



ISSN: 2456-0057

IJPNPE 2019; 4(1): 2448-2449

© 2019 IJPNPE

www.journalofsports.com

Received: 02-11-2018

Accepted: 09-12-2018

Dr. Neeta N KashyapAssociate Professor, LAD and
Smt. RP College for Women,
Nagpur, Maharashtra, India

Sports emotional intelligence profile of intercollegiate female Kabaddi players of Vidarbha

Dr. Neeta N Kashyap

Abstract

The need and importance of emotional intelligence are advocated through many scientific studies. But so far profile of sports-specific emotional intelligence has not been created. With a keen interest in Kabaddi, the researcher constructed a profile of sports emotional intelligence of intercollegiate female Kabaddi players of Vidarbha region. To conduct the study 60 intercollegiate female Kabaddi players were selected from Vidarbha. The average age of intercollegiate female Kabaddi players was 22.19 years. Emotional intelligence inventory for sportsperson prepared by Agashe and Helode (2008) was used in this study. It was found that the majority among intercollegiate female Kabaddi players had a moderate level of sports emotional intelligence followed by intercollegiate female Kabaddi players with a low level of sports emotional intelligence and lastly with high sports emotional intelligence. It was concluded that intercollegiate female Kabaddi players of Vidarbha need psychological training so that their sports-specific emotional intelligence can be enhanced.

Keywords: Female Kabaddi, intercollegiate, sports emotional intelligence

Introduction

Under the domain of sports psychology, cognitive behaviour of an athlete is studied. To optimize athlete's internal mental processes it is essential to know the psychological processes and factors that affect the behaviour of an athlete. This includes emotional intelligence also. Applying the scientific knowledge the sports psychologist try to get the best out of athletes by controlling stress which results in emotional imbalance and this can negatively affect an athlete's performance. Although Goleman propounded the theory of emotional intelligence in 1985, till 2001 was not a part of sports psychology. Emotional intelligence is used to realize the concept of intelligence. Emotional intelligence is ahead of common cognitive concepts such as reasoning ability or memory. Emotional intelligence is a capacity which gives the power to interact with other members of society effectively while keeping emotions under control. Emotional intelligence is the basic requirement to overcome a frustrating situation which means motivating and controlling negative emotions. Goleman (1985) [3, 4] gave five basic components of emotional intelligence namely self-awareness i.e. understanding feelings, self-motivation to achieve goals by sheer resilience and stress control, be familiar with others emotions and good at handling relationships. Sports comes with demanding situations and expectations. The performance in sports arguably comes from physical training but it also requires certain mental skills. During play, it is essential to control emotions and positively channelize them so the performance is not affected by it. Emotional intelligence motivates an athlete to strive that much harder to achieve certain goals. The competitive behaviour, empathy, emotional competence is benefitted by having good sports emotional intelligence. The benefits of emotional intelligence in sports performance has been highlighted in some landmark studies. Laborde *et al.* (2001) [5] reported that athletes with superior emotional intelligence tend to cope with stress better as compared to athletes with inferior emotional intelligence. Lane *et al.* (2009) [6] reported that emotional balance is the key to sports performance and that comes from emotional intelligence. During her research in the relationship between emotional intelligence and performance among college baseball players Soleimani *et al.* (2013) [8] reported a significant positive relationship between emotional intelligence and psychological self-resiliency in athletes. Arribas-Galarraga *et al.* (2020) [2] reported a significant relationship of emotional intelligence with sports performance in elite canoeist.

Corresponding Author:**Dr. Neeta N Kashyap**Associate Professor, LAD and
Smt. RP College for Women,
Nagpur, Maharashtra, India

Kabaddi is a team game with no equipment and requires physical and mental skills to excel. It is essential to assess the sports emotional intelligence of intercollegiate female kabaddi players to know their psychological potentiality. Hence the present study was conducted to prepare a profile of sports emotional intelligence of female intercollegiate kabaddi players from Vidarbha.

Aims and Objective

The present study aimed to prepare sports emotional intelligence profile of intercollegiate female Kabaddi players of Vidarbha.

Hypothesis

It was hypothesized that the distribution of intercollegiate female Kabaddi players according to the high, moderate and low level of sports emotional intelligence will yield significant difference.

