Monthly Multidisciplinary Research Journal

Golden Research

Thoughts

GRT

A STUDY OF PERSONALITY, EMOTIONAL INTELLIGENCE AND MENTAL HEALTH OF 50 KG. WRESTLERS IN RELATION TO THEIR WRESTLING PERFORMANCE

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Abstract:

Studies conducted so far on the selected variables revealed that performance of wrestlers is influenced by several factors such as physical strength, personality, general intelligence, emotional intelligence, mental health, anxiety, motivation in general and achievement motivation in particular, self-interest, aptitude, attitude of the wrestlers, etc. However, the most prominent factors influencing on performance of an individual are personality, intelligence and mental health. The present study considered the influence of wrestlers personality, emotional intelligence and wrestles mental health on wrestling performance. Thus, the present study concludes that Personality, Emotional Intelligence and Mental Health of wrestlers have positive and significant relationship with the wrestling performance of 50 kg. Wrestlers. In the interaction, only the main effects of personality and emotional intelligence are significant and other interaction effects are not significant on wrestlers' performance.

KEY-WORDS:

Intelligence , Mental Health , Relation , physical fitness.

INTRODUCTION

Every nation is becoming increasingly concern about fitness of men, women and children, recognizing that physical fitness is fundamental and contributory to happy and useful living in any capacity. It also appeals living in any capacity. It also appeals that health related fitness is a matter of fundamental importance to individual well being and to the progress of nation's securing. In it is a base for all fact other human excellences. Thus an individual must rely on various forms of exercises to attend an acceptable level of physical fitness.

The human, particularly young generation in recent time is not fully aware of health and fitness, social responsibility and National Integrity. Therefore, the disciplines wrestling and exercise have been identified as the means to spread this awareness, through Wrestling Associations with the full support of Government and Indian Wrestling Federations. Therefore, it might have been rendered to incorporate the programmer of wrestling as sports in every school, college and university and for those who are not part of above so that young participants can receive to prove themselves as good citizen with all round development. The maintenance and development of wrestling, health and fitness has been a difficult problem and its accurate solution is the need of the day. The present study aims at the investigation of relationship and interaction effect of personality, emotional intelligence and mental health of wrestlers on their performance

Personality

There are so many definitions of personality as it covers a varied and complex domain. In order to know the nature of personality some important definitions are discussed hereunder :   In general some define personality as "one's social stimulus value". Others define it as, "the sum total of innate dispositions, impulses, appetites, instincts, tendencies and habits". Another type of definition says that "personality is more than the sum of its parts and that more than is its pattern or organization". Some people define personality as "an individual's characteristic pattern of adjustment'.

Emotional Intelligence

Emotional intelligence entails the appropriate awareness, management, and expression of the range of these emotions. To the extent that emotional intelligence skills like affective self-regulation can be cultivated, particularly in young people, the risk of developing such psychiatric disorders should be diminished.

In order to be emotionally intelligent is to have the personal skills that characterize a rich and balanced personality. Emotional intelligence includes, as Aristotle put it, the rare ability "to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way". Emotional intelligence and I.Q. are not opposing competencies, but discrete and synergistic ones.   One commonly used version of Peter Salovey and John Mayer's 1990 definition of emotional intelligence includes abilities in five main areas : (i) Self-awareness, (ii) Managing Emotions, (iii) Motivating Oneself, (iv) Recognizing Emotions in Others, (v) Handling Relationships.

Mental Health

The mentally healthy person is the productive and unalienated person; the person who relates himself to the world lovingly, and who uses his reason to grasp reality objectively; who experiences himself as a unique individual entity, and at the same time feels one with his fellow man; who is not subject to irrational authority, and accepts willingly the rational authority of conscience and reason; who is in the process of being born as long as he is alive, and considers the gift of life the most precious chance he has.

Jahoda (1958) has said that aspects of attitudes toward self, growth and development, self-actualization, integration of personality, autonomy, perception of reality, and mastery of the environment must be considered in judging whether a person mentally healthy or not. Allport (1961) suggest that underlying life philosophy a warm and deep relation to self and others, and compassionate regard for all living things are important aspects of the healthy personality. Other researcher are argues that goals for a healthy personality include positive feelings toward the self, realistic perception of self and others, relatedness to people, relatedness to environment, independence, curiosity and creativity, and recovery and coping strength in the face of trauma, frustration, and crisis.

RESEARCH STUDIES

Studies on Personality

Hill Allan, B. (1999) Personality characteristics associated with academic achievement among developmental college students. Miller, Edith, A., Pascoe, Donna, E. (1999) developed a personality dynamics model for the self-evaluation component of personal and professional development. Chambers, Sharon, M. Henson, Robin, K. Sienty Sarah, F. (2001) studied personality types and teaching efficacy as predictors of classroom control orientation in beginning teachers. Walker, Senita, A. A., Klotz, J. (2001) investigated the relationship between teacher personality and national board certification among South Mississippi teachers. Gakhar, S. C. (2004) studied the acquisition of geographical concepts in relation to intelligence, socio-economic status and personality variables. These studies revealed that the relationship between personality and the performance of an individual in task.

