

Emotional Intelligence in Sportspersons and Non-Sportspersons

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ABSTRACT

Emotional intelligence is the quality that enables us to confront with patience, insight and imagination, many problems that we face in our effective relationship with ourselves and other people. It is “an innate potential of a person to realize, comprehend, identify, utilize, understand and interpret the emotion” EI has become an integral part of an individual’s life, from simplest to the most difficult task /situation emotional intelligence plays a significant role. Educators, Executive, and lifestyle gurus agreed that in this contemporary world what people need more in their life is emotional awareness. A sample size of 200 was chosen (100 Sportspersons and 100 Non-Sportspersons) from various institutes located in Belagavi city. EII (English) by Dr. S. K. Mangal and Mrs. Shubhra Mangal was used. Mean, SD and t- test were carried out to make comparison between the sample groups. The analysis of the results showed there is a significant difference in Emotional Intelligence of Sportspersons and Non-Sportspersons.

Keywords: *Emotional Intelligence, Sportspersons and Non-Sportspersons*

Emotional intelligence is the ability of an individual to feel, observe and recognize his/her emotions. In other words, it can be described as innate potential of a person to realize, comprehend, identify, utilize, understand and interpret the emotions. It requires some kind of expertise to make out what an individual is going through or what he/she is concerned. To figure out the emotions of others is much more complex concept. Emotional intelligence assist’s one to distinguish and make use of their emotions in proper and useful manner in their daily as well as professional life.

Emotions are present in all the things which we do in our day-to-day life such as action. Decisions and judgment. An emotional intelligent person knows this and uses their knowledge to govern or organize their emotions. The importance of emotional intelligence has been recognized throughout the world.

Anger, Joy, Happiness, Sadness, Love, Hate are some of the basic emotions. Emotions can be divided into positive or negative emotions because emotions are just emotions that serve its purpose. Emotions are responses to specific situations hence it can be defined as positive or negative emotions.

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Some of the basic positive emotions that are experienced by every individual throughout the world include Excitement, Curiosity, Amusement, Peace, Bliss, Affection, Kindness, Pleasure etc. On the other hand, few negative emotions include Grief, Sorrow, Depression, Embarrassment, Worry, Panic etc. All emotion have its own function that helps the individual to respond in particular situation that is required in given time. Hence, EI plays an important a role in everyone's life.

Hypothesis

There would be significant difference between the emotional Intelligence of Sportspersons and Non-Sportspersons.

Participants

A sample size of Two hundred age ranging from 16 to 25 years (100 Sportspersons and 100 Non-Sportspersons) from various institutes located in Belagavi, Karnataka served as the participants in the present study. Sample were randomly selected from different institutions.

Tools

Emotional Intelligence Inventory by Dr. S. K. Mangal and Mrs. Shubhra Mangal was used for the present study. EII is a standardized Questionnaire consisting of 100 items under four areas- Intrapersonal Awareness, Interpersonal Awareness, Intrapersonal Management, Interpersonal Management, (each consisting of 25 items). It is a self-reporting three-point inventory, in which items are in a questionnaire method and the information for each item has 3 alternatives like Always, Sometimes, and Never.

Procedure

The present study is conducted on Sports persons and Non-Sportspersons of Belagavi District, Karnataka, India. After obtaining approval and ethical clearance from J.N. Medical College 'Ethics committee for Human subjects 'Research and from the Institutional authorities and Sports Regional Officer; after taking informed consent from the participants, the selected sportspersons were gathered in the hall of respective sports academies/institutions, where brief idea of the study was given to them: Questionnaires and answer sheets were distributed among the participants and instructions was given to fill in the questionnaire. The doubts (if any) of the participants will be dealt with. The experimenter was assured that the instructions given were clear. Approximately 30 to 40 minutes were given to fill in the questionnaire. Once the answer sheets were filled by the participants, the investigator checked the answer sheet whether they were filled completely and accurately by participants and collected back the filled in questionnaires and produced the same for scoring and statistical analysis.

RESULTS

Emotional Intelligence has become an integral part of an individual's life; from simplest to the most difficult task /situation it plays a significant role. EI not only plays a crucial role in success but it also plays a vital role in other aspects such as health, happiness and maintaining relationships with others.

