

COMPARISON OF EMOTIONAL INTELLIGENCE AMONG BEGINNER SOCCER PLAYERS AND ADVANCE SOCCER PLAYERS

(Received on: 04 Jan 2013, Reviewed on: 14 Feb 2014 and Accepted on: 19 March 2014)

Dr. Satyendra Nath Misra, Assistant Professor
Brahmavart Post Graduate College,
Mandhana, Kanpur

Abstract

The present study was an attempt to find out difference between beginner and advance soccer players in their emotional intelligence. To accomplish the objective of the study 100 soccer players having equal number of beginner and advance were randomly drawn from the L.N.I.P.E, Gwalior. Emotional intelligence scale developed by Thimgujam and Ram (1999) was applied to collect the data. 't' test was applied to found out mean difference between beginner and advance soccer players. The results indicated that there is higher level of emotional intelligence among the Advance and Beginners Soccer players.

Keywords: Emotional Intelligence, Beginner soccer players and Advance soccer players

Introduction

The human psychology is very complex phenomena. Emotional intelligence of athletes has drawn more attention and emerged very interesting variable of sports psychology, scientifically understanding emotional intelligence might help to lead a productive life. Golman, 1995 has claimed it to be very important in achieving success in life that to more in an organized group. People having higher level of emotional intelligence are better placed to manage their affair with wisdom. Emotional intelligence has generated wide spread interest owing to the increasing personal importance attributed to the emotional management for people in modern society. It was examines the relation between concepts of emotional giftedness and emotional intelligence and attempts to related a person's level of emotion intelligence to the actual ways they cope with challenging social situation, Emotional intelligence to the actual ways they cope with challenging social situations. Emotional intelligence and social behaviour were explained in a pilot study with adolescents, emotional intelligence was measured with the Multifactor emotional Intelligence scale, an ability-based measure of emotion perception, facilitations, understanding and management. General intelligence was measured with the Peabody picture vocabulary scale, each of the 11 adolescents also answered questions about how he or she had handled a difficult social encounter. Those with higher emotional intelligence were better able to identify their own and others emotions in situations. Use that information to guide their actions. And resist peer pressure than others. Boyatzis Rechar, Golman, Daniel Kenneth briefly described a model of emotional intelligence based on the competencies that enable people to

demonstrate intelligent use of their emotions in managing themselves and working effectively with others. The history and development as well as preliminary statistical results, of a new test based on this model are reported. The test is the emotional competence Inventory. A Sport psychologist in the year 1971 discovered that most studies of male and female athletes reports them to rank high in such traits as self-confidence, extroversion, leadership dominance, emotional maturity, social poise, having high level of aspiration and consideration for others. Female athletes are more concerned with appearance and aesthetic aspects in sports in the review of literature it has been presented a resume of all the studies conducted in the psychology of sport in general, and its impact on psychological factors in particular. It is apparent that although a number of studies are available both in the field of socio-cultural status and sociopsychological correlation but there is no integrated picture of participation of sports activities and its impact on the personality dimension of soccer players. At the same time it also became clear that what is needed is a comprehensive picture of the relationship between physical and sports activities and its impact on the personality dimensions like emotional intelligence of the beginner soccer players and advance sports men. Many research studies in the psychology of sport men and women studied separately not shown much interest and has been not focused on the participation of sports and physical activities, which plays a major role in determining the personality factors of the soccer players, which could play an important role in their performance. In the face of more and more men and women belonging to different strata of sports profession are entering the sports arena every year and sharing the laurels with their counterparts it was felt necessary to study the a emotional intelligence of soccer players who are participating and non-participating in sports.

Methodology

Selection of Subjects

For the purpose of the study 100 subjects were selected from L.N.I.P.E, Gwalior from which 50 were beginner soccer players and 50 were advance soccer players. Samples mean age was 20 Years. Scoring pattern as indicated in below paragraph.

Selection of Variables

For the purpose of study the following variables were selected:

a) Independent Variable: - Soccer and Non Soccer players.

b) Dependent Variable: - Emotional intelligence.

Collection of Data

The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) has been applied in the present study. While scoring the emotional intelligence scale, the respondents feeling strongly agree would be awarded 1, for agreeing 2, for undecided 3, for disagree 4 and finally for strongly disagreeing 5 would be awarded to the respondents.

