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## A comparative analysis on emotional competence of ethnic and siddhi adolescent players of Karnataka

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### Abstract

The aim of the study was to establish differences in emotional competence level between adolescents of ethnic and siddhi communities (Groups) of Karnataka. The data was collected from 160 players equally from kabaddi and kho-Kho game, age ranges from 14-17 years. The scores on emotional competence were collected by administration Dr. S.R. Bharadwaj and H. Sharma- standardised Emotional Competence questionnaire (1993) scale which consists of five emotional competence subscales. Statistical technique ANOVA was used to establish differences between the two groups. The results showed that there is a significant difference found in selected groups of Karnataka in emotional competence level. It is considered that participation in sports and physical exercise increases the ability of players to govern emotions regardless of the type of the game/sport.

**Keywords:** Emotional competence, adolescents and communities

### Introduction

Our emotions play quite a significant role in guiding and directing our behavior. Many a time they are seen to dominate our behaviour in such a way that we have no solution other than behaving as per their wish. If a person has no emotional current in him then he becomes crippled in terms of living his life in a normal way. Hence, emotions play a key role in providing a particular direction to our behaviour and thus shaping our personality according to their development. (Mangal, 2008). Charles G Morris (1979), "Emotion is a complex affective experience that involves diffuse physiological changes and can be expressed overtly in characteristic behaviour patterns".

Emotional intelligence can be defined as the capability to perceive accurately, appraise, and express emotion; the capacity to access and/or generate feelings when they facilitate thought; the ability to understand emotions and emotional knowledge; and the ability to regulate emotions to promote emotional and intellectual growth (Salovey and Mayer, 1990). Idea to develop new concept came as a result of researches which showed that for managing in everyday situations one need different skills than those measured by traditional intelligence tests. Individuals who scored high on intelligence tests were often unsuccessful in their career and personal life, unlike those who were good in recognizing, expressing, understanding and regulating emotions (Salovey and Mayer, 1990). Emotional competence is a similar concept that can be defined as combination of skills and abilities that individual puts to use to express, regulate and understand emotions (Takšić *et al.*, 2006). Its importance is widely recognized so educational programs with purpose of enhancing emotional competence are being created (Takšić *et al.*, 2006).

The emotional balance is disturbed in adolescence. An individual once again experiences the violent and intensive current of emotional experiences. With regard to emotional experiences, this is the period of intensive storm and stress. At no stage this emotional energy is as strong and dangerous as in adolescence. At this stage, there is a strong need for training of emotions and proper channelization of emotional energy. There is a tide which begins to rise in the veins of youth at the age of eleven or twelve. It is called by the name of adolescence. If that tide can be taken at the flood, and a new voyage begun in the strength and along the flow of its current, we think that it will move on to fortune. (Ross 1951).

Emotional intelligence has important role in sport, especially regarding emotion regulation.

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(Goleman, 1998). Non efficient regulation of emotion impulses can lead to weaker sport performance. On the other side, detecting and understanding emotions can enhance athlete performance, but can also help coaches to better understand their players (Goleman, 1998). It has been found that there are emotional intelligence level differences between in favor of athletes compared to non-athletes (Ardahan, 2012; Bostani and Saiari, 2011; Sohrabi *et al.*, 2011)<sup>[3, 8]</sup>. Takšić *et al.* (2005) found that adolescents in Sport Gymnasium have better emotional competence than those in Regular Gymnasium, but the only significant difference is found in ability to express and name emotions. Students from Sport Gymnasium are better in expressing and labeling emotion compared with their peers in Regular Gymnasium. Presence of emotions is inevitable during participation in sports competitions, and there are numerous examples of athletes losing control over their emotions which has negative effect on their performance. Crombie, Lombard and Noakes (2009)<sup>[9]</sup> found that team emotional intelligence of six cricket teams, measured by MSCEIT ability test, was positively correlated with sports performance of teams in question. This could suggest that emotional intelligence may contribute to the success of teams participating in complex sports.

### Purpose of the study

The main purpose of this study was to analyze the level of emotional competence between adolescent Kabaddi and Kho-Kho players from ethnic and siddhi communities (Groups) of Karnataka.

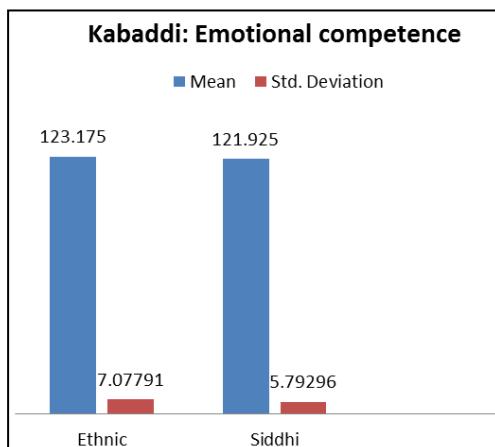
### Statement of the problem

Whether any significant differences in emotional competence between adolescent Kabaddi and Kho-Kho players from ethnic and siddhi communities of Karnataka.

**Table 1:** Descriptive analysis of Emotional competence of Kabaddi players in different groups of Karnataka

Kabaddi	N	Mean	Std. Deviation	Minimum	Maximum
Ethnic	40	123.1750	7.07791	112.00	140.00
Siddhi	40	121.9250	5.79296	112.00	137.00
Total	80	122.5500	6.45706	112.00	140.00

Table: 1 It has been understood that the Ethnic group who were playing Kabaddi had an emotional competence score of  $123.17 \pm 7.07$ , followed by Siddhi group of  $121.92 \pm 5.79$ . It showed that Ethnic group had a higher level of emotional competence than Siddhi groups. The diagrammatic representation is given below.



