

Study on Emotional Intelligence among Sports Person and Non-Sports Person of Karnataka State Akkamahadevi Women's University Vijayapura

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Abstract – The aim of the research work was to find out the “Study on Emotional intelligence and Self-confidence among Sports Person and Non-Sports Person of Karnataka State Akkamahadevi Women's University”. For the purpose of the research study 200 University Female students in the age group of 19 to 25 years belonging to the students of Karnataka State Akkamahadevi Women's University Sports Person and Non-Sports Person of Karnataka state were selected as subjects for the present study. The subjects were divided into Sports Person and Non-Sports Person. The Psychological variables selected for this study was such as The Psychological variables to measure Emotional intelligence standard questionnaire developed by Anukool Hyde and Sanjyot Pethe and Upinder Dhar and to assess Self-confidence standard questionnaire developed by M. Basavanna. The researcher's data was gathered on Emotional Intelligence and Self-confidence variables and the same is described in the following table.

Keywords – Emotional Intelligence

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INTRODUCTION

The word "sport" comes from the Old French disports meaning "leisure", with the oldest definition in English from around 1300 being "anything humans find amusing or entertaining". Other meanings include gambling and events staged for the purpose of gambling; hunting; and games and diversions, including ones that require exercise. Roget's defines the noun sport as an "activity engaged in for relaxation and amusement" with synonyms including diversion and recreation. A sport is human activity that involves specific administrative organization and historical background of rulers which define the objective and limit the pattern of human behaviour. Sports and Games are highly organized from of play and area general innate growth and development of organism.

It is believed that play provides the fullest self-expression to the man which is one of the fundamental needs. Sports competition these days have become very needs intense at the top level and it requires highly proficient personnel in different connected discipline like sports management, training methods, coaching sports, medicine sports, psychologist have to work in

harmony to bring out the best from the team. The psychological aspects of sports are quantity attention everywhere when potentialities are equal. It is the psychological of the athlete that dominates and it is the vital factors for better performance. Sports are more than a reflection of one's behaviour and also the society, the word sport occasionally denotes a Freak of nature usually it refers either to a pleasant past time or score what hazardous recreation or to solved one who is prepared to take challenge or willing to take a challenging .

Sports is “carrying away from work”, suggesting an absolute freedom of activity. The major aim of sports is recreation. Having become highly competitive, sports today are seen in a much broader perspective than ever before. Sport, in fact, is an attitude of mind. For most people, a sport is recreation, for the ‘genetically endowed’ ones it is competition – the means to excel and achieve high standards in performance. Sports are largely individual events such as athletics, archery, swimming, shooting etc. Wherein the participant tries to compete against his own previous standards as well as those of others. Today, sports are highly organized. They are institutionalized.

Rules of Organization and Competition are well-defined for each sport discipline. With research and scientific inputs, there is constant effort by athletes to improve standard in performance and achieve perfection in skill. Several sports

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the “**Study on Emotional Intelligence and Self-Confidence Among Sports Person and Non-Sports Person of Karnataka State Akkamahadevi Women's University.**”

OBJECTIVES OF THE STUDY

- To compare emotional intelligence between university Sports Person and Non-Sports Person of Karnataka State Akkamahadevi Women's University.

DELIMITATION OF THE STUDY

The study was delimited to the following factors.

- To achieve the purpose of the study, totally two hundred female players (100 Sports Person and 100 Non-Sports Person) from Karnataka State Akkamahadevi Women's University were selected as subjects.
- Among the selected subjects, 100 Sports Person & 100 Non-Sports Person university level competition female players were selected.
- The emotional intelligence were selected as criterion variables.

LIMITATION OF THE STUDY

- Certain factors like daily routine, life style, diet, socio-economic status, initial fitness level and the training age of the subjects, which might have influenced their motor fitness were considered as one of the limitations.

HYPOTHESIS

Based on the objectives of the study and the related literature available in the area, the investigator framed the following hypotheses.

- There would be significant differences between university level sports Person and non-sports Person players on emotional intelligence.

SIGNIFICANCE OF THE STUDY

- This framework is intended to help to bridge the general "understanding gap" that is currently being reported by a large number of athletes and coaches, while also helping Sport Psychology practitioners, to individual athletes and teams.
- The results of the study may provide guidelines, which will help the physical educator and sports psychologist in preparing training schedules for all game players.

METHODOLOGY

The purpose of the study was to find out the “Study on Emotional Intelligence and Self-Confidence among Sports Person and Non-Sports Person of Karnataka State Akkamahadevi Women's University”. Two hundred of Sports Person and Non-Sports Person University female players were selected as subject. The age level of the subjects ranged from 19 to 25 years. The research scholar went through the scientific literature pertaining to the analysis of Emotional Intelligence and Self-Confidence variables different sources and also consulted the experts in these areas. Along with the said literature and expert opinion, the administrative feasibility in terms of availability of instruments and expertise measuring and recording of data was also given due consideration while selecting Emotional Intelligence variables.

