Academic Sports Scholar
Vol. 3 | Issue. 3 | March 2014 **ISSN : 2277-3665**

ORIGINAL ARTICLE

A COMPARATIVE STUDY OF EMOTIONAL COMPETENCIES, MENTAL HEALTH & SELF-PERCEPTION AMONG MALE & FEMALE ATHLETES

KHUSHI RAM BHAGAT AND Y.P.SHARMA

Research Scholar, Department of Physical Education, H. P. U. Shimla, H.P. India.
Prof. Department of Physical Education, H. P. U. Shimla, H.P. India.

Abstract:

The present study was undertaken to compare the emotional competencies, mental health and self-perception among male & female athletes. For this study, total 98 athletes of different colleges of Himachal Pradesh University were taken to act as subjects. Out of these 98 athletes, 59 male sprinters & 39 female sprinters were selected to act as subjects. Only those athletes were selected, who participated in Inter college competitions. In order to measure emotional competencies of subjects, scale of emotional competencies developed and standardized by Dr.H.C.Sharma & Dr.R.L.Bharadwaj (2007), Mental health battery developed and standardized by Singh and Gupta (2008) and scale measuring self-perception developed and standardized by K.G.Agarwal (1991) were adopted. Mean, standard deviation &'t' test were used as statistical techniques. The findings of the study revealed that male & female sprinters differ significantly in various emotional competencies like adequate depth of feeling, adequate expression and control of emotions, ability to function with emotions, ability to cope with problem emotions, enhancement of positive emotions and also differ significantly in sub-variables of mental health like emotional stability & autonomy.

KEY WORDS:

Emotional competencies, mental health, self-perception, athletes & sprinters.

INTRODUCTION

Sports psychology in many ways is a fortunate scientific field of inquiry as it provides an arena for the study of human performance and emotions spanning the "thrill of victory to the agony of defeat" as well as group dynamics, organizational behavior and individual personality characteristics. Overall the literature supports, the idea that the mental preparation strategies have a positive effect on the performance as it is assumed that physical ability of an individual are related to his psychological structure because the environment in which the physical abilities are displayed constitute an ideal setting for the development of psychological characteristics as well. The rationale of this research work circles around the factors like emotional competencies, mental health & self perception which is the axis of human traits and to a large extent affects the outcome of the specific behavior. Concept of emotional competencies, mental health & self perception has fascinated sports psychologist and although few research has been carried out in relation to different sports settings attracting more and more researcher to serve as a prime predictor of dynamic behavior of an athlete. Emotional competence is a learned capability based on emotional intelligence that results in outstanding performance at work place. Goleman (2001) suggested a framework of emotional competencies (WCs) based on five basic abilities of emotional intelligence (EI) that determine the potential

Please cite this Article as : KHUSHI RAM BHAGAT AND Y.P.SHARMA , A COMPARATIVE STUDY OF EMOTIONAL COMPETENCIES, MENTAL HEALTH & SELF-PERCEPTION AMONG MALE & FEMALE ATHLETES: Academic Sports Scholar (March ; 2014)

skills underlying the no-the –job emotional capabilities or competencies. The framework contains twenty-five competencies nest in five clusters of general emotional intelligence (EI) abilities. The following figure contains the framework of emotional competencies(ECs) suggested by Goleman (2001).

Mental health is a process, not a static quality in the possession of anyone. It can be maintained only by continuous striving and the emotional support of other is needed to pressure it. Research suggests two ways in which physical activities can contribute to mental health in adolescents. Firstly, there is fairly consistent evidence that activity can have a positive effect upon boys and girls psychological well being. Secondaly, research has indicated that physical activity can contribute to the reduction of problematic levels of anxiety and depression.Evidence is beginning to be gathered for exercise as a treatment for clinical depression, with studies findings that physical activity is as effective a treatment as anti-depressants (Dimeo et al., 2001) psychotherapy (Martinsen,1994).

Self-perception is a process in which an individual decides about his own attitudes and feelings from watching himself behaving in different situations. According to Allport (1961) self is "a warm central private region of our life and as such, it plays a crucial part in our consciousness, in our personality, and in our organism; it is indeed considered as a core of our being". There are varieties of ways to view the self; and self-concept, self-esteem, self-estimation, self-awareness, self-image, self-perception etc. are few of the commonly employed terms. Studies have been carried out to substantiate sportspersons" higher levels of self-esteem as compared to non-sportspersons (Higgins, 1980; Mahoney, 1989); overall higher level of self esteem among athletes Riorda(n et al, 1983; Davies, 1989; Bowker et al, 2003); positive relationship between sports participation and self concept (Olszewska, 1982; Lynn, 1991) but there seems to be lack of research with regard to self perception in relation to sports participation. The study was conducted to compare the emotional competencies, mental health & self perception of male & female athletes.

