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## Study of emotional intelligence between male and female kho-kho players of Haryana

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### Abstract

The purpose of the present study was to compare the Emotional intelligence between male and female Kho-Kho players of Haryana. For the study 100 kho-kho players (50 each) from different district, i.e. Bhiwani, Rohtak and Hisar through random sampling technique. A scale constructed by Hyde and Pethe (2005) entitled "Emotional Intelligence Scale" was administered on the sample. The data collected from the sample was analyzed by using 't' test.

**Keywords:** Emotional intelligence, male, female, kho-kho

### 1. Introduction

The Sports psychology is the logical study of athletes and their behaviors in the circumstance of sports and the sensible request of that information. Sports psychology deals with the augment of presentation by the organization of emotions and the minimization of psychosomatic belongings to the injury and poor presentation. Emotional intelligence means schmalzty ability of mind. It is the aptitude to recognize, assess and control the emotions of one self, of others and of groups that is, emotional intelligence involves our aptitude to appreciate, articulate and control our emotions.

The implication of emotional manipulate on sport recital has often been obvious in the most comments of listeners, team managers and sports analysts on athletes' and teams' performances during and after competitions.

**1.1 Objectives:** The present study was conducted with following objectives in view:

To assess the emotional intelligence between male and female kho-kho players of Haryana. To study following characteristics among girls studying in degree colleges:

- ❖ Self-awareness
- ❖ Empathy

**2. Material and Methods:** The study was based on primary data. It was investigated through random sampling technique. The information for the study was gathered from male and female kho-kho players of Haryana state in India. For the purpose, sample of 100 kho-kho players male 50 and 50 female players were collected from different district.

**2.1 Tool used:** Emotional intelligence scale constructed and standardized by (Anukul Haide, Sanjot Pathi) and (Upandra Dhar (2005) was used to collect data. The data obtained was carefully scrutinized, categorized in order to fulfill the objectives.

**2.2 Statistical technique:** The data collected from the sample was analyzed by using 't' test.

### 3. Results and discussion

**Table 1:** Mean Scores, standard deviation and t-ratio of self-awareness intelligence scale between male and female kho-kho players of Haryana

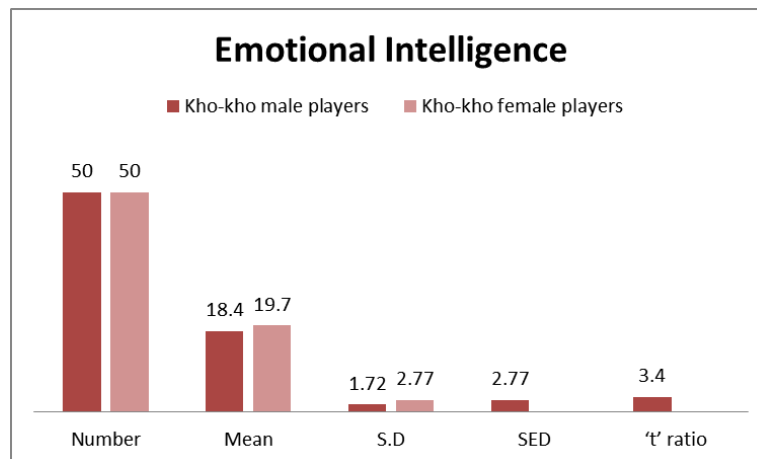
Variables	Group	Number	Mean	S.D	SED	't' ratio
Self-Awareness	Kho-kho male players	50	18.40	1.72	2.77	3.40*
	Kho-kho female players	50	19.70	2.77		

Significant at 0.05 levels

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Table 1 shows that the mean scores, standard deviation and t-ratio of the self-awareness emotional intelligence scale of male and female kho-kho players they have obtained the

mean value of 18.40 and 19.70 respectively which are given in table 1 reveals that the significant difference was found out in (t=3.40) male and female kho-kho players.



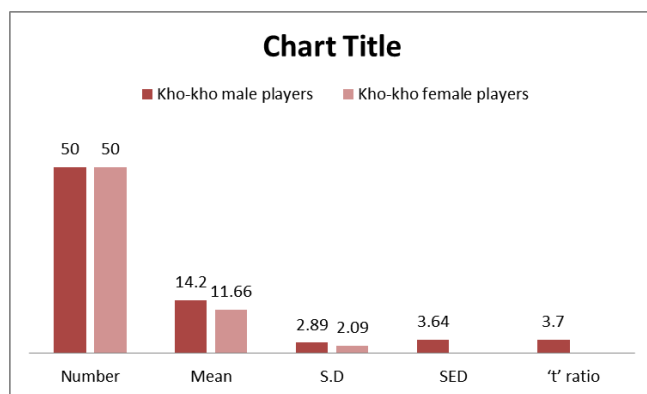
**Graph 1:** Graphical representation of self-awareness intelligence scale between male and female kho-kho players of Haryana

**Table 2:** Mean Scores, standard deviation and t-ratio of Empathy emotional intelligence scale of male and female kho-kho players of Haryana

Variables	Group	Number	Mean	S.D	SED	't' ratio
Emotional Empathy	Kho-kho male players	50	14.20	2.89	3.64	3.70
	Kho-kho female players	50	11.66	2.09		

Significant at 0.05 levels

Table 2 shows that the mean scores, standard deviation and t-ratio of the empathy emotional intelligence scale of male and female kho-kho players they have obtained the mean value of 14.20 and 11.66 respectively which are given in table 4.2 reveals that the significant difference was found out in (t=3.60) male and female kho-kho players of Haryana.



**Graph 2:** Mean Scores, standard deviation and t-ratio of Empathy emotional intelligence scale of male and female kho-kho players of Haryana

**4. Conclusions**

Finally the following conclusions were drowning in their present study.

- Kho-Kho female players were found to have got more self awareness as compared to judo male players of Haryana.
- Kho-Kho male players were found to have got more empathy emotional intelligence as compared to judo female players of Haryana.

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