

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Regional Editor

Manichander Thammishetty

Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad

International Advisory Board

Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Bakfir English Language and Literature Department, Kayseri
Janaki Sinnasamy Librarian, University of Malaya	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus PopPhD, Partium Christian University, Oradea,Romania	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, IasiMore

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India Ex - VC. Solapur University, Solapur	Iresh Swami S. D. M. Degree College, Honavar, Karnataka	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	S.Parvathi Devi Ph.D.-University of Allahabad	S.KANNAN Annamalai University,TN
	Sonal Singh, Vikram University, Ujjain	Satish Kumar Kalhotra Maulana Azad National Urdu University



EMOTIONAL INTELLIGENCE AMONG KHO-KHO PLAYERS AND KABADDI PLAYERS: A COMPARATIVE STUDY



Ramadhar Pipladiya

Ph.D Scholar DAVV Indore MP.

ABSTRACT

The present study was an attempt to find out difference between kho-kho players and kabaddi players in their emotional intelligence. To accomplish the objective of the study 80 sportsman having equal number of kho-kho players and kabaddi players were randomly drawn from the D.A.V.V. Indore Emotional intelligence scale developed by Thimgujam and Ram (1999) was applied to collect the data. 't' test was applied to found out mean difference between kho-kho players and kabaddi players. The results indicated that there is higher of emotional intelligence among the kho-kho players and kabaddi players.

KEYWORDS :Emotional Intelligence, kho-kho players and kabaddi players.

INTRODUCTION

The ability to express and control our own emotions is important, but so is our ability to understand, interpret, and respond to the emotions of others. Imagine a world where you couldn't understand when a friend was feeling sad or when a co-worker was angry. Psychologists refer to this ability as emotional intelligence, and some experts even suggest that it can be more important than IQ. Learn more about exactly what emotional intelligence is, how it works, and how it is measured. 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. In their influential article "Emotional Intelligence," they defined emotional intelligence as, "the subset 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 actions" (1990).

Emotional intelligence (EI) is the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior. There are three models of EI. The ability model, developed by Peter Salovey and John Mayer, focuses on the individual's ability to process emotional information and use it to navigate the social environment.[2] The trait model as developed by Konstantin Vasily Petrides, "encompasses behavioral dispositions and self perceived abilities and is measured through self report". The final model, the mixed model is a combination of both ability and trait EI. It defines EI as an array of skills and characteristics that drive leadership performance, as proposed by Daniel Goleman. Studies have shown that people with high EI have greater mental health, exemplary job performance, and more potent leadership skills. Markers of EI and methods of developing it have become more widely coveted in the past few decades.

In addition, studies have begun to provide evidence to help characterize the neural mechanisms of emotional intelligence. Emotional intelligence can be defined as the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior.[1] However, substantial disagreement exists regarding the definition of EI, with respect to both terminology and operationalizations.

METHODOLOGY

Selection of Subjects: For the purpose of the study 80 subjects were selected from D.A.V.V., Indore by using purposive sampling technique, from which 40 were kho-kho player and 40 were kabaddi. Samples mean age was 20-24 Years. Scoring pattern as indicated in below paragraph.

Selection of Variables: For the purpose of study the following variables were selected.

- a) Independent Variable:- kho-kho players and kabaddi players.
- b) Dependent Variable:- Emotional intelligence.

Collection of Data:

The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) has been applied in the present study While scoring the emotional intelligence scale, the respondents feeling strongly agree would be awarded 1, for agreeing 2, for undecided 3, for disagree 4 and finally for strongly disagreeing 5 would be awarded to the respondents.

Statistical Analysis:

To assess the influence of physical activity on emotional intelligence "t" test is applied to compare the results of the two groups.

RESULT & DISCUSSION

The study was carried out to see the influence of physical activities on the development of emotional intelligence of the sports person and also attempt see the influence of demo graphical

variable in moulding the emotional condition of the sports person. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in molding the personality and emotional health of the sports person. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the kho-kho players and kabaddi players.

Table 1: Mean and Standard Deviation of Kho-Kho Players and Kabaddi Players

Emotional Intelligence	Kho-Kho Players	Kabaddi Players
Mean	37.87	36.27
Sd	2.72	3.39
t.value	5.53*	

*Significant at 0.5 level

The table I showing the Mean, SD and 'C value of the Kho-Kho Players and Kabaddi Players formulated, hypothesis that there would be significant difference between Kho-Kho Players and Kabaddi Players in their emotional intelligence The calculated data as tested, and Mean score of the Kho-Kho Players was 37.87 and SD is 2.72 and Kabaddi Players was 36.27 and 3.39 respectively and calculated 't' value is 5.53, it reveals that Kho-Kho Players mean score is higher than Kabaddi Players, and it also reveals that there is significant difference in emotional intelligence of Kho-Kho Players and Kabaddi Players. Because The calculated' value is greater than table value and it is significant at 0.5 level It may generalized that participation of Kho-Kho Players provides ample opportunity 10 participate and express their emotion freely and cultivate emotional skills and to get mastery to produce, regulate, manipulate, and control emotion and stress among the students in respect of life and game situation frequently occur in the competition Whereas Kabaddi Players get less opportunity to participate and control and manipulation of stress.

CONCLUSION

The study reveals that participation in sports activities influence on developing and cultivating qualities and ability of controlling the kho-kho players. So we should promote the players to participate in sports so that they can be more emotionally balanced and can be able to take the crucial decisions.

REFERENCES

1.Thingujam,N.K.,& Ram,U.(1999). Indian Norms Of Emotional Intelligence Scale and some correlates. Paper Presented at 5th International and 36th IAAP Applied Psychology Conference,Dec.27-29.
 2.Mayer,J.D.,Salovey,P.,&Caruso,D.R.(2000). Models of emotional intelligence. In Handbook of intelligence (pp.396-420). Cambridge,England: Cambridge University Press.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- * International Scientific Journal Consortium
- * OPEN J-GATE

Associated and Indexed, USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org