

# A Study on Emotional Intelligence among Male and Female volleyball Players

**Shakeel Ahmed**

Assistant Director of physical education  
GULBARGA UNIVERSITY Gulbarga (India)

**Dr. Kabir Shah Khan, Shamim Ahmed**

Associate Professor, Department of Physical Health  
& Sports Education A.M.U. Aligarh (India)

## Abstract

Many studies have proven that psychology plays an important role in the acquisition of motor skills as well as athletic performance. Therefore it is somewhat surprising that despite the growing body of research supporting emotional intelligence as an important tool for identifying superior performance levels within the workplace, it is yet to be the subject of rigorous research within other performance arenas such as the sporting environment. The aim of this study is to explore the difference of emotional intelligence between the male and female volleyball players. The data was collected from 30 male and female volleyball players from north zone interuniversity tournament. They filled the Mangal Emotional Intelligence Inventory (MEII) for measuring the emotional intelligence. After analysis the data it was found that male volleyball players have more emotional intelligence than the female volleyball players.

*Keywords: Emotional intelligence, Volleyball players;*

## Introduction:

Sport is an emotional experience for many athletes. An important victory can result in happiness and joy, and a defeat may result in despair and disappointment. Emotional intelligence was a term that was made popular in the mid-1990s by Daniel Goleman. Only a few studies have examined emotional intelligence in sport. Zizzi et al. (2003) found emotional intelligence was associated significantly with sport performance, whereas Thelwell et al. (2008) found that emotional intelligence related with perceptions of coaching effectiveness.

Emotional intelligence has been defined as an array of personal, emotional, and social abilities and skills that determines how well the individual functions in his or her given environment (Bar-On, 1997).

Emotions contain information about a person's relationship with the environment and can be triggered when the person– environment relationship changes (Lazarus, 1991). During social interactions, verbal and non-verbal emotional expressions convey information about one's own and others' thoughts, intentions, and behaviors (Buck, 1984; Ekman, 1973; Keltner and Haidt, 2001).

The present study was an attempt to find out the difference between male and female volleyball players on the variable of emotional intelligence. In this study the emotional intelligence were measured of the male and female volleyball players who represented their universities in the north zone interuniversity volleyball tournament held at Kurushatra University for boys and Rudrapur University for girls.

## Methodology

To achieve the purpose of 30 volleyball players (15 male & 15 female) as sample from the north zone interuniversity volleyball tournament held at Kurushatra University for boys and Rudrapur University for girls. For collection of data "Mangal emotional intelligence inventory" by S.K. Mangal for measuring the emotional intelligence was applied. The questionnaires were distributed to the players after taking their consent from coaches and managers. The methods of filling the response sheets were explained. The independent sample t-test was applied for the analysis of data.

## Analysis of data

Emotional Intelligence was further subdivided in four parts i.e., Intrapersonal awareness, Interpersonal awareness, Intrapersonal management, Interpersonal management. The data was tabulated and computed in respectively

Table (1)

Group	N	Mean	S.D.	t
Male	15	18.001	2.488	.949
Female	15	17.001	2.698	

Table no (1) is about intrapersonal awareness, it is revealed from the table that there is no significant difference between the players. The mean value of the male volleyball players is greater than the mean value of female volleyball players, but it is negligible.

Table (2)

Group	N	Mean	S.D.	t
Male	15	20.656	4.335	1.127
Female	15	18.401	4.953	

Table no (2) is about interpersonal awareness, it is evident from the table that there is no significant difference between the players. The mean value of the male volleyball players is greater than the mean value of female volleyball players, but it is negligible.

Table (3)

Group	N	Mean	S.D.	t
Male	15	19.411	1.815	3.322
Female	15	16.522	2.686	

\* Significant level 0.05 [tab. - 2.048]

Table no (3) is about intrapersonal management, it is revealed from the table that there is significant difference exist between the players. The mean value of the male volleyball players is greater than the mean value of female volleyball players, so it is revealed that male volleyball players have more intrapersonal management than the female volleyball players.

Table (4)

Group	N	Mean	S.D.	t
Male	15	19.198	2.646	2.218
Female	15	16.666	3.736	

\* Significant level 0.05 [tab.- 2.048]

Table no (4) is about interpersonal management, it is evident from the table that there is significant difference exist between the players. The mean value of the male volleyball players is greater than the mean value of female volleyball players, so it is revealed that male volleyball players have more interpersonal management than the female volleyball players.

Table (5)

Group	N	Mean	S.D.	t
Male	15	74.000	9.408	2.192
Female	15	65.667	10.540	

\* Significant level 0.05 [tab.- 2.048]

Table no (5) is about emotional intelligence, it is evident from the table that there is significant difference exist between the players. The mean value of the male volleyball players is greater than the mean value of female volleyball players, so it means that male volleyball players have more emotional intelligence than the female volleyball players.

**Discussion**

An athlete's emotional state may also affect the outcome of a competition by influencing performance both during training and while competing (butler, 1996). The present investigation was an attempt to explore the difference of emotional intelligence between male and female volleyball players. It is revealed from the above tables that significant differences exist on the intrapersonal management, interpersonal management and also on the total emotional intelligence. The male volleyball players have more intrapersonal and interpersonal management ability than the female volleyball players and also have more emotional intelligence than the female volleyball players. The difference may be because male players may have got more exposures than their counterparts.

**Conclusion**

It was concluded that psychological manipulation of sports performance within the workplace is somewhat surprising and improving the intrapersonal management so most of the performance of sports require sporting environment and integrating both intrapersonal and interpersonal to enhance the learning style and executive skills in sports and games.

**References**

Bar-On, R. (1997); BarOn Emotional Quotient Inventory Technical Manual, Multi-Health Systems, Toronto.  
 Buck. R. (1984); The communication of emotion. New York: Guilford Press.  
 Butler, R.J. (1996); Do anxious swimmers swim slower? Re-examining the elusive anxiety-performance relationship. Journal of applied sports psychology, 10, 45-61.  
 Ekman, P. (1973); Darwin and facial expression: A century of research in review. New York: Academic Press.  
 Goleman D. (1995); Emotional intelligence. New York: Bantam Books.

Keltner, D., & Haidt, J. (2001); Social functions of emotions. In T. J. Mayne & G. A. Bonanno (Eds.), Emotions: Current issues and future directions. Emotions and social behavior (pp. 192–213). New York: Guilford Press.  
 Lazarus, R.S. (1991); Emotion and adaptation. New York: Oxford University Press.  
 Thelwell, R., Lane, A. M., Weston, N.J.V. and Greenlees, I.A. (2008); Examining relationships between emotional intelligence and coaching efficacy. International Journal of Sport and Exercise Psychology 6, 224-235.  
 Zizzi, S.J., Deaner, H.R. and Hirschhorn, D.K. (2003); The relationship between emotional intelligence and performance among college baseball players. Journal of Applied Sport Psychology 15, 262-269.