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A comparative study of emotional intelligence of sports person of Gorakhpur University

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Abstract

Sports behavior is observable and universal in all socioeconomic classes at the global level irrespective of the nationalities. But the types of game opted and their performance in those opted games are influenced by one's socioeconomic status. Socially disadvantaged and deprived sportsmen present inadequate personality pattern which is undesirable for a sport especially in this era where the sport is highly competitive and simply winning is considered more than all. In the wake of this, it can be said that the players hailing from higher socioeconomic status tend to participate in different games from that of lower socioeconomic status. Subsequently performance level and achievement motives are also affected due to consequential differences in their mental Makeup and personality traits. Therefore, it is recognized that the socio-economic factor is a potent factor in shaping sport personality in particular and total personality development of a person in general.

Keywords: Badminton, smash skill, motor ability, boys, girls

Introduction

Emotional intelligence as conceptualized by Salovey and Mayer (1990) consisted of three different categories of adaptive abilities. Firstly, it is appraisal and expression in the self as well as others. In the self there are verbal and non-verbal components. In the others there are non-verbal perception and empathy. Secondly, there is a regulation of emotion in the self and others. Thirdly, it is utilization of emotion that includes flexible planning, creative thinking, redirected attention and motivation. Goleman (1995) [3] then subsumed this model with a lot of personality characteristics, which he believed would contribute positively to success in any domain of life. Mayer and Salovey (1997), however, revised their own original model stressing the cognitive components of emotional intelligence, because they felt the former one "omitted thinking about feelings". Accordingly, "emotional intelligence involves the ability to perceive accurately, appraise, and express emotions, the ability to access and or generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge and the ability to regulate emotions to promote emotional and intellectual growth (Mayer & Salovey) Sports behavior is observable and universal in all socioeconomic classes at the global level irrespective of the nationalities. But the types of game Opted and their performance in those opted games are influenced by one's socio economic status. Socially disadvantaged and deprived sportsmen present inadequate Personality pattern which is undesirable for a sport especially in this era where the sport is highly competitive and simply winning is considered more than all. In the wake of this, it can be said that the players hailing from higher socioeconomic status tend to participate in different games from that of lower socioeconomic status. Subsequently performance level and achievement motives are also affected due to consequential differences in their mental makeup and personality traits. Therefore, it is recognized that the socio-economic factor is a potent factor in shaping sport personality in particular and total personality development of a person in general. But sadly, there is a sheer lack of research on the impact of socioeconomic status on the personality traits and other factors of human behavior of sportsmen, which are very important for their performance in sports. But still there are some studies which are related with the socio economic status and its relationship with the psychological factors and they are discussed as under.

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Methodology

In the present study random technique is used to collect the data pertaining to the research study Sample size of the Study is Male 50 and Female 50 of Sports and Non Sports man of Gorakhpur University.

Statement of the Problem

A comparative study of Emotional intelligence between sport s man and non-sports man of Gorakhpur University.

Hypothesis

There would be significant difference between sportsman and non-sportsman in their emotional intelligence of Gulbarga University.

Objectives

To know the significance difference between sportsman and non-sportsman in their emotional intelligence of Gorakhpur University.

Significance of the study

The study is carried out to assess the influence of sport participation on emotional intelligence of sportsperson and non sports person.

Methodology

In the present study random technique is used to collect the data pertaining to the present research study.

Table 1: The Sports persons and Non sports person

Variables	Sports persons	Non sports person	Total
Male	25	25	50
Female	25	25	50
	50	50	100

Tools: Emotional Intelligence Scale developed by- Dr. Thingujam

Result and Discussion

The study was carried out to see the influence of physical activities on their development of emotional heath of the sportsperson and also see the influence of demographical variable in molding the emotional condition of the sportsperson of Gorakhpur University. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in molding the personality of the sportsperson and among the school going children. Hence here researcher made an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the sportsman of Gorakhpur University.

Table 2: Showing the mean and SD and ‘t’ value of sportsman and non sportsman of Gorakhpur University

	Sports person	Non sports person
Mean	92.85	75.53
SD	7.85	13.20
‘t’ value	2.56	

Significant at 0.5 levels.

The hypothesis that there is significant difference in emotional intelligence between sportsperson and non-sportsperson was postulated on the rational that participation in physical activities creates wide opportunities to expose and face the various kinds of sports situation and develop ability

and skills and mastery over the emotion of sportsperson, and under the deprived condition from the sports participation and expose to such environment. On the dimension of emotional intelligence the sportsperson of Gorakhpur University with participation have scored the high mean scores of 92.85 and 75.53 respectively. The “t” value of 2.56 which is significant at 0.05 levels. Suggest the fact that there is significant difference in their emotional intelligence behavior, it is because of participation of sports and physical activities leads to develop and regulate, control, manipulate their emotion to cope with changing environment and to face chillingly, whereas non-sportsperson has shown lower mean score comparing to sportsperson, due to lack of sports participation made them to lose abilities develop skills and competency on the emotion.

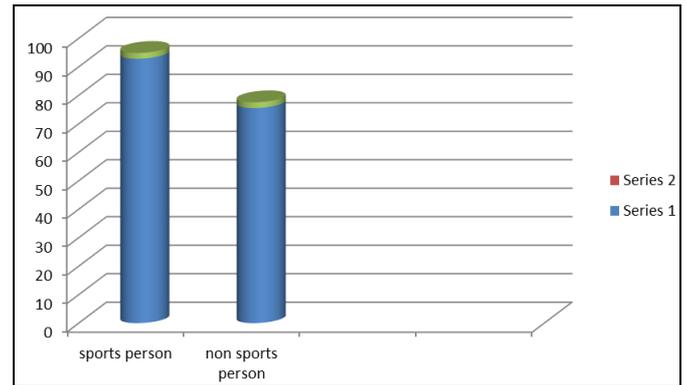


Fig 1: Showing the mean of sportsman and non-sportsman of Gorakhpur University

Conclusion

The study reveals that participation in physical activities and sports leads and mastery over the emotion and that helps them to adjust effectively with changing environment and life situation. And lack of such activities hinders the person to feel incompetency.

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