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Relationship of emotional intelligence and psychological well-being among elite and non-elite softball players

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Abstract

The objective of this study was to find out Relationship of Emotional Intelligence and Psychological well being among Elite and Non Elite softball players. Pearson Product movement correlation was used as a statistical technique in the study. The results showed a highly significant correlation was found between Psychological Well Being and Emotional Intelligence among Elite and Non-Elite Softball players as the 'r' value was found to be. 845 and. 888 respectively.

Keywords: Psychological well being, emotional intelligence, elite and non elite softball players

Introduction

Sports and games are aggressive in nature and are intended for a particular age group. The participation in games and sports is particularly enjoyed by the capable, talented and God gifted youngsters. For playing the games it requires high level fitness. In order to be successful sports person need a best combination of physical, physiological as well as mental fitness. The most important factor in sports performance is to have the ability of a sports person to recognize and think the proper feeling need to perform at his best when required. Numerous athletes and coaches are now aware about the significance of cognitive acquisition in games and sports, and they are laying extra stress for the growth of these skills. The significance of these skills plays a vital role not only for those who have a great thrust to win but is equally important for those athletes who want to increase their consistency in performance. Miley (1999) examined that "medical factors, biological and psychological factors" should be taken into consideration for physical and mental wellbeing. Emotional intelligence could be assessed by serial arguments of emotional conditions and the mode of handling them. 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 plays a very important role in our emotional, social and personal life. By developing emotional intelligence in childhood stage, one can become a happier and more successful adult. During stressful and terrible situations emotionally intelligent people manage their emotions better and react with clearer, more rational minds and make better decisions. In difficult situations, transmitting positive emotion can help people cope with negative circumstances. According to Singh (2015) [9] "a mental and emotional state makes the differences between losing and winning". Brewer and Britton (2008) [11] generally accepted that 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, but other psychological aspects also likewise psychological wellbeing, emotional intelligence and desire to win are crucially important. Kumari (2016) [3] mentioned emotional intelligence is highly important skill that numerous individuals have accounted for their success. It is a dynamic yet particle concept. Petrides and Furnham (2000) [8], stated that assertion of emotional intelligence is more substantial forecaster of improved "psychological adaptations and high morale", on the other hand low or negative emotional intelligence is substantially linked with depression, destructing

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and agitating conduct. Salovey & Mayer (1990) [10] revealed out that individuals assumed to be different in their “capabilities and capacities” of exercising effective control on their emotional lives. They are different but not equally skilled in recognizing, accepting and operating their emotional information. Hein (2000) defined emotional intelligence as understanding by virtue of which an individual can differentiate “healthy feeling from that of unhealthy” one and also individual can turn pessimistic thoughts into optimistic ones. Goleman (1999) [2] described emotional intelligence as organizing one’s own feeling in such a way that they get expressed properly and effectively, it also helps people to focus and work for the common goal efficiently. Petrides *et al.* (2004) [7] suggested that the people with “high level of emotional intelligence” have likely aptitude for emotional insight and can respond positively with them. Psychological well-being actually deals with “positive view of persons self and life”. It is a versatile concept that almost touches each and every aspect of morale and gratification of life. Lent (2004) [6] compared high positive emotion and low negative emotions. It constitutes of a more moralistic perspective, having glimpse of a sybaritic perspective. Age, relationship status, employment status income and physical health are some of the coordinates of psychological well-being. Psychological well-being is regarded as the vital component of human being. It makes a person mentally sound, stable, promotes happiness, positive morale, insight performance and motivates the individual to attain goals throughout life. On the hand if ones psychological wellbeing is negative, essentially for a long period of time, that may lead to mental disorders like stress and depression that finally ends up into physiological problems and makes individual upset both externally and internally (Hiroeh, Appleby, 2001 and Liu, 2009) [4, 5].

Objectives

1. To study the relationship of psychological wellbeing with emotional intelligence among elite and non-elite softball players.

