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Dhada Navneet

Research Scholars, Department
of Physical Education, GNDU,
Amritsar, Punjab, India

Dr. Das Prasanta Kumar

Associate Professor, Department
of Physical Education, Tripura
University, Tripura, India

Emotional intelligence and aggression among the female basketball players of Northern India

Dhada Navneet and Dr. Das Prasanta Kumar

Abstract

Mental aspect of training is very important as far as high performance sports are concerned. In order to attain high level performance, mental aspect of performance should be given due importance. In this study an effort has been made to assess two very important psychological dimensions namely emotional intelligence, aggression and their contribution in the basketball player. Optimum performance is achieved when there is harmony between your physical ability and emotional intelligence. The purpose of the study was to compare the level of Emotional Intelligence and Aggression of the North-Zone Basketball female players. To solve the purpose of the study sample was collected from North-Zone Inter Universities of Basketball Championship held at Kanpur University 2014-15. To measure Emotional Intelligence of the students Emotional Intelligence scale constructed by Hyde, Dethle and Dhar (2001) were used. To measure Aggression, the Aggression scale constructed by Dr. Roma Pal and Dr. Tasleem Nqarvi (1980) was administered. To analyze the differences of the groups Analysis of variance used. Where the F value was found significant LSD post hoc test was used. The result of the study have shown that female Basketball Players of Guru Nanak Dev University, Amritsar have the highest Emotional Intelligence among the Six Universities and the female Players Kurukshetra University Kurukshetra, Haryana female have highest Aggression among the Six Universities.

Keywords: Emotion intelligence, aggression, basketball, universities

Introduction

Emotions carry information and the emotional information is around us. Emotional information is thus understood and discern by a branch of intelligence known as emotional intelligence. Emotional intelligence is the ability to feel good about doing whatever we are told, ordered, convinced or expected to do. It is the ability to keep doing a given task regardless of the level of stress or pressure we are under. Therefore, it is ability to find ways to cope with stress. An emotion is a complex psychological state that involves three distant components: a subjective experience a physiological response, and a behavioral or expressive response (Hockenbury & Hockenbury, 2007). Optimum performance is achieved when there is harmony between your physical ability and emotional intelligence. Even with fine tuned physical skills, a lack of emotional balance will cause performance of suffer. To have emotional balance means that you are in control and possess the ability to deal with mistake and unexpected outcomes. Acknowledging that mistakes and setback are inevitable throughout every athlete's journey, how an athlete perceives those events will ultimately determine their degree of success.

Objectives of the Study

1. To compare the emotional intelligence among female Basketball players participated in North-Zone Basketball Championship.
2. To compare the aggression among female Basketball players participated in North-Zone Basketball Championship.

Significance of the Study

The results of the study may provide an authentic understanding of the role of Emotional Intelligence and Aggression in the female Basketball players because psychology is the key factor for a great success in games and sports. The results of the study may help to the

Correspondence

Dhada Navneet

Research Scholars, Department
of Physical Education, GNDU,
Amritsar, Punjab, India

administrator of particular sports to understand the importance of Emotional- Intelligence and Aggression. It may also help the professionals working as physical education teachers, activity coordinators, coaches and the players itself to identify that factors which contribute to the performance. It may be helpful to selectors in order to sports and select the players on the basis of psychological variables. This study may help those personalities who want to do research in similar field or other sports disciplines also. It may be helpful for physical education teachers and coaches to develop sound training programs besides devising remedial training program.

