

# Comparative Study on Emotional Intelligence Between National and All India Inter-University Volleyball Players

**Dr. Rahul Kanojiya**

Assistant Professor, Ph.D in Physical education, (Department of Physical Education Pedagogy),  
Lakshmibai National Institute of Physical Education, Gwalior, India.

## Abstract

The aim of the study is to compare emotional intelligence between national and all India inter- university volleyball players. For the purpose of the present study 30 subjects, aged ranges between 18-25 years were selected out Police Academy. Emotional Intelligence were measured through Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002). The obtained data will be explained through two parts i.e., Descriptive and Analytical. For descriptive statistics mean and standard of which 15 were National level players and 15 were All India Inter-University level players. The subjects were selected randomly on the performance basis from Lakshmibai National Institute of Physical Education and Gwalior deviation were used and to examine the difference between national levels and inter university volleyball players with respect to their responses against emotional intelligence, independent t test will be applied. The statistical results of the study revealed that there is no significant difference between Emotional Intelligence of male Senior National and All India Inter-University Volleyball Players.

**Keywords:** Emotional intelligence; Self-Awareness, Empathy, Self – motivation, Emotional Stability, Managing Relation, Integrity, Self-development, Value orientation, Commitment, Altruistic Behaviour, Altruistic Behaviour Volleyball Players

## INTRODUCTION

A scientific understanding of emotional intelligence may allow us to better control our emotional skills, allowing us to live more fulfilling and productive lives. Emotional intelligence is built on a foundation of self-awareness. It encompasses self-awareness, as well as the ability to regulate such sentiments, as well as self-regulation and self-motivation. This claim stems from the fact that emotions frequently carry the thoughts of irrational passions, whereas intelligence is best defined by a high level of reasonableness and rational cognition. It is the ability to recognise and identify emotions, perceive emotions, assimilate emotions in mind, and manage each positive and negative emotion in oneself and others. The link between the mind and the body could be simple to organise. Verbal intelligence group test” (Peter Salovey and John Mayer)

In sports, Emotional Intelligence is extremely important. In sports, enthusiasm and wrath are frequently associated with success. Significantly, intelligent people who display emotion will bring themselves into the appropriate emotional states for the strain of truth. Similarly, if actual stillness is required,

emotionally intelligent people are adept at resting. Athletes that perform in the zone are able to properly manage their emotions. The ability to modify emotional states and learn how to change emotions in relevant performance necessitates awareness. Athletes must be forced to recognise when their emotions are influencing their performance, as well as how their emotions change over time. They must also be able to assess the emotional states of others, based on their visual communication, vocal and nonverbal gestures. When an athlete becomes aware of his or her emotions, he or she understands the impact they have on teammates and, more importantly, whether the feelings were beneficial or not, the next step is to try to change them. Goal setting has been demonstrated to be an effective intervention method for a wide range of skills. (Mayer, Salovey & Caruso)

The most pressing issue that athletes, coaches, and sports psychologists confront today is determining which aspects of sports psychology should be prioritised and what type of training should be provided to increase psychological performance. There is a link between emotions and thinking, according to research. Many people feel that emotions influence our thinking process, while others argue that it is an improper understanding and expression of emotions that influences thinking and makes our decision-making skills poor, rather than emotions themselves. The goal of this study is to better understand and investigate the nature, impact, and relationship of emotional intelligence to performance. [Ali, Hussain & Rahaman, (2010); Kaur, (2010)]

When we talk about volleyball performance, we're talking about the combination of sports implementation and outcomes, or a comprehensive classification of activities or acts that are evaluated or measured by society's standards or criteria. In volleyball, high performance is only possible as a result of a combination of physical and psychological factors. As a result, it is critical that both components of performance be given equal weight by coaches, trainers, and physical educationists.

### **Methods and materials:**

#### **Subjects:**

Subjects for this study were selected considering the relevance of the study. The study was conceptualized to investigate the comparison on emotional intelligence between national and all India inter-university Volleyball players.

For the purpose of the present study 30 subjects, aged ranges between 18-25 years were selected out of which 15 were National level players and 15 were All India Inter-University level players. The subjects were selected randomly on the performance basis from Lakshmi Bai National Institute of Physical Education and Gwalior Police Academy.

#### **Selection of variables and criterion measures:**

Based on conceptualization and formulation of this study, mainly one psychological variables were selected to investigate its status among the All India Inter-University and national level players. These psychological variables were found to be highly relevant to investigate in relation to the team performance during the game. The selection of variables was done on the basis of extensive literature reviews, discussion and consultation with the experts of the field and supervisor. Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002). Perry Aggression Questionnaire (BPAQ, 1992) respectively.

