
COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE AMONG FOOTBALL AND JUDO PLAYERS OF MAHARASHTRA STATE



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ABSTRACT

The main objective of the study was to compare the emotional intelligence of football and judo players of Maharashtra State. There is a growing interest in emotional intelligence in sport. Recent research found emotional intelligence related to emotions experienced before successful and unsuccessful performance. The present study was undertaken to investigate differences between emotional intelligence among judo and football Players. 100 Judo and 100 football players (200) were selected for the present study from Maharashtra State. Pedhe and Hyde emotional intelligence test was used the study. After statistical analysis the results indicates that the emotions correlating with successful performance vigor, happiness, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. Emotional intelligence correlated positively with pleasant emotions and negatively with unpleasant emotions.

Keywords: Emotional Intelligence, Football & Judo Players.

INTRODUCTION

There is a continually growing interest in emotional intelligence in sport (Meyer and Zizzi, 2007). Recent research found that emotional intelligence related to emotions experienced before successful and unsuccessful performance found that emotions correlating with successful performance happiness, vigor, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. Educational psychology influences principles of education. There are some principles which have played a role of bringing education to the higher level of specific and scientific process. In it the principles of educational psychology have played an important role. Education can be defined as a change, a modification, or an adjustment on the part of an individual as a result of experience. It is associated with learning and is characteristically followed by some change in behavior. If that change is positive and in the right direction, it seems to help those individuals being educated to adjust more effectively to their experiences in that environment, or adjustment is manifested through growth, development and achievement. Education is the process by which the individual is shaped to fit into the society and which maintains and advances the social order. Emotional intelligence also

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helps explain why some people appear to initiate strategies to reduce the discrepancy between current emotions and ideal emotions.

Intelligence

Intelligence is the aggregate energy and mental capacity of an individual to act purpose fully to think rationally and to deal effectively with person behavior. Intelligence involves awareness, is goal directed and has value. It is an ability to undertake the activities that are difficult, complex and which lead to the creation of something new and different. Intelligence of an individual plays an important role in effecting the physical performance. The more complex and more interpretative the movement, greater the amount of intelligence, necessary to be comprehend. Sports activities involve complex skilled actions.

Emotional Intelligence

Emotional intelligence like general intelligence is the product of one's heredity and its interaction with his environmental forces. Historically speaking them emotional intelligence was introduced in 1990 by American University Professors Dr. Peter Solevey and Dr. John Mayer in their attempt to develop a scientific measure for knowing the differences in people's ability in the areas of emotion. Emotional intelligence refers to an ability to recognize the meanings of emotions and their relationship and to reason and problem solve on the basic of them emotional perceive emotions, assimilate emotion related feelings understand the information of those emotions and manage them. According to Aristotle, to exhibit emotion is very easy but doing it at the right time at the right place with the right person and to the right degree is difficult. The management of emotion has given rise to the most talked about term emotion intelligence.

Football

Football is world's favorite and popular sport. Football has a long history. Football in its current form arose in England in the middle of the 19th Century. In China under the 3rd and 2nd century BC a game named Cuju was played. Football was known from the Ancient Greece. At this stage the ball was made by shreds of leather filled with hair. The first documents of balls filed with air fare from the 7th century. The first World Cup was played in Uruguay and since then the tournament has been held every fourth year.

Judo

Judo is a martial art game. That was born in Japan, and it is now known around the world .judo is Olympic sport. Judo was established in 1882 by combining jujitsu, a form of wrestling, with mental discipline. In 1882, Dr. Jigoro Kano who is The Father of Judo made a comprehensive study of the ancient self-defence forms and integrated the best of these forms into a sport which is known as Kodokan Judo. The term Thus it means "a place to study the way". Similarly judo breaks down into ju (gentle) and do (way or path) or "the gentle way". The categorization of Kodokan Judo was completed about 1887. The Kodokan had three broad aims: physical education, contest proficiency and mental training.

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OBJECTIVE OF THE STUDY

The main objective of the study was to compare the emotional intelligence of football and judo players of Maharashtra State.

