



## A Study on Emotional Intelligence-Throwers and Jumpers of Inter collegiate Sports players

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### Abstract

*The present study carrydout was to investigate the emotional intelligence- between throwers and jumpers of inter collegiate sports players.the purpose of the study inter-collegiate level 25 throwers and 25 jumpers were selected as sample from different colleges under Gulbarga University- Gulbarga. The subject's age ranges from 18-25 years. The data for the study were collected by using questionnaire method.The scores on Emotional intelligence were collected by Emotional intelligence Inventory prepared by Dr Sam Sunanda Raj & Jayaraj B (1998). To find out the significance of Mean difference between throwers and jumpers, Statistical technique 't' test was used to compare the emotional intelligence between selected groups. The results revealed that there was no significant difference found in throwers and jumpers. Key Words: Emotional Intelligence, Inter Collegiate, Throwers and Jumpers*

### Introduction

Today sports has considered as international discipline as it develops international understanding and universal brotherhood. Sports develop national character and also it provides to fullest self-expression to man and it is one of the fundamental needs.

Physical education is most important factor of common education. It is the education through physical activities. The aim of the education is overall development of human being. The aim of the physical education is not out of common education it helps to overall development of child through physical activities. Human being is considered as an intellectual animal that wants to participate in physical activities to attain personal achieve growth and development and to maintain good health. It is natural is both quality and a child to participate in activities like running, jumping, throwing etc. Sport is a dynamic, creative, continuous process which gives meaning to reflect and the values believe and ethics of participation. Sports is a chief component in promoting friendship, peace and understanding between people society and country because the trouble free delight come only from sport.

Psychology is the study of human behaviour and human relationship. Sports psychology means applying psychological theories and concepts to aspects of sports such as coaching and teaching. Emotions play an important role in sport performance (Jones 2003:471). The research below supports this, High EI has been proven to be beneficial for athletes of team sports improving their performance. Crombie, Lombard, and Noakes (2009) found that team EI scores gained through ability test in cricket were positively related to the team's performance over two seasons. This suggests that team EI scores are a significant predictor of sports performance. According to Zizzi et al (2003), an athlete must recognise their emotions, as well as their teammates and opponents emotions, in order to perform well in team sports.

### **Purposes Of The Study:**

The main purpose of this study was to assess the Emotional-Intelligence level of Jumpers and Throwers of inter collegiate sports players of Gulbarga University-Gulbarga.

The secondary purpose of this study was to compare the Emotional Intelligence level among Jumpers and Throwers of inter collegiate sports players of Gulbarga University-Gulbarga

### **Statement Of The Problem:**

The significant difference among the Jumpers and Throwers of inter collegiate sports players of Gulbarga University-Gulbarga.

### **HYPOTHESIS:-**

It was hypothesised that there was a high level of Emotional Intelligence in selected groups of inter collegiate sports players of Gulbarga University Gulbarga.

It was hypothesised that there was a significant difference in compare to Jumpers and Throwers of inter collegiate sports players of Gulbarga University Gulbarga.

### **Methodology:**

#### **Tools**

The study was to investigating the "Emotional Intelligence level" among Jumpers and Throwers of inter collegiate sports players of Gulbarga University-Gulbarga. For this purpose the standardized Emotional Intelligence Inventory developed by "Dr Syam Sunanda Raj & Jayaraj" was administered. Questionnaire has twenty-six items (26) every question has five possible responses, i.e. 1-strongly agree(SA), 2-agree(A), 3-undecided(UD), 4- disagree(D), 5- strongly disagree(SD). The items are stated in such a way that if the answer is positive, says SA-five points, A-four points, UD-three points, D-two points and SD- one point. The questions are 1,5,8,11,14,15,17,19,20,21,23 and 26 are positive items and the questions 2,3,4,6,7,9,10,12,13,16,18,22,24 and 25 are negative items. As such scoring will be done in reverse order. Therefore the higher score on the scale greater the degree of emotional intelligence and vice-versa.

