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A cross-sectional analysis of selected psychological variable (self-awareness) of baseball, softball and cricket players

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Abstract

The purpose of the study was to find out the significant difference of a Psychological variable i.e: Self-awareness among female Baseball, Softball and Cricket 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 researcher collected the data on ninety (N=90) Group-A: Baseball (n1=30), Group-B: Softball (n2=30), Group-C: Cricket (n3=30) female Baseball, Softball and Cricket players as subjects between the age group of 18-28 years. The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analysis. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). In the analysis, the 5% critical level ($p<0.05$) was considered to indicate statistical significance. The outcome shows that statistically insignificant difference was found with regard to Self-awareness among female Baseball, Softball, and Cricket players.

Keywords: Cross-Sectional, psychological, self-awareness, baseball, softball, cricket

Introduction

Emotions have a vital role in human psyche and they have considerable 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. An individual's emotional intelligence is an indication of how a person perceives, understands and regulates emotions Goleman, 1998 [5].

Procedure: The survey method through the procedure of questionnaire of emotional intelligence (Hyde *et al.* 2001) had been implemented to collect the appropriate data for this study. The researcher collected the data on ninety (N=90), female Baseball, Softball and Cricket players as subjects between the age group of 18-28 years.

- Group-A: Baseball (n₁=30)
- Group-B: Softball (n₂=30)
- Group-C: Cricket (n₃=30)

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for analysis of data. The difference in the mean of each group for selected variable was tested for the significance of difference by One-way Analysis of Variance (ANOVA). In all the analysis, the 5% critical level ($p<0.05$) was considered to indicate statistical significance.

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Findings and Analysis

Table 1: Mean and Standard deviation results with regard to Self-awareness among female Baseball, Softball & Cricket players.

Group	N	Mean	Std. Deviation	Std. Error
Baseball	30	16.70	1.44	.26
Softball	30	16.93	2.75	.50
Cricket	30	15.93	2.66	.48
Total	90	16.52	2.37	.25

Table 1(a): Analysis of Variance (ANOVA) results with regard to Self-awareness among female Baseball, Softball & Cricket players.

Source of variance	Sum of Squares	DF	Mean Square	F-ratio	Sig.
Between Groups	16.42	2	8.21	1.470	.236
Within Groups	486.03	87	5.58		
Total	502.45	89			

*Significant at $F_{0.05} (3.101)$

It is evident from table 1(a) that the results of Analysis of Variance (ANOVA) among three groups of female Baseball, Softball and Cricket players with regard to the sub-parameter self-awareness of emotional intelligence were found to be

statistically insignificant ($P > 0.05$). Since the obtained “F” ratio 1.470 (.236) was found statistically insignificant. The graphical representation of responses has been exhibited in figure-1.

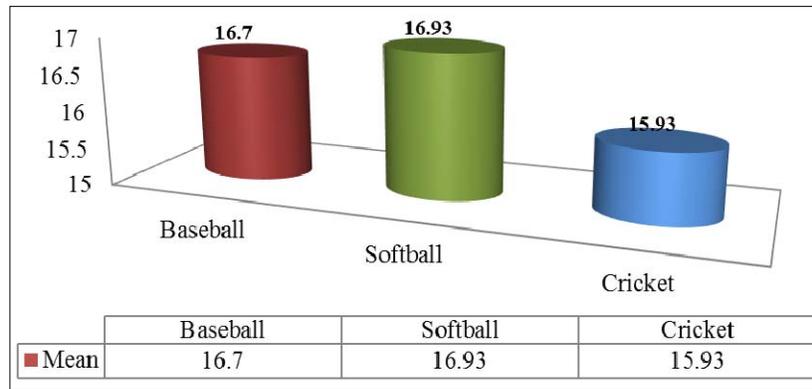


Fig 1: Graphical Representation of mean scores with regard to Self-awareness among female Baseball, Softball & Cricket players.

Conclusion

Based on the findings of this study, the following conclusion was drawn:

To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Self-awareness of emotional intelligence were found to be statistically insignificant ($P > 0.05$). Since the obtained “F” ratio 1.470 (.236) was found statistically insignificant.

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