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## A study of emotional intelligence between the athletes and non-athletes of Karnataka State women's University Vijayapur

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### Abstract

The paper is an empirical attempt to explore "The impact of Emotional Intelligence on Athletes and Non-Athletes of Karnataka state women's University, Vijayapur" a study was conducted in the background of Ex-post descriptive server method. A sample of 200 sportsperson in the age group of 19 to 25 years studied by using semi-structured interview schedule. Stander zed questionnaire constructed by Prof Thimgunajam was administered on all India interuniversity represented athletes of Karnataka state women universality and PG students of women's university, later data was assessed by 't' test to test the significant difference in emotional intelligence between athlete and non-athlete. It is explored that emotional intelligence was noticed more in the athlete comparing to non-athlete and Male sportsperson and non-sportsperson has noticed higher level of emotional intelligence behavior comparing to the non sporterson and sportsperson of female

**Keywords:** study, emotional intelligence, athletes, non-athletes, women's, university

### Introduction

Psychology entered physical education much earlier than sports did. The terms such as psychological conditioning, psychological preparation and psychological training became common in the field of sports. No training in sports field is complete without psychological study and training of sportsmen. Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more efficiently and athletes to perform more proficiently. These psychological aspects on sports in gaining much attention among sports administration. A rapidly growing area of interest in sports psychology concerns the use of stress managements, procedures such as bio-feedback and relaxation training to enhance athletic performance

Accordingly, "Emotional intelligence involves the ability to perceive accurately, appraise, and express emotions, the ability to access and or generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge and the ability to regulate emotions to promote emotional and intellectual growth (Mayer & Salovey, 1997). So, this model contributes quite a lot in understanding mental abilities, which has been neglected for quite a long time. In the original model they viewed that emotional intelligence might or might not be related to other types of intelligence, like cognitive ability. But in 1997, Mayer and Salovey predicted that emotional intelligence was related to other types of intelligence and they proved it in 1999 based on 1997 model using a scale developed by Mayer, Caruso and Salovey (in press). But Mayer and Salovey model is contradicting with Bar-on (1997) model where he claimed that "emotional intelligence is an array no cognitive capabilities, competencies, and skills that influence one's ability to control in coping with environmental demands and pressures"

Therefore, in the present study an attempt has been made to probe the effect of sports participation on emotional intelligence among the athletes and non-athletes and male and female

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**Problem**

To explore the impact of Gender and sports participation on Emotional Intelligence between Athletes and Non-Athletes of Karnataka state women’s University, Vijayapur in India.

**Hypothesis of the Study**

1. The sports participation has significant influence on emotional intelligence of the athlete and non-athletes
2. There is no a significant difference in the emotional intelligence of athletes and non-athletes.
3. There would be significant difference in emotional intelligence between male and female of sportsperson and non sporterson

**Objectives**

1. To probe the impact of sportsparticipation on emotional intelligence on athletes and non-athletes.
2. To explore the significant relationship between the emotional intelligence and sports participation

**Variables**

Athlete and Non-Athlete are independent factor  
Emotional Intelligence variable is dependent variable

**Methodology**

The present investigation pertaining to “The impact of Emotional Intelligence on Athletes and Non-Athletes of Karnataka state women’s University, Vijayapur in India” is in the framework of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under.

**Sample**

The total sample consists of 200 sportsmen belonging to athletes and non-athletes. The age levels ranging from 19-25 were selected randomly. The sample design is given below:

**Sample Design**

| Sex    | Athletes | Non-Athletes | Total |
|--------|----------|--------------|-------|
| Male   | 50       | 50           | 100   |
| Female | 50       | 50           | 100   |
| Total  | 100      | 100          | 200   |

**Tools**

Emotional Intelligence Scale developed by Thimgujam and Ram (1999) was used in this study.

1. The ‘t’ test was applied to assess the significant difference in the Emotional intelligence between athletes and Non-athletes

**Interpretation and Analyses of Result**

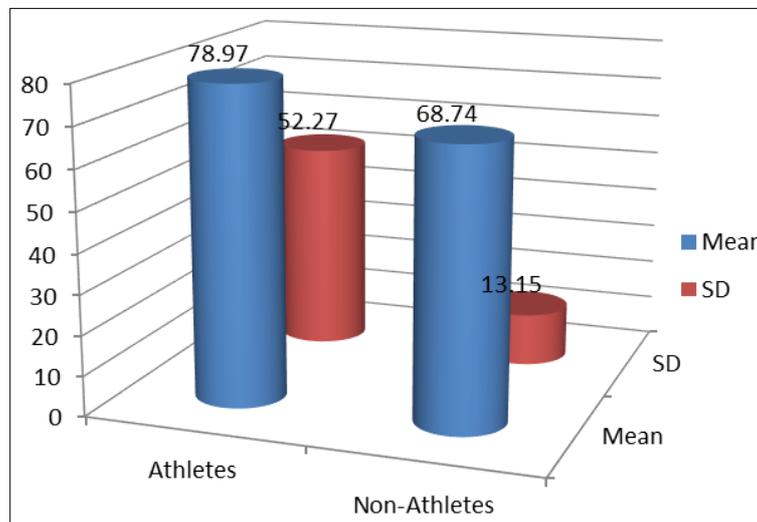
The participation in modern sports is influenced by various physical, physiological, sociological, and psychological factors. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. So now the sports trainers and coaches have started giving more importance to the impact of sociological factors on the psychological conditioning or building the mental makeup of the players and its resultant influences on their performance in the national and international competitions. The impact of psychological factor like emotional intelligence has been neglected all over the world in general and India in particular. It is in this background the present study intends to probe the effect of the training of emotional intelligence on the performance of athletes and non-athletes. The data analysis and interpretation are as under,