Method and Procedure

The undertaken research work was descriptive in nature and the survey method was used. The survey was conducted on the female Basketball Players of North-Zone Universities. The purpose of the study was to determine the Emotional Intelligence and Aggression among the female Basketball Players of the North-Zone Universities. Six Universities were randomly selected from top Sixteen Universities of North-Zone Basketball Championship. The Variables of the study were Emotional Intelligence and Aggression. To assess Emotional Intelligence and Aggression of female Basketball Players who participated in North-Zone Basketball Championship two questionnaires were used separately. The sample subjects were selected by using probability sampling technique in which simple random sampling method was

used. The subjects selected for this study were female Players who participated in the North-Zone Inter-University Championship. The teams were as follows:

1. Panjab University, Chandigarh
2. Guru Nanak Dev University, Amritsar
3. Punjabi University, Patiala
4. Delhi University, Delhi
5. Kurukeshtra University Kurukeshtra, Haryana
6. Himachal Pradesh University, Shimla

Seventy two female Basketball Players were selected twelve from each team. The age of the female Basketball Players ranged between 18 to 25 years. To compare the Six Universities female players' Emotional Intelligence and Aggression mean and standard deviation to analysis the differences of within and between the groups Analysis of variance used. Where the F value was found significant LSD post hoc test was used.

Analysis of the Data and Results of the Study

The descriptive statistics have been used to summarize the data so that they are easy to understand. Central tendency is summarized using mean and the dispersion is summarized by using the standard deviation. Comparison was done using One Way Analysis of Variance and the results were examined at 0.05 level of significance.

Table 1: Descriptive study of female Basketball of different Universities on Emotional Intelligence

Groups	N	Mean	SD	SEM	Minimum	Maximum
Panjab University	12	135.50	12.76	3.68	59.00	104.00
Guru Nanak Dev University	12	157.16	7.83	2.26	96.00	123.00
Kurukeshtra University	12	118.41	19.86	5.73	71.00	123.00
Himachal Pradesh University	12	132.58	15.51	4.47	88.00	131.00
Delhi University	12	125.33	19.44	5.61	72.00	97.00
Punjabi University	12	133.50	14.83	4.28	65.00	168.00

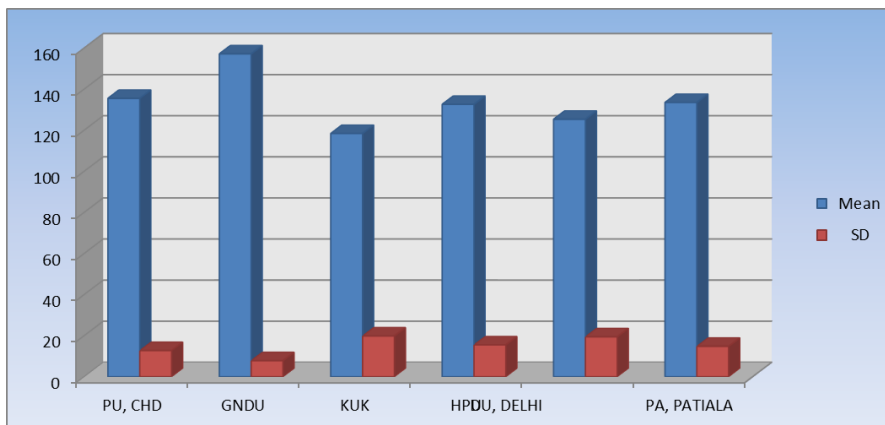


Fig 1: Showing Mean and Standard deviation of Female Basketball Players of Six Universities on Emotional Intelligence

To begin with analysis of the data the descriptive statistics of the Emotional Intelligence female Basketball Players is given in table-1. It indicates the mean, standard deviation, and standard error of female Basketball Players. The means, standard deviation, standard error of mean, Panjab University, Chandigarh (PU) player was 135.50, 12.76, and 3.68, respectively. The means, standard deviation, standard error of mean Guru Nanak Dev University, Amritsar (GNDU) player was 157.16, 7.83, and 2.26 respectively. The means, standard deviation, standard error of mean Kurukeshtra University

Kurukeshtra, Haryana (KUK) player was 118.41, 19.86 and 5.73 respectively. The means, standard deviation, standard error of mean Himachal Pradesh University, Shimla (HPU) player was 132.58, 15.51 and 4.47 respectively. The means, standard deviation, standard error of mean Delhi University Delhi (DU) player was 125.33, 19.44 and 5.61 respectively. The means, standard deviation, standard error of mean Punjabi University Patiala (PA) player was 133.50, 14.83 and 4.28 respectively. The mean scores of the same are illustrated graphically in figure.