#### **Administration of the tests:**

For measuring the Emotional Intelligence of the subjects, Emotional Intelligence Scale developed by

Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) Was used, Emotional Intelligence Scale consists of total 34 questions. It is a likert type five points scale i.e. Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree

The scoring of the filled questionnaires was done according to the instructions mentioned in the test manual for the purpose. To obtain total score for the complete test all the scores for different items were recorded in the specified space provided in the questionnaire of the scale. The range of score for Emotional Intelligence could range between 34-170. The consolidated scores from 34 questions were the individual scores.

**Statistical Technique:**

The obtained data will be explained through two parts i.e., Descriptive and Analytical. For descriptive statistics mean and standard deviation will be used. And to examine the difference between national level and all India inter university volleyball players with respect to their responses against emotional intelligence, independent t test will be applied.

According the manual of Emotional Intelligence Scale by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) the subjects who score:

Sl.No	Score	Emotional Intelligence
1.	51 and below	Players are having Low Emotional Intelligence
2.	52 to 84	Players are having Normal Emotional Intelligence
3.	85 and above	Players are having high Emotional Intelligence

**RESULTS**

**Table 4.1 Comparison of mean, SD between senior national and all India inter-university players for self-awareness**

Group	Mean	SD	SEM
Self-awareness at Senior National	17.733	1.5333	0.39601
Self-awareness All India Inter-University	17.7333	1.9518	0.50395
Empathy Senior National	20.3333	2.71679	0.70147
Empathy All India Inter-University	19.6000	2.64035	0.68143
Self motivation Senior National	24.0667	3.67359	0.94852
Self motivation at All India Inter-University	24.2000	2.42605	0.62640
Emotional stability Senior National	16.4667	2.35635	0.60841
Emotional stability All India Inter-University	16.4000	1.84391	0.47610
Managing Senior National	17.4000	1.40408	0.36253
Managing All India Inter-University	16.9333	1.98086	0.51146
Integrity at Senior National	13.0667	1.16292	0.30026
Integrity at All India Inter-University	13.0000	1.30931	0.33806
Self- development at Senior National	8.0067	1.43759	0.37118
Self-development All India Inter-University	8.5333	1.18723	0.30654
Value orientation Senior National	8.4667	1.35576	0.34006

Value orientation All India Inter-University	8.2000	1.20712	0.31168
Altruistic behaviour Senior National	8.6000	1.05560	0.27225
Altruistic All India Inter-University	8.2667	1.16292	0.30026

**Table 4.2 Significance table of t-test for all the variables of Emotional Intelligence scale**

Group	F	Sig	t	df	Sig.2-tailed	Mean difference	SE difference
Self-awareness Equal variance assumed	1.875	0.184	0.624	28	0.538	0.40	0.64
Self-awareness Equal variance not assumed			0.624	26.517	0.538	0.40	0.64
Empathy Equal variance not assumed	0.517	0.478	0.750	28	0.460	0.73333	0.97817
Empathy Equal variance not assumed			0.750	27.977	0.538	0.73333	0.97817
Self-motivation Equal variance assumed	1.953	0.173	-0.117	28	0.907	-0.13333	1.13669
Self-motivation Equal variance not assumed			-0.117	24.260	0.908	-0.13333	1.13669
Emotional stability Equal variance not assumed	0.576	0.454	0.086	28	0.932	0.06667	0.77254
Emotional stability Equal variance assumed			0.086	26.470	0.932	0.06667	0.77254
Managing Equal variance not assumed	3.246	0.082	0.744	28	0.463	0.4666.7	0.62691
Managing Equal variance assumed			0.744	25.233	0.463	0.4666.7	0.62691
Integrity Equal variance not assumed	0.057	0.813	0.147	28	0.884	0.06667	0.45216
Integrity Equal variance assumed			0.147	27.615	0.884	0.06667	0.45216
Self-development Equal variance not assumed	0.484	0.492	-0.969	28	0.341	-0.46667	0.48140
Self-development Equal variance assumed			-0.969	27.034	0.341	-0.46667	0.48140
Value orientation Equal variance not assumed	1.036	0.317	0.569	28	0.574	0.26667	0.46870
Value orientation Equal variance assumed			0.569	27.313	0.574	0.26667	0.46870
Altruistic behaviour Equal variance not assumed	0.426	0.519	-0.308	28	0.760	-0.13333	0.43278

Altruistic behaviour Equal variance assumed			- 0.308	27.469	0.760	-0.13333	0.43278
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Table 4.1 and 4.2 show the comparison of different dimensions of Emotional Intelligence among Senior National and All India Inter-University Volleyball players. In Senior National Volleyball Players, the mean and Standard Deviation is  $143 \pm 17.91$  whereas in All India Inter-University Volleyball Players it is  $141.4 \pm 16.76$ . Statistical comparison of Emotional Intelligence scores of Senior National and All India Inter-University Volleyball Players has shown no significant difference in all the sub-factors as calculated t-value is not significant at 0.05 level of significance.

