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Comparative study of emotional intelligence between combative and non-combative female athletes

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Abstract

The purpose of the study was comparative analysis of emotional intelligence between combative and non-combative female athletes. The study was conducted on 60 female athletes (30 combative (wrestling) 30 non-combative (kho-kho) Sports) age running between 20 to 25 years, representing all India inter-university competition. For collection of data the sports emotional intelligence test is developed by Agashe and Melode (2002) was used. The obtained data was statically treated by applied t-test. The result of study indicates that the female combat athletes having better emotional intelligence as compared to non-combat female athletes.

Emotional intelligence is your ability to effectively interact with others and control yourself. Salovey and Mayer (1990) defined, 'emotional intelligence is the skill to monitor and regulate one's own and other's feelings and to guide thought and action'. Emotional intelligence as person's ability to manage his feelings so that those feelings are expressed appropriately and effectively (Goleman 1995).

Emotional intelligence is very interesting in the realm of sports. Emotional intelligence in sports can lead to more success, better performance, and improved motivation. Hanin and Sirja (1995) found that emotions and success in sports go hand in hand in an individual.

Chaudhari (2017) investigate emotional intelligence of team, individual and Combat game players. Hodgson (2018) conducted a study the role of emotional abilities in elite sports coaching. Thus present study has been conducted to find out the difference between combat and non-combat female athlete on the variable of emotional intelligence.

Keywords: emotional intelligence, combative, non-combative

Introduction

Objectives

The study had sought to achieve the following objectives;

To measure the emotional intelligence between female athletes of combat and non-combat sports.

Method

Sample: The subjects for the present study consisted of 60 group athletes in the age group of 20 to 20 years, representing all India inter-university competition. Subjects were selected from two different sports i.e. combat (wrestling) and non-combat (football).

Tool: For collecting data with regard to selected variable, the following test was used. The sports emotional intelligence test is developed by Agashe and Melode (2002)^[1].

Description of test

Sports emotional intelligence test

The SEIT is developed by Agashe and Melode, 2002^[1]. The sports emotional intelligence test is constituted of total 15 items. The SEIT test is available in three languages, Hindi, Marathi and English. The subject has put a tick mark (√) on the five possible response option. The test can be administered on a single individual on a group.

Procedure

For the purpose of the study the questionnaire was administered at a place where there was no or minimum distraction so as to facilitate the subjects in filling up the test questionnaires.

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The test instructions were read out and explained to the subjects and they were allowed to ask questions if they have any.

Result and Discussion

The result of the present investigation has been presented in the following table.

Table 1: Mean, S.D. and t-value with regard to Combat and Non-Combat Female Athletes of the Variable Emotional Intelligence

Group	N	Mean	SD	3.184*
Combat	30	207.5	18.41	
Non-Combat	30	189.66	13.19	

*Significant at 0.05 level $t > 1.97$

On the variable Sports Emotional Intelligence, the results revealed that there were significant difference between Female Combat and Non-Combat Athletes at 0.05 levels as the t-value being 3.184. On the variable of Sports Emotional Intelligence the Female Combat Athletes were found to be significantly better as compared to their Female Non-Combat Athletes. It could also be attributed to the fact that Female Combat Athletes were affected by many aspects like, social, emotional, self-awareness, self-regulation, motivation, empathy and social skills. So Female Combat Athletes was found to be more Sports Emotional Intelligence as compared Female Non-Combat Athletes.

The findings of the investigator that female combat athletes were more sense of sports emotional intelligence, as compare to the female non-combat athletes. The result of present study supported by Chaudhari, A.K. (2017) [2] analysis of date revealed that significant differences was found among individual, team and combative sports players in relation to emotional intelligence. The result of Shaun, Grover and Devonport (2006) also supported.

Conclusion

The following conclusion has been drawn on the basis of the findings of this study:

The comparison between combat and non-combat female athletes indicated that the combat female athletes have better emotional intelligence as compared to non-combat female athletes.

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