Hence, the following variables were selected for this study: The researcher explained the purpose of the study to the subjects and their role in the study. For the collection of data, the researcher explained the procedure of testing on selected criterion variables and gave instructions about the procedure to be adopted by for measuring. The subjects of all the groups were sufficiently motivated to perform their maximal level during testing periods.

MEAN SCORES, STANDARD DEVIATION AND T- VALUES OF EMOTIONAL INTELLIGENCE OF SPORTS PERSON AND NON-SPORTS PERSON

Variable	Players	Number	Mean Scores	Standard Deviation	t-Value
Emotional Intelligence	Sports Person	100	61.3800	11.70538	14.518*
	Non-Sports Person	100	39.0400	6.94280	

**Significant at 0.05 levels

Table value is 1.972

A finding shows that the mean scores, standard deviation and t-value of Emotional intelligence of Sports Person and Non-Sports Person. With

regards to Emotional intelligence of Sports Person and Non-Sports Person, they have obtained the mean values of 61.3800 and 39.0400 respectively, which are given in table 4.1 reveals that the significant difference was found out in ($t= 14.518, p < 0.05$) Sports Person and Non-Sports Person. Sports Person having more Emotional intelligence tendency as compared to Non-Sports Person which means that Sports Person incur significantly more emotional intelligence tendency.

Mean scores of Emotional intelligence of Sports Person and Non-Sports Person are presented graphically in figure-4.1 (a).

SHOWING MEAN SCORES AND STANDARD DEVIATION OF EMOTIONAL INTELLIGENCE OF SPORTS PERSON AND NON-SPORTS PERSON

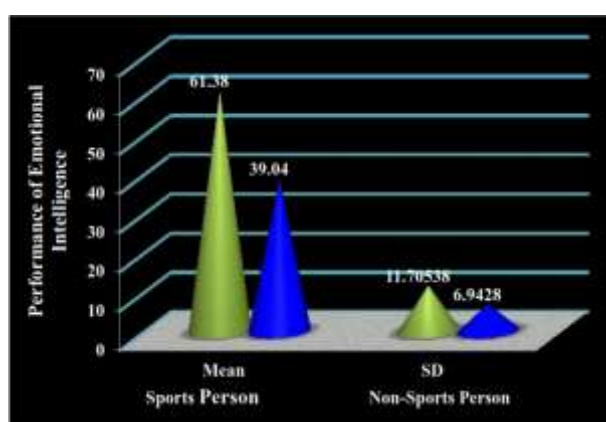


Figure - the above figure indicates that emotional intelligence Performance mean scores a different the graphs showing of comparison of Sports women and non-sports women with to emotional intelligence Performance scores.

The mean emotional intelligence scores of Sports women and non-sports women are 61.3800 and 39.0400, SD are 11.70538 and 6.94280 respectively. It means that the emotional intelligence Performance of Sports woman is better than Non-Sports women.

The data pertaining to the emotional intelligence among Sports women and non-sports women of Karnataka State Akkamahadevi Women's Vijayapura were statistically analysed and the result is presented in table No. 4.1(b)

DISCUSSION OF FINDINGS

The findings related to Emotional intelligence revealed significance between the players of Karnataka State Akkamahadevi Women's university significant differences in Emotional intelligence were observed between Sports Person and Non-sports Person players of Karnataka State Akkamahadevi Women's university players.

It was found that there is a significant difference in Emotional intelligence of Sports Person and Non-

Sports Person. The Emotional intelligence of Sports Person is much higher in comparison to Emotional intelligence of Non-sports Person.

Among the Sports Person and Non-sports Person of Karnataka State Akkamahadevi Women's university significant difference in Emotional intelligence were noted. Significant differences were found between Sports Person and Non-sports Person of Karnataka State Akkamahadevi Women's university.

CONCLUSIONS

Within the limitations of the present study, and on the basis of the findings, the following conclusions have been drawn; It was concluded that Emotional intelligence Sports Person are highly significant when compared to Non-sports Person. It was concluded that Emotional intelligence Non-sports Person are insignificant when compared to Sports Person.

- It is also concluded that there is a significant difference among Sports Person and Non-sports Person in Emotional intelligence.
- It was concluded that Self-confidence Sports Person are highly significant when compared to Non-sports Person.
- It was concluded that Self-confidence Non-sports Person are insignificant when compared to Sports Person.
- It is also concluded that there is a significant difference among Sports Person and Non-sports Person in Self-confide.

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