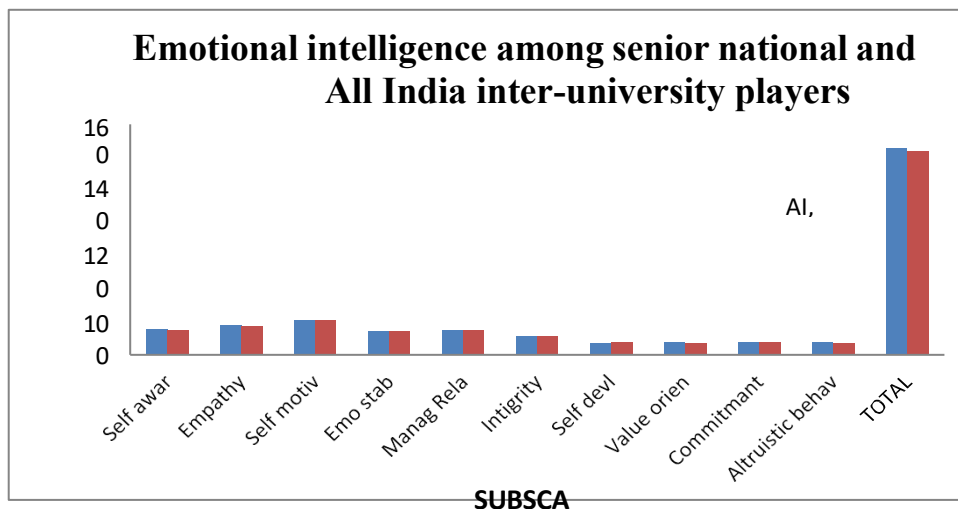


FIG 4.1 BAR CHART SHOWING EMOTIONAL INTELLIGENCE SCORE

**Discussion of findings:**

The purpose of the present study was to compare the psychological attribute which is Emotional intelligence among male volleyball players of senior national and all India inter-university level. Now, all over the world, the perception about sports psychology has changed. In today’s competitive world, sports person faces more challenges as the competition level has increased (Silva, & Weinberg, 1984); (Alderman, 1974). Physical strain as well as psychological stress, both are integral part of all types of sporting activities ( Cratty, 1968); Edwards, (2003), which includes mental images (Honari, Heidary, Moradi, & Emami, 2011), one’s thought process patterns (Jones, 2002), and a sports person’s mental and physical conditioning Tapp (1991). The present cross sectional (analytical) comparative study evaluated the effect of a psychological attribute namely; emotional intelligence among male senior national and all India inter-university players.

The above-mentioned psychological parameter was analysed by administering following tool: To measure the emotional intelligence score of the subjects, Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) was used.

There is a growing interest in emotional intelligence in sports (Meyer and Zizzi, 2007). Recent research found emotional intelligence related to emotions experienced before successful and unsuccessful performance (Lane et al., 2009). Emotional Intelligence correlated positively with pleasant emotions and negatively with unpleasant emotions. Further, Lane et al., 2009 found emotional intelligence scores correlated with frequent use of psychological skills. Athletes reporting frequent use of psychological skills (Thomas et al., 1999) also appear to report high scores on the self-report emotional intelligence

For reliable outcome of the study, sincere efforts have been made to involve elite sports persons. As a result, out of total samples (N=30), 15 sports persons were national level players and 15 sports persons were all India inter-university level players. No significant statistical difference was observed among the players.

The above results may be attributed due to the following reasons that the athletes of national level and university level having the same mental capacity. As there is not much differences between the athletes of university and senior level, there is no significant difference in the emotional stability and mental performance. Moreover, the psychological conditions of the athletes may also influence to the results for no significance difference.

## CONCLUSION

The selected samples those were categorized into Senior National and All India Inter-University do not differ at any of the selected component of Emotional Intelligence. The above results may be attributed due to the following reasons that the athletes of national level and university level having the same mental capacity. As there are not much differences between the athletes of university and senior level, there is no significant difference in the emotional stability and mental performance. Moreover, the psychological conditions of the athletes may also influence to the results for no significance difference. Moreover, they might have got better exposure to frequent competitive environment which could also be a factor for the similar emotional intelligence level of the selected samples from Senior National and All India Inter-University participation. So, we can conclude that there was no significant difference between Senior National and All India Inter University Volleyball Men's participants.

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