



A Comparative Study of Emotional Intelligence of University and College Level Kabaddi Players of Gadchiroli, Maharashtra

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Abstract

The purpose of the present study was to measure the Emotional Intelligence between University and College level Kabaddi Players of Gadchiroli Maharashtra. In the study, a total of 60 Kabaddi players were selected purposively, in which 30 were University level Kabaddi Players and rest 30 were College level Kabaddi players as the samples for the present study. For the collection of data the researcher administered the Emotional Intelligence scale of Anuket Hyde, Dr. Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of University and College level Kabaddi Players was compared by using Independent t test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis. It was observed from the finding that the in sub scale Self Awareness of Emotional intelligence there was no significant difference between University and College level Kabaddi Players. The mean scores of Emotional intelligence sub scale Self Awareness shows that University level Kabaddi Players have high degree of emotional intelligence than College level Kabaddi Players. Finally, Researcher concluded that University level Kabaddi Players have better emotional intelligence than College level Kabaddi Players. University level Kabaddi Players were well aware about their emotions, self worthy, Goal directed and sensitive as compare to College level Kabaddi Players.

Key Words: Emotional intelligence, University and College level Kabaddi Players.

Introduction

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. Salovey and Mayer proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability reason using emotions, the ability to understand emotion and the ability to manage emotions.

Perceiving Emotions: The first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions. **Reasoning with Emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help

prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.

Understanding Emotions: The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean. For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.

Managing Emotions: The ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspect of emotional management.

The purpose of the present study was to measure the Emotional Intelligence between University and College level Kabaddi Players of Gadchiroli Maharashtra. As per the

previous researches, higher the emotional intelligence among the Players more they become responsible and respectful and vice-versa.

Material and Methods

In the study, a total of 60 Kabaddi players were selected purposively, in which 30 were University level Kabaddi Players and rest 30 were College level Kabaddi players as the samples for the present study. For the

Results

collection of data the researcher administered the Emotional Intelligence scale of Anuket Hyde, Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of University and College level Kabaddi Players was compared by using Independent t test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

Table no.1

Descriptive statistics of University and College level Kabaddi Players on the scores of emotional intelligence sub scale Self Awareness.

Emotional Intelligence sub scale	Group	No. of Players	Mean	Std. Deviation	Std. Error Mean
Self-Awareness	University Level Kabaddi Players	30	18.8667	8.08034	1.43626
	College Level Kabaddi Players	30	17.2000	1.47157	.29867

Table no. 2

Independent sample 't' test of Emotional Intelligence sub scale Self Awareness

Emotional Intelligence sub scale	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-Awareness	-1.151	58	.267	1.6667	1.37953

Discussion of findings

It was observed from the finding that the in sub scale Self Awareness of Emotional intelligence there was no significant difference between University and College level Kabaddi Players. The mean scores of Emotional intelligence sub scale Self Awareness shows that University level Kabaddi Players have high degree of emotional intelligence than College level Kabaddi Players.

Conclusion

Finally, Researcher concluded that University level Kabaddi Players have better emotional intelligence than College level Kabaddi Players. University level Kabaddi Players were well aware about their emotions, self worthy, Goal directed and sensitive as compare to College level Kabaddi Players.

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