

## **EMOTIONAL INTELLIGENCE OF FEMALE INTERVARSITY PLAYERS: A COMPARATIVE ANALYSIS**

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### **Abstract**

The study was aimed at comparing the emotional intelligence of female intervarsity volleyball, basketball and handball players. For the study forty All India Intersvarsity Competition participants (12 Volleyball, 12 Basketball and 16 Handball) were assessed on Emotional Intelligence using Emotional Intelligence in Sports questionnaire developed by Dr.Lalit Sharma. The domains of the Emotional Intelligence were Self-Confidence, Self-Awareness, Motivation, Empathy, Social Competence and Self-Control. The results shown significant difference between volleyball and basketball players and volleyball and handball players on self- confidence and motivation. Volleyball and handball players differed significantly in terms of empathy. In terms of Self-Awareness, Social Competence and Self-Control there was no significant difference among the groups. The difference may be due to the nature of the particular sport. In order to improve the faded emotional intelligence aspects appropriate Psychological Skill Training (PST) may be adopted.

### **Introduction**

In addition to technical and tactical skills psychological skills play pivotal role in success of any team. Psychology is been considered as one of the sport sciences that has a pivotal role in the preparation of a champion athlete. Emotional stability and managerial capacity are some of the characteristics and prerequisites of sportsmen. Controlling and wise utilisation of emotions requires expertise. Many studies concluded that women athletes lack emotional stability and the ability to manage emotions well.

Emotional intelligence refers to the ability of a person to recognize his own and other's emotions, distinguish between different feelings, manage and adjust emotions to achieve goal (Coleman, 2008). The mixed model of emotional intelligence proposed by Daniel Coleman (1998) outlines five main domains i.e., self-awareness, self-regulation, empathy, motivation and social skill.

Intersarsity games may be considered as one of the first stages of elite performance because most of the international performers and departmental players get recruited in these days of performance. The way in which the coaches see psychological preparation of athletes differs from game to game. Comparatively volleyball is popular than basketball and handball in India. There is not much difference between volleyball and basketball whereas handball shows a marked difference in popularity. It also shows that the scientific knowledge of coaches about the game is also not equal. So keeping in mind the chances of difference in emotional intelligence, the researcher makes an attempt to compare the emotional intelligence among intersarsity level female players.

### **Methodology**

The purpose of the study was to compare the emotional intelligence of female basketball, handball and volleyball players who represented Kannur University in the All India Intersarsity Meets. Forty female players (Volleyball 12, Basketball 12 and Handball 16) who participated in the All India Intersarsity meets were participated in the study. Emotional Intelligence in Sports questionnaire developed by Dr Lalit Sharma was used for the collection of data. The questionnaire assessed six sub-variables of emotional intelligence namely: Self Confidence, Self-Awareness, Empathy, Motivation, Social Competence and Self Control. The data were collected during the university coaching camps. To examine the difference between the groups one-way Analysis of Variance was computed. Scheffe's Post Hoc test was computed wherever significant difference was shown. The data were analysed using SPSS 21.0 version.

## Results and Discussion

**Table 1. Mean, SD, SE, Minimum and Maximum values for the selected variables**

Variable	Game	Mean	Standard Deviation	Standard Error	Minimum	Maximum
Self Confidence	Volleyball	18.00	2.78	.88	13.00	22.00
	Basketball	12.73	2.19	.66	10.00	16.00
	Handball	15.93	3.60	.96	10.00	21.00
Self-Awareness	Volleyball	15.00	3.49	1.10	10.00	21.00
	Basketball	14.91	2.07	.62	12.00	18.00
	Handball	16.57	2.90	.77	12.00	21.00
Motivation	Volleyball	18.70	3.71	1.17	11.00	22.00
	Basketball	13.82	2.67	.80	8.00	17.00
	Handball	18.43	3.81	1.02	10.00	24.00
Empathy	Volleyball	19.20	2.82	.89	13.00	22.00
	Basketball	17.45	3.61	1.09	10.00	22.00
	Handball	15.64	2.61	.70	12.00	21.00
Social Competence	Volleyball	17.20	4.15	1.31	11.00	23.00
	Basketball	14.00	3.19	.96	8.00	19.00
	Handball	15.00	3.16	.84	8.00	21.00
Self-Control	Volleyball	18.63	1.56	0.47	16	22
	Basketball	17.27	3.16	0.95	12	22
	Handball	16.35	3.97	1.06	8	22

Table 1 show that for variables other than Self-Awareness, volleyball players possess a greater mean value. This may be due to the fact that most of the volleyball team members were inmates of Sports Authority of India training centre and they get much better scientific training.