Hypothesis

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

Delimitations

1. The study was delimited to elite and non-elite male Athletes of Softball 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.
 - Psychological wellbeing.
 - Emotional Intelligence.

Method & Procedure

Selection of Subjects: The subjects were selected through Simple random sampling technique.

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.

Statistical Techniques

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation. Further, in order to find out the correlation between Psychological well being and Emotional intelligence among elite and non-elite 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 Softball

Variables	N	Mean	Std. Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	196.00	19.43	14	.845**	.000
Emotional intelligence	15	132.46	17.30			

** 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 and Emotional intelligence among Softball Elite athletes. A highly positive correlation was found between Psychological well being and emotional intelligence in Elite Softball Players as the r-value was found to be. 845**.

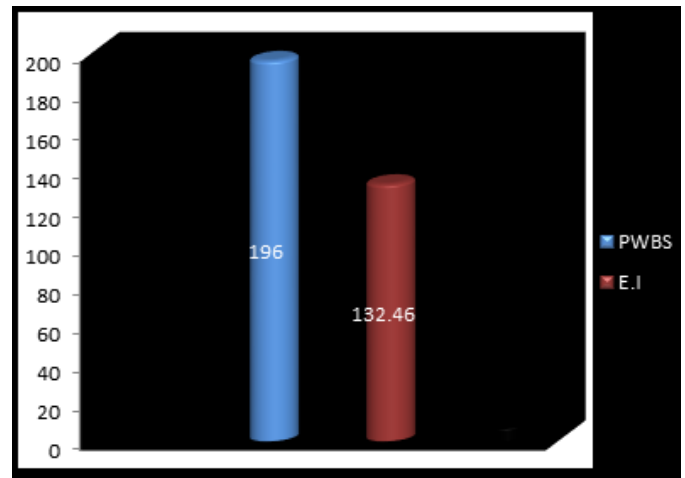


Fig 1: The Graphical Representation shows the Mean value of Psychological Wellbeing and Emotional Intelligence in Elite Athletes of Softball.

Table 2: Correlation of Psychological Wellbeing and Emotional Intelligence and Will to Win In Non-Elite Athletes of Softball

Variables	N	Mean	Std. Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	168.26	24.81	14	.888**	.000
Emotional intelligence	15	127.20	17.33			

** 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 and Emotional intelligence in Softball non- elite athletes. A positive correlation was found

between Psychological well being and emotional intelligence as the r-value was founded. 888**.

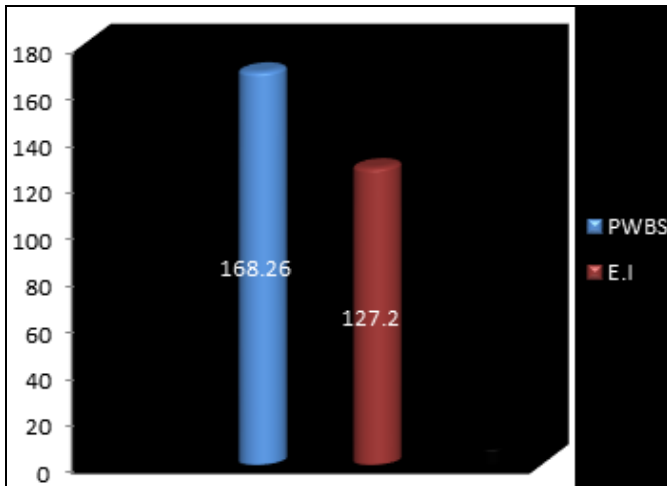


Fig 2: The Graphical Representation shows the Mean value of Psychological Wellbeing and Emotional Intelligence in Non-Elite Athletes of Softball.

Conclusion

A highly significant correlation was found between Psychological Well Being and Emotional Intelligence among Elite and Non-Elite Softball players as the 'r' value was found to be. 845 and. 888 respectively.

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