



A PROFILE OF SPORTS EMOTIONAL INTELLIGENCE IN FEMALE HOCKEY PLAYERS : WITH REFERENCE TO LEVEL OF PARTICIPATION

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ABSTRACT

The aim of the present study was to prepare a comparative profile of sports intelligence in female hockey players on the basis of their level of participation. To conduct the study, 100 female hockey players (Average age 24.33 years) who participated in senior national championship or represented India in international tournaments were selected as sample. 100 female hockey players (M=23.62 years) from inter-university tournament were also selected to fulfill the objectives of the present study. Purposive sampling method was used in the present study. Five dimensional emotional intelligence inventory prepared and standardized by Agashe and Helode (2008) was used to assess sports emotional intelligence of selected subjects. It was found that percentage of national / international female hockey players with high level of sports emotional intelligence was found to be significantly higher as compared to inter university female hockey players. It was concluded that sports emotional intelligence profile of female hockey players vary significantly on the basis of their level of achievement.



KEYWORDS: - Emotional intelligence, Female hockey, Level of participation

INTRODUCTION

Emotional intelligence is not a new notion in sports although it is also true that sports psychologists began to explore its importance in sports not long ago. We always admire elite sportspersons for their ability to raise their performance at the right time with emotionally controlled, determined and great sports mind. Basically it is the ability of a sportsperson to recognize his/her emotional state, recognize emotional state of opponent, adequate level of motivation for best performance and creating productive relationship. In all there are 18 competencies of emotional intelligence and expert says that one has to possess mastery in six core areas to be effective in any field. They are : Emotional Self Awareness, Accurate Self Assessment, Self Confidence, Emotional Self Control, Empathy and Influencing Others i.e. relationship management. According to Goleman (1995), such differences are another reflection of dissimilarity in emotional intelligence or, as some researchers would phrase it, differences in interpersonal intelligence (Hanin, 1997).

So many studies have been conducted in the past in which psychological aspects of sports performance have been assessed. Studies on psychological differences among sportspersons on the basis of

level of participation have also been found in research literature. Similarly association of emotional intelligence with sports performance has also been studied in the past. The important studies in this regard are conducted by Bois et al. (2009), Bal and Singh (2014), Bajpai and Nagma Sultana (2015), Comaji et al. (2015), Zandi and Mohbi (2016), Nagma Parveen (2016) and so on.

In a team sport like field hockey quite a few situation arises during play that affect players performance. These situations may include environmental factors, on field umpire's judgement, technical and tactical errors by her own teammates or own faults. A player needs to cope with all these adversities by keeping her emotions under control. All these are somewhat present in sports emotional intelligence. Despite the importance of this variable, there is no scientific available on profile of sports emotional intelligence in relation to level of achievement of female hockey players. Hence researcher decided to conduct this study.

HYPOTHESIS

It was hypothesized that majority of national female hockey players will have fairly high level of sports emotional intelligence.

METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

To conduct the study, 100 female hockey players (Average age 24.33 years) who participated in senior national championship or represented India in international tournaments were selected as sample. 100 female hockey players (M=23.62 years) from inter-university tournament were also selected to fulfill the objectives of the present study. Purposive sampling method was used in the present study.

Tools:

Sports Emotional Intelligence Inventory (SEIT) :

Five dimensional sports emotional intelligence inventory namely tap self-awareness, self-regulation, self-motivation, empathy and socials skills prepared and standardized by Agashe and Helode (2008) was used as a psychological tool for collection of data. This inventory is highly reliable and valid.

Procedure:

With prior consent from subjects to take part in this study without any pressure, SEIT prepared by Agashe and Helode were administered as prescribed by the author. After scoring subjects with scores of 225 or more were considered to possess high sports emotional intelligence, subjected with scores between 181-225 were considered to possess moderate sports emotional intelligence and subjects with scores of less than 181 were categorised as exhibiting low sports emotional intelligence. The distribution of subjects on the basis of these categories were analysed with the help of their respective percentages and significance with chi square test. Results depicted in table 1.

RESULT AND DISCUSSION

Table 1

Distribution of Female Hockey Players on the Basis of Various Categories of Sports Emotional Intelligence and Level of Participation

Sports Emotional Intelligence (A)	Groups - Female Hockey Players (B)		Total
	National	Inter- university	

High (More than 225)	Count	64	33	97
	% within A	66.0%	34.0%	100.0%
	% within (B)	64.0%	33.0%	48.5%
	% of Total	32.0%	16.5%	48.5%
Moderate (Between 181-225)	Count	29	54	83
	% within A	34.9%	65.1%	100.0%
	% within (B)	29.0%	54.0%	41.5%
	% of Total	14.5%	27.0%	41.5%
Low (Less than 181)	Count	07	13	20
	% within A	35.0%	65.0%	100.0%
	% within (B)	7.0%	13.0%	10.0%
	% of Total	3.5%	6.5%	10.0%
Total	Count	100	100	200

χ^2 (df=2) = 19.23, $p < .01$; χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Results presented in table 1 indicate that majority i.e. 64% selected national female hockey players possesses higher magnitude of sports emotional intelligence whereas 29% exhibited moderate level of sports emotional intelligence and lastly 7% exhibited lower magnitude of sports emotional intelligence. The frequency distribution clearly indicates that sports emotional intelligence in national female hockey players was fairly high. Results presented in table 1 also indicate that 33% selected interuniversity female interuniversity hockey players possesses higher magnitude of sports emotional intelligence whereas 54% exhibited moderate level of sports emotional intelligence and lastly 13% exhibited lower magnitude of sports emotional intelligence. The calculated $\chi^2 = 19.23$ was found to be statistically significant at .01 level of significance indicates that national female hockey players' outnumbered interuniversity as far as magnitude of sports emotional intelligence is concerned.

David et al. (2009) have advocated the need of emotions in sports performance. He postulated that adapting to a certain situation arising from nowhere or environmental stressors are key to success and shows emotional states of a sportsperson. Gill (2009) also opined that sports performance can be predicted by emotional intelligence. This is of even greater significance in team sport like field hockey because it requires more adjustment in terms of managing emotional states of other players also.

CONCLUSION

On the basis of results it was concluded that superior efficacy in sports emotional intelligence demarcates national/international female hockey players from inter-university female hockey players.

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