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**Dr. Anis Ahmed Khan**  
Director of Physical Education,  
Mahatma Gandhi College of  
Science, Gadchandur,  
Chandrapur, Maharashtra, India

## The study of sports performance and emotional intelligence in Kabaddi state level players

**Dr. Anis Ahmed Khan**

### Abstract

The purpose of the study was to find out the relationship between Emotional Intelligence and sports performance in Kabaddi. The subject for the study were 50 Male kabaddi State level players of Maharashtra. The data pertaining to emotional intelligence was collected by administering the Emotional Intelligence Questionnaire in Sports (EIQS) Questionnaire which contains 36 statements and also it has six-variables, self-confidence, self-awareness, self-control, motivation, empathy, social competence which has six statements under each six variables. The questionnaire is a standardized questionnaire developed by Sharma and Tiwari with Crombha alpha reliability of 0.95. The data pertaining to sport performance was obtained by administering sports performance evaluation test which consist of two statements and was found to be highly reliable. The raw data obtained by administering emotional intelligence questionnaire in sports and performance evaluation test the data was analyzed statistically by using pearson's product moment co-relation ( $r$ ).

**Keywords:** Emotional intelligence, self-control, self-awareness, motivation, empathy, social competence

### Introduction

Modern sports training has totally become performance oriented and the rapid advancement in sports sciences has further helped the trainer and coaches to achieve their goal in more scientific way. Top performance of an athlete is dependent on various factors. The very basic requisite to attain high level of sports performance is an individual, must possess some innate and acquired talent for a particular sport, after identification of such talent they are to be significantly trained over a long period to attain maximum performance capacity in each component of performance.

Emotions are the powerful organizers of thought and action, so emotion play an important role in success of human life. It has been realized that in addition to intelligence emotions are equally or even more responsible for performance in any field. Experiences in each field indicate that for successful life emotion is a key factor for every individual. Emotional Intelligence, like general intelligence, is the product of one's heredity and its interaction with his environmental forces. Until recently, we have been led to believe that a person's general intelligence measured as I.Q or intelligence quotient is the greatest predictor of success in any walks of life- academic, social, vocational, or professional. Consequently, the I.Q scores are often used for selection, classification and promotion of individuals in various programmes, courses and job placements etc. However, researches and experiments conducted in the 90s onwards have tried to challenge such over- dominance of the intelligence and its measure intelligent quotient (I.Q), by replacing it with the concept of emotional intelligence and its measures, emotional quotient (E.Q) these have revealed that a person's emotional intelligence measured through his E.Q may be a greater predictor of success than his or her I.Q.

### Objectives of the Study

1. To find out the relationship between emotional intelligence and Playing Performance in male Kabaddi State level players of Maharashtra.
2. To find out the relationship between sub-variables of emotional intelligence and Playing Performance in male Kabaddi State level players of Maharashtra.

**Corresponding Author:**  
**Dr. Anis Ahmed Khan**  
Director of Physical Education,  
Mahatma Gandhi College of  
Science, Gadchandur,  
Chandrapur, Maharashtra, India

### Delimitations of the Study

1. The study was delimited to 50 Male kabaddi State level players of Maharashtra
2. The study was confined to the 50 Kabaddi Players who are at least 18-25 years of age.
3. Population was randomly chosen from selected Male State level Kabaddi players of Maharashtra.

### Hypothesis of the study

It is hypothesized that there will be a positive relationship between emotional intelligence and performance in Kabaddi.

### Significance of the study

1. The study help to understand the relationship between emotional intelligence and performance of the male Kabaddi players.
2. The result of the study helpful to find out the relationship of various sub- variables of emotional intelligence to performance of the Male Kabaddi players.
3. The result of the study immense use for coaches to understand the emotional make up of players.
4. The study can help in evaluating and selecting the talent in sports.
5. The result of the study can be useful in finding out the lacking of psychological element of the sports person.

### Procedure of the study

#### Selection of the subject

The present investigation was conducted on a total of 50 male Kabaddi State level players of Maharashtra. All the subjects had prior consent to act as a subject for the study. The age of

players was ranged between 18 to 25 years.

### Selection of variables

Literature dealing with sports psychology especially in India has taken study any cognizance on the assessment of emotional intelligence of the sports person. Henceforth. after gleaning though the literature and discussion with experts and advisor the variable of emotional intelligence was selected for the purpose of the present study along with the evaluation of performance in sports.

### Criterion measure

For the purpose of collecting data following questionnaire was used:

1. Emotional Intelligence in Sports (EIQS 2006) developed by Lalit Sharma & Sandeep Tiwari was used to assess Emotional Intelligence.
2. Performance Evaluation Test developed by Lane & Chappell 2001.

