

A STUDY OF EMOTIONAL COMPETENCY AMONG  
SPORTS AND NON-SPORTS SCHOOL CHILDREN



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Short Profile

Baljit Singh Sekhon is a Deputy Director of Sports in Nagaland University, Lumami, Nagaland. India. He has completed M.P.Ed., A.S.C.(Coach)., I.S.S.F.(Judge)., R.C.O., E.S.T., PI (Pistol)., Ph.D. He has published 7 books. He has published 13 research papers at International Level and 39 research papers at National Level.



ABSTRACT:

The purpose of the study was to understand the emotional competency among sports and non sports school children. Persons participating in sports and physical activities have relatively infrequent symptoms of anxiety and exercise on psychological stress and mood responses. It is well established that, if anxiety could be controlled by biological or social means, fundamental alterations in the organization or our civilization would ensure and the probability of individual happiness would be greatly enhanced. To achieve the objectives of the study, a total number of 80 boys and girls were randomly selected and the sevenfold intelligence Scale constructed by Khera, Ahuja and Sarabjeet (2002) was utilized.

KEYWORDS

*Emotional Competency, Emotional Intelligence, Academic achievement.*

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**INTRODUCTION :**

Recently publicized by a number of leading psychological authorities, the concept of emotional intelligence seems likely to enter the national conversation to influence our fundamental views of personality, the requirements for success in the business of professional world, and the kinds of qualities that make for happiness and security in one's personal life. Emotional competence refers to one's ability to express or release one's inner feelings (emotions). It implies an ease around others and determines one's ability to effectively and successfully lead and express. Emotional competencies are not innate talents, but rather learned capabilities that must be worked on and can be developed to achieve outstanding performance. Quoted in her work in 2002, Dr. Goleman (1995) points that, individuals are born with a general emotional intelligence that determines their potential for learning emotional competencies. It is described as the essential social skills to recognize, interpret, and respond constructively to emotions in yourself and others.

The study had been designed to investigate two very pertinent psychological variables between the two group i.e. sports and non-sports groups. The procedure which was adopted for the selection of the subjects, selection of variables, selection of tests, administration of tests, collection of data, methods of scoring and the statistical design used have been described in this chapter.

**II METHODOLOGY**

To achieve the objectives of the study, a total number of 80 boys and girls (40 from each gender group) studying in various schools in the Amritsar were randomly selected as subjects. Half the subjects belonged to sports category and the other half to the non-sports category. To evaluate the level of emotional intelligence among the subjects the sevenfold intelligence scale constructed by Khera, Ahuja and Sarabjeet (2002) was utilized.

**III RESULTS**

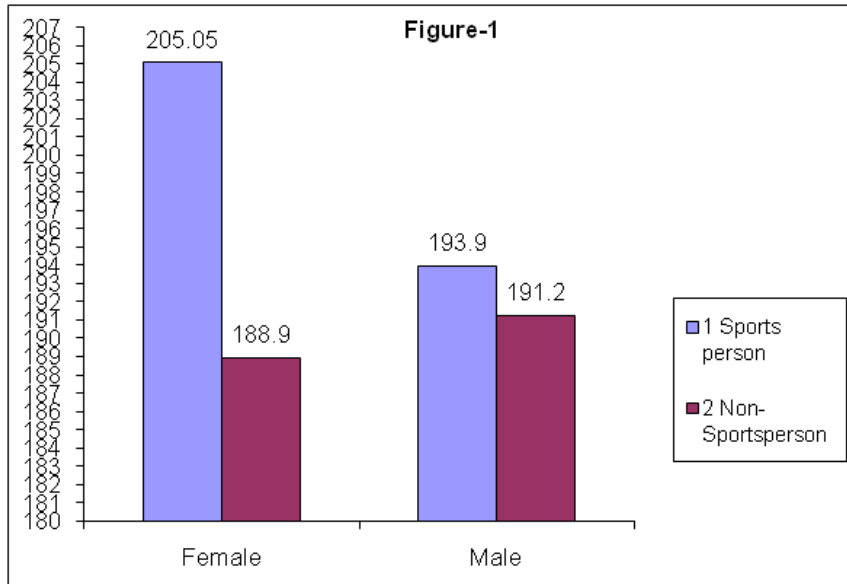
To find out the difference between the two groups i.e. sports and non-sports groups, the mean, SD and 't' values were worked out for girl students on the variable emotional competency and the same have been presented in the Table-1.

The mean, SD and t-value were computed with regard to the female sports and non-sports groups on the variable emotional intelligence and to some have been shown in Table-1

**Table-1**  
**Mean, S.D. and 't' value with regard to female sports and non-sports persons on the variable Emotional Intelligence**

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Sports person	20	205.05	22.36	5.00	-0.724
2.	Non-Sportsperson	20	188.9	8.24	1.84	

The contents of Table-1 reveal that, the mean and SD values for the two group i.e. female sports and non - sports persons on the variable emotional intelligence were 205.05 and 188.9 and the SD being 22.36 and 8.24 respectively. The t-value was calculated to be -0.724 which was not significant.