Studies on Emotional Intelligence

Sr. Eve Justina Ramould (2006) conducted a study on enhancing emotional intelligence of student teachers through enneagram educational programme. Biswal (2006) examined the relationship between emotional intelligence and personal effectiveness. Subramanyam (2007) found that students studying in

government schools have high emotional intelligence scores. Sreedhar, & Hamid Reza Badiel (2007) examined the level of Teacher Efficacy (TE) and Emotional Intelligence (EI) of primary school teachers in relation to gender, age and educational level. Shaik Jeffer Hussain (2009) investigated that gender and year of study has significant influence on the emotional intelligence of D.Ed. students in. Samba Shiva (2010) found that emotional intelligence has significant influence on the academic achievement. Sivasri (2010) investigated that year of study, gender, age, parents' education, locality and annual income have significant influence on the emotional intelligence of D.Ed. students. The analysis of the studies revealed the relationship between emotional intelligence and their performance.

Studies on Mental Health

Dutt, (1966) on psychological and educational implications of the concept of mental health in Indian thought. Wig & Nagpal (1971) compared the mental health and academic achievement of successful and unsuccessful students. Sharma (1979) focused on self-concept, level of aspiration and mental health as factors in academic Achievement. Bhattacharjee (1985) conducted a study on needs frustration intolerance and mental health of adolescent girls. Buswani (1991) focused on self–concept in the area of competence and its impact on mental health and adjustment of first year college students (girls). The review of these research studies revealed that the mental health of an individual plays an important role in improving the performance in respective fields

OBJECTIVES OF THE STUDY

1.To study the relationship of Personality, Emotional Intelligence, Mental Health with Wrestling performance of 50 Kg weight Wrestlers.
2.To investigate the effect of Personality on the Wrestling performance of 50 Kg. weight Wrestlers.
3.To investigate the effect of Emotional Intelligence on the Wrestling performance of 50 Kg. weight Wrestlers.
4.To investigate the effect of Mental Health on the Wrestling performance of 50 Kg. weight Wrestlers.
5.To investigate the interaction effect of Personality X Emotional Intelligence on the wrestling performance of 50 Kg. weight Wrestlers.
6.To investigate the interaction effect of Personality X Mental Health on the wrestling performance of 50 Kg. weight Wrestlers.
7.To investigate the interaction effect of Emotional Intelligence X Mental Health on the wrestling performance of 50 Kg. weight Wrestlers.
8.To investigate the interaction effect of Personality X Emotional Intelligence X Mental Health on the wrestling performance of 50 Kg. weight Wrestlers.

Method

An analytical research method was used in the present study.

Sample

In all 45 wrestlers of 50 kg. weight were selected giving due representation to the different locality. The purposive sampling technique was used in the selection of wrestlers.

Tools

The following tools were used in the collection of data :

i.Eysenck's Personality Inventory (EPI) to measure personality of wrestlers. For identifying extraverts and introverts count 'Yes' marks for respective statements. The highest total score out of the two total scores obtained by each subject represents Extraversion or Introversion as the case may be.
ii.Emotional Intelligence Scale – This scale was developed by Anukool Hyde and Sanjyot Pethe (2001). The final form of the scale constituted 34 items. The split-half reliability coefficient was 0.88. The scale has high content validity. The reliability index was 0.93.
iii.Mental Health Status Scale - a scale developed by K.C. Baby Prasanna and Mercy Abraham (1984) was used. The scale consists of 16 sub-scales. Each sub-scale consists of eight statements. Each item has two response modes, viz., 'yes' and 'no'. The reliability of the scale was assessed by using the split-half and test-

retest methods. The external validity of the scale was established.

Procedure

The data were collected by administering the tools personally by the researcher to the 50 selected 50 kg. wrestlers. The response sheets were later on scored according to the procedure in the manual.

The performance of wrestlers in each category weight was measured in seven rounds of competition. The looser in the first round was given the least score '1' which indicates the lowest performance in the wrestling. Further, the looser in the second and successive rounds were given additional '1' score for each round. The highest score obtained by the winner at the end of the seventh round was given the score of '7'. The range of scores in wrestling performance varies in between 1 to 7. This procedure was adopted to measure the wrestling performance in different categories of weight of wrestlers.

Statistical Techniques

Correlation and ANOVA techniques were used. For analysis the data were classified into categories according to three different factors – Personality (A), Emotional Intelligence (B) and Mental Health (C). Each factor was further divided into two levels : Introversion and Extraversion Personality ; Low and High Emotional Intelligence ; Low and High Mental Health of wrestlers. Accordingly, 2x2x2 factorial design was used. Thus,   3–way Analysis of Variance (ANOVA) was used to find the difference in effects between introversion and extraversion personality, low and high emotional intelligence, and low and high mental health among wrestlers.

