



EFFECT OF NEUROTICISM AND SPORTS PARTICIPATION ON EMOTIONAL INTELLIGENCE OF FEMALE PLAYERS & NON-PLAYERS

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Abstract:-The main purpose of the present study was to find the effect of neuroticism & participation in sports on emotional intelligence of female players & non players. For this study 200 females in which 100 players & 100 non players were selected as a sample. The age of the sample ranged from 18-25 years and all the samples selected from random basis. All the selected female players represented at intervarsity level. Neuroticism was assessed by Hindi version of Junior Eysenck Personality Inventory (J.E.P.I.) prepared by Menon (1978) was used, while emotional intelligence of the subjects was measured by emotional intelligence inventory prepared by S.K. Mangal & Shubhra Mangal (1995) was adopted. To find the effect of the Neuroticism & sports participation on emotional intelligence 2x2 ANOVA techniques was used. Results found that neuroticism & sports participation showed their main effect upon emotional intelligence of selected subjects. The joint effect of neuroticism & participation in sports on emotional intelligence was found to be statistically insignificant.

Keywords:Neuroticism, Emotional Intelligence, Female Players & Non- Players etc.

INTRODUCTION

The history of research into human intelligence has raised a number of concepts that bear more than passing semblance to EI, including most especially the concept of social intelligence, which we take up in chapters 2 and 3. However, the first formal mention of emotional intelligence appears to derive from a German article entitled (and we translate here) “Emotional Intelligence and Emancipation,” published in the journal *Praxis der Kinderpsychologie und Kinderpsychiatrie*, by Leuner in 1966. The article describes adult women who, because of hypothesized low emotional intelligence, reject their social roles. In the article, Leuner suggests that the women’s difficulties stem from being separated at an early age from their mothers. The treatment used by the author to improve deficits in EI appear extreme and ill contrived by today’s standards— the women were administered the hallucinogenic drug LSD-25 while undergoing psychotherapy (see Mayer, Salovey et al., 2000).

The first time that the term “emotional intelligence” appears to be used in an English treatise is in an unpublished doctoral dissertation by Payne (1986). Parenthetically, given widespread interest in EI, Payne may well go on to be one of the most cited authors never to have made it through the peer-review process. In something of a visionary statement, Payne advocated the fostering of EI in schools by liberating emotional experience through therapy. Much of Payne’s thesis is polemic in nature. For example, he also foreshadows an age where emotion and intelligence are integrated into the educational system, and governments are responsive to the feelings of the individual (see also Mayer, Salovey, et al., 2000). Early references to EI generated little interest. Indeed, it is only in very recent years that scientific articles on the topic have appeared in any number.

The personality structure is fairly stable and predictable throughout different situations and time (Phares, 1991: 4-7). There are personality traits of different depth and significance. The innermost layer is the basis, while the outermost layer is situation-bound and influenced by, for example, tiredness. A tired person might accordingly behave in a way that is not like his/her true self (Cattell, 1950). Dependent on the situation, personality traits may be

more or less visible and personality may also develop over time (Phares, 1991: 4-7). The changes which reflect events and feelings during the lifespan only affect the surface and not the core character. Profound changes in personality are usually consequences of major life changes or deliberate effort (Costa & McCrae, 1992: 9).

METHODOLOGY:

200 female subjects in which 100 players & 100 non players were selected from different colleges of Himachal Pradesh state in India. The selected female players represented at intervarsity level, while the non players had not played any games. The average age of the selected sample was 21.5 years.

To assess neuroticism dimensions, Hindi version of Junior Eysenck Personality Inventory (JEPI) prepared by Menon (1978) was used. Scoring was done according to rules laid down by the authors. After scoring, obtained data was tabulated. To measure emotional intelligence of selected subject's emotional intelligence inventory prepared by S.K. Mangal & Shubhra Mangal (1995) was used. This inventory is highly reliable & valid.

To find the effect of neuroticism and participation in sports on emotional intelligence of female players and non player's 2x2 ANOVA techniques was used.

RESULTS AND DISCUSSION:

Descriptive statistics and ANOVA summary are presented below in table no.1:-

Table No.1
Neuroticism (A) x Participation in Sports (B) on
Emotional Intelligence of female Subjects (n=153)

| | | Participation in Sports (B) | | M |
|-------------|------------------------|----------------------------------|--------------------------------------|-------|
| | | B ₁ Female Players | B ₂ Female Non Players | |
| Neuroticism | A ₁ High | M=59.34 N=53 | M=54.30 N=36 | 56.82 |
| | A ₂ Low | M=67.78 N=23 | M=65.46 N=41 | 66.62 |
| M | | 63.56 | 59.88 | |

ANOVA Summary
Effect of Neuroticism (A) x Participation in Sports (B) on
Emotional Intelligence of female Subjects (n=153)

| Source of Variation | SS | df | MS | F |
|-----------------------------|-----------|-----|----------|----------|
| A | 3354.982 | 1 | 3354.982 | 24.45** |
| B | 472.172 | 1 | 472.172 | 3.44(NS) |
| AB | 64.364 | 1 | 64.364 | 0.46(NS) |
| Within treatment (Error) | 20439.634 | 149 | 137.179 | |

** Significant at .01 level, NS Not Significant

From table no. 1, result showed that the main effect of neuroticism upon emotional intelligence of female subjects is statistically significant ($F= 24.45^{**}$). Thus it can be said that neuroticism as a independent variables able to influenced emotional intelligence of female subjects. Therefore, it can be said that with greater confidence that neuroticism played decisive role in influencing the magnitude of emotional intelligence. Female subjects with low neuroticism exhibited greater magnitude of emotional intelligence than the female subjects with high neuroticism. The 'F' of 3.44 reported in above mentioned table is statistically insignificant. It thereby indicates that the main effect of participation in sports upon emotional intelligence of female subjects is statistically insignificant. It was found that participation in sports as a independent variables unable to influenced emotional intelligence of female subjects.

The entries reported in table number 1 , also point out that the joint effect of neuroticism X participation in sports have been found to be statistically insignificant. Although the 'F' of 0.46 an indicator of neuroticism X participation in sports two factor interaction effect is also statistically insignificant.

CONCLUSIONS:

- 1.The main effect of neuroticism upon emotional intelligence of female players and non players was observed to be significant. Thus it can be said that neuroticism as a independent variables able to influenced emotional intelligence of female subjects.
- 2.The main effect of participation in sports upon emotional intelligence of female subjects is also statistically in significant. Therefore, it can be said that with greater confidence that neuroticism played decisive role in influencing the magnitude of emotional intelligence. Female subjects with low neuroticism exhibited greater magnitude of emotional intelligence than the female subjects with high neuroticism.
- 3.The joint effect of neuroticism & participation in sports on emotional intelligence was found to be statistically insignificant. It was found that participation in sports as a independent variables unable to influenced emotional intelligence of female subjects.

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