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A study of emotional intelligence and achievement goal of wrestlers

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Abstract

The purpose of the study was to investigate the relationship among emotional intelligence and achievement goal of male wrestlers. 400 players of age range 13 – 17 years of from secondary school of bhiwani were selected as the subjects for the study. Emotional Competence inventory and Achievement Goals Questionnaire were used as the criterion measures. Spearman rank correlation coefficient was used to analyze the data. The results revealed that emotional intelligence was significantly related with achievement goals of male wrestlers except on dimension i.e. personal performance avoidance goals.

Keywords: Physical education, colleges, West Bengal, policies

Introduction

Statement of the problem

“A study of the relationship among Emotional Intelligence and Achievement Goals of male wrestlers”

Objective of the study

To explore the relationship between the emotional intelligence and achievement goals of male wrestlers.

Hypothesis of the study

There is no significant relationship between the emotional intelligence and achievement goals of male wrestlers.

Method

Design

In the present study a co relational designed was used to study the relationship between the emotional intelligence and achievement goals of male wrestlers.

Sample

The sample of the study include 400 players of age range 13 – 17 years of standard from secondary school of bhiwani. The school were selected randomly and the subjects were taken as a cluster from each school the investigator visited.

Tool

Emotional Competence inventory is comprised of 4 scales and 45 items. The response scale of all the items in the survey was a 5 point likert scale with anchors of 1- “never to 5- “always”. This inventory consist of 45 statements with internal consistency $\alpha = .73$.

Achievement Goals Questionnaire is comprised of 6 sub scales i.e. self -reported disruptive behavior, personal performance-approach goals, personal mastery goals, personal performance-avoidance goals, perception of game emphasis on performance goals and perception of the game emphasis on mastery goals. This questionnaire consist of total 38 statements based on 5 point Liker scale with anchors of 1- “never” to 5- ”always”. Reliability of the scale is 0.74 and validity coefficient is 0.78.

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Procedure

The 400 players age range between 13-17 years were selected

from secondary schools of Bhiwani and the above tool were administered by the investigator himself on wrestlers.

Table 1: Correlations between emotional intelligence and achievement goals Emotional Intelligence Achievement goals Self-awareness Self-management

Emotional → Intelligence Achievement goals ↓	Self-awareness	Self- management	Social Awareness	Social skill	E I (total score)
Achievement Goals (total score)	.142**	.326**	.240**	.298**	.350**
Players Disruptive Behavior	-.221**	-.222**	-.186**	-.185**	-.252**
Personal Mastery Goals	.244**	.443**	.386**	.440**	.496**
Personal Performance Goals	.072	.263**	.152**	.263**	.270**
Personal Performance Avoidance Goals	.055	.085	.029	.095	.028
Perceived Game Emphasis on Performance	.141**	.192**	.220**	.184**	.243**
Perceived Game Emphasis on Mastery	.205**	.366**	.298**	.270**	.372**

**Significant at .01 level

EI-Emotional intelligence

The objective of the study was to explore the relationship between the emotional intelligence and achievement goal of wrestlers. To analyze this objective a Hypothesis was framed which state that there is no significant relationship between the emotional intelligence and achievement goals.

The data was analyzed by Spearman rank correlation coefficient, to achieve the aim of the study and the result was shown in the table, result revealed that the achievement goals is significantly and positively correlated with emotional intelligence and achievement goals (total score) was also found to be significantly and positively correlated with the sub-dimensions of emotional intelligence i.e. self-awareness, self-management, i.e. 142 and the highest correlation was found with EI (total score) i.e. 0.350. Players disruptive behavior was negatively and significantly correlated with the dimensions of emotional intelligence. Personal mastery goals dimension also found to be positively and significantly correlated with the dimensions of emotional intelligence. Dimension personal performance goal was also found to be positively and significantly correlated with emotional intelligence's dimensions except with dimension self awareness. Personal performance avoidance goals dimension was not found to be significantly correlated with dimensions of Emotional intelligence. Dimensions perceived school emphasis on performance and perceived school emphasis on mastery were also found to be positively and significantly correlated with the dimensions of emotional intelligence. Result revealed the self-awareness' dimension of emotions of achievement goal that are personal performance goals and personal performance avoidance goals and also found to be negatively correlated with players disruptive behavior. Whereas emotional intelligence's other dimensions i.e. self-management, social awareness, social skill and EI total score was found to be significantly and positively correlated with dimensions of achievement goal except dimensions player's disruptive behavior (negative and significant correlation) and personal performance avoidance goal (no significant correlation). Result indicated that increase in emotional intelligence of players would leads to significant decrease in the player's disruptive behavior. There fore, on the basic of results our hypothesis is rejected and can be reframed as follows: There is significant relationship bet been emotional intelligence and achievement goal of wrestlers. Present results were also supported by Harrington-lueke (1997) which found in her research that being emotionally intelligent just as important to success in life as good grades. Essentially, people with high levels of the EI experience more career

success, build stronger personal relationship, lead more effectively, and enjoy better health than those with low levels of EI (Cooper, 1997) [3].

So it can be concluded on the basis of results that emotional intelligence was significantly related with achievement goals of male wrestlers except on dimension i.e. personal performance avoidance goals.

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