Means Scores among the Two Gender Groups on the Variable Emotional Intelligence

With regard to the male sports and non-sportsperson, the mean, SD and t-value on the variable emotional Intelligence were computed and the obtained results have been shown in Table-2.

**TABLE-2**  
Mean, S.D. and 't' value with regard to male sports and non-sports persons on the variable Emotional Intelligence

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Sports person	20	193.9	8.31	1.86	-0.220
2.	Non-Sportsperson	20	191.2	9.71	2.17	

The statistical data presented in Table-2 indicate that, the two groups i.e. male sports and non-sports persons had the mean values of 193.9 and 191.2 respectively whereas the SD for the same were found to be 8.31 and 9.71 the 't' value was found to be -0.220 which was not significant.

For finding out the difference between overall sports and non-sports groups on the variable emotional intelligence, the mean value, SD and t-value were calculated and the same have been presented in Table-3

**TABLE-3**

Mean, S.D. and 't' value with regard to overall sports and non-sports groups on the variable Emotional Intelligence

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Overall Sports group	40	199.47	17.36	2.74	-0.484
2.	Overall Non-Sports group	40	190.05	8.85	1.39	

A perusal of contents of Table-3 would show that, the two studied groups had the mean values of 199.47 and 190.05 respectively, and the SD for the same were 17.36 and 8.85. The calculated 't' value was -0.484 which was not significant.

The mean, SD and t-value with regard to the non-sports groups belonging to the two genders on the variable emotional intelligence have been presented in table-4.

**TABLE-4**

Mean, S.D. and 't' value with regard to sports groups on the variable Emotional Intelligence

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Sports group	20	188.9	8.24	1.84	0.201
2.	Male Non-Sports group	20	191.2	9.71	2.17	

From the values presented in Table-4 it is indicated that, the female non-sports subjects had mean value of 188.9 as compared to 191.2 obtained by their male counterpart. The two groups had the SD=8.24 and 9.71 respectively and the t-value being 0.201 was not found significant.

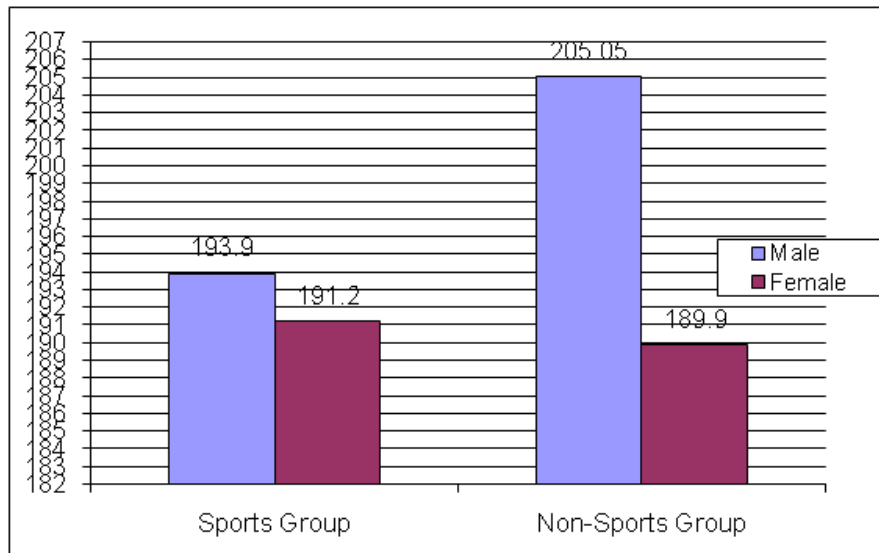
To find out the differences between the sports persons belonging to the two gender groups on emotional intelligence, descriptive statistics such as mean, SD and t-value were found out and the results obtained have been presented in Table-5.

**TABLE-5**

Mean, S.D. and 't' value with regard to sports groups on the variable Emotional Intelligence

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Sports group	20	205.05	22.36	5.00	-0.502
2.	Male Sports group	20	193.9	8.31	1.86	

Results presented in Table-5 reveal that, the mean value obtained by female sports persons was 205.05 whereas the male sports persons had the mean value of 193.9. The SD for these two groups were 22.36 and 8.31 respectively and the t-value was -0.502 which not significant.



