International Journal of Physical Education and Sports Sciences
Vol. 13, Issue No. 02, April-2018, ISSN 2231-3745

Home Environment on Emotional Intelligence as Predictors of Sports Persons

Sita Kumari[1]* Dr. Aman Singh Sisodiya[2]

[1]Research Scholar, Physical Education, JNV University, Jodhpur (Raj)

[2]Director Physical Education, JNV University, Jodhpur (Raj)

Abstract – To study the home environment as predictor of Sports Persons. A total of 200 subjects (100 subjects from urban, while another 100 subjects were from rural), who were selected randomly from the various games available across both urban and rural areas school students of Jodhpur (Rajasthan) The age of the players ranged between 15 to 18 years. Significant difference was found between the means scores of male and female in relation to five alternatives of Home Envornment variables Control, Protectiveness, Punishment, Conformity, Social Isolation, Reward, Deprivation of Privileges, Rejection and Permissiveness of urban and rural locality as the tabulated t. value found to be less than the required value. Insignificant difference was found between the means scores of male and female in relation to Deprivation of Privileges and Nurturance of urban and rural locality as the tabulated t. value found to be less than the required value.

Key words: Home Environment, Urban, Rural, Emotional Intelligence

----------♦----------

INTRODUCTION

Psychologists, sociologists and educationists, all agree that the family furnishes the basic environment for building healthy personality of a child by satisfying their emotional needs. The persistence of family relationships reinforces the effect of the emotional tie. While a child or adolescent may have a strong emotional attachment to a teacher or a friend, this attachment rarely has the permanency that family relationships have. Family is the most significant and primary unit of society having a strong influence upon the social, emotional development of an individual. It is the cradle of socialization and the strongest factor in molding one's personality. Family is typically a context that reinforces adult values, promotes school success and supports emotional security. So greater degree of family interaction especially with adolescence is developmentally beneficial **(Larson & Richard, 1991).**

The home environment is influenced by a number of factors like nature of family constellation, number of family members, parental employment and income, sibling relationship, and socio-economic and religious background of the family. Large families are less capable to support the physical as well as the emotional demands of the adolescents. Conflicts among parents or other family members threaten the sense of security and emotional stability of the adolescents. Adolescents express themselves better when their parents were warm and more involved in their children's lives. A warm cohesive home environment with low level of interpersonal conflicts do a better job of meeting children's physical and psychological needs as compared to the families characterized by high level of conflict and disengagement from each other **(Sandler, Miller, Shart, Wolehik, 1989).**

Psycho-social development refers to one's psychological development and his/her interaction with the prevailing social environment. The individual may not necessarily fully aware of this relationship with his/her environment. This type of study was first initiated by psychologist Erik Erikson in his description of stages of social development. Social Psychology, which attempts to explain social patterns within the individual, is used in the context of "psycho- social intervention." This intervention is commonly used alongside psycho-educational or psycho-pharmacological interventions that points toward solutions for individual challenges in interacting with an element of the social environment. Sports performance has taken a great leap over the last 20 years. Technology has enhanced the performance level of sportspersons greatly through improved equipment and nutrition/supplements. Back in the 1980s, it was considered that being fit against opponent will ensure victory.

It is more relevant to important work related outcomes such as individual performance,

organizational productivity and developing people because its principles provide a new way to understand and assess the behaviours, attitudes, management styles, interpersonal skills and potential of people. Stress tolerance, leadership, communication, social responsibility, collaboration, creativity and self-actualization, all require high emotional intelligence. Moreover, it is an increasingly important consideration in human resource planning, job profiling, recruitment, interviewing and selection, learning and development, client relations and customer service among others **(Serrat, 2009).**

SELECTION OF THE SUBJECTS:

For the purpose of this study it was decided to go in for a sample from the population of the school students were randomly selected from the various games available across both urban and rural areas of Jodhpur (Rajasthan).Therefore, the sample of the present study is comprised of students of different schools located in Jodhpur. The age of the players ranged between 15 to 18 years. These schools were located in rural and urban areas of Jodhpur and are affiliated to Rajasthan Board of Secondary Education and Central Board of Secondary Education. The subjects were equally selected from both the urban and rural areas for the purpose of data collection.

