

A Study of Emotional Intelligence Between the Male Athletes and Non-Athletes of Senior Secondary School of Jaipur

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Abstract : The aim of this study is to compare the emotional intelligence of male athletes and non-athletes of senior secondary school of Jaipur. There were 25 national level male athletes and 25 male non-athletes were selected as subjects for this study. Purposive sampling technique was used to conducting for this study. The sample for the study was selected from various schools in Jaipur. A standard psychological questionnaire constructed by Dr. Arun kumar Singh and Dr. Shruti Narain was used to measure emotional intelligence. To check the difference in the level of emotional intelligence, an independent sample "t" test was used to compare emotional intelligence between male athletes and male non-athletes of senior secondary school of Jaipur. The significance level was set at 0.05. The results of this study show that there was no significant difference between senior secondary school of Jaipur in terms of emotional intelligence.

Keywords: Emotional intelligence, Athletes, Non-athlete etc.

Introduction - In the field of sports psychology, it is crucial to understand the psychological constructs that influence sports performance. One such construct that has garnered significant attention is the emotional intelligence. Coined by Dr. Arun Kumar Singh and Dr. Shruti Narain, emotional intelligence refers to the ability to manage emotions in different situations. It is a fundamental concept in psychology, shedding light on individual differences in attributions of causality. In the context of sports, emotional intelligence plays a pivotal role in determining an athlete's approach to training, competition, and performance outcomes. For male athletes and non-athletes, who navigate a fast-paced and dynamic environment, understanding their emotional intelligence orientation can provide valuable insights into their mindset, resilience, and overall athletic development.

This study aims to explore the emotional intelligence among male athletes and non-athletes, examining how their beliefs about control influence various aspects of their sporting endeavors. By researching into this aspect of psychological functioning, we can better grasp the factors that contribute to success, satisfaction, and well-being in the field of sports and physical activities.

Whilst technical abilities and physical talents are important within the sports industry, emotional intelligence is equally important to success. Athletes with excessive emotional intelligence are better equipped to cope with

aggressive challenges, build strong relationships, and lead correctly.

Athlete: The athlete is a Greek word which means the one who participate in contest. The athlete also known as sportsman or sportswoman is the person who competes in one or more sports which involve physical strength, speed, endurance, coordinated ability and flexibility.

Athlete the word athlete is most commonly used for the person who competes in one or more sports activities. Few decades ago the athlete word is used only for the person who participated in athletic events or in running later on his word is used for the all type of sports person. The person who plays any kind of sports is known as athlete. A person who is good in sports and physical activities is also known as athlete.

Physical and Mental Demands: Athletes require a unique combination of physical attributes, including speed, agility, strength and endurance. Players must have quick reflexes, clear hand-eye coordination and the ability to move quickly and decisively on the pitch. Additionally, strategic thinking, anticipation and mental toughness are essential elements of successful players must outsmart their opponents while remaining calm under pressure.

Non Athletes: The person who not participated in any kind of sports is known as non athlete. One who does not perform any kind of exercise is also known as non athlete. The person lives sedentary lifestyle and do not participate in

any kind of physical activity like yoga, calisthenics, gym, dance, aerobics etc can also be considered as non athlete. In today's era many student of the age of 16 to 18 years live sedentary lifestyle and love to play video games or mobiles games due to this behaviour later on face many kind of health as well as psychological problem in life.

The person who does not participated in any kind of sports and physical activity is known as non athletes. Basically the person whose lifestyle is sedentary will included in non athletes. The person who does not participated in any kind of sports and physical activity is known as non athletes. Basically the person whose lifestyle is sedentary will included in non athletes.

Methodology: In this section selection of subjects, selection of variables, criterion measures, design of the study, collection of data, and administration of questionnaires and statistical technique to be employed for analyzing the data have been described.

Selection of the Subjects: Total 50 male (athletes and non-athletes) from various senior secondary schools of Jaipur (Rajasthan) has been selected as subjects for this study. For this study, the age range is 16 to 20 years.

Selection of the Variables: Keeping in the mind about specific purpose of the study athletes and non-athletes were selected as Independent variables and emotional intelligence was selected as dependent variable.

Criterion measures: Emotional intelligence was assessed by Emotional intelligence scale prepared by Dr. Arun Kumar Singh and Dr. Shurti Narian.

Administration of the test: The instruction given on the test form is sufficient to take care of the statements that are given. The Emotional Intelligence Scale SANS generally takes from 20 to 30 minutes. However, no time limit should be given for the test.

Scoring: The Emotional intelligence scale consist of total 31 statement, in which 04 statements for understanding emotions, 08 statements for understanding motivation, 10 statements for empathy and 09 statements for handling relations. Each statement has one mark. If respondent give positive responses they will get one marks otherwise 0 marks for negative responses. These 27 positive responses statements i.e. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 18, 19, 22, 23, 24, 25, 26, 27, 28, 29, 30, and 31. Remaining 4 negative statements i.e. items no. 13, 17, 20, and 21 if respondent gave negative responses they will get one marks otherwise 0 marks. According to emotional intelligence scale, if score were less than 20 they have low level of emotional intelligence. If the score range between 21 to 26 they have average level of emotional intelligence. If the score is above the 27 they have declared high level of Emotional intelligence.

Statistical technique: For analysis of collected data Mean, Standard Deviation and t-test was applied for testing the hypothesis at 0.05 level of significance.

Results : The raw data on Emotional intelligence scale was subjects to appropriate statistical analysis and the results of women section are presented in table no.1:

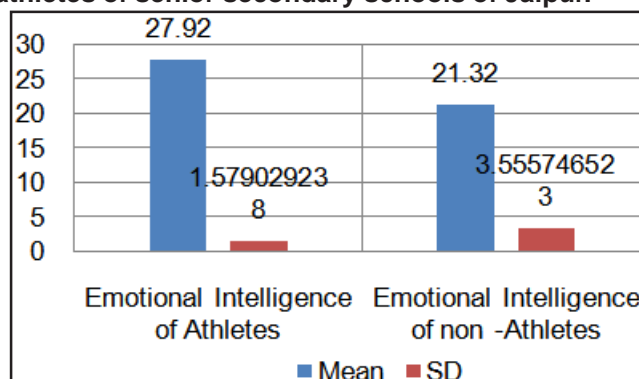
Table 1: Table showing the Mean, SD and 't' value of Emotional intelligence of male athletes and non-athletes of senior secondary schools of Jaipur

Group	N	Mean	SD	MD	't' value
Athletes	25	27.92	1.57	6.60	4.156
Non-Athletes	25	21.32	3.55		

't' value at 0.5 = 2.02

From table no.1, result found that the male athlete have shown more emotional intelligence (M=27.92, S.D= 1.57) as compare to male non-athlete (M= 21.32, S.D. = 3.55), the calculated 't' value is 4.156, which is less than the tabulated value, so that there is no significant difference has been found at 0.05 level.

Fig.1: Graphical presentation of Mean and SD of Emotional intelligence of male athletes and non-athletes of senior secondary schools of Jaipur.



Conclusion: It is concluded that there is significance difference has been found on Emotional intelligence among male athlete and non-athlete. The athlete have more emotional stability then non athlete.

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