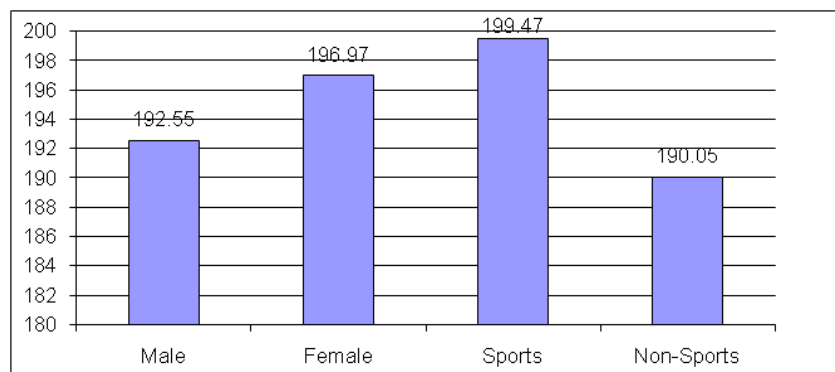
Mean scores among Sports and Non-Sports Group on the variable Emotional Intelligence

The mean, SD and t-value with regard to two gender groups on variables emotional intelligence have been depicted in Table-6.

**TABLE-6**  
Mean, S.D. and 't' value regarding the overall two gender groups on the variable Emotional Intelligence

S. No.	Group	N	Mean	SD	Std. Error of Mean	t-value
1.	Female Subjects	40	196.10	18.302	2.89	-0.230
2.	Male Subjects	40	192.55	8.910	1.40	

The computed values presented in Table-6 show that, the mean value for the female subjects was 196.10 and for the male group the same was 192.55 with SD=18.302 and 8.910 respectively. The t-value was -0.230 which was not found to be significant.



Mean scores among overall gender groups and performance groups on Emotional Intelligence

Mean, S.D. and Co-efficient of Correlation between sports and non-sports groups on the variable Emotional Intelligence have been presented in Table-7.

**TABLE-7**  
**Mean, S.D. and Co-efficient of Correlation between sports and non-sports groups on the variable Emotional Intelligence**

S. No.	Group	N	Mean	SD	Co-efficient
1.	Sports Group	40	199.47	17.36	0.009
2.	Non Sports Group	40	190.05	8.85	

A perusal of contents projected in Table-7 would show that, the two groups i.e. the sports and non-sports persons had the mean values of 199.47 and 190.05 respectively, SD being= 17.36 and 8.85. The coefficient of correlation was found to be 0.009 which indicated no significant relationship between the two groups.

#### IV DISCUSSION

The descriptive analysis results regarding emotional intelligence among female sports and non-sports groups (Table-1) revealed that, the sports group had mean value of 205.05 as compared to non-sports girls who had mean value of 188.09 . These differences were found to be not significant. This findings support the findings of Steptoe and Butter (1996) who found that, participation in sports and physical was positively actively associated with emotional well being. Though not significantly different, but similar trends were observed when the result regarding the male sports and non-sports groups were perused (Table-2).

With regard to differences among the gender groups on the variable emotional intelligence, the results have been presented in Tables 4,5, and 6. From the results in Table-4, it can be found out that, the mean values of two gender groups belonging to non-sports category were 188.9 for female group and 191.2 for the male group. Though these differences were not found to be significant (t-value being 0.201), but the male group had an edge over their female counterparts as the higher scores indicated higher level of emotional intelligence. Both the groups, however, fell in "average" category of classification as per the yardstick provided in the test manual. These findings support Sarabjit (1999) and Sanjeev (2001) who found no significant difference in the emotional intelligence of boys and the girls.

A reverse trend was observed on this variable between these two gender groups belonging to sports category. As is apparent from contents Table-10, the female group of this category had the mean value of 205.05 whereas the male subjects depicted a little lower level of emotional intelligence with mean score of 193.9. These differences too were not found significant. On fact, however, emerges from cumulative reading of contents of Table 9 and 10 in that both the gender groups belonging to sports category have exhibited higher levels of emotional intelligence as the mean scores of non-sports category were much below than that of the sports group. These findings support Sarabjit (1999) and Sanjeev (2001) who also found no significant differences of this variable.

The overall results regarding gender differences on this variable of emotional intelligence have been presented in Table-6 which shows that, the two gender groups had almost same level of emotional intelligence as the female groups had the mean score of 196.10 and the male group had a fractionally lower mean score of 192.55. These differences were also not found to be significant, t-value being-0.230 only. These findings support Gandhi (2001) who too found no significant differences between male and female students.

## V CONCLUSIONS

The results regarding overall sports and non-sports groups (i.e. both male and female subjects) on the variable emotional intelligence revealed significant difference between them. The female sports and non-sports indicated significant difference on emotional intelligence among them. The male sports and non-sports groups did not reveal any significant difference between the two groups on the variable emotional intelligence. The results with regard to variable emotional intelligence between the two overall gender groups (i.e. sports as well as non-sports) did not indicate any significant difference. The two gender groups belonging to both sports and non-sports category did not differ significantly from each other on the emotional intelligence.

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