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Tanveer AhmadMarketing Manager at Heritage
Fitness and Sports Academy,
Punjab, India**Namita Barman**Assistant Professor in Physical
Education SD College for
Woman, Moga, Punjab, India

Relationship of psychological well being with emotional intelligence and will to win among elite and non elite handball players

Tanveer Ahmad and Namita Barman

Abstract

The objective of this study was to find out Relationship of Psychological well being with Emotional Intelligence and will to win among Elite and Non Elite handball players. Pearson Product movement correlation was used as a statistical technique in the study. A insignificant relationship of psychological well being with emotional intelligence and Will to win was found among elite Handball athletes. A positive correlation was found between Psychological well being and emotional intelligence among non elite Handball athletes. A insignificant relationship of psychological well being with emotional intelligence and Will to win was found among elite Handball athletes.

Keywords: Psychological well being, emotional intelligence, will to win among elite and non elite athletes

Introduction

Sports and games are aggressive in nature and are intended for a particular age group. In order to be successful sports person need a best combination of physical, physiological as well as mental fitness. Winning in sports is mostly linked with vim and wrath. More significantly people who are emotionally intelligent have great coordination between emotional states and requirements of the conditions. Emotional intelligence is a comparatively novel concept that has come out from last decade. Keyed as the capability to acknowledge and employ emotional conditions to modify purposive and behaviors. Emotional intelligence could be assessed by serial arguments of emotional conditions and the mode of handling them. Edmunds (2016) ^[1] quoted that psychology had long been involved in “mental issues”, which has extended their efforts in “physical problems and illness”. Mental fitness in sports has given much emphasis. Mentally fit person can make right decisions in immense pressure, helps in keeping concentration in the game. Sports performance is not influenced by “physical factor but also by the psychological attributes”. Some athletes are mentally stronger than the other counter partners and the reason behind is the cooperation of players with others. There are various factors that play vital role in generating the difference which not only include training, as psychological aspects but psychological wellbeing, emotional intelligence and desire to win are crucially important. Campbell (1976) ^[2] stated psychological wellbeing as person’s existing state of affairs, morale, self-actualization, anxiety, fear and phobia which are the fundamental ingredients of psychological wellbeing. Joshi *et al.* (2008) ^[3] indicates the experience of the individual determines the “psychological well being”. The other way to define it as state of feeling healthy, happy, having peace of mind, highly satisfied, relaxed and pleased. According to Ryff and Keyes (1995) ^[5] psychological well-being is mainly comprised of six areas, namely, personal growth, self-acceptance, purpose in life, autonomy, environmental mastery and positive relations, with others. It provides an abstract of psychological well-being and helps us to comprehend appropriately. It looks at the overall perception or mental acceptance of her situation and surroundings, The overwhelming conclusion from researches on the psychological outcomes of exercise tells us the conclusive statement from research psychological well being demos that the people who work out on regular basis inclined to have eminent grades of psychological well being that those who ignore.

Correspondence

Tanveer AhmadMarketing Manager at Heritage
Fitness and Sports Academy,
Punjab, India

The objective of exercise is not restricted to only psychological well-being that is acquired through daily engagement in exercise but it is also responsible for one’s potential for exercise that finally develops mechanism for personal growth and change. Sport scientists have a firm belief that psychological well being can only be achieved through daily participation in exercises. Paul (1960) [4] rightly remarked, “A winner never quite and quitters never win” that encompasses if one has wished to win definitely wins. White (1959) [6] related the will to win with the competitor and found this acts as a “driving force for an athlete” to put all his efforts, give his best and accomplish the activity successfully. ‘The desire to win’, ‘Feeling of the best’ and ‘the unwillingness to lose’ are some of the grand belongings of an athlete. It boosts the keen determination to win or to excel. The will to win is accepted as the factor that makes great competitors.

Objectives

1. To study the relationship of psychological wellbeing with emotional intelligence and will to win among elite and non-elite Handball players.

Hypothesis

1. There will be a significant relationship of psychological wellbeing with emotional intelligence and will to win among elite and non-elite handball players.

Delimitations

1. The study was delimited to elite and non-elite male Athletes of Handball game from the state of Punjab.
2. The study was delimited to 30 samples (15 elite and 15 non elite) between 18 to 28 years of age group.
3. The study was delimited on the following psychological

variables i.e.