Methodology

The following methodological steps were taken to conduct the present study.

Sample

To conduct the study 60 intercollegiate female Kabaddi players were selected from Vidarbha. The average age of intercollegiate female Kabaddi players was 22.19 years. Purposive sampling was used for the selection of intercollegiate female Kabaddi players.

Tools

Sports emotional intelligence test constructed by Agashe and Helode (2008) [1] was preferred in this study. It consists of 15 items and the manual provides detail for scoring and interpretation of data into various categories of sports emotional intelligence. Scores above 225 are considered as high sports emotional intelligence, scores in between 181-225 are considered as moderate sports emotional intelligence and scores below 181 are considered as low sports emotional intelligence. This test is highly reliable and valid.

Procedure

After selecting 60 intercollegiate female Kabaddi players from Vidarbha, Sports emotional intelligence test constructed by Agashe and Helode (2008) [1] was administered to each subject. The Google forms were sent to each subject and the scoring was done as prescribed in the author's manual. Scores of each subject were categorized into a high, moderate and low level of sports emotional intelligence. Chi-square test was used to compare frequency distribution in three categories of sports emotional intelligence.

Results are shown in table 1

Result and Discussion

Table 1: Frequency distribution for intercollegiate female Kabaddi players based on categories of sports emotional intelligence

Categories of sports emotional intelligence	Frequency	Percentage (%)	χ^2
High (More than 225)	12	20.0%	$\chi^2 = 14.8$ ($p < .01$)
Moderate (Between 181-225)	34	56.7%	
Low (Less than 181)	14	23.3%	
Total	60	100.0	

χ^2 (df = 2) = 5.99 at .05 level and 9.21 at .01 level

The details of frequency distribution as shown in table 1 are as under

1. 20% of intercollegiate female Kabaddi players exhibited a high level of sports emotional intelligence.
2. 56.7% of intercollegiate female Kabaddi players exhibited a moderate level of sports emotional intelligence.
3. 23.3% of intercollegiate female Kabaddi players exhibited a low level of sports emotional intelligence.

When Chi-square (χ^2) was calculated to establish the difference in the distribution of subjects in different categories of sports emotional intelligence it was found to be 14.8 and enjoys statistical significance at .01 level. It thereby revealed that the majority of the selected intercollegiate female Kabaddi players from Vidarbha have a moderate level of sports emotional intelligence. A study conducted by Mohammad *et al.* (2015) [7] reported that the magnitude of emotional intelligence was significantly higher in national-level volleyball players as compared to state-level volleyball players. Hence the result of the present study is in an expected direction because performance at the highest level in sports requires a certain degree of emotional intelligence.

Conclusion

Based on results, it can be concluded that majority of the intercollegiate female Kabaddi players of Vidarbha lack the essential quality of superior emotional intelligence and this issue needs to be addressed through specific psychological training to these intercollegiate female Kabaddi players.

References

1. Agashe CD, Helode RD. Sports Emotional Intelligence Test. Psycho-Scan, Vardha 2008.
2. Arribas-Galarraga S, Cecchini JA, Luis-De-Cos I, Saies E, Luis-De Cos G. Influence of emotional intelligence on sport performance in elite canoeist. Journal of Human Sport and Exercise 2020;15(4):772-782.
3. Goleman D. Emotional intelligence, New York: Bantam Books 1995.
4. Goleman D. Working with emotional intelligence. New York: Bantam Books 1998.
5. Laborde S, Brüll A, Weber J, Anders LS. Trait emotional intelligence in sports: A protective role against stress through heart rate variability? Personality and Individual Differences 2011;51:23-27.
6. Lane A, Thelwell R, Lowther J, Devonport T. Emotional intelligence and psychological skills use among athletes. Social Behavior and Personality 2009;37(2):195-201.
7. Mohammad G, Khan S, Singh J. Emotional intelligence between state and national level volleyball players. Journal of Physical Education Research 2015;2(2):53-59.
8. Soleimani S, Rahimi MA, Neda S. Investigating the Relationship between Emotional Intelligence and Psychological Self-resiliency in Athletes. International Journal of Management and Humanity Sciences 2013;2(1):53-58.