**Table 2. Analysis of Variance for the selected variables**

Variable	Source of Variance	Sum of Squares	df	Mean Square	F	p
Self Confidence	Between Groups	149.63	2	74.81	8.33*	.001
	Within Groups	287.11	32	8.97		
	Total	436.74	34			
Self-Awareness	Between Groups	22.06	2	11.03	1.34	.275
	Within Groups	262.33	32	8.19		
	Total	284.40	34			
Motivation	Between Groups	168.72	2	84.36	7.01*	.003
	Within Groups	385.16	32	12.03		
	Total	553.88	34			
Empathy	Between Groups	74.63	2	37.31	4.09*	.026
	Within Groups	291.54	32	9.11		
	Total	366.17	34			
Social Competence	Between Groups	55.94	2	27.97	2.31	.116
	Within Groups	387.60	32	12.11		
	Total	443.54	34			
Self-Control	Between Groups	32.05	2	16.02	1.61	0.217
	Within Groups	329.94	33	9.99		
	Total	362	35			

$$*F_{0.05} (2, 32) = 3.27$$

Table 2 reveals a significant difference between the three groups on Self-Confidence, Motivation and Empathy since the calculated values are higher than the critical value (3.27). To find out the magnitude of difference between the groups on the variables Scheffe's Post Test is conducted.

<b>Variable</b>	<b>(I) Game</b>	<b>(J) Game</b>	<b>Mean Difference (I - J)</b>	<b>Standard Error</b>	<b>p</b>
Self Confidence	Volleyball	Basketball	5.27*	1.30	<b>.001</b>
		Handball	2.07	1.24	.263
	Basketball	Volleyball	-5.27*	1.30	<b>.001</b>
		Handball	-3.20*	1.20	<b>.042</b>
	Handball	Volleyball	-2.07	1.24	.263
		Basketball	3.20*	1.20	<b>.042</b>
Motivation	Volleyball	Basketball	4.88*	1.51	<b>.011</b>
		Handball	.27	1.43	.982
	Basketball	Volleyball	-4.88*	1.51	<b>.011</b>
		Handball	-4.61*	1.39	<b>.009</b>
	Handball	Volleyball	-.27	1.43	.982
		Basketball	4.61*	1.39	<b>.009</b>
Empathy	Volleyball	Basketball	1.74	1.31	.426
		Handball	3.55*	1.24	<b>.027</b>
	Basketball	Volleyball	-1.74	1.31	.426
		Handball	1.81	1.21	.342
	Handball	Volleyball	-3.55*	1.24	<b>.027</b>
		Basketball	-1.81	1.21	.342

\*Significant at 0.05 level.

Table 3 reveals that there is a significant mean difference between volleyball and basketball and basketball and handball players on self-confidence. However there is no significant difference between volleyball and handball players. When looking at the mean values it is clear that volleyball players possess highest mean value (18) on self-confidence and basketball players possess the least (12.73).