CRITERION MEASURE:

Home environment among the subjects were assessed by using standard questionnaires responded by the subjects.

	Variable	Name of Questionnaire	Author
1.	Home Environment	Home Environment Inventory (HEI)	Sherry, Verma & Goswami

FINDINGS:

The results pertaining to mean, standard deviation and't' test have been presented in table No.1 to 11. In the first part 'A' descriptive statistics was provided in relation to each of urban and rural locality. Secondly, comparison of male and female was provided living in urban and rural locality.

In the last part 'B' Path Analysis using AMOS software was provided to predict the each dimension of Home Environment using independent variables with emotional intelligence.

Table-1.1

Descriptive Statistics of subjects in relation to Home Envornment A **(**Control) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	28	9	37	2304.00	23.04	5.69
Rural	31	9	40	2692.00	26.92	6.48

Table-1.2

Comparison of Male and Female in relation to Home Envornment A **(**Control) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	23.82	6.05	-1.38	98	0.17	-1.56
Female	22.26	5.24				

Table-1.3

Comparison of Male and Female in relation to Home Envornment A **(**Control) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	25.20	7.56	2.74	98	0.01	3.44
Female	28.64	4.66				

Table-2.1

Descriptive Statistics of subjects in relation to Home Envornment B (Protectiveness) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	26	14	40	2865.00	28.65	5.78
Rural	29	11	40	3016.00	30.16	6.33

Table-2.2

Comparison of Male and Female in relation to Home Envornment B (Protectiveness) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	29.52	5.12	-1.52	98	0.13	-1.74
Female	27.78	6.30				

Table-2.3

Comparison of Male and Female in relation to Home Envornment B (Protectiveness) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	27.98	6.86	3.65	98	0.00	4.36
Female	32.34	4.91				

Table-3.1

Descriptive Statistics of subjects in relation to Home Envornment C (Punishment) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	28	11	39	2439.00	24.39	6.59
Rural	26	14	40	2886.00	28.86	6.71

Table-3.2

Comparison of Male and Female in relation to Home Envornment C (Punishment) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	24.84	6.31	-0.68	98	0.50	-0.90
Female	23.94	6.90				

Table-3.3

Comparison of Male and Female in relation to Home Envornment C (Punishment) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	26.36	7.13	4.00	98	0.00	5.00
Female	31.36	5.23				

Table-4.1

Descriptive Statistics of subjects in relation to Home Envornment D (Conformity) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	27	13	40	2828.00	28.28	6.60
Rural	29	11	40	2992.00	29.92	7.31

Table-4.2

Comparison of Male and Female in relation to Home Envornment D (Conformity) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	29.54	6.24	-1.94	98	0.06	-2.52
Female	27.02	6.76				

Table-4.3

Comparison of Male and Female in relation to Home Envornment D (Conformity) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	27.30	8.15	3.82	98	0.00	5.24
Female	32.54	5.25				

Table-5.1

Descriptive Statistics of subjects in relation to Home Envornment E (Social Isolation) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	38	0	38	1969.00	19.69	9.00
Rural	39	1	40	2585.00	25.85	7.51

Table-5.2

Comparison of Male and Female in relation to Home Envornment E (Social Isolation) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	16.26	8.78	4.10	98	0.00	6.86
Female	23.12	7.91				

Table-5.3

Comparison of Male and Female in relation to Home Envornment E (Social Isolation) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	23.34	8.48	3.53	98	0.00	5.02
Female	28.36	5.39				

Table-6.1

Descriptive Statistics of subjects in relation to Home Envornment F (Reward) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	28	12	40	2876.00	28.76	6.35
Rural	30	13	43	3193.00	31.93	6.40

Table-6.2

Comparison of Male and Female in relation to Home Envornment F (Reward) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	31.84	4.38	5.52	98	0.00	-6.16
Female	25.68	6.56				

Table-6.3

Comparison of Male and Female in relation to Home Envornment F (Reward) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	29.72	6.80	3.66	98	0.00	4.42
Female	34.14	5.16				

Table-7.1

Descriptive Statistics of subjects in relation to Home Envornment G (Deprivation of Privileges) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	36	2	38	1934.00	19.34	9.37
Rural	35	5	40	2448.00	24.48	9.36

