

## COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE BETWEEN COACHES OF SELECTED SPORTS

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## INTRODUCTION

Coaches organize, instruct, and teach amateur and professional athletes in fundamentals of individual and team sports. In individual sports, instructors may sometimes fill this role. Coaches train athletes for competition by holding practice sessions to perform drills and improve the athlete's skills and stamina. Using their expertise in the sport, coaches instruct the athlete on proper form and technique in beginning and, later, in advanced exercises attempting to maximize the players' physical potential. Along with overseeing athletes as they refine their individual skills, coaches also are responsible for managing the team during both practice sessions and competitions, and for instilling good sportsmanship, a competitive spirit, and teamwork. They may also select, store, issue, and inventory equipment, materials, and supplies. During competitions, for example, coaches substitute players for optimum team chemistry and success. In addition, coaches direct team strategy and may call specific plays during competition to surprise or overpower the opponent. To choose the best plays, coaches evaluate or "scout" the opposing team prior to the competition, allowing them to determine game strategies and practice specific plays.

Emotional intelligence motivates employees to pursue their unique potential and purpose, and activates innermost potential values and aspirations, transforming them from things they think about, to what they do. Emotional intelligence enables one to learn to acknowledge and understand feelings in ourselves and in other and that we appropriately respond to them effectively applying the information and energy of emotional in our daily life and work. Cooper and Sawaf (1997) Define Emotional Intelligence as the ability to sense, understand and effectively apply the power and acumen of emotional as a source of human energy, information, connection and influence.

The coach is a mentor (or a leader) when he has a socio-psychological communication with the athlete. The physical movement of the athlete is not important any more, but that what counts in this type of communication is the mental wellness of the athlete. Just as Muhammad Ali, one of the biggest sportsmen of all times, said, you have to have the skill and the will, but the will must be stronger than the skill in order to be successful. So, even though the coach communicates all the tactical aspects of the game to the athlete, the two may find out they are not successful, because the athlete isn't mentally strong enough to perform well This is why the coach mustn't be just an instructor, but a leader as well. He has to use the dyads of communication in order to socio-psychologically influence the athlete, to prepare not just his body for the competition, but also his mind and his soul. As a manager, the coach has the role to make the best use of the resources he has in order to obtain success. This means the coach has to use communication to

send the values and the norms of the sports team/club to the athlete, to help him integrate and feel good in the team, so that the athlete can perform well. Instructive, psychological and managerial communication being presented, the four anchors of coach-athlete communication can be explained.

## HYPOTHESIS

On the basis of available literature and scholar own understanding of the problem it was hypothesized that *“There will be no significant difference in emotional intelligence of the coaches of selected sports”*.

## MATERIALS AND METHOD

### Subjects:

The population of this study was coaches of maharashtra state, age: 35 to 40 years. In reality, since this population in maharashtra is very large, this study was delimited to 90 male coaches (n=90) of Football, Athletics and Kho-Kho,30 from each sports .All selected coaches of selected sports were qualified and possess coaching diploma.Hence random sampling technique was employed for the selection of subject. The survey was carried out to see emotional intelligence status between coaches of selected sports by using Emotional intelligence Scale of Anukooln Hyde, Sanjyot Pethe & Upinder Dhar. The Emotional intelligence Scale measure four aspect of emotional intelligence(i.e.self awareness,self motivation,self management and mananging relationship). The responses of each statement was measured on five point likert scale (i.e.strongly agree,agree, uncertain,disagree and strongly disagree).

### Statistical Technique used

In order to determine the comparison of emotional intelligence of the coaches of selected sports one way analysis of variance (ANOVA) was employed and the level of significance chosen to test the hypothesis was 0.01.

