

# A Comparative Study of Sports Emotional Intelligence between Rural & Urban Female Wrestling Players of Nashik District

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**Abstract** – The purpose of this study was to compare sports emotional intelligence between the rural and urban female wrestling players on the basis of their Inter collegiate performance 15 urban female wrestling inter collegiate players (n=10; age, 19.5 years) as well as 15 rural female wrestling inter collegiate players (n=10; age, 19.1 years) from Nashik district. Female wrestlers were selected through simple random sampling technique for the present study. To measure sports emotional intelligence of selected subjects. Five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008) was used. A results reveals that urban female wrestling inter collegiate players exhibited significantly superior sports emotional intelligence as compared to rural female wrestling inter collegiate players. It was concluded that rural and urban female wrestling players belongingness affect sports emotional intelligence of urban female wrestling inter collegiate players

**Keywords:** Rural and Urban Female Wrestling Players, Sports Emotional Intelligence.

## INTRODUCTION

Wrestling it may be talked as world famous sports today the value of wrestling recognized the whole world countries. Wrestling is one of the oldest sports as we know the ancient Olympic games, wrestling was an integral part of the pentathlon. Wrestling is an excellent recreation for maintaining general physical fitness & enjoyed with moderation throughout life apart from other things it also provides everyone to opportunities to develop his physique irrespective muscle weight and size. It may be said that wrestling is one of the best and cheapest forms of sports which develops the all-round mental as well as physical fitness of human being. Women in India started participating in this sport at the end of 20<sup>th</sup> century.

There is a continually growing interest in emotional intelligence in sport (Meyer and Zizzi, 2007). Recent research found that emotional intelligence related to emotions experienced before successful and unsuccessful performance found that emotions correlating with successful performance happiness, vigor, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. Educational psychology influences principles of education. There are some principles which have played a role of bringing education to the higher level of specific and scientific process. In it the principles of educational psychology have played an important role. Education can be defined as a

change, a modification, or an adjustment on the part of an individual as a result of experience. It is associated with learning and is characteristically followed by some change in behavior. If that change is positive and in the right direction, it seems to help those individuals being educated to adjust more effectively to their experiences in that environment, or adjustment is manifested through growth, development and achievement. Education is the process by which the individual is shaped to fit into the society and which maintains and advances the social order. Emotional intelligence also helps explain why some people appear to initiate strategies to reduce the discrepancy between current emotions and ideal emotions. Recent research has argued that people learn from their emotional experiences.

## MATERIAL AND METHOD

### Sample

To obtain data for this study the researcher was selected thirty (N=30) rural and urban female wrestling players of 17 to 22 years of age group wrestler from K.B.H. Arts Science & Commerce college of Nimgaon & M.S.G. Arts Science & Commerce college of Malegaon of Nashik district. They two groups which includes fifteen (n = 15) rural female wrestling players and fifteen (n = 15) urban female wrestling players. The simple random sampling technique was used to selection of samples. All the subjects, after has been informed about the

objective and protocol of the study was give their consent and volunteered to participate in this study.

**Selection of Tools**

To measure sports emotional intelligence of selected subjects five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008) was used. The test-retest reliability coefficient of this inventory was 0.71 which was statistically significant and denotes very high level of reliability of the inventory scores. This Hindi inventory comprises of in all 15 items in which 3 items each for tapping self- awareness, self-regulation, self-motivation, empathy and social skills respectively.

**PROCEDURE OF STUDY**

Five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode was administered to subjects. Scoring of data have been carried out according to authors manual, and Independent sample 't' test was used to compare sports emotional intelligence of selected subjects belonging to two pre-defined study groups. The results of such statistical analysis were presented in table no. 1.

**RESULTS OF THE STUDY**

The results pertaining to significant difference between female rural and urban wrestling players were assessed using the Independent sample't' test and the results are presented in the table no. 1

**Table No. 1**

**Comparison of Sports Emotional Intelligence between rural & urban female wrestling players**

Variable	Rural Female Wrestler		Urban Female Wrestler		t-value
	Mean	SD	Mean	SD	
Sports Emotional Intelligence	205.80	28.50	187.44	30.56	3.10

\*Significant at 0.05 level

A Preusal of Table-1 indicates that sports emotional intelligence of rural female inter collegiate wrestlers were significantly superior as compared to their counterpart's i.e rural & urban female inter collegiate wrestlers. The reported value of t = 3.10 which was significantly at 0.05 level also states the same statistically. It has been observed that rural female inter collegiate wrestlers were better on Sports emotional intelligence than compare urban female inter collegiate wrestlers.

**DISCUSSION OF THE STUDY:**

Emotional intelligence is the capacity of the sports players for making apt use of self-awareness, self-

regulation, self-motivation, empathy and social skills to manage their own feeling, emotions those of others to ensure success through maximum best possible performance and behavior in the world of sports & games in the present study emotional intelligence of male urban female inter collegiate wrestlers was found to be markedly less as compared to rural female inter collegiate wrestlers.

**CONCLUSION OF THE STUDY:**

It was concluded that Sports emotional intelligence which was associated with self-awareness, self-regulation, self-motivation, empathy and social skills was greatly influenced by rural female inter collegiate wrestlers.

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