



## A COMPARATIVE STUDY OF ANXIETY AND EMOTIONAL INTELLIGENCE BEHAVIOR BETWEEN SPORTSPERSON AND NON SPORTSPERSON

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### ABSTRACT

**T**he paper highlights how sports plays a substantial role in developing personality traits of sportsman, in general Sports is an integral part of our history, on one hand, serving as a barometer of human progress, sports have been drawn the attention of whole society across the the entire world and 'sports' plays predominant role for shaping the personality of sportsperson, present study reveals that there is significant positive effect of sports participation on emotional Intelligence and Anxiety behavior of sportsperson and male sportsperson comparing to their counterpart, the calculated 't' value of Anxiety and emotional Intelligence are greater than table value and significant at 0.05 level.

**KEYWORDS** :entire world and 'sports' plays predominant, society across.

### INTRODUCTION

sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. As the role played by psychological factors in the performance and over well-being of athletes has become better understood. Intervention has been designed to favorably affect athlete's behavior throughout their involvement in sport and beyond. Sports psychology researchers have been interested in how athletes psychological and characteristics' influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams, Moreover, the ability to mentally prepare is considered a key component of such differences.



The optimal level of skills in championship depends on the three factors; physical, skill and mental preparation, it seems that champions' different performance depends on mental preparation, influence of psychology and personality of sportsmen. So it needs to compare the relationship between psychological variables (personality) in different sports. This matter would help coaches' talented players and direct them to choose a right sports activity, ending to optimal result. This helps coaches to instruct them effectively with accuracy contact. Personality structure has explained based on different models. Three-dimensional model of personality including dimension of extraversion, neuroticism and Psychoticism: and five factor model of personality including dimension of neuroticism, extraversion,

openness, agreeableness and conscientiousness two that have supported both theoretical and empirical by a large number of researchers in the last decades. Numerous studies have examined the relation between five factor model dimension and sports activities: these studies suggested that there is a positive correlation between sports and activities, extraversion and conscientiousness and also a negative correlation between sports activities and neuroticism. Also the results of studies connected with three –dimensional model of personality have shown a correlation between sports activities with one or more dimension of low neuroticism, high extraversion and low psychoticism. Kon (1965) believed sportsmen and women are extraversion and there is a significant relation between sports abilities and extraversion rate. It is obvious higher abilities have related with extraversion and lower abilities with introspection. Some findings have found different results in this case.

Attila (1992) stated that endurance athletes have higher extraversion than non-athletes. Ericson (1993) found a significance difference in personality traits between athletes and non athletes'. Davis and Mogk found no significant difference among non elite,

Nature of sports activities influence and cultivates different kind of abilities and thinking process among participants personality, group activities results in more social and democratically values , whereas individual activities make them to more rigid and narrow minded . but both nature of sports make sportsperson to have mastery over the emotion and learn how to regulate and control them according to situation. Hence researcher made an attempt to explore the significant difference in the personality traits of team athletes and individual.

#### **Problem:**

A Comparative study of Anxiety and Emotional Intelligence between sportsperson and Non Sportsperson

#### **Hypothesis:**

1. There would be a significant difference in the Anxiety and Emotional Intelligence behavior of Sportsperson and Non Sportsperson.
2. There would be no significant difference in the Anxiety and Emotional Intelligence behavior of Sportsperson and Non Sportsperson.

#### **OBJECTIVES OF THE STUDY:**

1. To assess the Anxiety and Emotional intelligence behaviors among the sportsperson and Non sportsperson

#### **Psychological Variables:**

1. Sportsperson and Non sportsperson are Independents Variables.
2. Emotional Intelligence and Anxiety behavior the Dependents variables.

#### **METHODOLOGY:**

The present study Entitled “A Comparative study of Anxiety and Emotional Intelligence between sportsperson and Non Sportsperson “was studied in the background of ex-post descriptive method, independent variables are sportsperson and non sportsperson and Anxiety and Emotional Intelligence are the dependent variables. In order to measure these variables, anxiety behaviors and Emotional intelligence scale constructed by Dr A, K. Singh and Prof Thimagunjam has administered on sportsperson and Non sportsperson of Graduate students and sports students were participating in all India interuniversity tournament.

## I. Personality

### The Sample:

Sports person	Non sporterson	Total
50	50	100

Total 100 samples was selected consisting 50 sportsperson and 50 non sportsperson, the method of Purposive random sampling technique has been used in the present study.

**Collection of Data:** The standardized questioners are administered on all India interuniversity represented and studying in Karnataka state women university sportswomen

### Statistical Techniques:

In pursuance of the objectives of the study as well as to test the research hypothesis, "t", test, has used to assess impact of sports participation on Emotional intelligence and Anxiety behaviors of sportsperson and Non sportsperson.

### Analysis of data and Results:

The hypothesis that the team activities develop positive personality traits and well emotional adjusted personality in the participants, it is postulated on the rationale that the team athletes would have more emotionally stable, relaxed, self sufficient, tough minded and would have greatest degree of self control and would comfortably solve all their emotional problems with their immediate friends, teammates and family members. Whereas individual athletes with negative personality traits would be emotionally unstable, tense, dependent, tender minded and feels incapable of handling the crisis situations with their family members, friends and teammates and becomes frustrated.

