

A Study of Emotional Intelligence between Inter University and Inter Collegiate Hockey players

Zamirullah Khan

Associate Prof.

Department of Physical Health & Sports Education

Aligarh Muslim University

Aligarh (India). 202002

Zeeshan Haider

Research Scholar (corresponding author)

Department of Physical Health & Sports Education

Aligarh Muslim University

Aligarh (India). 202002

zeeshu.haider@gmail.com

Naseem Ahmed

Mumtaz P.G. College

Lucknow University, Lucknow (India)

Sartaj Khan

Research Scholar

Department of Physical Health & Sports Education

Aligarh Muslim University

Aligarh (India). 202002

A Study of Emotional Intelligence between Inter University and Inter Collegiate Hockey players

Abstract

Emotions play a central role in sports performance. Sport is an emotional experience for many athletes. Emotional intelligence is the ability, capacity, skill, or self-perceived ability to identify, assess, and manage the emotions of one's self and of others. People who possess a high degree of emotional intelligence know themselves very well and are also able to sense the emotions of others. Emotional intelligence is emerging as the most important and effective personal skill of the new century. The current study is an attempt to examine the difference of emotional intelligence between interuniversity and intercollegiate hockey players. Mangal Emotional Intelligence Inventory (MEII) was applied for the collection of the data from the hockey players. The age ranged between 16 to 23 years. The results of the study indicated that interuniversity players are more emotionally intelligent than the intercollegiate players.

Keywords: Emotions, Emotional Intelligence, Hockey Players.

Introduction

Intelligence constitutes the basic characteristic of human beings. The degree of intelligence is reflected by the clarity of purpose, thought and action in an individual's behavior. It involves understanding the specific situation in which the individual finds himself, and appropriately responding to it. It includes assimilation of information, processing of information, judicious selection of an alternative out of the multitude of alternatives presented, and rational decision making. Thus, intelligence consists in acting in a given situation with use of past experience, with due regard to what is novel in the situation, and to the whole situation rather than to some striking part of it. It denotes having insight into the key to the whole situation or problem.

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).

Emotional intelligence is an ability to recognize the meanings of emotions and their relationships, and to reason and problem-solve on the basis of them. Emotional intelligence is involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them.

The term emotional intelligence first appeared in a series of academic articles of Mayer and Salovey (1993). Goleman (1995) defines emotional intelligence as the abilities such as being able to motivate one self, to control impulse and delay gratification, to regulate one's mood and keep distress from swamping the ability to think. Bar-On (1997) defines emotional intelligence as "an array of personal, emotional, and social capabilities and skills that influence one's ability to succeed in coping with environmental demands and pressures".

After reviewing the available literature and in light of the sports psychologists' views it can be believed that there may be the difference on the variable of emotional intelligence between the players at different levels of participation. Therefore researchers motivated to conduct research on different levels of hockey players. The present study is aimed to find out the difference in emotional intelligence between interuniversity and intercollegiate hockey players.

Method:

The participants of this study consisted of 100 (50 inter university level and 50 inter collegiate level) hockey players. The sample was selected through random sampling techniques from various tournaments of hockey. The intercollegiate hockey players were selected from various universities' intercollegiate hockey tournaments i.e. C.C.S. University, Meerut, V.B.S. Porwanchal University, Jaunpur and M.J.P. Ruhelkhand University Bareilly (2010) and inter university level hockey players were selected from north zone interuniversity hockey tournament held at Jammu University, Jammu (2010). Mangal Emotional Intelligence Inventory (MEII) developed by Mangal and Mangal (2004) was used to measure the emotional intelligence of the hockey players. t-test was applied to analyze the data by using the Statistical Package for Social Sciences (SPSS 16).