Table 2: Summary of Analysis of variance (ANOVA) of different Universities of female of Basketball on Emotional Intelligence

Dependent Variables	Source of variation	DF	Sum of Square	Mean Square	F-Value
Emotional Intelligence	Between the Group	5	10305.33	2061.06	8.483*
	Within the Group	66	16036.16		
	Total	71		242.97	

*Significant at.05 level, $F_{.05}(5, 66) = 2.36$

From table 2, it can be seen that the f-value is 8.483 which is significant at 0.05 level of significance with the degree of freedom (5, 66). This shows that the mean scores of female Basketball Players of Six Universities on Emotional Intelligence differ significantly. Hence the null hypothesis

that there is no significant difference in the mean score of female Basketball Players of Six Universities is rejected. To know which group has shown significant improvement than the other the data was further analysed by using LSD post hoc test.

Table 3: LSD post hoc test of the female Basketball Players of Six University on Emotional Intelligence

Dependent Variable	(I) Group	(J) Group	Mean Difference (I-J)	Sig.
Emotional Intelligence	Panjab University Chandigarh	GNDU	21.66	.001
		KUK	17.08	.009
		HPU	2.91	.648
		DU	10.16	.115
		Punjabi University Patiala	2.00	.754
	Guru Nanak Dev University, Amritsar	KUK	38.75	.000
		HPU	24.58	.000
		DU	31.03	.000
		Punjabi University, Patiala	23.66	.000
	Kurukeshtra University Kurukeshtra, Haryana	HPU	14.16	.029
		DU	6.91	.281
		Punjabi University, Patiala	15.08	.21
	Himachal Pradesh University	DU	7.25	.259
		Punjabi University, Patiala	.91	.886
	Delhi University, Delhi	Punjabi University, Patiala	8.16	.204

Table 4: Descriptive study of female Basketball Players of different Universities on Aggression

Groups	N	Mean	SD	SEM	Minimum	Maximum
Panjab University	12	81.00	14.08	4.06	114.00	159.00
Guru Nanak Dev University	12	112.66	8.42	2.43	146.00	168.00
Kurukeshtra University	12	98.91	14.90	4.30	91.00	156.00
Himachal Pradesh University	12	106.83	14.70	4.24	115.00	163.00
Delhi University	12	81.50	7.90	2.28	104.00	152.00
Punjabi University	12	91.66	14.80	4.27	91.00	168.00

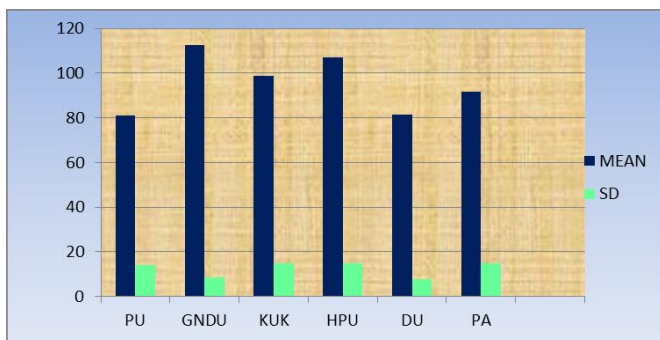


Fig 2: Showing Mean and Standard deviation of Female Basketball Players of Six Universities on Aggression

To begin with analysis of the data the descriptive statistics of the Aggression female Basketball Players is given in table-4. It indicates the mean, standard deviation, and standard error

of female Basketball Players. The means, standard deviation, standard error of mean Panjab University, Chandigarh (PU) player was 81.00, 14.08 and 4.06 respectively. The means, standard deviation, standard error of mean Guru Nanak Dev University, Amritsar (GNDU) player was 112.66, 8.42 and 2.43 respectively. The means, standard deviation, standard error of mean Kurukeshtra University Kurukeshtra, Haryana (KUK) player was 98.91, 14.90 and 4.30 respectively. The means, standard deviation, standard error of mean Himachal Pradesh University Himachal (HPU) player was 106.83, 14.70 and 4.24 respectively. The means, standard deviation, standard error of mean Delhi University Delhi (DU) player was 81.50, 7.90 and 2.28 respectively. The means, standard deviation, standard error of mean Punjabi University Patiala (PA) player was 91.66, 14.80 and 4.27 respectively. The mean scores of the same are illustrated graphically in figure.

