



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 1300-1301  
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www.journalofsports.com  
Received: 26-11-2017  
Accepted: 28-12-2017

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## Comparative study on emotional intelligence of sports women and non sports women during menstruation period

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### Abstract

This study was undertaken to compare and analyze the emotional intelligence of sports and non sports women. For the purpose of the study, 30 students were selected as subject. The 15 sports women and 15 non sports women were selected as the subjects for the investigation. The selected psychological variable for the study was the emotional intelligence. The test administered to assess emotional intelligence of subjects was questionnaire developed by Jay raj B and Samsananda Raj (1998).

**Keywords:** comparative study, emotional intelligence, sports, women and non sports women.

### Introduction

Emotions are easy to understand but difficult to define. One may easily explain the emotional tone in an individual's behaviour but find difficulty in defining the emotion involved for instance, an angry face conveys the same message to all yet there may be great individual differences in defining anger or even labelling the face with emotion word anger. The difficulty arises from the term definition itself by definition; we mean several things, for example, a cultural definition, a biological definition, an overt expressional definition, an observer's definition, and a contextual definition. Some people may like to define emotion on the basis of the quality of experience (positive / negative) the degree of arousal (high/low), or the meteoric direction embodied in the action (approach / withdrawal) The pervasiveness of the term also creates a difficulty in defining it. For instance, the categories happiness, sadness, fear, anger, surprise, and disgust are accepted by all as emotions but opinions differ on such categories as sex and aggression. To include these letter categories in the term, theorists sometimes use a more pervasive term, viz., motivation. Abnormal emotional reactions, e.g. anxiety, depression, and guilt, pose a different problem. Opinions differ in considering them as variants of natural emotion

Emotional intelligence is the capability of individuals to recognize their own, and other people's emotions, to discern between different feelings and label them appropriately, to use emotional information to guide thinking and behavior, and to manage and/or adjust emotions to adapt environments or achieve one's goal. According to Kaus (1996), how you feel is how you will play. The significance of emotional influence on sport performance has often been evident in most comments of spectators, team managers and sports analysts on athletes' and teams' performances during and after competitions. Oftentimes, they comment on players' display of confidence or lack of it, aggressiveness or timidity, resilience or depression, anger or enthusiasm, frustration or determination and other forms of emotionality while attributing to such factors, the responsibility for the success or failure of their performances.

Menstrual cycle is always a period of fatigue, dizziness, nausea. Every girl experiences this during that time but she suffer in silence even though the effect of menstrual period is different according to profession. The female athletes and normal girls have different things to say about this period. Usually girls experience fatigue and dizziness during this period and they tend to rest most of the time in first days, where as athletes feel a little more energetic and focused during this time. Athletes usually workout every day and it's a habit in their life and there apatite is different. All those factors make them more strong than normal female. Athletes generally have more mental strength because of their daily sports activities and they always have a positive out look

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The popularization of the concept ‘emotional Intelligence’ [EI] has really given a new dimension and momentum to the research initiatives that were linking personality factors with the superior performance of the executives. The concept of cogitative intelligence, which is often reheard as intelligence or intelligent quotient [IQ], as the sole determinant of individual performance has been questioned with the emergence of the concept “ Emotional Intelligence” consequent to the large number of research publications during the last one decade, EI has been identified as a critical factor in the performance and success of individuals in varying roles of their professional career and it has become an important consideration in human resource planning, job profiling, recruitment inter viewing and selection, training and executive development.

**Methodology**

This chapter describes the methodology and procedure adopted. It includes selection of subjects, selection of variables, selection of test items, collection of data and statistical techniques used in the study

**Selection of variables**

The variable selected for the present study was emotional intelligence. The questionnaire was used for the collection of data. Emotion intelligence was measured through standardized questionnaire developed by Jay raj B and Samsananda Raj (1998)

**Reliability of data**

The reliability of data was ensured by establishing the

measurements through the questionnaire reliability and subject reliability.

**Administration of questionnaire**

After identifying the, subjects the investigator met them and requested their cooperation for the smooth administration of the questionnaire. The investigator explained the purpose of the investigation and also gave clear instruction regarding the method of answering the questionnaire in a way that they would attend to the task at hand without any distraction and to complete the test in time. The investigator was present in the classroom and helped the subjects whenever they met with some difficulty in understanding the meaning of different words used in the questionnaire.

**Scoring**

The inventory was scoring with the help of a scoring key and which is given individual score. The total score constitutes emotional intelligence score. The complete questionnaire is scores as follows; Using the below 70 scale shown very low level of emotional intelligence. 70-80 scale low level of emotional intelligence 85-114scale Average level of emotional intelligence. 115-130 scale shown High level emotional intelligence. Above 130 scale shown very high level emotional intelligence.

**Statistical technique**

t- test was applied for data analysis. The level of significance was kept at 0.05 level

**Table 1:** Summary of mean and independent “T” test of selected groups on emotional intelligence

Group	Mean	Standard Deviation	‘t’ Ratio
Non -Sports Women	123.6	4.323	7.7495
Sports Women	100	10.97	

Table value required for significance at 0.05 level: 1.761  
T VALUE: 7.7495 (1.761 < 7.7495)

The study will help to find out the emotional intelligence of sports women and non sports women.

**Summary**

This study was undertaken to compare and analyze the emotional intelligence of sports and non sports women. For the purpose of the study, 30 students were selected as subject. The 15 sports women and 15 non sports women were selected as the subjects for the investigation. The selected psychological variable for the study was the emotional intelligence. The test administrated to assess emotional intelligence of subjects was questionnaire developed by Jay raj B and Samsananda Raj (1998).

**Conclusions**

With the limitations and delimitations of this study, the following conclusions were drawn;

- It was concluded that there was significant difference between sports women and non sports women.
- Emotional Intelligence was higher among sports women than the non sports women during menstruation period.

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