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A comparative analysis of emotional intelligence among basketball players

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Abstract

Objectives: This study examined the emotional intelligence level among male basketball players.

Materials and Methods: A group of fifty (N=50) male inter-college level basketball players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study. The purposive sampling technique was used to attain the objectives of the study. They were further divided into (N=10) each playing position i.e. Point guard (n₁=10), Shooting guard (n₂=10), Small forward (n₃=10), Power forward (n₄=10) and Center (n₅=10).

Tool: To measure the level of Emotional Intelligence of the subjects, the Emotional Intelligence Scale constructed by Hyde *et al.* (2001) was administered.

Statistical Analyses: One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. For testing the hypotheses, the level of significance was set at 0.05.

Results: Summarizing from the above findings we can say that insignificant differences were found among male basketball players on the sub-variables of Emotional Intelligence i.e., Self-awareness, Empathy, C, Emotional stability, Managing relations, Integrity and Commitment.

Keywords: emotional intelligence.

Introduction

Emotional intelligence is an asset, particularly in today's age and it is hailed as paramount. It is the mental ability we are born with, which gives us our potential for emotional learning management skills, which can help us, maximizes our long term health, happiness and survival. Emotions help in responding to changes in relationships between the individual and environment. Each emotion organizes several basic behavioural responses. Emotions are indispensable part of our life. They do not follow any rigid time course but instead respond to external changes. Emotional intelligence is helpful in explaining so many variations and differences in the human psychology which earlier could not be explained with the traditionally known aspect i.e. Intelligent Quotient. The human to human contact through emotions is the one and only thing which makes a man successful and a productive member of the society. While Intelligent Quotient is more of an isolated aspect, concerned with reasoning, emotional intelligence is concerned with motivation and feeling. If Intelligent Quotient is the 'strength' of a man, the Emotional Intelligence is the 'will' to use that strength. So, ultimately what a person can achieve, depends on the will to use his strength rather than on the fact that how much strength he has. The reason why successful sportspersons and sports teams have sustained such high performance is due to possessing high levels of emotional intelligence.

Material and methods

Subjects

A group of fifty (N=50) male inter-college level basketball players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study. The purposive sampling technique was used to attain the objectives of the study. They were further divided into (N=10) each playing position i.e. Point guard (n₁=10), Shooting guard (n₂=10), Small forward (n₃=10), Power forward (n₄=10) and Center (n₅=10).

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Tools

To measure the level of Emotional Intelligence of the subjects, the Emotional Intelligence Scale constructed by Hyde *et al.* (2001) [3] was administered.

Statistical Analysis

One way Analysis of Variance (ANOVA) was employed to

Results

Table 1: Analysis of Variance (ANOVA) results among male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Self-Awareness

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	118.200	4	28.530	4.517	.064
Within Groups	399.810	45	8.116		
Total	475.580	49			

It can be seen from table-1 that insignificant differences were found with regard to the sub-parameter Self-Awareness among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

find out the intra-group differences. Where F values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference. For testing the hypotheses, the level of significance was set at 0.05.

(Sig.) .064 was found higher than 0.05 level of significance ($p < 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 2: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Empathy

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	89.120	4	21.022	2.65	.211
Within Groups	185.100	45	4.122		
Total	290.830	49			

It can be seen from table-2 that significant differences were found with regard to the sub-parameter Empathy among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.)

.211 was found higher than 0.05 level of significance ($p < 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 3: Analysis of Variance (ANOVA) results among male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Self-Development

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	39.00	4	8.721	2.413	.100
Within Groups	116.100	45	2.513		
Total	155.880	49			

*Significant at 0.05

It can be seen from table-3 that significant differences were found with regard to the sub-parameter Self-Development among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .100 was found higher than 0.05 level of significance ($p < 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 4: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Value Orientation

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	32.150	4	7.890	2.512	.241
Within Groups	79.130	45	1.636		
Total	110.420	49			

*Significant at 0.05

It can be seen from table-4 that significant differences were found with regard to the sub-parameter Value Orientation among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .241 was found higher than 0.05 level of significance ($p < 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 5: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Altruistic Behaviour

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	22.926	4	5.736	2.862	.480
Within Groups	67.120	45	1.451		
Total	89.000	49			

*Significant at 0.05

It can be seen from table-5 that significant differences were found with regard to the sub-parameter Altruistic Behaviour among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .480 was found smaller than 0.05 level of significance ($p < 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 6: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Self-Motivation

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	36.000	4	7.760	.986	.431
Within Groups	368.000	45	7.894		
Total	376.000	49			

*Significant at 0.05

It can be seen from table-4 that insignificant differences were found with regard to the sub-parameter Self-Motivation among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .431 was found higher than the 0.05 level of significance ($p > 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 7: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Emotional Stability

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	27.560	4	7.372	.792	.556
Within Groups	367.200	45	8.090		
Total	389.740	49			

*Significant at 0.05

It can be seen from table-4 that insignificant differences were found with regard to the sub-parameter Emotional Stability among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .556 was found higher than the 0.05 level of significance ($p > 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 8: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Managing Relations

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	37.930	4	9.331	3.059	.210
Within Groups	196.720	45	5.455		
Total	232.120	49			

*Significant at 0.05

It can be seen from table-8 that insignificant differences were found with regard to the sub-parameter Managing Relations among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .210 was found higher than the 0.05 level of significance ($p > 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 9: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Integrity

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	21.240	4	5.230	2.458	.259
Within Groups	138.421	45	3.134		
Total	158.023	49			

*Significant at 0.05

It can be seen from table-9 that insignificant differences were found with regard to the sub-parameter Integrity among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.)

.259 was found higher than the 0.05 level of significance ($p > 0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 10: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence on the sub-parameter Commitment

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	3.345	4	.851	1.035	.426
Within Groups	37.450	45	.823		
Total	39.650	49			

*Significant at 0.05

It can be seen from table-10 that insignificant differences were found with regard to the sub-parameter Commitment among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value

(Sig.) .426 was found higher than the 0.05 level of significance ($p>0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Table 11: Analysis of Variance (ANOVA) results among Male Basketball Players with regard to the Emotional Intelligence

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	1157.40	4	292.634	2.654	.075
Within Groups	5875.700	45	133.766		
Total	6294.440	49			

*Significant at 0.05

It can be seen from table-11 that insignificant differences were found with regard to the parameter Emotional Intelligence among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .075 was found higher than the 0.05 level of significance ($p>0.05$). Since F-value was found insignificant, therefore, there is no need to apply Post-hoc test.

Conclusion

Summarizing from the above findings we can say that insignificant differences were found among male basketball players on the sub-variables of Emotional Intelligence i.e., Self-awareness, Empathy, Self-development, Value orientation, Altruistic behaviour, Self-motivation, Emotional stability, Managing relations, Integrity and Commitment.

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