Vol III Issue VII Jan 2014

Impact Factor : 1. 9508(UIF)

ISSN No :2231-5063

# International Multidisciplinary Research Journal

## Golden Research Thoughts

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**RNI MAHMUL/2011/38595** **ISSN No.2231-5063**

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Golden Research Thoughts
ISSN 2231-5063
Impact Factor : 1.9508(UIF)
Volume-3 | Issue-7 | Jan-2014
Available online at www.aygrt.isrj.net

# GRT " SELF CONFIDENCE, EMOTIONAL INTELLIGENCE ON ATHLETIC AND NON-ATHLETIC COLLEGE STUDENTS."

**Sonali B. Daithankar (Pangrikar)**

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**Abstract:**-The purpose of the present study was to investigate the relationship between Self confidence and emotional intelligence on athletic and nonathletic students. The sample included in this study was 80 college students from to Kannad taluka Dist. Aurangabad. 40 college students were athletic student and 40 students were nonathletic students. To assess the Self confidence and emotional intelligence of the subject the Self confidence and emotional intelligence inventory for college students. Proposed Statistical Procedure is Descriptive statistics i.e. Mean, S.D, will be computed and 't' test. Conclusion in this study On the basis of data and discussion of results, the hypotheses were tested and verified. Self confidence level Athletic students tend to show more than Non Athletic student's. Intra-personal awareness level Athletic students tend to show low than Non Athletic students. Inter-personal awareness level Athletic students tend to show low than Non Athletic students. Intra-personal management level Athletic students tend to show low than Non Athletic students. Inter-personal management level Athletic students tend to show low than Non Athletic students.

**Keywords:**Self confidence, Emotional Intelligence, Athletic, Non Athletic etc.

## INTRODUCTION:

Schools play a vital role in the overall development of a child into a competent adult who contributes usefully to society. Health is an important aspect of development of children and education is an important determinant of health. Almost all children attend school at some time during their lives and spend 6 – 7 hours of their time everyday in that learning environment. Apart from this, the school curriculum can have substantial influence on health promoting behaviours.

Self-confidence means believing in yourself and your abilities. It means being ready and willing to face new situations and accomplish difficult tasks. Self-confident people are usually eager, assertive, motivated, willing to accept criticism, emotionally mature, optimistic, and productive. People who don't have self-confidence lack the inner belief in their ability to be successful. They tend to be withdrawn, unmotivated, overly sensitive to criticism, distrustful, and pessimistic. They don't feel good about themselves. Often they feel like failures.

The term emotional intelligence was first described by Salovey and Mayer (1990) as a form of social intelligence that involves the ability to monitor one's own and others feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action. It was made popular by Goleman (1995) who refers to it as the ability to sense, understand, value and effectively apply the power and acumen of emotions as a source of human energy, information, trust, creativity and influence.

This study therefore is an attempt to final out the difference it any among college students and sport player regarding their self confidence, emotional intelligence level with the hope that parent, college, counselors may derive some valuable insight and information to help college student into healthy and productive member society.

## PROBLEM OF THE STUDY

"The Study of self confidence and emotional intelligence on athletic and non athletic college students."

## OBJECTIVES:-

1.To study the differences in athletic and non athletic college students on self confidences.
2.To study the differences in athletic and non athletic college students on emotional intelligence.

**HYPOTHESIS:-**

Self confidence level Athletic students will be more than Non Athletic student's.
Intra-personal awareness level Athletic students will be low than Non Athletic student's.
Inter-personal awareness level Athletic students will be low than Non Athletic student's.
Intra-personal management level Athletic students will be low than Non Athletic student's.
Inter-personal management level Athletic students will be low than Non Athletic student's.