Table-7.2

Comparison of Male and Female in relation to Home Envornment G (Deprivation of Privileges) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	16.52	9.86	3.14	98	0.00	5.64
Female	22.16	7.99				

Table-7.3

Comparison of Male and Female in relation to Home Envornment G (Deprivation of Privileges) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	22.84	8.37	1.77	98	0.08	3.28
Female	26.12	10.07				

Table-8.1

Descriptive Statistics of subjects in relation to Home Envornment H (Nurturance) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	27	12	39	2550.00	25.50	6.36
Rural	29	11	40	2886.00	28.86	7.26

Table-8.2

Comparison of Male and Female in relation to Home Envornment H (Nurturance) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	25.52	5.31	-0.03	98	0.98	-0.04
Female	25.48	7.32				

Table-8.3

Comparison of Male and Female in relation to Home Envornment H (Nurturance) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	27.78	7.40	1.50	98	0.14	2.16
Female	29.94	7.03				

Table-9.1

Descriptive Statistics of subjects in relation to Home Envornment I (Rejection) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	35	0	35	1905.00	19.05	9.02
Rural	40	0	40	2127.00	21.27	10.90

Table-9.2

Comparison of Male and Female in relation to Home Envornment I (Rejection) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	16.80	9.25	2.57	98	0.01	4.50
Female	21.30	8.26				

Table-9.3

Comparison of Male and Female in relation to Home Envornment I (Rejection) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	20.54	7.89	0.67	98	0.51	1.46
Female	22.00	13.29				

Table-10.1

Descriptive Statistics of subjects in relation to Home Envornment J (Permissiveness) of Urban and Rural locality (n=100)

	Range	Minimum	Maximum	Sum	Mean	Std Dev
Urban	24	12	36	2444.00	24.44	5.25
Rural	31	10	41	2764.00	27.64	6.69

Table-10.2

Comparison of Male and Female in relation to Home Envornment J (Permissiveness) of Urban locality (n=50)

	Mean	Std	't'	df	sig	Mean Difference
Male	24.24	5.29	0.38	98	0.71	0.40
Female	24.64	5.24				

Table-10.3

Comparison of Male and Female in relation to Home Envornment J (Permissiveness) of Rural locality (n=50)

	Mean	Std	't'	df	sig	Mean difference
Male	26.30	6.43	2.03	98	0.04	2.68
Female	28.98	6.74				

PART-B

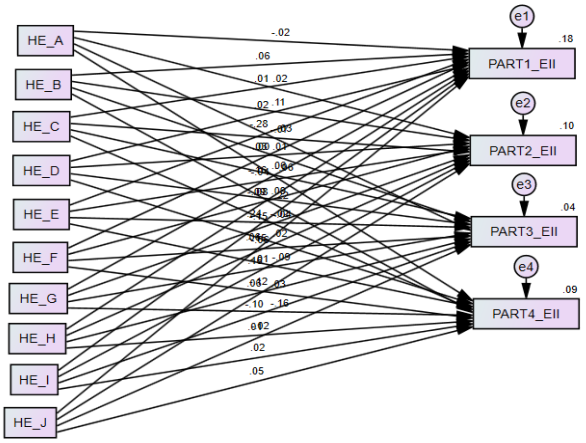

Fig-1: Path Analysis of Home environment as a predictor on Emotional Intelligence different parts

Table-11

Regression Weights: (Home environment - Default model)