Statistical Analysis

To assess the influence of physical activity on emotional intelligence “t” test is applied to compare the results of the two groups.

Result and Discussion

The study was carried out to see the influence of physical activities on the development of emotional intelligence of the sportsperson and also attempt see the influence of demographical variable in moulding the emotional condition of the sportsperson.. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in moulding the personality and emotional health of the sportsperson. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the Advance and Beginner soccer players

The table 1 showing the Mean, SD and ‘t’ value of the Advance and Beginner soccer players formulated hypothesis that there would be significant difference between Advance and Beginner soccer players in their emotional intelligence. The calculated data was tested, and Mean score of the advance soccer players was 93.0400 and SD is 8.23 and beginner soccer players was 86.000 and 13.12 respectively and calculated ‘t’ value is 2.25, it reveals that advance sportsperson mean score is higher than beginner sportsperson, and it also reveals that there is significant difference in emotional intelligence of Advance and Beginner soccer players. Because, The calculated ‘t’ value is greater than table value and it is significant at 0.5 level. It may generalized that participation of soccer players provides ample opportunity to participate and express their emotion freely and cultivate emotional skills and to get mastery to produce, regulate, manipulate, and control emotion and stress among the students in respect of life and game situation frequently occur in the competition Whereas non soccer players get less opportunity to participate and control and manipulation of stress.

Conclusion

The study reveals that participation in sports activities influence on developing and cultivating qualities and ability of controlling the sportsperson. So we should promote the children to participate in sports so that they can be more emotionally balanced and can be able to take the crucial decisions.

Reference:

Das Archana G.M (2010) Effects of Personality on Emotional Intelligence between Professional and Nonprofessional Students: Some Exploratory Evidence, Retrieved from <http://www.ipublishing.co.in/ajmrvol1no1/EIJMRS1058.pdf> on March 9th, 2013.

Emotional intelligence: Could it be the answer to the age-old problem of emotions impacting on athletic performance? Retrieved from <http://www.ausport.gov.au/sportscoachmag/psychology/2/> on 14th November, 2011.

Fatemeh, Pasand (2010). *Emotional intelligence in athletes and non-athletes and its relationship with demographic variables*. Retrieved from http://bjsm.bmj.com/content/44/Suppl_1/i56.1.abstract Br J Sports Med 2010;44:i56 doi:10.1136/bjsm.2010.078725.187 on 19th July 19, 2011.

Mayer, J. D. and Salovey, P. (1993). The Intelligence of Emotional Intelligence, 17,433-42.

Narimani M. and Basharpour S. (2009). Comparison of Attachment Styles and Emotional Intelligence between Athlete Women (Collective and Individual Sports) and Non-Athlete Women. *Research Journal of Biological Sciences*, Volume 4, p. 216-221.

TABLE NO.1
MEAN AND STANDARD DEVIATION OF ADVANCE AND BEGINNER SOCCER PLAYERS

Emotional intelligence	Advance Soccer players	Beginner Soccer players
Mean	93.0400	86.000
SD	8.2385	13.127

*significant at 0.05 level of significance i.e., 2.257

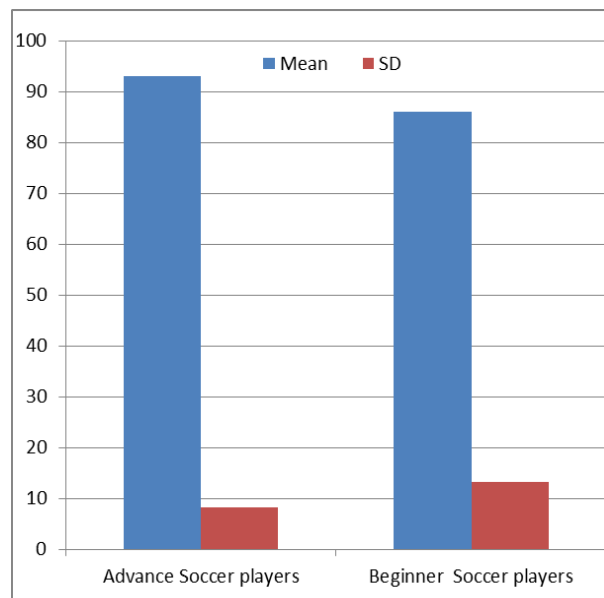


Fig no. 1. Mean of Advance Soccer Players and Beginner Soccer Players.