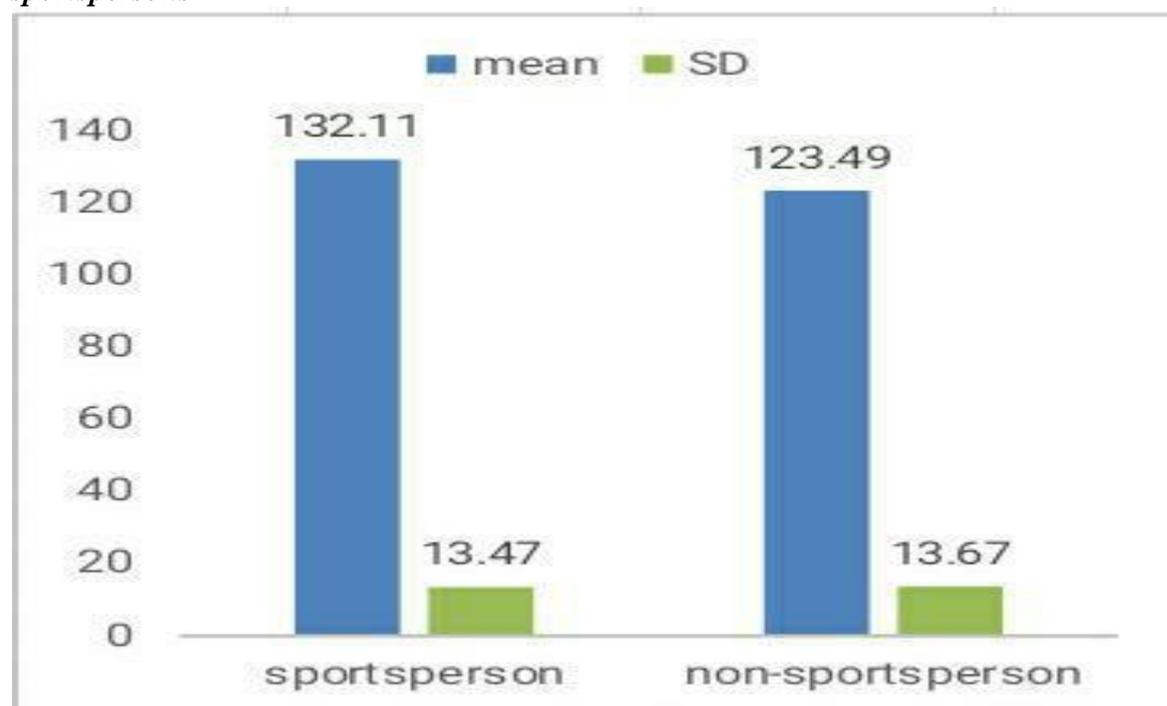
Table 1: Showing mean and SD scores of sportspersons and Non-sportspersons on emotional intelligence.

Variable	Groups	Mean	SD	SE	t-value	P-value
Emotional intelligence	Sportsperson	132.11	13.47	1.35	4.4920	0.0001***
	Non-sportsperson	123.49	13.67	1.37		

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As shown in the table No 1, the Mean Score of the Sportspersons is 132.11 with SD of 13.47, whereas the Mean Score and SD for Non-sportspersons are 123.49 and 13.67 respectively. The t- value is 4.4920 and p- value is 0.0001. The computed t- value suggests that there is a significant difference in emotional intelligence of sportspersons and non-sportspersons. Hence, the hypothesis “There would be significant difference between the Emotional Intelligence of Sportspersons and Non-Sportspersons has been verified and accepted.

Graph 1: Showing comparison of Mean and SD scores of sportspersons and non-sportspersons



DISCUSSION

Emotional Intelligence is a skill or talent to have deep awareness of one’s own emotions and the emotions of others. Individuals can use this knowledge to guide their thoughts and behaviours. Researches also proved that a person’s Emotional Quotient (EQ) can be a major indicator of success than his/her IQ. EI not only plays a crucial role in success but it also plays a vital role in other aspects such as health, happiness and maintaining relationships with others.

The results of the study conducted by Yadav K (2017) on emotional intelligence between sportspersons and non-sportspersons (n=40) revealed that the emotional intelligence was higher among sportspersons than non-sportspersons.

In one of the earlier studies, conducted by Malla (2018) revealed that there is a significant difference in emotional intelligence of sportspersons and non-sportspersons.

The current research was conducted on “Emotional Intelligence between Sportspersons and Non-sportspersons” of Belagavi District, Karnataka, India. Emotional Intelligence is one of the leading factors that contribute to the success of an individual’s life. The ability to perceive or understand emotions within one's own self and among others is very important

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because it helps to make better decision in his/her life. Therefore, comparing the level of emotional intelligence between sportsperson and non-sportsperson. The findings of the study reveals that there is a significant difference between emotional intelligence of sportspersons and non-sportspersons.

The results of the present study can help the individuals to know their level of emotional intelligence. It will be useful for the coaches and athletic trainers in a proper manner. Therapies and counselling can also be given to the individuals which will also help in enhancing their Emotional Intelligence, performance and career.

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Conflict of Interest

The author(s) declared no conflict of interest.

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