MATERIAL AND METHOD

For the present study, total ninety eight (98) athletes of different colleges of Himachal Pradesh University were taken to act as subjects for the present study. Fifty nine (59) male thirty nine (39) female sprinters were selected to act as subjects. Only those athletes were selected, who participated in H.P.U. Inter-college competition (2011).In order to measure emotional competencies of subjects, scale measuring emotional competencies developed and standardized by Dr. H.C.Sharma & Dr. R.L. Bharadwaj (2007), Mental health battery developed and standardized by Singh and Gupta (2008) and scale measuring self-perception developed and standardized by K.G.Agarwal (1991) were adopted. The scale covers the five dimensions of emotional competence as follows: adequate depth of feeling, adequate expression and control of emotions, ability to function with emotions, ability to cope with problem emotions & enhancement of positive emotions, six dimensions of mental health as follows: emotional stability, over-all adjustment, autonomy, security-insecurity, self-concept, intelligence and two dimensions of self-perception as follows: self acceptance and self regard. In the present study the investigator used mean and standard deviation and 't' test as statistical techniques.

RESULTS AND DISCUSSION

Table-1 presented the results of male & female sprinters with regard to various emotional competencies, sub-variables of mental health and self-perception.

It is evident from table-1 that mean score of male & female sprinters with regard to the emotional competency adequate depth of feeling were found 51.59 & 47.46 with mean difference 4.132. The standard deviations (SD) of male & female sprinters were 5.997 and 5.109, respectively. The't'-value 3.536 as shown in the table was found statistically significant ($p<0.01$). The mean score of male & female sprinters with regard to the emotional competency adequate expression and control of emotions were found 48.75 & 46.03 with mean difference 2.720. The standard deviations (SD) of male & female sprinters were 5.619 and 4.177, respectively. The't'–value 2.586 as shown in the table was found statistically significant($p<0.01$). The mean score of male & female sprinters with regard to the emotional competency ability to function with emotions were found 49.07 & 45.77 with mean difference 3.299. The standard deviations (SD) of male & female sprinters were 5.681and 4.715, respectively. The't'–value 3.005 as shown in the table was found statistically significant ($p<0.01$).The mean score of male & sprinters with regard to the emotional competency ability to cope with problem emotions were found 51.76 & 49.49 with mean difference 2.276. The standard deviations (SD) of male & female sprinters were 5.516 and 3.597, respectively. The't'–value 2.274 as shown in the table was found statistically significant ($p<0.05$).The mean score of male & female sprinters with regard to the emotional competency enhancement of positive emotions were found 47.51 &

57.51 with mean difference 10.004.The standard deviations (SD) of male & female sprinters were 6.637 and 5.857, respectively. The 't'–value 7.646 as shown in the table was found statistically significant ($p<0.01$).The mean score of male & female sprinters with regard to the variable emotional competence (total) were found 248.68 & 246.26 with mean difference 2.422. The standard deviations (SD) of male & female sprinters were 16.524 and 14.282, respectively. The't'–value .749 as shown in the table was found statistically insignificant ($p>0.05$).

Table-1

	Male		Female					
Variables	**Mean**	**SD**	**Mean**	**SD**	**Mean Diff.**	**SEDM**	**t-value**	**Sig.**
Adequate depth of feeling	51.59	5.997	47.46	5.109	4.132	1.169	3.536	.001**
Adequate expression and control of emotions	48.75	5.619	46.03	4.177	2.720	1.052	2.586	.011**
Ability to function with emotions	49.07	5.681	45.77	4.715	3.299	1.098	3.005	.003**
Ability to cope with problem emotions	51.76	5.516	49.49	3.597	2.276	1.001	2.274	.025*
Enhancement of positive emotions	47.51	6.637	57.51	5.857	10.004	1.308	7.646	.000**
Emotional competence (total)	248.68	16.52	246.26	14.282	2.422	3.235	.749	.456
Emotional stability	9.03	1.129	8.46	1.144	.572	.234	2.444	.016**
Over-All Adjustment	27.39	2.877	27.08	3.003	.313	.604	.518	.606
Autonomy	9.81	1.196	9.31	1.195	.506	.247	2.050	.043*
Security-Insecurity	9.71	1.543	9.64	1.287	.071	.299	.237	.813
Self-Concept	9.83	1.328	9.59	1.251	.241	.268	.899	.371
Intelligence	21.58	1.429	22.13	2.166	.552	.363	1.521	.132
Mental health (total)	87.36	3.916	86.21	4.001	1.151	.815	1.412	.161
Self acceptance	14.66	1.863	14.67	1.707	.006	.372	.015	.929
Self regard	11.12	1.475	10.44	1.984	.683	.350	1.952	.054
Self-perception (total)	25.78	2.290	25.10	2.761	.677	.513	1.319	.190