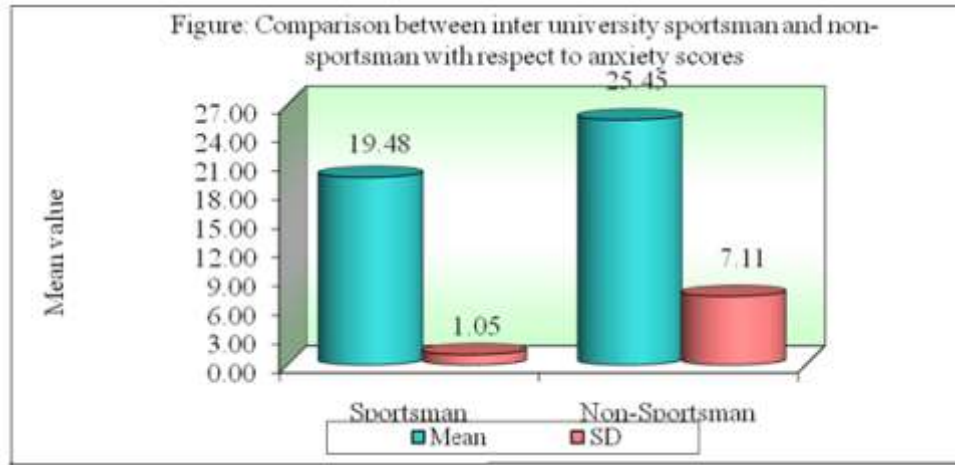
### Hypothesis:

There is no significant difference between inter university sportsman and non-sportsman with respect to anxiety scores. To achieve this hypothesis, the independent's 't' test was applied and the results are presented in the following table.

**Table:1- Results of t test between inter university sportsman and non-sportsman with respect to anxiety scores**

Groups	n	Mean	SD	SE	t-value	P-value	Significant
Sportsman	00	19.48	1.05	0.10	-8.3050	0.0001	<0.05, S
Non-Sportsman	00	25.45	7.11	0.71			

From the results of the above table, it can be seen that, a significant difference was observed between inter university sportsman and non-sportsman with respect to anxiety scores ( $t=15.8674$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the inter university sportsman have significant lesser anxiety scores as compared to inter university non-sportsman. The mean scores are also presented in the following figure-

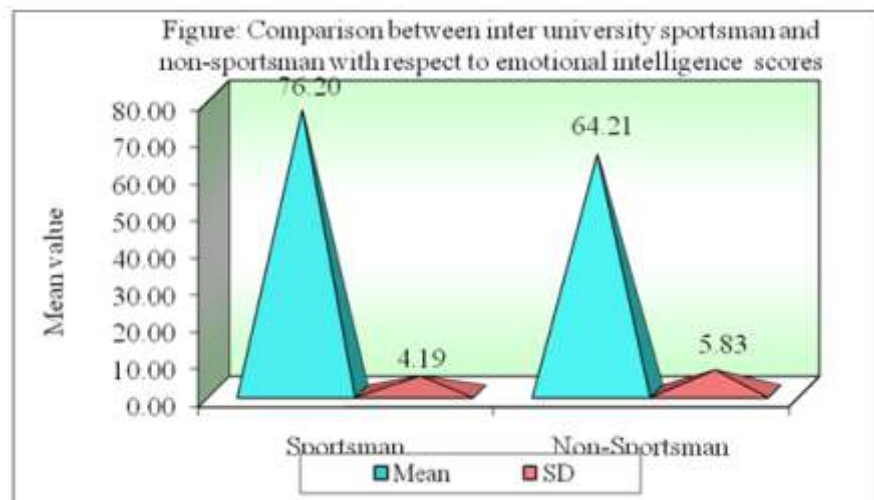


**Hypothesis:** There is no significant difference between inter university sportsman and non-sportsman with respect to emotional intelligence scores to achieve this hypothesis, the independent t test was applied and the results are presented in the following table.

**Table: Results of t test between inter university sportsman and non-sportsman with respect to Emotional Intelligence scores.**

Groups	n	Mean	SD	SE	t-value	P-value	Signi.
Sportsman	00	76.20	4.19	0.42	16.7075	0.0001	<0.05, S
Non-Sportsman	00	64.21	5.83	0.58			

From the results of the above table, it can be seen that, a significant difference was observed between inter university sportsman and non-sportsman with respect to emotional intelligence scores ( $t=16.7075$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the inter university sportsman have significant higher emotional intelligence scores as compared to inter university non-sportsman. The mean scores are also presented in the following figure.



**CONCLUSION:**

The above research articles expressed fact that sports participation leads and develops emotional capacities and mastery over the feeling and emotion control and opportunity to express and release the tension and stress, involvement in the sports resulted in developing the personality in effective manner, the formulated hypothesis there would be significant effect of sports participated is accepted and null hypothesis is rejected, study reveals that there is positive and significant effect of sports participation on anxiety and emotional intelligence

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