

## EMOTIONAL INTELLIGENCE BETWEEN STATE AND NATIONAL LEVEL WEIGHTLIFTING PLAYERS

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### Introduction:

Emotional intelligence is the ability to recognize one's own and other people's emotions (Khan 2011), to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior. Emotionally intelligent athletes have the power to be self-motivated and self-directed. Players take full responsibility for their own performance and make independent decisions. They are inner-directed with the emotional strength and

responsibility to choose their response to the challenge of performing well now a day's emotional intelligence as an important variable of human psychology which drives an individual and affects his performance in any Concerned field recently players need to identify how emotions influence the way they Evaluate and analyze situations during sports competition Keeping this in mind present study was framed with the purpose to compare the state and national level Weightlifting players on emotional intelligent.

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### Methodology:

For the purpose of the study, 80 male Weightlifting players selected as the subjects.

The sample of the present study was drawn from the 27th Youth National Weightlifting Championship held at Maulana Mohd. Central University, Himachal Pradesh and Senior State Championship. The age of the selected subjects were in between 14 years to 20 years. All the subjects were categorized into two groups, state (n=80) and national (n=80) level Weightlifting players. The purpose of the study state level players was those who played for them District and national level players were those who played for their state in the respective tournaments.

### Procedure:

The data on emotional intelligent was collected by the administering the emotional intelligent questionnaire on 80 male intervarsity Weightlifting players. Before data collection informed consent from the team

manager, tournament director, and players was obtained by the investigator.

**Statistical Analysis:** The obtained raw data on emotional intelligent was subjected to statistical analysis. Independent t-test was performed to compare state and national level

Weightlifting players. All the statistical analysis was computed by the using SPSS (v.19) software. The significance was tested at 0.05 levels.

### Results:

Table 1: Emotional intelligence between state and national level Weightlifting Players

Level	M	SD	t-value	P
State	61.74	8.90	0.03	>0.05
National	66.86	6.86		

Significant at 5% probability level  $t_{0.05(198)} = 1.97$

That the calculated t-value (0.03) is less than the tabulated t-value

( $t_{.05}=1.97$ ). It means no significant difference exist between state and national level Weightlifting players ( $t_{.05}=0.03$ ,  $p > .05$ ) on emotional intelligence.

### Discussion:

The purpose of the present study was to determine the emotional intelligence between state and national level Weightlifting players. The results of the study revealed that no statistical significant difference was found between both groups of selected subjects. It indicate that at both level (state and national) Weightlifting players are having same level of emotional intelligent as far as this set of population is concerned. It might be due to the fact that, data was drawn in the respective tournaments and there may be a chance that in state competitions national level players played for their district also. This may be one of the major cause for such type of result. It is believed that higher emotional intelligence leads to more successful adaptation of people to environment and environmental stimuli. The adaptation, in turn, brings about an athlete's success in team sports (Ghezsofloo, & Mostafaloo, 2014). Emotional intelligence can also help athletes and coaches realize the emotional atmosphere of their teams.

### Conclusions:

Within the limits of the study and the subjects on which the present study was conducted it is concluded that no significant difference was found between state and national level Weightlifting players on emotional intelligence. It seem reasonably fair to state that at both levels (state and national) Weightlifting players are having same level of emotional intelligent as far as this set of population is concerned.

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### Cite This Article:

**Dr. Shendkar S.L. (2025).** *Emotional Intelligence between State and National Level Weightlifting Players*. In **Aarhat Multidisciplinary International Education Research Journal**: Vol. XIV (Number VI, pp. 97–98).

Doi: <https://doi.org/10.5281/zenodo.18181339>