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## The correlation of self-control and emotional intelligence among cricket players of Lucknow

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### Abstract

This study aimed to investigate the correlation between self-control and emotional intelligence (EI) among inter-university cricket players in Lucknow. A total of 120 participants were chosen from diverse academies in Lucknow, all of whom had actively participated in inter-university cricket tournaments. The age range of the selected participants was between 19 and 25 years. Data collection involved the utilization of the self-control questionnaire developed by Tangney, J.P., Baumeister, R.F., Boone, and A.L., as well as the EI questionnaire from Wong and Law EI Scale. Statistical analysis of the collected data was conducted using the Pearson correlation two-tailed test. The study's results revealed a normal positive linear correlation between self-control and EI among the cricket players. In conclusion, the findings suggest that cricket players who possess self-control also exhibit a commendable level of emotional intelligence.

**Keywords:** Self-control, emotional intelligence, cricket

### Introduction

In the realm of sports, beyond physical, technical, and tactical prowess, psychological abilities play a crucial role. Take cricket, for instance, where a multitude of techniques is essential, yet players must navigate certain situations with the aid of psychological factors. There are moments of intense pressure when players find it challenging to adapt to the unfolding game circumstances, leading to a loss of temper. This negatively impacts their performance, with lasting consequences. Such scenarios are prevalent in every sport. The way we think, comprehend, exercise self-control, and act wisely under pressure becomes paramount in determining success.

Self-control is the capacity of an individual to manage and regulate their thoughts, behaviors, and emotions in a given situation. This skill enhances focus and facilitates better decision-making, particularly in situations where temptation is prevalent. It involves the conscious control of one's own actions and emotions through personal willpower.

Emotional intelligence (EI) refers to an individual's capacity to comprehend, employ, and regulate both their own emotions and those of others. This skill is instrumental in overcoming stress and fostering open communication. Salovey and Mayer define EI as 'the ability to monitor one's own and other people's emotions, to discern between various emotions and label them accurately, and to utilize emotional information to influence thinking and behavior.' It involves the process of recognizing and understanding not only one's own feelings but also those of others.

The aim of the study was to assess the self-control and emotional intelligence (EI) of cricket players. This involved examining how players regulate their thoughts and emotions, including anger and frustration, during in-game situations. The focus was on understanding how they manage emotions and make wise decisions under pressure to achieve their goals. In every sport, athletes require self-control and EI.

While numerous studies have explored EI and other variables, as well as self-control and various factors, these investigations have primarily pertained to different sports and purposes. To the best of our knowledge, there has been a dearth of research in this specific context for cricketers.

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## Methodology

A sample of 120 male participants was deliberately selected from various cricket academies in Lucknow, all of whom had actively taken part in inter-university level cricket tournaments. Respondents aged between nineteen and twenty-five years were purposefully chosen and not selected randomly. The study utilized the self-control questionnaire developed by Tangney, J.P., Baumeister, R.F., Boone, and A.L., along with the Emotional Intelligence (EI) questionnaire from Wong and Law EI Scale. The self-control questionnaire comprised 10 items, while the EI questionnaire included 16 test items measuring four components: self-emotion appraisal, regulation of emotions, use of emotion, and others' emotion appraisal. Prior to completing the questionnaires, players were given a detailed explanation of the questionnaire's contents

and the process of filling them out. The collected data were subjected to statistical analysis using Pearson's coefficient of correlation through a two-tailed test at a confidence level of 0.05.

## Results

The findings from this study reveal a noteworthy positive correlation between self-control and Emotional Intelligence (EI). According to Pearson's coefficient correlation two-tailed test, the P-value (0.029) is < 0.05 based on the table value provided in Table 1. Therefore, individuals with elevated levels of self-control demonstrate a correspondingly higher proficiency in EI. The detailed results of this study are presented in the following table.

**Table 1:** Correlation

	Self-control	Emotional intelligence
Self-control Pearson correlation	1	0.200*
Sig. (two-tailed)		0.029
<i>n</i>	120	120
Emotional intelligence Pearson correlation	0.200*	1
Sig.(two-tailed)	0.029	
<i>n</i>	120	120

\*correlation is significant at the 0.05 level (two-tailed)

## Discussion

The study explored the correlation between self-control and Emotional Intelligence (EI) within the cricket player community in Lucknow. The Pearson correlation test results indicate a positive normal correlation between self-control and EI among cricket players at Lucknow. Consistent with Sadri and Janani's findings in 2014, a significant correlation was reported for EI and self-regulation. Conversely, Mabekoje's study in 2010 found no significant relations between EI and self-regulation. Abdolvahabi's research in 2012 revealed a correlation between emotional awareness and self-efficacy, highlighting potential similarities between psychological variables.

The study emphasizes the importance of various psychological aspects such as perception, cognition, attention, emotion, intelligence, subjective experiences, motivation, and brain functioning for athletes. It underscores the necessity for athletes to acquire the skill of emotion regulation in the sports arena. The results of this investigation suggest that athletes with strong self-control tend to exhibit higher emotional intelligence. This implies that individuals with effective self-control can navigate pressure situations positively, showcasing the significant role of self-control in managing emotional intelligence in sports.

## Conclusion and Recommendation

The findings indicate a regular positive correlation between self-control and Emotional Intelligence (EI) among cricket players at Lucknow. Based on this outcome, the study concludes that, in addition to physical development, there is a need for psychological growth. It suggests that players should undergo training to enhance their psychological strength.

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