Result:

The analyzed data was tabulated in following manner

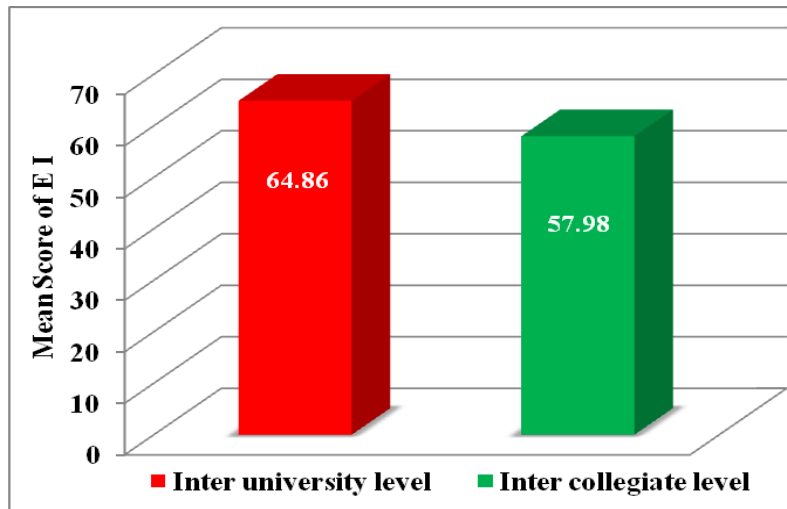
Table: 1. Mean scores of inter university and inter collegiate level hockey players

Group	N	Mean	S.D.	t
Inter university level	50	64.86	7.12	3.45*
Inter collegiate level	50	57.98	12.15	

*level of significance 0.05

The reading of the above table indicates that there is a significant difference exists between hockey players at different levels of competitions. It is evident from the above table that inter university level players are more emotionally intelligent than inter collegiate level players as the calculated t-value (3.45) is greater than the tabulated t-value (1.96).

Fig: 1. Mean score of inter Collegiate and inter university level hockey players on emotional intelligence



Discussion:

The result of the present study advocates that there is a significant difference exists between inter collegiate and inter university level hockey players, interuniversity level players have more emotional intelligence than inter collegiate level players. The results of the study endorse the results of Costarelli, and Stamou (2009) who indicated that the athletes had higher level of emotional intelligence compared to the non-athletes, and also supports Li et. al. (2009) who found that recommended physical activity group of the students has higher emotional intelligence in compare to the insufficient and inactive physical activity group. Results of the study also consistent with Mayer, Caruso and Salovey (2000) discovered that women perform better than men on the twelve tasks of the Multifactor Emotional Intelligence Scale (MEIS) in all the scoring procedures.

Conclusion

It was found from the findings of the study that higher the level of participation is, higher in emotional intelligence. It was concluded that intervarsity level hockey players were more emotionally intelligent in comparison of inter-collegiate level players.

References:

- Goleman, D. (1995). *Emotional Intelligence: Why it can matter more than IQ*. New York: Bantam Books.
- Bar-On, R. (1997). *Bar-On Emotional Quotient Inventory: Technical manual*. Toronto, Canada: Multi-Health Systems Inc.
- Mayer, J. D. and Salovey, P. (1993). The intelligence of emotional intelligence. *The Intelligence*, 17, 433-442.
- Buck, R. (1984); *The communication of emotion*. New York: Guilford Press.
- Lazarus, R.S. (1991); *Emotion and adaptation*. New York: Oxford University Press.
- Ekman, P. (1973); *Darwin and facial expression: A century of research in review*. New York: Academic Press.
- Keltner, D., and 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.
- Costarelli, V. and Stamou, D. (2009): *Emotional Intelligence, Body Image And Disordered Eating Attitudes In Combat Sport Athletes*. *Journal of Exercise Science and Fitness*, Vol. 7, No. 2 pp. 104–111.
- Mangal, S.K. and Mangal, S. (2004); “Mangal Emotional Intelligence Inventory” National Psychological Corporation, Agra (India).
- Li, G.S.F., Lu, F.J.H. and Wang, A.H.H. (2009). Exploring the relationships of physical activity, emotional intelligence and health in Taiwan college students. *Journal of Exercise Science & Fitness*, Vol. 7, No. 1, pp. 55–63.