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REVIEW ARTICLE

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A Review of Research on Emotional Intelligence and Will to Win Among Players

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A careful review and exploration of the related literature was indispensable to provide ideas, theories, explanation or hypotheses valuable in formulating the problem, to avoid the risk of duplicating the same study already undertaken, to suggest methods of research appropriate to the problem, to locate comparative data useful in the interpretation of results and to contribute to the general scholarship of the investigator. The current chapter was designed to bring light on a few related empirical studies which are relevant to the problem under study.

Lane et al. (2011) investigated the relationships between trait emotional intelligence and emotional state changes over the course of an ultra-endurance foot race covering a route of approximately 175 miles (282 km) and held in set stages over six days. A repeated measures field design that sought to maintain ecological validity was used. Trait emotional intelligence was defined as a relatively stable concept that should predict adaptive emotional states experienced over the duration of the race and therefore associate with pleasant emotions during a 6-stage endurance event. Thirty-four runners completed a self-report measure of trait emotional intelligence before the event started. Participants reported emotional states before and after each of the six races. Repeated measures ANOVA results showed significant variations in emotions over time and a main effect for trait emotional intelligence. Runners high in self-report trait emotional intelligence also reported higher pleasant and lower unpleasant emotions than runners low in trait emotional intelligence. Findings lend support to the notion that trait emotional intelligence associates with adaptive psychological states, suggesting that it may be a key individual difference that explains why some athletes respond to repeated bouts of hard exercise better than others. Future research should test the effectiveness of interventions designed to enhance trait emotional intelligence and examine the attendant impact on emotional responses to intense exercise during multi-stage events.

Shaw et al. (2011) conducted a study to compare between the winning team and the loosing team of women football matches of University of Delhi, in regard to will to win and stress score, (11) to study the relationship between will to win score and stress score during university of Delhi matches. For the purpose of the study two teams named as team a (N1=14) and team b (N2=14) of university of Delhi were randomly selected, will to win and stress questionnaire was administered on the subjects one hour before the match. The age of the subjects were ranging from 17 to 23 years. The administered questionnaires were quantified for obtaining the scores as per the instructions/ guidelines given in the concerned manual. Mean, standard deviation, product moment correlation, t-test and Anova were used as statistical procedure for analyzing the data. The drawn hypothesis was tested at 0.05 level of significance. The findings concluded that the comparison between the winning and the loosing team of women football matches of university of delhi in regard to will to win and stress scores were significantly different. Further, there was an evidence of significant relationship between the will to win score and stress scores during university of Delhi women football matches.

Uphill et al. (2011) states that Emotional intelligence (EI) is the ability to monitor one's own and others' emotions, to discriminate among them and to use this information to guide thinking and action. Research suggests that EI can influence emotions and sport performance (Lane et al, 2010). This study extended research by examining the influence of EI on emotions, emotion regulation strategies, and performance. After competing in the British Indoor Rowing Championship, rowers (n = 104: male = 67, female n = 33, 4 undisclosed), aged between 16 77 (M = 39 years; SD = 15) were asked to complete a measure of EI and (Lane et al, 2009), the intensity and time at which a range of emotions occurred and whether they wanted to increase, maintain, or decrease experienced emotions. Results suggested that there was no association between EI and rowing performance. EI was associated with greater excitement (r =0.22, p =0.04), happiness (r =0.26, p =0.01) and pride (r =0.24, p =0.02). Although there was no association between EI and emotions postrace, there was an association between EI and positive emotions prior to racing (r =0.20, p =0.05). To examine whether those high in EI (top 25% of scores) regulated (ie, increased, maintained, or decreased) positive and negative emotions differently from those low in EI (bottom 25% of scores) a 3-way log linear analysis was conducted. This produced a final model that retained an emotion type by regulation interaction. The likelihood ratio of this

model was (χ (2) (6) = 10.90, p =0.09. The emotion type x regulation interaction was significant, χ (2) (2) = 22.95, p =0.001. Rowers were 17% more likely to increase positively, compared to negatively toned emotions; 20% more likely to maintain positively compared to negatively toned emotions; and 48% more likely to decrease negatively compared to positively toned emotions. EI may be associated with positively toned emotions precompetition, but this may not necessarily translate to enhanced performance in discrete events.