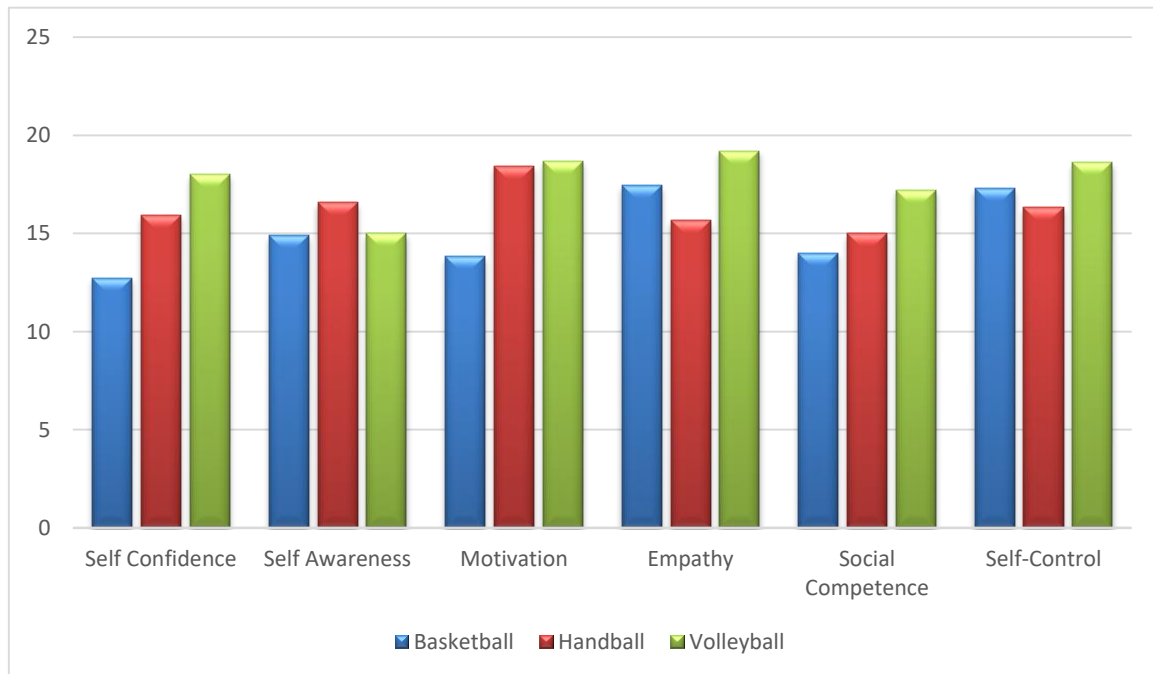
Self-confidence is affected by three factors i.e., trait sports confidence, objective sports situation and performer's competitive orientation (Vealey, 1986). A difference in the sports confidence may be caused by a difference in any one among the three factors. Basketball players may have decreased trait sports confidence (innate). Basketball players need more focus and concentration on the skill to be performed. Also the orientation and experience in the competitive setting might be less.

According to Vealey, to improve the self-confidence the following strategies may be adopted: Mastery of the skill, physical and mental preparation, social reinforcement, effective leadership, altering the conditions to provide a favourable one for the athlete.

Post Hoc analysis elucidates that there is a significant difference between volleyball and basketball players and handball and basketball players on motivation. Further, basketball players have a decreased motivation level compared to handball and volleyball.

In line with the Self-Determination Theory by Deci and Ryan (2000), motivation is multi-dimensional. Level of motivation of an individual is affected by three basic psychological needs: Autonomy, Competence and Relatedness. Autonomy refers to the personal control over one's own actions. Competence means the feeling of effectiveness. Relatedness is a feeling of being connected or sense of belonging. The basketball players are having a decreased level of motivation may be due to: a lack of self-control or failure to act effective or due to impaired team cohesion. Adopting measures to correct these aspects may better the motivation level of the players.

Among the domains of emotional intelligence empathy is one factor that builds team cohesion and will in turn boost the motivation too. Developing empathy as a personal trait will improve the team trait and in return it will again boost another personal trait. Here analysis of data shown that empathy among volleyball and handball players differs significantly. Volleyball players demonstrates a better score on empathy than handball players. By nature handball is a body contact game that demands mental toughness whereas volleyball is a non-body contact sport where aggression and mental toughness will be comparatively less. That difference in the nature of the sport might be the cause for the difference in empathy.



**Figure 1 Mean Values of Emotional Intelligence sub-variables of Intervarsity Players**

## Conclusion

Based on the analysis of data and discussion of findings the following conclusions were drawn:

- i. Interschool level female players differed significantly on self-confidence, motivation and empathy.
- ii. Volleyball players had greater self-confidence than handball and basketball players.
- iii. Handball and volleyball players possessed better motivation than basketball players.
- iv. Volleyball players had greater empathy than basketball and handball players.

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