

Study of Emotional Intelligence of Sportspersons in Relation to Their Optimistic Attitudes

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Abstract – The purpose of the study was to Study the Emotional Intelligence of Sportspersons in relation to their Optimistic Attitudes. A total of 100 male sports persons from team sports were purposively selected to act as subjects for the purposed study. The age of the subjects ranged between 17 to 30 years and the mean age of the subjects was found to be 21 (+SD) years. The subjects were sports persons from Basketball (20), Boxing (20), Cricket (20), Netball (20) and Hockey (20) with minimum Inter University level participation in their respective sports discipline. The questionnaire developed by D.S. Parasar (1998), Dr. M.L. Kamlesh, 1990 and Agashe and Helode, 2002 were used for assessing the Optimistic attitude, Sports achievement and emotional intelligence of the sports persons. The data for the present study was collected through the administration of the selected test items for psychological variables on the selected Inter varsity players from all over Haryana. The collected data was analyzed by computing Descriptive statistics, Independent t-test followed by Pearson's Product moment correlation. The level of significance was set at 0.05 levels.

Keyword – Emotional Intelligence, Optimistic, Male, Female..

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INTRODUCTION

A sport is a natural occurrence, which draws people together and brings them in direct communication, coordination, and cooperation with each other and their environment. It is through this dialogue process that sport is also conventional for a while the nature of sport necessitates a relationship; it is human convention that drives it. Sport also brings with it an intimacy between participants, in which resides a friendly feeling of goodwill.

Emotional intelligence is a variety of skills and Competencies that we develop throughout our lives to help create and maintain a comfortable and meaningful life. Without these skills, it's hard to know what to do to improve our performance. We will struggle to make informed decisions without emotional intelligence; we will not know how to plan the training stages. We may not have the confidence and the belief that we can build a decent athlete. Good working relationships are difficult to manage. When the pressure continues and we don't know how to deal with stress and anxiety or when something small goes wrong like failing to achieve the predefined objective, we fall apart.

STATEMENT OF THE PROBLEM

“Study of Emotional Intelligence of Sportspersons in relation to their Optimistic Attitudes”

METHOD AND PROCEDURE

Total Players:-

To study the Achievement Motivation and Emotional Intelligence of Sportspersons in relation to their Optimistic and Pessimistic Attitudes total of 100 male sports persons from team sports were purposively selected to act as subjects for the purposed study.

Age:-

The age of the subjects ranged between 17 to 30 years.

Selection of the variables:-

The subjects were sports persons from Basketball (20), Boxing (20), Cricket (20), Netball (20) and Hockey (20) with minimum Inter University level participation in their respective sports discipline.

Questionnaire Applied:-

The questionnaire developed by D.S. Parasar (1998), Dr. M.L. Kamlesh, 1990 and Agashe and Helode, 2002 were used for assessing the Optimistic attitude, Sports achievement and emotional intelligence of the sports persons. The data for the present study was collected through the administration of the selected test items for psychological variables on the selected Inter varsity players from all over Haryana.

Statistical Analysis:-

The collected data was analyzed by computing Descriptive statistics, Independent t-test followed by Pearson’s Product moment correlation. The level of significance was set at 0.05 levels.

RESULT OF THE STUDY

Table No. 1

Independent Sample ‘t’ test of Emotional Intelligence between Team male and female sportspersons with Optimistic attitude

Category	Levene's Test for Equality of Variances	t-test for Equality of Means		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Achievement Motivation	Equal variances assumed	1.098	0.064	11.481	71	0.000	2.924	2.132
	Equal variances not assumed			11.234	43.454	0.000	2.924	2.132

*0.05 level Significant

Table-1 clearly display the measurement of Independent Sample ‘t’ test for Emotional intelligence between Team male and female sportspersons with Optimistic attitude, table display the significant difference has been measured in the Emotional Intelligence of Team male and female players, as the significant value is observed to be 11.481.

Graph No. 1

Graphical Representation of Independent Sample ‘t’ test of Emotional Intelligence between Team male and female sportspersons with Optimistic attitude

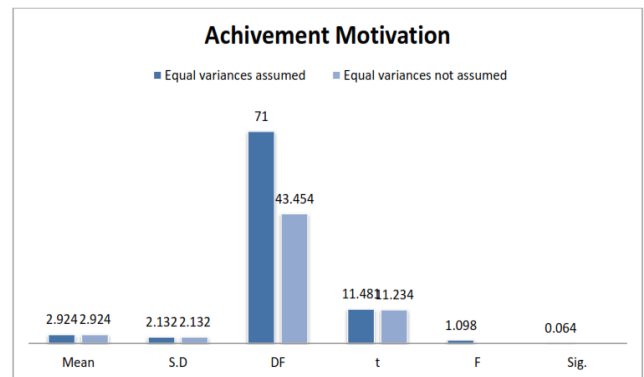


Table No. 2

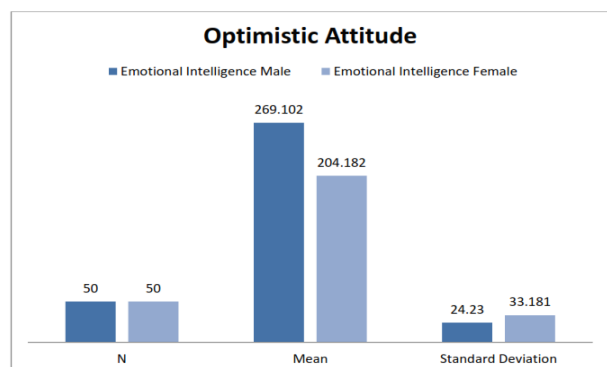
Descriptive assessment of Emotional Intelligence for Team male and female sportsperson with Optimistic attitude

Category	N	Mean	Standard Deviation	
Emotional Intelligence	Male	50	269.102	24.230
	Female	50	204.182	33.181

*0.05 level Significant

Table- 2 clearly display the measurement for descriptive analysis of Emotional Intelligence of Team male and female sports persons with Optimistic Attitude, table display the mean and S.D values of Emotional Intelligence are found to be 269.102±24.230 &204.182±33.181 respectively. The graphical illustration has been exposed in fig no. 4.2

Fig No. 2: Graphical illustration of Descriptive assessment of Team male and female sportsperson for Emotional Intelligence with Optimistic Attitude



CONCLUSION OF THE STUDY

- There were significant difference has been found in the Emotional Intelligence of Team male and female players.
- There were significant difference has been found in the Emotional Intelligence of Team male and Female sports persons with optimistic attitude.

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