Table 5: Summary of Analysis of variance of different Universities of female of Basketball on Aggression

Dependent Variables	Source of variation	DF	Sum of Square	Mean Square	F-Value
	Between the Group	5	10268.736	2053.743	12.453*
	Within the Group	66	10884.917		
	Total	71	21153.653	164.923	

*Significant at.05 level, $F_{.05}(5, 66) = 2.36$

From table 5, it can be seen that the f-value is 12.453 which is significant at 0.05 level of significance with the degree of freedom (5, 66). This shows that the mean scores of female Basketball Players of Six Universities on Aggression differ significantly. Hence the null hypothesis that there is no

significant difference in the mean score of female Basketball Players of Six Universities is rejected. To know which group has shown significant improvement than the other, the data was further analysed by using Least Significant Difference (LSD) post hoc test.

Table 6: LSD post hoc test of the female Basketball Players of Six Universities on Aggression

Dependent Variable	(I) Group	(J) Group	Mean Difference(I-J)	Sig.
Aggression	Panjab University	GNDU	31.66	.000
		KUK	17.91	.011
		HPU	25.83	.000
		DU	.50	.924
		Punjabi University	10.66	.046
	Guru Nanak Dev University	KUK	13.75	.000
		HPU	5.83	.270
		DU	31.16	.000
		Punjabi University	21.00	.000
	Kurukeshtra University	HPU	7.91	.136
		DU	17.41	.001
		Punjabi University	7.25	.171
	Himachal Pradesh University	DU	25.33	.000
		Punjabi University, Patiala	15.16	.005
	Delhi University, Delhi	Punjabi University, Patiala	10.16	.057

The mean difference is significant at the 0.05 level.

Discussion of the Findings

The present study was an attempt to find out the differences in Emotional Intelligence and Aggression among the female Basketball player of North-Zone. It was hypothesized that female Basketball Players of different Universities of North-Zone have different level of Emotional Intelligence and Aggression. The result of the study have shown that female Basketball Players of Guru Nanak Dev University, Amritsar have the highest Emotional Intelligence among the Six Universities and the female Players Kurukeshtra University Kurukeshtra, Haryana female have highest Aggression among the Six Universities. Though the Emotional Intelligence and Aggression have been recognized as important factors in performance in Basketball, the present survey which was conducted on female Basketball player of Six Universities of North-Zone was carried out to find out which University female Basketball Players have the highest level of Emotional Intelligence and Aggression. It was found that female Basketball Players of Guru Nanak Dev University, Amritsar and Kurukeshtra University Kurukeshtra, Haryana, have highest level of Emotional Intelligence and Aggression respectively. So the study concluded that the female Basketball Players of Guru Nanak Dev University, Amritsar and Kurukeshtra University, Amritsar have the essential elements of performance in Basketball.

Conclusions

Based on the findings of the research & within the limitations of the study, following conclusions are drawn.

Emotional Intelligence

1. It may therefore be said that Guru Nanak Dev University Amritsar female players have demonstrated significantly better Emotional Intelligence than their counter part Panjab University, Chandigarh female players.
2. It may therefore be said that Kurukeshtra University Kurukeshtra, Haryana female players have demonstrated significantly better Emotional Intelligence than their

counter part Panjab University, Chandigarh female players.