**Table 1:** Table Showing the Mean, SD and ‘t’ Values of Emotional Intelligence of Athletes and Athletes

| Variables | Athletes | Non-Athletes |
|-----------|----------|--------------|
| Mean      | 78.97    | 68.74        |
| SD        | 52.27    | 13.15        |
| t-value   | 5.25**   |              |

\*\* Significant at 0.01 level.

The above table explains the mean, SD and t values of emotional intelligence of athletes and non-athletes. It can be seen in the above table that the mean score of athletes and non-athletes are 78.97 and 68.74 respectively. It shows that the athletes have more emotional intelligence than the non-athletes. The obtained t value for the both groups is 5.25 which is significant at 0.01 level indicates that there is a significant difference of emotional intelligence between the athletes and non-athletes. Hence, it can be said that the athletes have more emotional intelligence than the non-athletes which will help them to achieve more in their sports performances in the different competitions.



**Fig 1:** The graph showing the emotional intelligence behavior between athlete and non-athletes

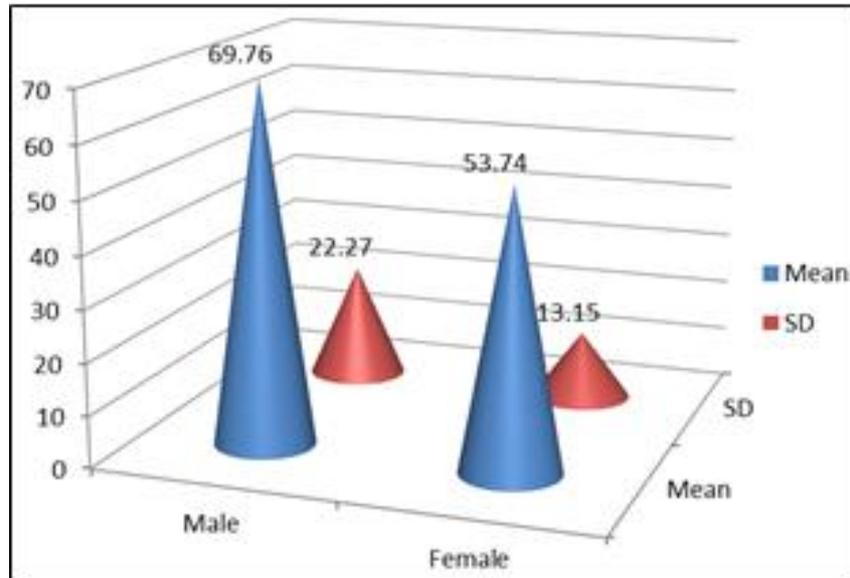
**Table 2:** Table Showing the Mean, SD and 't' Values of Emotional Intelligence of Male and Female Athletes

| Variables | Male   | Female |
|-----------|--------|--------|
| Mean      | 69.76  | 53.74  |
| SD        | 22.27  | 13.15  |
| t-value   | 9.25** |        |

\*\* Significant at 0.01 level.

The above table no.2 explains that mean, SD and t values of emotional intelligence of male and female athletes. The mean score presented in the above table explains that male

sportspersons have more mean score (69.76) than the female sportspersons (53.74). It shows that the male sportspersons have the more emotional intelligence than the female sportspersons. Moreover, the obtained t value is 9.25 which is significant at 0.01 shows that there is a significant difference of emotional intelligence between the male and female sportspersons. Therefore, it can be concluded that the male respondents have more emotional intelligence than the female sportspersons and this advantage helps them to perform better than their counterparts in the different sports competitions and tournaments.



**Fig 2:** The Graph showing the Emotional intelligence behavior between male and female sportsperson

## Conclusion

The research articles probe the influence of Gender and sports participation on Emotional intelligence between athlete and non-athlete sportsperson belong men and female, the results found that sports participation cultivated and helped to develop mastery over the emotional control and understanding the other emotional aspects and male have noticed higher level of Emotional intelligence comparing to the female sportsperson.

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