## RESULTS AND DISCUSSION

For testing the hypothesis that *“there will be no significant difference in emotional intelligence of the coaches of selected sports”* one way analysis of variance (ANOVA) was employed and the result has been presented in Table 1and 2

**TABLE -1**  
**DESCRIPTIVE ANALYSIS OF EMOTIONAL INTELLIGENCE BETWEEN COACHES OF SELECTED SPORTS**

Variables	Games	Mean	S.D.	Minimum	Maximum
Emotional Intelligence	Football	124.13	6.85	110.00	141.00
	Athletics	92.07	22.86	49.00	134.00
	Kho-Kho	105.30	17.02	68.00	135.00

**TABLE-2**  
**SUMMARY OF ONE WAY ANOVA OF EMOTIONAL INTELLIGENCE BETWEEN COACHES OF FOOTBALL ATHELETICS AND KHO-KHO**

Source of variance	Sum of Square	Df	Mean Square	F
Between Group	15580.05	2	7790.25	27.19*
Within Group	24918	87	286.41	
Total	40498.05	89		

\*P < .01

It is evident from table-2 that there was significant difference between emotional intelligence between coaches of different games as obtained  $F(2,87) = 27.19$ ,  $P = .001$  which is higher than the tabulated value 4.88 required for significance at 0.01 level.

As the  $F$  value was found to be significant in the case of emotional intelligence, the LSD post hoc test was applied to measure the significant difference between means of emotional intelligence of football coach, athletic coach and kho-kho coach. Findings with regard to LSD post hoc test has been presented in table 3.

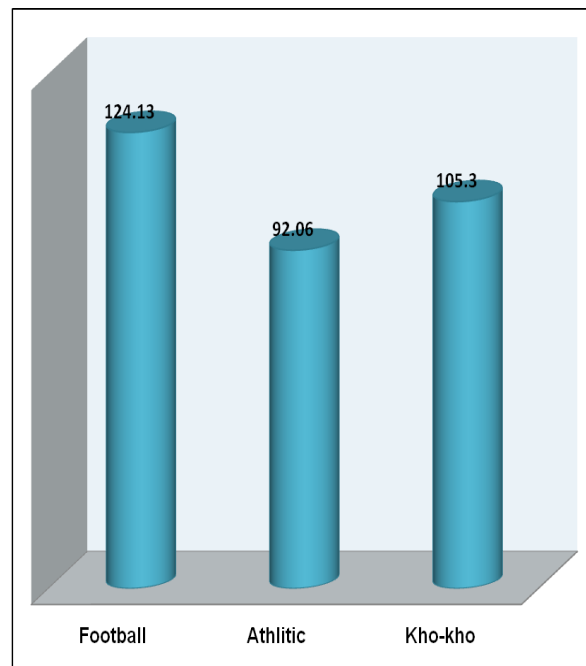
**TABLE-3**  
**LSD POST HOC COMPARISON FOR THE MEANS OF EMOTIONAL INTELLIGENCE AMONG FOOTBALL ATHELETICS AND KHO-KHO COACH**

Football	Athletics	Kho-Kho	Mean Difference	Critical Difference
124.13	92.06	----	31.94*	8.74
124.13	----	105.3	18.47*	
----	92.06	105.3	-13.24	

\*Mean Difference is Significant at 0.05 level

Table-3 show that there is significant difference among football and athletics coaches in relation to emotional intelligence as well as between football and kho-kho coaches as mean difference of both the group are more than the required critical difference i.e 8.74. No significant difference was found between athletics and kho-kho coaches in relation to emotional intelligence as their mean difference is much lesser than critical difference at 0.05 level of significance. Graphical representation of the above table is made in figure 1.

From the LSD it has been proved the football coaches have better Emotional Intelligence status than kho-kho and athletics coaches.



**Fig.1 The Graphical Representation of Means on Emotional Intelligence between Coaches of Football, Athletics and Kho Kho.**

## CONCLUSION

The findings of the statistical analysis have shown dominant role of emotional intelligence in different sports. Research scholar is of view that the findings have justified the purpose, for which the study was mainly taken up.

The null hypothesis as presented earlier indicates that *“there will be no significant difference in emotional intelligence of the coaches of selected sports”* has already been retained for athletics and football and refuted for kho-kho. On the basis of statistical analysis it is concluded that football coaches have better emotional intelligence status than the athletics and kho-kho.

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