#### **Subjects**

To achieve the objective of present study 100 players were chosen. Equally same number from Jumpers and Throwers who were participated inter collegiate sports players of Gulbarga University-Gulbarga were chosen randomly as the subjects. The subjects for this study the age limit was restricted in the range of 18-25 years

**Testing Procedure:**

For the purpose of this study the above mentioned standardized questionnaire were administered individually to each subject. At the beginning of testing, the investigator approached to subjects and their coaches at personnel to help in the data collection. The investigator briefly explained the objective and clarifies questions from the subjects and given appropriate time to finish the test. After completion of test immediately collected response sheets by investigator.

Table: Subjects Classification according to their Scores.

SL NO	SCORES	CLASSIFICATION
1	26-49	“Low” Emotional Intelligence
2	50-92	“Moderate” Emotional Intelligence
3	93-130	“High” Emotional Intelligence

**Statistical Procedure**

The following statistical techniques ‘t’ ratio was calculated to find out the significance of the difference between the mean and standard deviation of the “Jumpers and Throwers” inter collegiate sports players of Gulbarga University-Gulbarga.

**Analysis of the Data**

The significance of the difference among the means of “Jumpers and Throwers” was found out by comparison. The data were analysed and dependent t test was used with 0.05 levels of confidence.

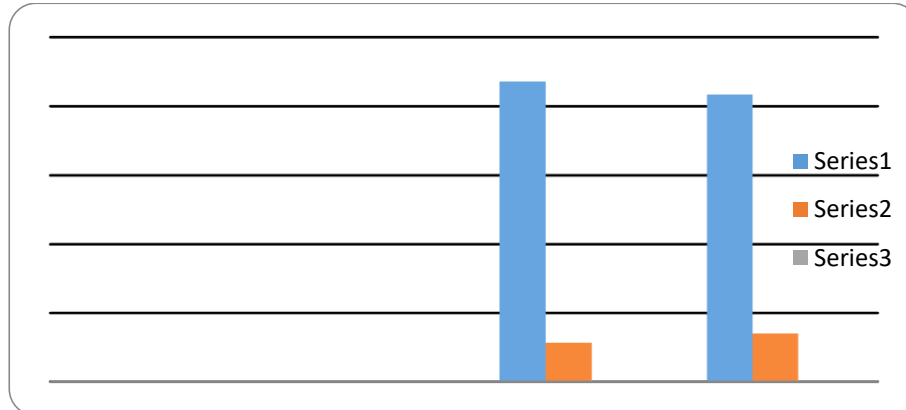
TABLE-1: Comparison of Emotional Intelligence among Jumpers and Throwers.

SL NO	Variable	Game	Mean	SD	Df	‘t’- value
1	“Emotional Intelligence”	Jumpers (N-25)	78.18	10.24	89	1.463*
2		Throwers (N-25)	73.42	12.02		

Significance level at 0.05, df (89) = 1.463

The table shows that the mean values of “Jumpers and Throwers” on “Emotional Intelligence” were 78.18 and 73.42 respectively. This indicates that both groups have a “Moderate” level of Confidence and the SD of “Jumpers and Throwers” was 10.24 and 12.02 respectively. The obtained ‘t’ ratio was 2.274\* since the obtained calculated value was lesser than table value of 1.463 for significance at 0.05 level with 89 degrees of freedom it was found to be statistically insignificant. The result of the study showed that there was a no-significant difference between both groups in Emotional Intelligence level and the hypothesis was rejected.

FIGURE: A graphical representation shows the mean and SD of “Self Confidence level between Team game players and Individual game players”



### Results

From the statistical analysis it was concluded that the “Throwers and Jumpers” were having moderate “Emotional Intelligence” level and there is no significant difference among “Throwers and Jumpers” in comparison of inter collegiate sports players of Gulbarga University-Gulbarga.

### Conclusion

There is strong evidence to confirm that EI has a major role in sport and that it is beneficial for performance. It is worth remembering that being ‘emotionally intelligent’ is not about having a positive outlook or cheery personality, inter collegiate sports players of Gulbarga University-Gulbarga being more to cope with the full array of emotions that accompany the challenges of sports participation allowing them to perform to a higher standard. for this reason, given the effect of emotional intelligence in educational, occupational and social success of training programmes for enhancing emotional intelligence in all people especially athletes it is much necessary.

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