RESULTS

i. Correlation among Variables – An Analysis

Table – 1: Correlations of Personality, Emotional Intelligence and Mental Health with Wrestling Performance of 50 Kg. Weight Wrestlers

Independent Variables	Correlation with Wrestling Performance of 50 kg. Wrestlers			
	'r'	't'	p-value	Significance
Personality	0.4755	3.5442	<0.05	Yes
Emotional Intelligence	0.8272	9.6536	<0.05	Yes
Mental Health	0.4691	3.4834	<0.05	Yes

The analysis of the above table reveals the following :

1.The obtained 't' value 3.5442 is greater than the tabled 't' value 2.76 for two-tailed test and at 0.01 level. It implies that the obtained correlation is significant. It implies that there is a significant relationship between 50 kg. Wrestlers Personality with their wrestling performance scores.
2.The obtained 't' value 9.6536 is greater than the tabled 't' value 2.76 for two-tailed test and at 0.01 level. It implies that the obtained correlation is significant. It implies that there is a significant relationship between 50 kg. Wrestlers Emotional Intelligence with their wrestling performance scores.
3.The obtained 't' value 3.4834 is greater than the tabled 't' value 2.76 for two-tailed test and at 0.01 level. It implies that the obtained correlation is significant. It implies that there is a significant relationship between 50 kg. Wrestlers Mental Health with their wrestling performance scores.

ii. Interaction among Dependent and Independent Variables – An Analysis

In correspondence with the objectives 2 to 8, the 3-way Analysis of Variance (ANOVA) technique was used. The obtained F-ratios are presented in the following table:

Table–2: Summary Table of ANOVA with Respect to Personality, Emotional Intelligence and Mental health on Wrestling Performance of 50 kg. Wrestlers

Source of Variation	df	Sum of Squares	Mean Squares	F – ratio	p – value	Signi-ficance
Main Effects						
Personality (P) [A]	1	10.2139	10.2139	14.3652	< 0.05	Yes
Emotional Intelligence (EI) [B]	1	3.4436	3.4436	4.8432	< 0.05	Yes
Mental Health (MH) [C]	1	1.4436	1.4436	2.0303	> 0.05	NS
2-way Interactions						
P X EI (A X B)	1	2.4436	2.4436	3.4368	> 0.05	NS
P X MH (A X C)	1	0.4436	0.4436	0.6239	> 0.05	NS
EI X MH (B X C)	1	0.2657	0.2657	0.3737	> 0.05	NS
3-way Interactions						
P X EI X MH (AXBXC)	1	0.1675	0.1675	0.1773	> 0.05	NS

The above table reveals the following :

1.The obtained F – ratio in respect of the Factor – A Personality is 14.3652 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is greater than the tabled F – ratio at 0.01 level, the difference is significant. Wrestlers of 50 kg. weight category with introversion and extraversion Personality type differ significantly in respect of their Wrestling Performance.

2.The obtained F – ratio in respect of the Factor – B Emotional Intelligence is 4.8432 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is greater than the tabled F – ratio at 0.01 level, the difference is significant. Wrestlers of 50 kg. weight category with low and high Emotional Intelligence differ significantly in respect of their Wrestling Performance.

3.The obtained F – ratio in respect of the Factor – C Mental Health is 2.0303 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is lesser than the tabled F – ratio at 0.05 level, the difference is not significant. Wrestlers 50 kg. weight category with low and high Mental Health do not differ significantly in respect of their Wrestling Performance.

4.The obtained F – ratio in respect of the Factors – A X B is 3.4368 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is lesser than the tabled F – ratio at 0.05 level, the difference is not significant. Wrestlers of 50 kg. weight category with introversion/extraversion Personality type and low and high Emotional Intelligence do not differ significantly in respect of their Wrestling Performance.

5.The obtained F – ratio in respect of the Factors – A X C is 0.6239 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is lesser than the tabled F – ratio at 0.05 level, the difference is not significant. Wrestlers of 50 kg. weight category with introversion/extraversion Personality type and low and high Mental Health do not differ significantly in respect of their Wrestling Performance.

6.The obtained F – ratio in respect of the Factors – B X C is 0.0.3737 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is lesser than the tabled F – ratio at 0.05 level, the difference is not significant. Wrestlers of 50 kg. weight category with low and high Emotional Intelligence and low and high Mental Health do not differ significantly in respect of their Wrestling Performance.

7.The obtained F – ratio in respect of the Factors – A X B X C is 0.1773 and the corresponding tabled F – ratio is 3.89. Since the obtained F – ratio is lesser than the tabled F – ratio at 0.05 level, the difference is not significant. Wrestlers of 50 kg. weight category with extraversion/introversion Personality type, low and high Emotional Intelligence and low and high Mental Health do not differ significantly in respect of their Wrestling Performance.

CONCLUSION

The study revealed that Personality, Emotional Intelligence and Mental Health of wrestlers have

positive and significant relationship with the wrestling performance of 50 kg. wrestlers. In the interaction, only the main effects of Personality and Emotional Intelligence are significant and other interaction efforts are not influencing on the wrestlers' performance.

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