**Fig 8.2:** Comparison of emotional competence of Kabaddi players in different groups of Karnataka.

### Hypothesis

The levels of emotional competence in Kabaddi and Kho-Kho adolescent ethnic group were significantly higher than the siddhi group of Karnataka.

### Delimitations

The study was delimited to the male adolescents of ethnic and siddhi Indian, who are currently residing in Karnataka state. Age of the subject's was delimited to the range of 14 to 17 years. The study was delimited to those, who participated at the Taluka level / Cluster level and above in the game of Kabaddi and kho-Kho. During the test, motivational techniques were not used. The study was delimited a total 160 male adolescents of Ethnic and Siddhi male adolescents of Karnataka. The study was delimited to the selected psychological variable emotional competence.

### Methodology

#### Selection of Test

Dr. S.R. Bharadwaj and H. Sharma's Emotional Competence Socio-Psychological questionnaire used. It measures 5 emotional Competencies such as Adequate depth of feeling (ADF), Adequate expression on control of emotions (AEC), Ability to function with emotions (AFE), Ability to cope with problem emotions (ACPE) and Enhancement of positive emotions (EPE) . This questionnaire contains 30 items.

### Analysis of the Data and Results

The significance of the differences between the means of selected groups was found out by descriptive test (Table-1 and 3). The data were analyzed by ANOVA test with 0.05 levels of confidence (Table-2 and 4) presented in below tables.

**Table 2:** Analysis of variance for the Comparison of Emotional competence of Kabaddi players in different groups of Karnataka

Groups	Sum of Squares	df	Mean Square	F	Sig.
Between	117.612	1	117.612	2.791	.099
Within	3286.875	78	42.139		
Total	3404.488	79			

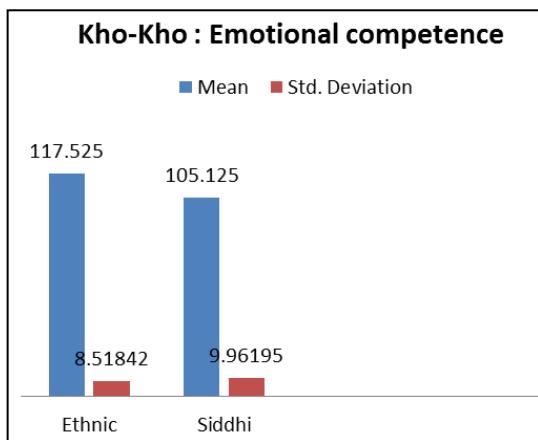
Analysis of variance shows that there exists statistically not-significant mean differences of emotional competence scores of Kabaddi players from different groups of Karnataka ( $F=2.791, p<0.099$ ). The hypothesis is rejected.

**Table 3:** Descriptive analysis of Emotional competence of Kho-Kho players in different groups of Karnataka

Kho-Kho	N	Mean	Std. Deviation	Minimum	Maximum
Ethnic	40	117.5250	8.51842	99.00	135.00
Siddhi	40	105.1250	9.96195	84.00	122.00
Total	80	111.3250	11.12390	84.00	135.00

Table.3 It has been understood that the Ethnic group who were playing Kho-Kho had an emotional competence score of  $117.52 \pm 8.51$ , followed by Siddhi group of  $105.12 \pm 9.96$ . It showed that Ethnic group had a higher level of emotional

competence than Siddhi groups. The diagrammatic representation is given below.



**Fig 2:** Comparison of emotional competence of Kho-Kho players in different groups of Karnataka

**Table 4:** Analysis of variance for the Comparison of Emotional competence of Kho-Kho players in different groups of Karnataka.

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between	1436.512	1	1436.512	20.124	.000
Within	5567.975	78	71.384		
Total	7004.487	79			

Analysis of variance shows that there exists statistically significant mean differences of emotional competence scores of Kho-Kho players from different groups of Karnataka ( $F=20.124$ ,  $p<0.000$ ). The hypothesis is accepted.

### Discussions of findings

The results of this study point out that there is no significant difference in emotional competence between ethnic and siddhi group kabaddi adolescent players but it shows a significant difference in emotional competence between ethnic and siddhi group kho-kho adolescent players.

It is considered that sport and physical exercise increase the ability of athletes to manage emotions regardless of the type of activity. Ability of an athlete to regulate emotions while competing is precious advantage. High emotional intelligence as ability to assess and regulate oneself emotions, understand it among others, it resolve incoming issues due to training or competition and it helps to maintain mastery in performance. So it can be predicted that the Different environments, Tough compete teams, High level psychological training, Expert training group, good facilities, life style, family and surroundings educational attainment and food etc may be effect on this psychological factor and participation in higher levels of competitions and maximum involvement in sport activities were having significantly higher level of emotional competence and sports specific emotional competence develops can be put into tracing excellence on sport.

### Conclusion

Emotional competence is the ability to consistently sustain one's ideal performance state during adversities in competition. Performing to one's potential requires good technique and mental skills. From the study it may be concluded that ethnic group adolescent players were more emotional competence compare to siddhi group adolescent players in Kabaddi game but no significant differences were found between ethnic and siddhi adolescent kabaddi players but ethnic group adolescents were more emotional

competence compare to siddhi group adolescents in Kho-Kho game of Karnataka and also it shows that there is a significant differences were found between ethnic and siddhi kho-kho players.

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