

A Comparative Study of Sports Emotional Intelligence among Combative Game Player

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ABSTRACT

The present study has been designed to investigate the emotional intelligence of Combative game players (Judo, Boxing, and Wrestling). For accomplishing the study total 150 players were randomly selected as sample. These 150 players from combative games were divided into boxing, judo and wrestling having 50 players in each game. All samples were selected from the senior national games 2015-2016. To measure Emotional intelligence of sports persons, Emotional Intelligence test developed by Dr. C. D. Agashe and R. D. Helode was used. The obtained data were analyzed by applying 'F' test in order to determine the emotional intelligence of combative game players. The level of significance was set at 0.05.

Keywords: emotional intelligence, sports, combative games, wrestling, judo, boxing.

Introduction

Emotional intelligence (EI) is a set of abilities that pertain to emotions and emotional information. EI has attracted considerable attention among researchers [1-3]. There are an increasing number of studies that illuminate the role of EI [4]. Researchers have revealed that better performance largely depends on human skills, and personal attributes, rather than technical skills [5]. More specifically, researchers who have examined the effects of emotional intelligence maintain that this construct is a key determinant in ensuring the effective performances in sports. Researcher revealed that individuals with high levels of EI expand their knowledge and skill bases to improve their performance in competitions. Emotional intelligence is most commonly studied based on the cognitive-emotional ability or trait emotional self-efficacy model. Research based on ability models measures a person's ability to solve emotional problems and assesses the ability to perform emotion-related tasks. Despite increasing attention to EI in the sports, few studies have investigated EI among combative games. In this article, we tried to reveal the expression of emotional intelligence in combative team players.

Methodology

For the present study 150 Senior National level players from Combative (Judo, Boxing, and Wrestling) were randomly selected as subjects from the Senior National level tournaments

who participated in 2015-16 National games. These 150 players from combative games were divided into boxing, judo and wrestling having 50 players in each game. These players from boxing, judo, and wrestling were further divided into two sub-categories having 25 male and 25 female players in each game. Age of the subjects ranged between 18-28 years. To measure Emotional intelligence of sports persons, Emotional Intelligence test developed by Dr. C. D. Agashe and R. D. Helode was used [6].

The data were collected through the administration of Standardized questionnaire to the Senior National level players of Combative games during the session 2015-16. The collected data were arranged systematically in the table for further statistical calculations.

Statistical Analysis

The obtained data was scored according to scoring given in the manual of respective standard tool. Obtained data was statistically analyzed by using ANOVA ('F' ratio), and LSD Post Hoc Test. Accordingly the results were tabulated and interpreted. The level of significance was fixed at 0.05 level of confidence.

Results

The data collected from the sportsmen, sportswomen and total players of combative game i.e. Judo, Boxing and Wrestling for emotional intelligence were analyzed by using

'F' ratio. The obtained results were summarized in the tables 1- 6.

Findings of table 1 reveals that there is a significant difference among the Judo, Boxing and Wrestling Sportsmen in respect to their emotional intelligence, because the calculated F-ratio of 16.193 is greater than the tabulated F-value of 3.11 at 0.05 level for 2/72 degrees of freedom. Since the obtained F-ratio is found to be significant, Least Significant Difference (LSD) Post Hoc Test is applied to determine the Paired Mean Difference. The paired mean difference is shown in Table - 2. Table No.2 reveals that, Judo sportsmen differs significantly with Wrestling sportsmen (MD=77.00) and Boxing sportsmen differs significantly with Wrestling sportsmen (MD=63.00) as both the mean difference values are greater than the critical difference value of 28.54. But Judo and Boxing sportsmen (MD=14.00) does not differ significantly as mean difference is less than the critical difference value. Thus from the above findings it is revealed that wrestling sportsmen are more emotionally intelligent than Judo and Boxing sportsmen. The mean values are depicted on Figure No. 1 and the values of mean differences among the groups along with critical value are graphically represented on Figure No. 2.

Findings of table-3 reveal that there is a significant difference among the Judo, Boxing and Wrestling Sportswomen in respect to their emotional intelligence, because the calculated F-ratio of 16.689 is greater than the tabulated F-value of 3.11 at 0.05 level for 2/72 degrees of freedom. Since the obtained F-ratio is found to be significant, Least Significant Difference (LSD) Post Hoc Test is applied to determine the Paired Mean Difference. The paired mean difference is shown in Table - 4. Table No. 4 reveals that, Judo sportswomen differs significantly with Wrestling sportswomen (MD=65.40) and Boxing sportswomen differs significantly with Wrestling sportswomen (MD=61.20) as both the mean difference values are greater than the critical difference value of 25.09. But Judo and Boxing sportswomen (MD=4.20) does not differ significantly as mean difference is less than the critical difference value. The above data shows

that Wrestling sportswomen are more emotionally intelligent than Judo and Boxing sportswomen. The mean values are depicted on Figure No. 3 and the values of mean differences among the groups along with critical value are graphically represented on Figure No. 4.

