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## A study of emotional intelligence among soccer players at different playing positions

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### Abstract

The present study examined the emotional intelligence among female soccer players. To obtain the data, the investigator had selected one hundred sixty five (N = 165) female soccer players from different districts of Haryana state. The age of the subjects were ranged from 16 to 19 years. The female soccer players were divided into four groups: (N<sub>1</sub> = 50 Strikers, N<sub>2</sub> = 50 Midfielders, N<sub>3</sub> = 50 Defenders and N<sub>4</sub> = 15 goalkeepers). The purposive sampling technique was used to select the subjects. To measure the emotional intelligence level of the subjects, the emotional intelligence scale constructed by Hyde *et al.* (2001) [3] was administered. One Way Analysis of Variance (ANOVA) was employed to compare the different playing positions in soccer players. The results where 'F' value was found significant, Scheffe post-hoc test was applied to find out the direction and degree of difference. The level of significance was set at 0.05. The results revealed significant difference with regard to emotional intelligence among female soccer players at different playing positions. Emotional intelligence of defenders was found to be statistically significant when compared to the midfielders and goalkeepers. No significant difference was found between strikers and defenders, strikers and midfielders, strikers and goalkeepers, midfielders and goalkeepers.

**Keywords:** Emotional intelligence, strikers, midfielders, defenders and goalkeepers

### Introduction

Soccer is high intensity game where performance of a player depends on the optimum output combination of physical, psychological variables and physiological parameters. Different playing positions in soccer required the different degree of these factors. There are numerous psychological variables which can enhance sports performance and even improve consistency of the performance of the players during training as well as competition. The most important psychological variable which enhances the performance of a player is emotional intelligence. Emotional intelligence is the ability to monitor one's own and other's emotions, to discriminate among them, to use the information to guide one's thinking and actions (Salovey and Mayer, 1990) [4]. Emotional intelligence has five components which are: self-awareness, self-regulation, motivation, empathy and social skills (Goleman, 1995) [1]. Goleman and Dalziel (1999) [2] asserted that emotional intelligence means managing feelings so that they are expressed appropriately and effectively, enabling people to work together smoothly towards their common goals. This study therefore investigated the applicability of emotional intelligence to female Soccer players at different playing positions.

### Methods and Procedure

To accomplish the study, the investigator had selected one hundred sixty five (N = 165) female soccer players from different districts of Haryana state. The age of the subjects were ranged from 16 to 19 years. The female soccer players were divided into four groups: (N<sub>1</sub> = 50 Strikers, N<sub>2</sub> = 50 Midfielders, N<sub>3</sub> = 50 Defenders and N<sub>4</sub> = 15 goalkeepers). The purposive sampling technique was used to select the subjects. To measure the emotional intelligence level of the subjects, the emotional intelligence scale constructed by Hyde *et al.* (2001) [3] was administered. One Way Analysis of Variance (ANOVA) was employed to compare the different playing positions in soccer players. The results where 'F' value was found significant, Scheffe post-hoc test was applied to find out the direction and degree of difference.

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The level of significance was set at 0.05.

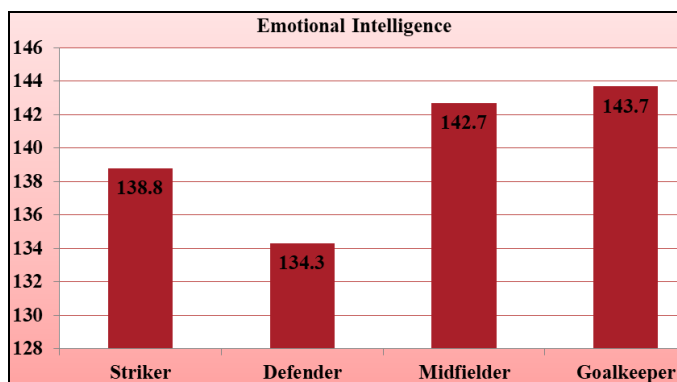
**Result and Discussion**

Descriptive statistics of emotional intelligence among female soccer players of different playing positions has been depicted in table no. 1 and mean scores has been depicted in figure no. 1.

**Table 1:** Descriptive statistics of emotional intelligence among female soccer players at different playing positions

Variable	Positions	N	Mean	Std. Deviation	Std. Error
Emotional Intelligence	Striker	50	138.8	10.14	1.43
	Defender	50	134.3	10.23	1.45
	Midfielder	50	142.7	9.75	1.38
	Goalkeeper	15	143.7	4.99	1.29

The table no. 1 indicates the mean scores of emotional intelligence of strikers, defenders, midfielders and goalkeepers were 138.8, 134.3, 142.7 and 143.7 with the standard deviations of 10.14, 10.23, 9.75 and 4.99 respectively. It may be inferred that goalkeepers were having likely edge on emotionally intelligent as compared to strikers, midfielders and defenders.



**Fig 1:** Mean scores of emotional intelligence of female soccer players at different playing positions

The result of Analysis of variance of mean scores of strikers, defenders, midfielders and goalkeepers on emotional intelligence has been presented in the table no. 2.

**Table 2:** Analysis of variance (ANOVA) among strikers, defenders, midfielders and goalkeepers on emotional intelligence

Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Emotional Intelligence	Between Groups	2128.399	3	709.466	7.525	.000*
	Within Groups	15179.213	161	94.281		
	Total	17307.612	164			

It has been observed from the table no. 2 that significant difference was found among soccer players at different playing positions with regard to emotional intelligence as the F value was found to be 7.525 at (3,161) degree of freedom and p value was .000 at 0.05 level of confidence.

Further Scheffe post hoc test was applied to find out the degree and direction of differences between paired means on value orientation and the results has been presented in table no. 3.

**Table 3:** Scheffe post-hoc comparison of paired means of Strikers, Defenders, Midfielders and Goalkeepers on Emotional Intelligence

Variable	Paired Groups	Mean Difference	Std. Error	Sig.	
Emotional Intelligence	Striker	Defender	4.56	1.942	.142
		Midfielder	-3.86	1.942	.271
		Goalkeeper	-4.85	2.858	.414
	Defender	Midfielder	-8.42	1.942	.000*
		Goalkeeper	-9.41	2.858	.015*
		Midfielder	Goalkeeper	-.987	2.858

\*Significant at 0.05 level

It has been observed from the table no. 3 that on emotional intelligence, defenders were found to be differed when compared to the midfielders and goalkeepers as their mean differences of -8.42 and -9.41 respectively were found to be statistically significant. No significant difference was found between strikers and defenders, strikers and midfielders, strikers and goalkeepers, midfielders and goalkeepers, as their mean difference of 4.56, -3.86, -4.85 and -.987 respectively were found to be statistically insignificant at .05 level.

**Conclusion**

The results revealed significant difference on emotional intelligence among female soccer players at different playing positions. It may be inferred that goalkeepers were having likely edge on emotionally intelligent as compared to strikers, midfielders and defenders. Goalkeepers and midfielders have high level of emotional intelligence and dominate in the ability to handle emotional conflicts around or within them in comparison to defenders. The results of this investigation are also supported by the research study conducted by Singh *et al.* (2014) examined the emotional intelligence of hockey players at different playing positions. The difference in emotional intelligence in soccer players at different playing positions may be due to the responsibility and various demands attached to the player of a particular position.

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