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Appraisal of sports emotional intelligence among national female softball players

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Abstract
Peak performance in sports require certain level of emotional control. This includes not only controlling own emotions but others also. This is included in the concept of emotional intelligence. In this context, value of sports emotional intelligence for consistent performance at highest level has been voiced by many sports scientists. The present study evaluated the sports emotional intelligence of national level female softball players. To conduct the study 80 national level female softball players was included. The test of sports emotional intelligence standardized by Agashe and Helode was used in the present study. It was found that 67.5% national female softball players possess high degree of emotional intelligence, 20% had moderate level of emotional intelligence while 12.5% had low level of emotional intelligence. It was concluded that national female softball players have in them a psychological quality in the form of emotional intelligence which aid them to channelize their potential in right direction.

Keywords: Sports emotional intelligence, softball

Introduction
Peak performance in sports require certain level of emotional control. This includes not only controlling own emotions but others also. This is included in the concept of emotional intelligence. In this context, value of sports emotional intelligence for consistent performance at highest level has been voiced by many sports scientists. Emotional intelligence appeared for the first time ever in Praxis der Kinderpsychologie und Kinderpsychiatrie a German publication. According to Mayer and Salovey (1995) emotional intelligence can be best described as knowing and arranging not only own emotions but others also for effective management of surroundings. Person who popularized the term emotional intelligence is Daniel Goleman. Goleman (1995) [4] definition of emotional intelligence is as follows: "Emotional Intelligence is a master aptitude, a capacity that profoundly affects all other abilities, either facilitating or interfering with them". In light of these, one may comprehend that emotional intelligence is one's passionate knowledge as a unitary capacity (identified with, however autonomous of standard insight) accommodating in knowing, feeling and judging feelings in close collaboration with one's reasoning procedure to act appropriately, for a definitive acknowledge of the bliss and welfare of the self-tuned in to others. Daniel Goleman (1998) [5] strongly contended that emotional intelligence bears far more significant importance in excellence as compared to general intelligence. Goleman in short defined emotional intelligence as cluster of traits or abilities which is related to poignant side of life. Goleman (1995) [4] divided emotional intelligence into five major components.
They are:
1. Knowing our own emotions.
2. Managing our emotions.
3. Motivating ourselves.
4. Recognizing the emotions of others and lastly.
5. Handling relationships.

Emotional intelligence is not a new concept in sports although sports psychologists began to explore its importance in sports not long ago. We always admire elite sportspersons for their ability to raise their performance at the right time with emotionally controlled, determined and

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great sports mind. The use of emotional intelligence in sports is the ability of a sportsperson to control their emotions and attain peak performance at the demand of the situation. Lane *et al*. in 2009 [6] strongly support the importance of emotional intelligence in sports performance. He voiced that emotional intelligence provides a sportsperson an ideal emotional balance which give sportspersons a psychological strength so that he can adjust according to game situation. Gill (2010) [3] also reported a meaningful association between performance and sports emotional intelligence.

Softball is a very complex sport in nature because it requires similar magnitude of motor, physical, physiological and mental abilities to reach at highest level. It is believed that sound psychological state is the key to be successful in softball. Studies determining psychological potentiality of softball players in India are very few although some of the researchers namely Calmels *et al*. (2004) [2], Vast *et al*. (2010) [10], Tangarani (2016) [9], Singh (2017) [8] did study the performance of softball players on the basis of psychological characteristics but none created profile of sports emotional intelligence on softball players. Hence the present study was planned to appraise sports emotional intelligence among national female softball players.

AIMS & Objective
The aim of the present study was to appraise sports emotional intelligence among national female softball players.

Hypothesis
It was hypothesized that high level of sports emotional intelligence will be observed in most of the national female softball players.

Methodology
The following methodological steps were taken in order to conduct the present study.

Sample
To conduct the study 80 national level female softball players (average age 22.12 years) was included. The inclusion criteria were participation in national/inter university level softball tournament. Purposive sampling was adopted for selection of sample.

Tools
Sports emotional intelligence test in Hindi standardized by Agashe and Helode (2008) [1] was preferred. This test consists of 15 items. Manual of test describes the method to classify subjects into high, moderate and low level of sports emotional intelligence. The reliability and validity of this test was found to be satisfactory.

Procedure
80 national female softball players were selected as sample. Administration of SEIT was performed as per standard protocol for scientific research. Scoring of response was conducted as described in the manual of test. National female softball players scoring above 225 on SEIT were treated as exhibiting high sports emotional intelligence, scores in between 181-225 were treated as moderate sports emotional intelligence and lastly scores below 181 were considered as low sports emotional intelligence. Chi square test was used to compare frequency distribution.
Results shown in table 1.

Result and Discussion

Table 1: Chi-Square Statistics for Comparison of Grades of Sports Emotional Intelligence

Grades of sports emotional intelligence	Frequency	Percentage (%)	χ^2
High (More than 225)	54	67.5%	
Moderate (Between 181-225)	16	20.0%	$\chi^2 = 42.7\ (p < .01)$
Low (Less than 181)	10	12.5%	
Total	80	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Frequency distribution shown in table 1 reveals that 67.5% national female softball players comes under the category of high sports emotional intelligence, 20% coming under moderate sports emotional intelligence category and 12.5% coming under low sports emotional intelligence. The calculated $\chi^2 = 42.7$ also indicate that greater percentage among national female softball players having higher degree of sports emotional intelligence. Result is not surprising because the sample comprise of national female softball players and literature on sports emotional intelligence also suggests its strong relationship with athletic performance.

Conclusion
On the basis of results, it was concluded that national female softball players have the competence to be conscious of, control, and communicate one's emotions, and to handle interpersonal relationships thoughtfully and benevolently. It may also be concluded that sports emotional intelligence is key psychological factors for excellence in female softball.

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