogram plot, the unpaired t-test was applied to observe the difference between Kho-Kho and Kabaddi groups on different psychological parameters. The alpha level was set at .05.

Results

Table 1: comparisons between Kho-Kho and Kabaddi groups on psychological parameters

Parameter	Kho-Kho		Kabaddi		p-value
	Mean	SD	Mean	SD	
Self-esteem	24.20	2.58	25.20	3.27	.001*
Overall emotional intelligence	178.4	29.67	155.52	16.85	.001*
<i>Self-awareness</i>	35.92	6.90	28.96	5.54	.001*
<i>Managing emotions</i>	33.68	7.83	31.08	4.33	.153
<i>Motivating oneself</i>	35.32	5.96	30.52	5.22	.003*
<i>Empathy</i>	37.12	6.54	31.92	3.51	.001*
<i>Social skills</i>	36.36	5.49	33.04	4.13	.01*

*Significant at .05 level, Degree of freedom=48

Table 1 depicts the outcomes of the t-test between Kho-Kho and Kabaddi players on the two psychological parameters viz. Self-esteem and emotional intelligence. The mean and standard deviation of Self-esteem between Kho-Kho and Kabaddi group was 24.20 ± 2.58 and 25.20 ± 3.27 respectively. It is evident from the table that difference between the two groups was significant ($p < .05$) on the variable Self-esteem. The mean and standard deviation of overall emotional intelligence between Kho-Kho and Kabaddi group was 178.4 ± 29.67 and 155.52 ± 16.85 respectively. Similarly, the results on this variable were significant ($p < .05$). The mean and standard deviation of on the emotional intelligence's sub-variable *Self-awareness* between Kho-Kho and Kabaddi group was 35.92 ± 6.90 and 28.96 ± 5.54 respectively. The differences of means between the both groups were found significant ($p < .05$). The mean and standard deviation of sub-

variable *managing emotions* between Kho-Kho and Kabaddi group was 33.68 ± 7.83 and 31.08 ± 4.33 respectively. However, the differences on sub-variable *managing emotions* were found insignificant ($p > .05$). The mean and standard deviation of sub-variable *Motivating Oneself* between Kho-Kho and Kabaddi group was 35.32 ± 5.96 and 30.52 ± 5.22 respectively. The differences of means between the two groups were found significant on this variable ($p < .05$). The mean and standard deviation of sub-variable *Empathy* between Kho-Kho and Kabaddi group was 37.12 ± 6.54 and 31.92 ± 3.51 respectively. The differences of means on the sub-variable *Empathy* were found significant ($p < .05$). The mean and standard deviation of sub-variable *Social skills* between Kho-Kho and Kabaddi group was 36.36 ± 5.49 and 33.04 ± 4.13 respectively. Likewise, the differences on the sub-variable *Social skills* were found significant ($p < .05$).

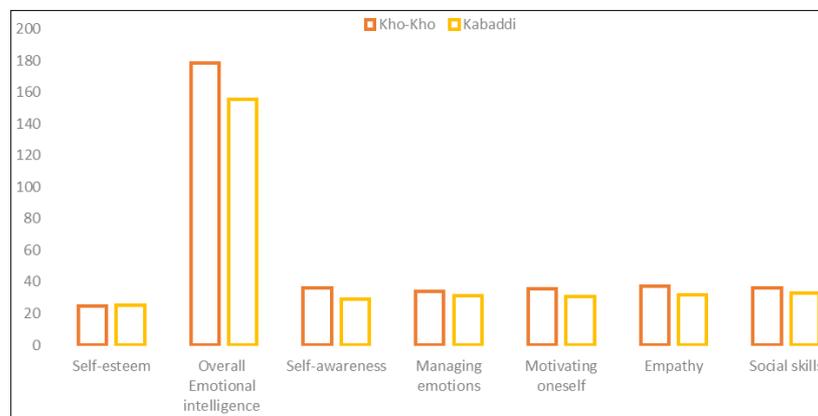


Fig 1: Graphical portrayal of means of Kho-Kho and Kabaddi groups on Self-esteem and Emotional intelligence

Discussion

The study was aimed to find out the differences between Kho-Kho and Kabaddi players on the two psychological parameters viz. Self-esteem and Emotional intelligence along with its sub-scales. While comparing the both groups on the

variable *Self-esteem*, the results of t-test revealed significant differences, hence, it can be inferred from the mean values that Kabaddi was scored significantly better than the Kho-Kho group. Similarly, the both groups differed significantly on the variable *overall emotional intelligence* and it was

found that Kho-Kho group had better mean score than Kabaddi group, therefore, the Kho-Kho group was found more emotionally intelligent than Kabaddi group. The Kho-Kho group scored significantly better than Kabaddi group on the sub-variable *Self-awareness, Motivating oneself, Empathy* and *social skills*. However, both groups did not differ significantly on the sub-variable *Managing emotions*. It has been proposed that emotionally intelligent individuals, who are skilled at expressing, understanding, and managing their emotions, and who are capable of adaptively coping with the stressors and hassles of everyday life (Bar-On, 1997; Keefer, Parker, & Saklofske, 2009) ^[11, 12], should also be healthier, on average, than their low emotional intelligence counterparts. Two latest meta-analytical investigations suggested the relationship between emotional intelligence and health-enhancing behaviours and performance outcomes in sports. The first (Schutte *et al.*, 2007) ^[10] noticed that emotional intelligence, on average, was significantly and directly associated to physical health. Another meta-analysis by Martins *et al.* (2010) ^[10] distinguished studies of physical, psychosomatic, and mental health. In twelve independent studies of physical health, the average correlation with emotional intelligence was acceptable; in sixteen studies of psychosomatic health, the average correlation was acceptable. The results of the present study suggested that Kho-Kho players are more emotionally intelligent than their counterparts Kabaddi players. On the other hand, Kabaddi players possess more Self-esteem than Kho-Kho players.

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