### Instrument Reliability

The Instrument constructed and developed by Sharma and Tiwari 2006 was used for the collection of data. The scientific authentication was established by Rashmi & Reena. Reliability & validity was established and it was found to be most reliable as it has been constructed taking in to account India sports persons. The emotional intelligence questionnaire in sports was employed which has a reliability quotient of 0.95. The sub variables reliability established by the author along with total reliability of the emotional intelligence questionnaire in sport is presented in Table-1

**Table 1:** Alpha coefficient of different sub scales and emotional intelligence question in sports

Sub- scale	Alpha coefficient
Self-confidence	0.81
Self-Awareness	0.80
Self-Control	0.85
Empathy	0.83
Motivation	0.72
Social Competence	0.85
Emotional Intelligence	0.95

The validity of the questionnaire was established by the authors along with Rashmi & Reena by content validity and index of reliability. The result pertaining to index of reliability is presented in Table-2.

**Table 2:** Index of Reliability of different Sub-Scale on Emotional Intelligence in Sports Questionnaire (EIQS)

Sr. No.	Sub-scale	'r'	Index of Reliability
1.	Self Confidence	0.81	0.88
2.	Self-Awareness	0.80	0.93
3.	Self-Control	0.85	0.90
4.	Motivation	0.72	0.86
5.	Social Competence	0.85	0.84
6.	Empathy	0.83	0.84
7.	Emotional Intelligence	0.95	0.97

The sports performance questionnaire was also selected for the purpose of study. The questionnaire is widely used in the area of research and is found to be highly reliable.

### Analysis data and result of the study

The data was collected by administering the questionnaire and for finding out the relationship between emotional

intelligence, its sub-variables with sports performance evaluation test the Pearson product moment correlation was established level of significance was chosen at 0.05.

### Findings

To find out the relationship between Emotional intelligence in sports, its six variable with sports performance the data obtained from 50 male kabaddi players was analyzed by computing product moment correlation.

The data pertaining to person product moment correlation is presented in Table-3.

**Table 3:** Relationship of Emotional Intelligence and its sub-variables to sports performance test among Kabaddi Players

Variables	R
Self-confidence and sports performance	0.381**
Self-awareness and sports performance	0.190
Self-control and sports performance	-0.07
Motivation & sports performance	0.334**
Empathy and sports performance	0.173
Social Competence and sports performance	0.275**
Total Emotional Intelligence and sports performance	0.290*

\*Significant at 0.01 level, \*\*Significant at 0.05

r.01(58)=0.325 and r.05 (58) = 0.250

Table 3 clearly indicated that all through there were significant relationship of sub-variables of Emotional Intelligence (Self Confidence, Motivation, Social Competence) and total Emotional Intelligence with Sports Performance and their significant values are 0.381\*\*, 0.344\*\*, 0.275\* and 0.290\* at significant tabulated values of co-relation (r) at 58 degrees of freedom at 0.01 level\* = 0.325 and at 0.05 level\*\*= 0.250.

### Discussion of finding

Performance in the sports is largely depending upon mental preparation and psychological makeup of the sports person. Thus, while preparing for competitions physical skills along with the mental skill should also be concentrated upon. Emotional intelligence takes in to consideration the terms emotions and intelligence. That is, the meaning of emotional intelligence has something specific to do with the intelligence intersection of the emotions and thoughts.

Emotional intelligence represent an ability to validity reason with emotions and to use emotions to enhance thoughts. The result of the study indicate that all though there were significant value obtained with the respective 3 sub-variables of emotional intelligence (Self Confidence, Motivation and Social Competence) to performance in sports but there were no significant value obtained with the 3 sub-variables of emotional intelligence (Self Awareness, Self-Control and Empathy) to performance in sports but when scores was taken as a whole to find out the relationship to sports performance evaluation test a significant value of 0.289 was obtained as against the tabulated value of correlation (r) at 0.01 level and 58 degrees of freedom which was 0.325.

The probable reason could be that the subject selected for the purpose of study were very high level performer in kabaddi and there might have been significant value obtained with 3 sub-variable of the emotional intelligence (Self Confidence, Motivation and Social Competence) and there were no significant value obtained with 3 sub variables (Self Awareness, Self-Control and Empathy) but however, the overall significant difference clearly stated that there does exists a strong co-relation between emotional intelligence and performance evaluation.

### Conclusions

Recognizing the limitations of the present study following conclusions were drawn:

1. There were significant relationship obtained between Total Emotional Intelligence and Performance Evaluation Test for Kabaddi players.
2. Significant relationship could be seen when the sub-variables of emotional intelligence individually were related with performance evaluation.

### Recommendations

In the light of the conclusion drawn the following recommendations are drawn.

1. Further study can be done with male Kabaddi player's.
2. Further study can be conducted with other games.
3. Further study can be conducted using different levels of players from different state and Universities.
4. Further study can be taken by using other psychological variables.

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