*Significant at 0.05level **Significant at 0.01 level degree of freedom=96

Table-1 also presents the mean score of male & female sprinters with regard to the sub-variable emotional stability were found 9.03 & 8.46 with mean difference .572. The standard deviations (SD) of male & female sprinters were 1.129 and 1.144 respectively. The't'–value 2.444 as shown in the table was found statistically significant ($p<0.01$).The mean score of male & female sprinters with regard to the sub-variable over-all adjustment were found 27.39 & 27.08 with mean difference 0.313. The standard deviations (SD) of male & female sprinters were 2.877 and 3.003, respectively. The't'–value 0.518 as shown in the table was found statistically insignificant ($p>0.05$).The mean score of male & female sprinters

with regard to the sub-variable autonomy were found 9.81 & 9.31 with mean difference 0.506. The standard deviations (SD) of male & female sprinters were 1.196 and 1.195, respectively. The't'–value 2.050 as shown in the table was found statistically significant ($p<0.05$).The mean score of male & female sprinters with regard to the sub-variable security-insecurity were found 9.71 & 9.64 with mean difference 0.071. The standard deviations (SD) of male & female sprinters were 1.328 and 1.251, respectively. The't'–value 0.237 as shown in the table was found statistically insignificant ($p>0.05$).The mean score of male & female sprinters with regard to the sub-variable self-concept were found 9.83 & 9.59 with mean difference 0.241. The standard deviations (SD) of male & female sprinters were 1.328 and1.251, respectively. The't'–value .899 as shown in the table was found statistically insignificant ($p>0.05$).The mean score of male & female sprinters with regard to the sub-variable intelligence were found 21.58 & 22.13 with mean difference 0.552. The standard deviations (SD) of male & female sprinters were 1.429 and 2.166, respectively. The 't' –value 1.521 as shown in the table was found statistically insignificant ($p>0.05$). The mean score of male & female sprinters with regard to the variable mental health (total) were found 87.36 whereas the mean score of female sprinters was recorded as 86.21 with mean difference 1.151. The standard deviations (SD) of male & female sprinters were 3.916 and 4.001, respectively. The't'–value 1.412 as shown in the table was found statistically insignificant ($p>0.05$).

The mean score of male & female sprinters with regard to the sub-variable self acceptance were found 14.66 & 14.67 with mean difference 0.006. The standard deviations (SD) of male & female sprinters were 1.863 and 1.707, respectively. The 't'–value 0.015 as shown in the table was found statistically insignificant ($p>0.05$). The mean score of male& female sprinters with regard to the sub-variable self regard were found 11.12 & 10.44 with mean difference 0.68. The standard deviations (SD) of male & female sprinters were 1.475 and 1.984, respectively. The 't'–value 1.952 as shown in the table was found statistically insignificant ($p>0.05$). The mean score of male & female sprinters with regard to the variable self-perception (total) were found 25.78 & 25.10 with mean difference 0.677. The standard deviations (SD) of male & female sprinters were 2.290 and 2.761, respectively. The 't'–value 1.319 as shown in the table was found statistically insignificant ($p>0.05$).

CONCLUSIONS

It is evident from the results presented in table-1that male sprinters had demonstrated significantly better adequate depth of feeling, adequate expression and control of emotions, ability to function with emotions, ability to cope with problem emotions than their counterpart female sprinters and female sprinters had demonstrated significantly better enhancement of positive emotions than their counterpart male sprinters also it can be seen that male sprinters had better emotional competence than their counterpart female sprinters. The findings of the present study are in line with the findings of Khan and Ahmed (2011) wherein they reported that male volleyball players had better emotional intelligence than their counterpart female volleyball players. Aleen (2005) also found girls to be more unstable emotionally than boys.

It has been observed that the male sprinters had demonstrated significantly better emotional stability & autonomy than their counterpart female sprinters. When compared with mean values of both the groups, it can be seen that male sprinters had better over-all adjustment, security-insecurity, self-concept & mental health (total) than their counterpart female sprinters. Whereas female sprinters had better intelligence then their counterpart male sprinters. . Kanwar (2004) had also not reported any gender differences among Judo players with regard to their intelligence. Kochar (1976) had also found that regular yogic training exhibited significant positive effect in improving overall mental health of the participants.When compared with mean values of both the groups, it can be seen that male sprinters had better self regard & self-perception(total) than their counterpart female sprinters. Whereas female sprinters had better self acceptance than their counterpart male sprinters.

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