- a) Psychological wellbeing.
- b) Emotional Intelligence.
- c) Will to win

Method & Procedure

Selection of Subjects

The subjects were selected from Lovely Professional University (Phagwara), Guru Nanak Dev University (Amritsar) and Punjabi University (Chandigarh). Simple Random sampling technique was used for the selection of subjects in the present study.

Research Tool

Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar in (2002).

Assessment of psychological wellbeing was done by using a scale of psychological well being scale developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary in 2012.

Assessment of Will to win was done by using Will to Win Scale developed by Anand Kumar in (1988).

Statistical Techniques

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation. Further, in order to find out correlation between psychological well being, emotional intelligence and will to win among elite and non-elite Handball players, Pearson Product moment correlation (P.M.C.C) was applied. The results were tested at 0.05 level of significance.

Results, Interpretation and Conclusion

Table 1: Correlation of psychological wellbeing with emotional and will to win in elite athletes of handball

Variables	N	Mean	Std. Deviation	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	193.53	19.1	14	.499	.058
Emotional intelligence	15	139.20	15.30		.059	.833
Will to win	15	8.1	2.50			

** Correlation significant at the 0.01 level (2-tailed)

* Correlation significant at the 0.05 level (2-tailed)

Table: 1 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in Handball Elite athletes. An insignificant relationship was found of Psychological well being with emotional intelligence as the p-value .058 was found to be greater at 0.05 level of significance. The relationship of Psychological well being with will to win in elite-athletes of Handball was

also found to be insignificant as the p-value 0.833 was greater at 0.05 level of significance.

The Graphical Representation Means of Psychological Wellbeing with Emotional and Will to Win In Elite Athletes of Handball

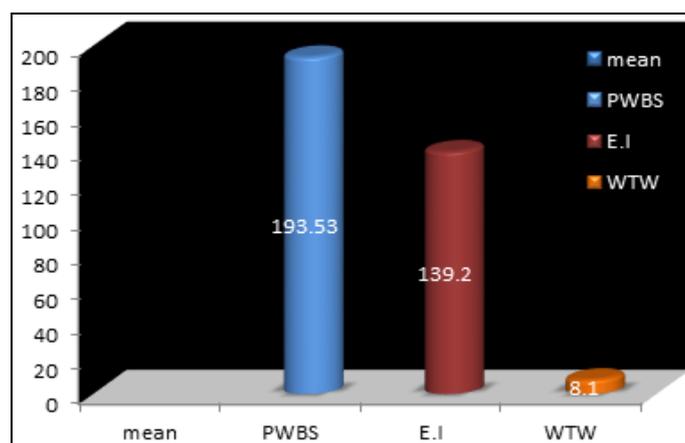


Table 2: Correlation of psychological wellbeing with emotional and will to win in non-elite athletes handball

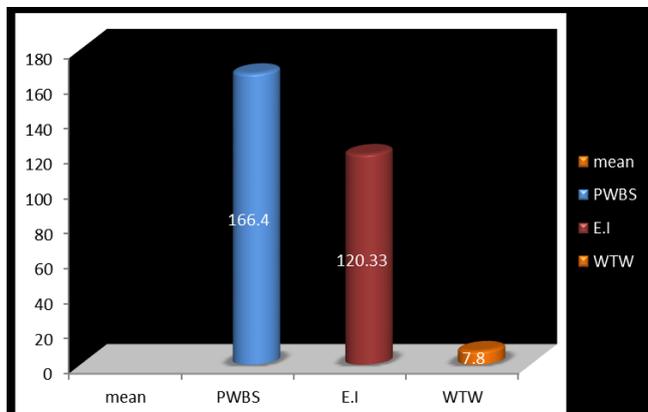
Variables	N	Mean	Std. Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	166.40	33.53	14	.904**	.000
Emotional intelligence	15	120.33	19.44			
Will to win	15	7.8	1.65		.430	.110

** Correlation significant at the 0.01 level (2-tailed)

* Correlation significant at the 0.05 level (2-tailed)

Table: 2 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in handball non- elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .904**, and a insignificant relationship was found between Psychological well being and will to win in non-elite handball athletes as the p-value .110 was greater at 0.05 level of significance.

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will to Win In Non-Elite Athletes of Handball



On the basis of the analysis of data and findings of the study, following conclusions were drawn:-

1. A insignificant relationship of psychological well being with emotional intelligence and Will to win was found among elite Handball athletes.
2. A positive correlation was found between Psychological well being and emotional intelligence among non elite Handball athletes.
3. A insignificant relationship of psychological well being with emotional intelligence and Will to win was found among elite Handball athletes.

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