Tiwari (2011) conducted a study was to determine the comparison of high and low achiever rowers on 'will to win' and 'locus of control' variables of personality. It was also aimed to find out relationship between will to win and locus of control. Sixty male rowers were the subjects of this study who had participated in All India Inter University Rowing Championship held at Sukhna Lake, Chandigarh. Subjects were categorized into two groups; thirty were high achiever rowers who secured 1st, 2nd, 3rd and 4th positions and thirty were low achiever rowers who failed to secure any position. Their age ranged between seventeen to twenty five years. The subjects were administered Kumar & Shukla (1988) for assess the will to win & Sanjay Vohra (1992) scale for measuring the locus of control. For analysis, 't' test was applied to test the hypothesis. To find out the relationship between will to win and locus of control product movement co-relation method was used. The level of Significance was set at 0.05 level ($p < 0.05$).The result of the present study on 'will to win' indicates that there were significant differences on will to win between high achievers and low achievers of rowing (tcal=9.34 >ttab (2.00). The high achiever rowers scored high in will to win and low achievers scored low in will to win. The hypothesis of this study was that there would be significant differences on will to win between high & low achiever rowers were accepted. For second variable Analysis of data revealed that there was significant difference between high & low achiever rowers on 'locus of control'. The scores were on individual control (tcal=9.71), (LOC) powerful others (tcal=5.33) and chance control (tcal=4.49).The high achiever rowers possess internal locus of control where as low achiever rowers possess external locus of control. The hypothesis of this study, that there would be significant difference between high & low achievers rowers on locus of control was accepted. The result of present study indicates that there was significant relationship between will to win and locus of control of high & low achiever rowers. It may be concluded that high & low achiever rowers significantly correlated to each other on will to win & 'individual control' variable of locus of control, whereas on will to win & 'powerful others' & 'chance control' variables of locus of control correlates significantly but negatively.

Kevin et al. (2010) performed a study that describes the development and validation of a brief self-report measure of emotional intelligence based on Salovey and Mayer's (1990) conceptualization. In stage one, the 33-item Emotional Intelligence Scale (EIS: Schutte et al., 1998) was assessed for content validity by a panel of experts. The panel deemed 17 items unsuitable for further analysis. In stage two, a theoretically derived 5-factor solution and a uni dimensional model were subjected to confirmatory factor analysis (CFA) in a student-athlete sample (n = 955). Results supported the multidimensional solution. The Brief Emotional Intelligence Scale (BEIS-10) was developed by extracting the two items from each factor with the most salient factor loadings. CFA results yielded good fit indices for the 10-item, 5-factor solution. Finally, stage three provided evidence of test-retest stability for the BEIS-10 over a 2-week period in a sample of 111 student-athletes. The BEIS-10 is offered as a valid and reliable measurement tool that has particular utility in situations where brevity is important.

Tim Woodman (2010) conducted a study to explore the agentic emotion regulation function that prolonged engagement high-risk sports (ocean rowing and mountaineering) may serve. In two studies, a cross-sectional design was employed. In Study 1, ocean rowers were compared to age-matched controls. In Study 2, mountaineers were compared to two control groups, one of which was controlled for the amount of time spent away from home. In Study 1, 20 rowers completed measures of alexithymia and interpersonal control before rowing across the Atlantic Ocean. They were also interviewed about the emotional and agentic changes that had occurred as a consequence of completing the ocean row. In Study 2, 24 mountaineers and the two control groups (n = 27 and n = 26) completed measures of alexithymia and interpersonal agency. In both studies, high-risk sportspeople had greater difficulty in describing their emotions. The lowest interpersonal agency was in loving partner relationships. Participants of prolonged engagement high-risk sports have difficulty with their emotions and have particular difficulty feeling emotionally agentic in close relationships. They participate in the high-risk activity with the specific aim of being an agent of their emotions.

Frank et al. (2010) examined the relationship between athletes Emotional Intelligence (EI) and precompetitive anxiety. Taiwanese intercollegiate track and field athletes (N = 111; 64 men, 47 women) completed the Bar-On EQ-i 1 mo. Before national intercollegiate athletic meet and the Competition State Anxiety Inventory- 2 1hr before the competition. Analyses indicated that participants with the lowest EI scores reported greater intensity of precompetitive cognitive anxiety than those with the highest EI scores. No other statistically significant differences were found among the groups. Further, correlation analyses and multiple stepwise regression analyses revealed that EI components

such as stress management, intrapersonal EI, and interpersonal EI were associated with precompetitive anxiety. Current EI measures provide limited understanding of precompetitive anxiety. A sport-specific EI measure is needed for future research.

Gill (2010) studied that emotional intelligence has become a popular construct in both academic and applied settings (Petrides et al. 2004; Zizzi et al. 2003). Research indicates that emotional intelligence is associated with successful performance outcomes in a range of domains including academia (Parker et al. 2004), business (Zeidner et al. 2004) and health (Pau & Crocker, 2003). Such findings have prompted researchers to explore the potential utility of emotional intelligence in sport (Meyer & Fletcher, 2007; Meyer & Zizzi, 2007). Conceptual issues of emotional intelligence are examined in relation to model approach and measurement. Therefore, two studies investigated the validity and reliability of the Emotional Intelligence Scale (EIS: Schutte et al., 1998). Results demonstrate that a revised version of the EIS (Schutte et al., 1998) is a useful measure of emotional intelligence for use in sport, although it has several limitations. These investigations also found support for the use of a six-factor model of the EIS (Schutte et al., 1998) comprising of appraisal of own emotions, appraisal of others emotions, regulation, utilization of emotions, optimism and social skills. Once conceptual issues have been examined and psychometric properties are found for a measure, it is also prudent to explore relationships between emotional intelligence and other related variables. To this extent, two studies explored the relationships between emotional intelligence and other related variables. In examining relationships between emotional intelligence and anger, both quantitative and qualitative data demonstrated that participants high in emotional intelligence ability were able to utilise strategies to combat the negative effects of anger. In a follow up study, relationships between emotional intelligence, mental toughness, and psychological skills were examined. Results showed that emotional intelligence, mental toughness, and psychological skills relationships co-exist. Arguably, these findings are important given that these variables can relate to emotional control and successful performance outcomes. Findings also lend support to the assumption that practitioners could utilize intervention programmes to assess emotional intelligence and its direction in relation to mental toughness and psychological skills. In summary, emotional intelligence is an important construct and its utility in sport should be further examined.