Findings of table-5 reveals that there is a significant difference among the Judo, Boxing and Wrestling players in respect to their emotional intelligence, because the calculated F-ratio of 32.768 is greater than the tabulated F-value of 3.06 at 0.05 level for 2/147 degrees of freedom. Since the obtained F-ratio is found to be significant, Least Significant Difference (LSD) Post Hoc Test is applied to determine the Paired Mean Difference. The paired mean difference is shown in Table -6. Table No. 6 reveals that, Wrestling players differs significantly with Judo players (MD=71.20) and Boxing players (MD=62.10) as both the mean difference values are greater than the critical difference value of 18.95. But Judo and Boxing players (MD=9.10) does not differ significantly as mean difference is less than the critical difference value. The above findings suggest that Wrestlers were more emotionally intelligent than Judo and Boxing players. The mean values are depicted in Figure No. 5 and the values of mean differences among the groups along with critical value are graphically represented in Figure No. 6.

TABLES

Table -1. Summary of One Way Analysis of Variance for the Data on Emotional Intelligence of Judo, Boxing and Wrestling Sportsmen

Source of Variance	Sum of Square	Degree of Freedom	Mean Sum of Square	F-ratio
Between the Groups	84116.67	2	42058.33	16.193*
Within Group	187012.00	72	2597.39	

*Significant at 0.05

Tabulated $F_{0.05}(2, 72) = 3.11$

Table -2.Difference Between the means of Sportsmen of different Combative Games in Emotional Intelligence

Mean of Emotional Intelligence			Mean	Critical
Judo	Boxing	Wrestling	Difference	Difference
189.70	198.80		9.10	18.95
189.70		260.90	71.20*	18.95
	198.80	260.90	62.10*	18.95

*Significant at .05 level of confidence

Mean of Emotional Intelligence			Mean	Critical
Judo	Boxing	Wrestling	Difference	Difference
180.80	194.80		14.00	28.54
180.80		257.80	77.00*	28.54
	194.80	257.80	63.00*	28.54

*Significant at .05 level of confidence.

Table - 3.Summary of One Way Analysis of Variance for the Data on Emotional Intelligence of Judo, Boxing and Wrestling Sportswomen

Source of Variance	Sum of Square	Degree of Freedom	Mean Sum of Square	F-ratio
Between the Groups	67002.00	2	33501.00	16.689*
Within Group	144530.00	72	2007.36	

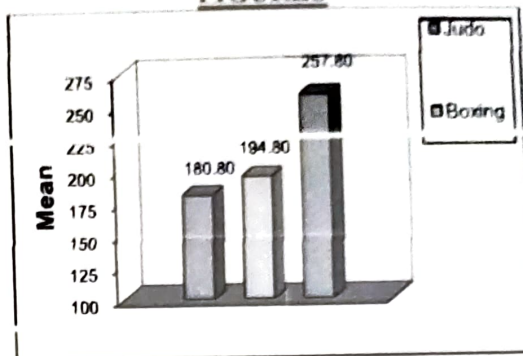
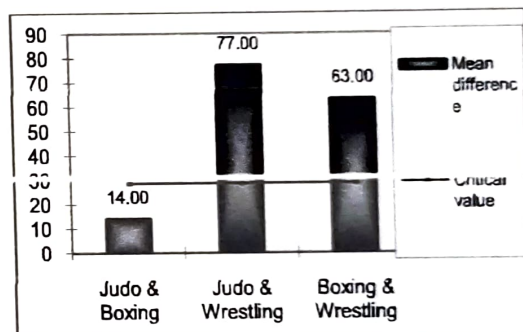
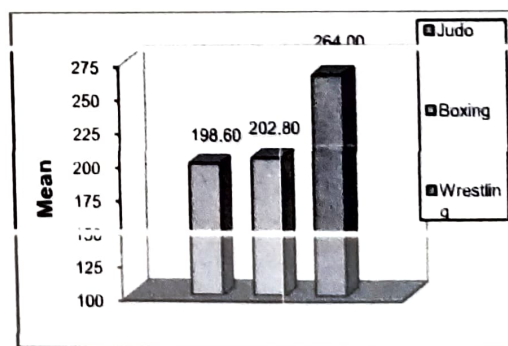
*Significant at 0.05 Tabulated $F_{0.05}(2, 72) = 3.11$ **Table - 4.Difference Between the means of Sportswomen of different Combative Games in Emotional Intelligence**

*Significant at .05 level of confidence.