3. It may therefore be said that Panjab University, Chandigarh players had exhibited better Emotional Intelligence Himachal Pradesh, University, Himachal though not significantly than their counterpart.
4. It may therefore be said that Panjab University, Chandigarh players had exhibited better Emotional Intelligence Delhi University, Delhi though not significantly than their counterpart.
5. It may therefore be said that Kurukeshtra University, Haryana female players have demonstrated significantly better Emotional Intelligence than their counter part Guru Nanak Dev University Amritsar female players.
6. It may therefore be said Himachal Pradesh University, Shimla female players have demonstrated significantly better Emotional Intelligence than their counter part Guru Nanak Dev University Amritsar female players.
7. It may therefore be said Delhi University, Delhi female players have demonstrated significantly better Emotional Intelligence than their counter part Guru Nanak Dev University Amritsar female players.
8. It may therefore be said that Punjabi University, Patiala female players have demonstrated significantly better Emotional Intelligence than their counter part Guru Nanak Dev University Amritsar female players.
9. It may therefore be said Guru Nanak Dev University, Amritsar female players have demonstrated significantly better Emotional Intelligence than their counter part and Kurukeshtra University, Haryana female players.
10. It may therefore be said Himachal Pradesh University, Shimla female players have demonstrated significantly better Emotional Intelligence than their counter part and Kurukeshtra University, Haryana female players.
11. It may therefore be said Delhi University, Delhi female players have demonstrated significantly better Emotional Intelligence than their counter part and Kurukeshtra University, Haryana female players.

12. It may therefore be said that Punjabi University, Patiala female players have demonstrated significantly better Emotional Intelligence than their counter part and Kurukeshtra University, Haryana female players.
13. It may therefore be said that Himachal Pradesh University Himachal players had exhibited better Emotional Intelligence Delhi University, Delhi though not significantly than their counterpart.
14. It may therefore be said that Himachal Pradesh University Himachal players had exhibited better Emotional Intelligence Punjabi University, Patiala though not significantly than their counterpart.
15. It may therefore be said that Delhi University, Delhi players had exhibited better Emotional Intelligence Punjabi University, Patiala though not significantly than their counterpart.

Aggression

1. It may therefore be said that Guru Nanak Dev University, Amritsar female players have demonstrated significantly better Aggression than their counter part.
2. It may therefore be said that Kurukeshtra University, Haryana female players have demonstrated significantly better Aggression than their counter part and Panjab University, Chandigarh female players.
3. It may therefore be said that Himachal Pradesh University, Shimla female players have demonstrated significantly better Aggression than their counter part and Panjab University, Chandigarh female players.
4. It may therefore be said that Panjab University, Chandigarh players had exhibited better Aggression Delhi University, Delhi though not significantly than their counterpart.
5. It may therefore be said that Punjabi University, Patiala female players have demonstrated significantly better Aggression than their counter part and Panjab University, Chandigarh female players.
6. It may therefore be said that Kurukeshtra University, Haryana female players have demonstrated significantly better Aggression than their counter part and Guru Nanak Dev University, Amritsar female players.
7. It may therefore be said that Guru Nanak Dev University, Amritsar players had exhibited better Aggression Himachal Pradesh University, Shimla though not significantly than their counterpart.
8. It may therefore be said that Guru Nanak Dev University, Amritsar players had exhibited Aggression better Delhi University, Delhi though not significantly than their counterpart.
9. It may therefore be said that Guru Nanak Dev University, Amritsar players had exhibited better Aggression Punjabi University, Patiala though not significantly than their counterpart.
10. It may therefore be said that Kurukeshtra University, Kurukeshtra players had exhibited better Aggression Himachal Pradesh University, Shimla though not significantly than their counterpart.
11. It may therefore be said that Delhi University, Delhi female players have demonstrated significantly better Aggression than their counter part and Kurukeshtra University, Haryana female players.
12. It may therefore be said that Kurukeshtra University, Haryana players had exhibited better Aggression Punjabi University, Patiala though not significantly than their counterpart.

13. It may therefore be said that Delhi University, Delhi female players have demonstrated significantly better Aggression than their counter part and Himachal Pradesh University, Shimla female players.
14. It may therefore be said that Punjabi University, Patiala female players have demonstrated significantly better Aggression than their counter part and Himachal Pradesh University, Shimla female players.
15. It may therefore be said that Delhi University, Delhi players had exhibited better Aggression Punjabi University, Patiala though not significantly than their counterpart.

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