Singh and Reddy (2010) concluded that will to win as a psychological differential to play and triumph among male runners, jumpers and throwers. For the purpose of the study, 60 male athletes (15 short distance runners, 15 long distance runners, 15 jumpers and 15 throwers) were randomly selected from 10th National Junior Federation Cup Athletic Championship 2010 held at Visakhapatnam as the subjects of the study. The variable selected for the purpose of this study was: will to win. Will to win was assessed by the total scores in Will to Win Questionnaire constructed and standardised by Kumar and Shukla. With the help of the questionnaire related to will to win as a psychological variable necessary data were collected. Data were collected with regard to will to win variable from 60 male athletes in 10th National Junior Federation Cup Athletic Championship 2010 held at Visakhapatnam. The data was analysed by applying descriptive statistic that is, mean, SD, SE and range and analysis of variance. The level of significance was set at 0.05. The findings of the study in relation to will to win showed significant difference among long distance runners in comparison to short distance runners, jumpers and throwers. On the basis of the findings of the study, the following conclusions are drawn: long distance runner possessed high will to win in comparison to short distance runners, jumpers and throwers because will to win is defined as the intensity of the desire to defeat an opponent or to exceed some performance standard in a given sports. The sequence of will to win among athletes was long distance runners, throwers, short distance runners and jumpers.

Vikram Singh et al. (2010) conducted a study to compare will to win as a psychological differential to play and triumph among male runners, jumpers and throwers. For the purpose of the study, 60 male athletes (15 short distance runners, 15 long distance runners, 15 jumpers and 15 throwers) were randomly selected from 10th National Junior Federation Cup Athletic Championship 2010 held at Visakhapatnam as the subjects of the study. The variable selected for the purpose of this study was: will to win. Will to win was assessed by the total scores in Will to Win Questionnaire constructed and standardised by Prof Anand Kumar Shrivastava and Prem Shankar Shukla. With the help of the questionnaire related to will to win as a psychological variable necessary data were collected. Data were collected with regard to will to win variable from 60 male athletes in 10th National Junior Federation Cup Athletic Championship 2010 held at Visakhapatnam. The data was analysed by applying descriptive statistic that is, mean, SD, SE and range and analysis of variance. The level of significance was set at 0.05. The findings of the study in relation to will to win showed significant difference among long distance runners in comparison to short distance runners, jumpers and throwers. On the basis of the findings of the study, the following conclusions are drawn: long distance runner possessed high will to win in comparison to short distance runners, jumpers and throwers because will to win is defined as the intensity of the desire to defeat an opponent or to exceed some performance standard in a given

sports. The sequence of will to win among Pasand (2010) conducted a study on emotional intelligence among athletes and non-athletes and its relationship with demographic variables that 240 participants (200 athletes and 40 non-athletes) using emotional intelligence scale (Bar-On) were evaluated. For analysis of data were used Pearson correlation, analysis of variance and t test. Results research indicates there was no significant difference between emotional intelligence scores of athletes and non-athletes. There are significant difference ($p < 0.05$) between variables of age with emotional intelligence as well as with problem-solving, independent action, realism, interpersonal relationships, responsibility and empathy components ($p < 0.01$). In general we can say that emotional intelligence of these people that enables to control their emotions and understanding of themselves and others in the regulation of relationships with others are more successful, with daily stress to deal more easily and therefore health may enjoy more favorable psychological. Thus, the increasing importance of sports participation should be strengthened. Our findings provide a basis for research to determine the relationship between emotional intelligence and physical activity.

Kumar et al. (2009) conducted a study to find out the relationship of achievement motivation and will to win in the performance of sprinters. For this purpose 30 female inter-university level sprinters were selected as the subject of the study. The variables under investigation were achievement motivation and will to win and performance in their respective event that is 100m, 200m, 400m. It may hypothesize that there will be no significant relationship of achievement motivation, will to win and performance of sprinters. The questionnaire method was adopted for seeking the response on achievement motivation of Ray-Lynn "AO" scale and will to win of Pezer and Brown (1980) and the performance was taken by the time trial of their respective events. Parsons product moment correlation was used to find out the correlation of achievement motivation, will to win to the performance of sprinters. Analysis of data revealed that correlation between achievement motivation, and performance is 0.44 which is significant at 0.05 level with df=29. As the value is greater than tabulated r0.05 (29) =0.36. Also, the correlation between will to win and performance is not significant at 0.05 level. The findings revealed that significant relationship exist between will to win and performance of sprinters. No significant relationship exists between will to win and performance of sprinters. It may further be concluded that achievement motivation has significant relationship to the performance of the sprinters. However, insignificant relationship was observed between will to win and sprinters performance.

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