Mean of Emotional Intelligence			Mean	Critical
Judo	Boxing	Wrestling	Difference	Difference
198.60	202.80		4.20	25.09
198.60		264.00	65.40*	25.09
	202.80	264.00	61.20*	25.09

Table -5 Summary of One Way Analysis of Variance for the Data on Emotional Intelligence of Judo, Boxing and Wrestling Players

Source of Variance	Sum of Square	Degree of Freedom	Mean Sum of Square	F-ratio
Between the Groups	150144.33	2	75072.17	32.768*
Within Group	336783.00	147	2291.04	

*Significant at 0.05 Tabulated $F_{0.05}(2, 147) = 3.06$ **Table - 6.Difference Between the means of Players of different Combative Games in Emotional Intelligence****FIGURES****Figure No. 1. Comparison of Means of Emotional Intelligence Among the different Combative Game Sportsmen****Figure No. 2. Comparison of Mean Differences Among Different Combative Game Sportsmen in Emotional Intelligence Along with Critical Difference****Figure No. 3. Comparison of Means of Emotional Intelligence Among the different Combative Game Sportswomen**

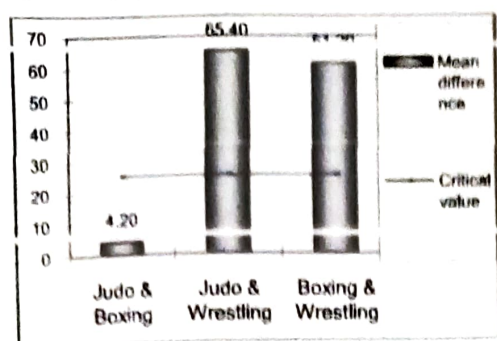


Figure No.4. Comparison of Mean Differences Among Different Combative Game Sportswomen in Emotional Intelligence Along with Critical Difference

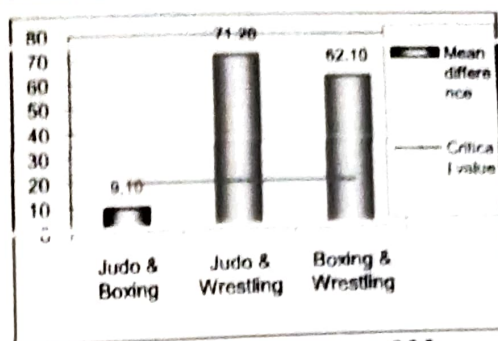


Figure No.6. Comparison of Mean Differences Among Different Combative Game Players in Emotional Intelligence Along with Critical Difference

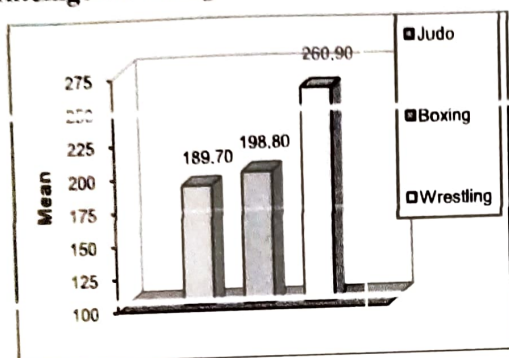


Figure No. 5. Comparison of Means of Emotional Intelligence Among the different Combative Game Players

Conclusion

On the basis of analysis of data, it is concluded that among combative games (Judo, Boxing and Wrestling) sportsmen differed significantly in respect to their emotional intelligence. The study indicates that Wrestling sportsmen were more emotionally intelligent than Judo and Boxing sportsmen. Besides, Judo, Boxing and Wrestling sportswomen differed significantly in respect to their emotional intelligence and Wrestling sportswomen were more emotionally intelligent than Judo and Boxing sportswomen. The results show that Judo, Boxing and Wrestling players differed significantly in respect to their emotional intelligence. Wrestlers were more emotionally intelligent than Judo and Boxing players.

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Conflicts of interest

No potential conflict of interest was reported by the authors.

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