			Estimate	S.E	C.R.	P	Std Reg Wt.	Square multiple correlations	
PART1	<---	A	-.010	.042	-.249	.803	-.016		
PART2	<---	A	.010	.040	.257	.797	.017		
PART3	<---	A	-.045	.104	-.430	.667	-.030		
PART4	<---	A	-.030	.033	-.908	.364	-.061		
PART1	<---	B	.038	.044	.871	.384	.056		
PART2	<---	B	.069	.042	1.642	.101	.111		
PART3	<---	B	.017	.108	.160	.873	.011		
PART4	<---	B	.113	.034	3.291	***	.222		
PART1	<---	C	.005	.038	.119	.905	.008		
PART2	<---	C	-.040	.036	-1.104	.270	-.074		
PART3	<---	C	.076	.094	.808	.419	.056		
PART4	<---	C	-.018	.030	-.611	.541	-.041		
PART1	<---	D	.011	.038	.301	.763	.019		
PART2	<---	D	.002	.036	.041	.967	.003		
PART3	<---	D	.120	.095	1.268	.205	.088		
PART4	<---	D	.011	.030	.368	.713	.025		
PART1	<---	E	-.130	.030	-4.282	***	-.276		
PART2	<---	E	-.016	.029	-.541	.589	-.036		
PART3	<---	E	-.021	.075	-.278	.781	-.019		
PART4	<---	E	-.033	.024	-1.405	.160	-.095		
PART1	<---	F	.019	.041	.472	.637	.030		
PART2	<---	F	.048	.039	1.226	.220	.082		
PART3	<---	F	-.084	.101	-.835	.404	-.058		
PART4	<---	F	.015	.032	.464	.643	.031		
PART1	<---	G	-.070	.028	-2.532	.011	-.163		
PART2	<---	G	-.059	.026	-2.224	.026	-.150		
PART3	<---	G	-.006	.068	-.083	.934	-.006		
PART4	<---	G	-.050	.022	-2.304	.021	-.156		
PART1	<---	H	-.052	.038	-1.357	.175	-.087		
PART2	<---	H	-.079	.036	-2.162	.031	-.145		
PART3	<---	H	-.168	.094	-1.778	.075	-.123		
PART4	<---	H	-.008	.030	-.280	.780	-.019		
PART1	<---	I	.099	.027	3.718	***	.239		
PART2	<---	I	.059	.025	2.342	.019	.158		
PART3	<---	I	-.092	.066	-1.401	.161	-.097		
PART4	<---	I	.007	.021	.361	.718	.024		
PART1	<---	J	.042	.043	.972	.331	.063		
PART2	<---	J	.039	.041	.945	.345	.064		
PART3	<---	J	.020	.106	.184	.854	.013		
PART4	<---	J	.024	.034	.730	.466	.049		

DISCUSSION OF FINDINGS:

The present study showed that in rural areas there was a significant difference in the home environment except deprivation, nurture, rejection and

permissiveness. Further, the home environment showed that 17.6% of variance was found in part1 of the personality.

As a result of genetic factors differences significant impact on health of both man and a woman. Still in the 21st century developing countries like India the health, fitness, safety & hygiene of females is of concern because, socio, cultural & religious aspects dominates the societies, living apart the welfare, wellbeing and wellness, which ultimate leads to discrimination and exploitation.

The healthy living is a base to human happiness and wellness. It also makes an important contribution to economic progress, as healthy populations live longer, are more productive, and save more. Though there are many related reasons which directly or indirectly affects the health status and it is the government responsibility to provide quality health services for its people and also to encourage the nongovernmental organizations, donor organizations, civil society groups and communities themselves for rendering their services towards the people health welefare. There is common belief that happy, possible people are healthier. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight off ill health.

Much of his has to do with stress, the world now used to denote all land of pressures. But stress itself is not the ultimate culprit – it is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. However, too much pressure can create constant anger or worry, which in turn, can lower your resistance to illness.

Many people are unhappy in the world, dissatisfied and yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fades away.

In case of overall health, rural male and female were different. 17.9% of variance was on part 2 of the emotional intelligence.

REFERENCES:

Dr. David Peter, “Total Health” (London: Marshall Publication, 1988), p.9.

Larson, R. and Richards, M.H. (1991). Daily companionship in childhood and adolescence, charging developmental contexts. **Child Developments**, 62, pp. 284-300

Sandler, I.N., Miller, P., Short, J. and Wolenik, S.A. (1989).Social support as a protective factor for children in stress. In: Kliewer, W, Fearnow, M.D. and Miller P.A. (1996) Coping socialization in Middle Childhood: **Test of maternal and Paternal Influence Child Development**, 67, pp. 2339-2357.

Serrat,O.(2009).**Understanding and developing emotional intelligence. Knowledge solution**, pp. 491-8

Corresponding Author

Sita Kumari*

Research Scholar, Physical Education, JNV University, Jodhpur (Raj)

E-Mail – dramansisodiya@gmail.com