**Sample:**

The sample of study will be drawn from the population of 80 Students of graduate college students from Aurangabad district, Maharashtra state of India. While selecting the sample 40 athletic college students and while another group of 40 non athletic college students

**Measurement Tool:**

1.Mangal Emotional Intelligence Inventory, Constructed by Dr.S.K.Mangal and Mrs. Shubhra Mangal This Inventory contains 100 and 4 factor measures reliability Split half reliability .89, K-R formula(20) reliability.90, test-retest reliability.92 and validity th validity for the inventory has been established by adopting two different approaches, namely factorial and criterion related approach.
2.Pandey Self Confidence inventory, Constructed By Dr.D.D. Pandey. This Inventory contains 60 and reliability test-retest reliability .88 split-half reliability .89 and test posses high face validity.

**Design:**

**Single factor design**

| | Athletic college students | Non athletic college students | Total |
|---|---|---|---|
| Students | 40 | 40 | 80 |

**Variables under Study:-**

**Independent variable**:-

A.Athletic college students
B.Non athletic college students

**Dependent variable:-**

A.Self confidences.
B.emotional intelligence

**Proposed Statistical Procedure:-**

I)Descriptive statistics i.e. Mean, S.D, will be computed.
II)t' test

**RESULT ANALYSIS:-**

Hypothesis No.1 Self confidence level Athletic students will be more than Non Athletic students.
There are significant a difference between mean score of Athletic students on Self confidence (25.3) is comparatively

larger than the mean score of Non Athletic student's on Self confidence (21.55). 't' value significant (t=4.13, P < 0.001 & 0.005 Level) difference between High achievers and Low achievers on Intra-personal awareness.

Hypothesis No.2 Intra-personal awareness level Athletic students will be low than Non Athletic students.

There are significant a difference between mean score of Athletic students on Intra-personal awareness (18.45) is comparatively lower than the mean score of than Non Athletic student's on Intra-personal awareness (20.65). 't' value significant (t=4.84, P < 0.001 & 0.005 Level) difference between Athletic students and than Non Athletic student's on Intra-personal awareness.

Hypothesis No.3 Inter-personal awareness level Athletic students will be low than Non Athletic student's.

There are significant a difference between mean score of Athletic students on Inter-personal awareness (19.45) is comparatively lower than the mean score of than Non Athletic student's on Inter-personal awareness (21.65). 't' value significant (t=3.44, P < 0.001 & 0.005 Level) difference between Athletic students and than Non Athletic student's on Inter-personal awareness.

Hypothesis No.4 Intra-personal management level Athletic students will be low than Non Athletic students.

There are significant a difference between mean score of Athletic students on Intra-personal management (18.6) is comparatively lower than the mean score of Non Athletic students on Intra-personal management (21.55). 't' value significant (t=5.83, P < 0.001 & 0.005 Level) difference between Athletic students and Non Athletic students on Intra-personal management.

Hypothesis No.5 Inter-personal management level Athletic students will be low than Non Athletic students.

There are significant a difference between mean score of Athletic students on higher Inter-personal management (17.9) is comparatively lower than the mean score of Non Athletic students on higher Inter-personal management (21.3). 't' value significant (t=5.07, P < 0.001 & 0.005 Level) difference between Athletic students and Non Athletic students on higher Inter-personal management.

**CONCLUSIONS:**

On the basis of data and discussion of results, the hypotheses were tested and verified. Some hypotheses were partially retained and some were rejected and following conclusions were drawn.

Self confidence level Athletic students tend to show more than Non Athletic student's.
Intra-personal awareness level Athletic students tend to show low than Non Athletic students.
Inter-personal awareness level Athletic students tend to show low than Non Athletic students.
Intra-personal management level Athletic students tend to show low than Non Athletic students.
Inter-personal management level Athletic students tend to show low than Non Athletic students.

**Limitations and suggestions of the present research:-**

Some limitations inherent in this study are;

The population was limited areas restricted Kannad Taluka Dist. Aurangabad. only. It can be spread into other areas also.
The sample of the study was small. The study can also be done by taking large sample size.
The tools used in this investigation were self – reporting instrument, it is therefore noted that the accuracy of data reported is limited to the abilities and willingness of the respondents to give truthful responses.

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