HYPOTHESIS

It was hypothesized that “Judo players have significantly high emotional intelligence than the football players”.

METHODOLOGY

Sample

For the present study 200 Sample were selected from Maharashtra State. The effective sample consisted of 200 subject's players, 100 subjects were judo players and 100 subjects were football Players.

Tools

Emotional Intelligence test

Pedhe and Hyde test was used for measuring Emotional intelligence. This test is developed and Standardized by Pedhe and Hyde, it has 34 items are rated on a five point scale. The subjects were required to respond to each item in terms of Strongly Disagree, disagree, Neutral, Agree, strongly agree. This test use with football and judo players this is well known test having high reliability and validity coefficients.

Procedures of data collection

One test could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a group of 50 subjects and there seating arrangements was made in a field event. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable- Players a) Judo players b) Football players

Dependent Variable- Emotional Intelligence

Discussion

Emotional intelligence might also help explain why some people appear to initiate strategies to reduce the discrepancy between current emotions and ideal emotions. In sport psychology, the notion that emotions provide feedback and those individuals learn to associate certain emotions with success judo and football the emotional intelligence plays a vital role for achieving the performance.

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STATISTICAL ANALYSIS AND DISCUSSION

Table No-I
Table Showing the Emotional Intelligence among judo players and football players
Mean S.D. and “t” Value

Group	Mean	S.D	N	df	T
judo	83.23	11.29	100	198	7.65
football	71.44	10.48	100		

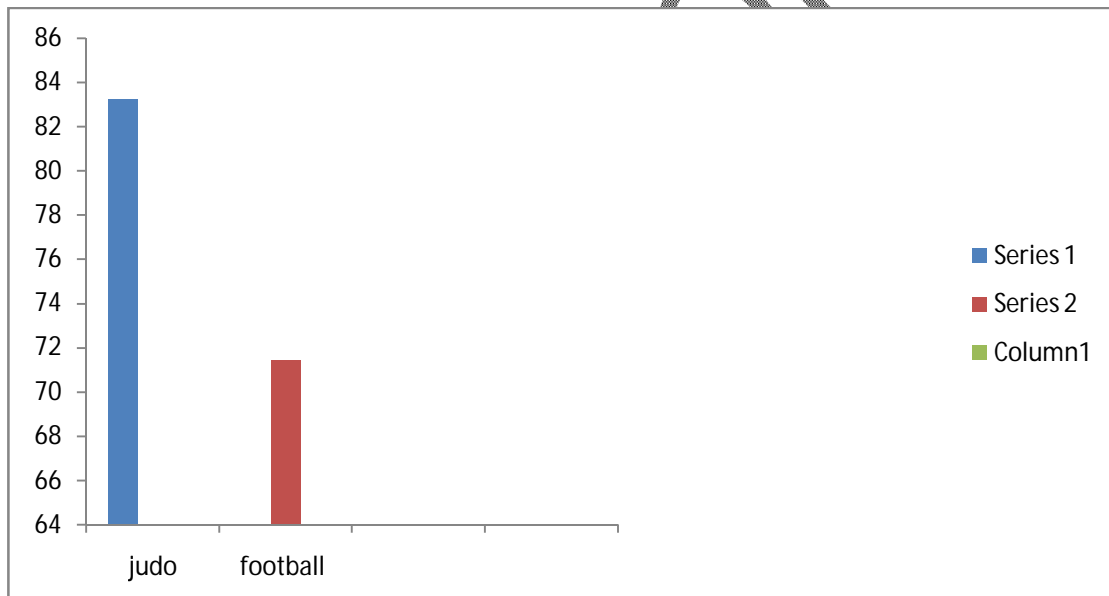


Figure No-I

The results related to the hypothesis have been recorded. Mean of Emotional Intelligence score of the judo players is 83.23 and that of the football players is 71.44. The difference between the two means highly significant ($t = 7.65$, $df = 198$) It is clear that judo players and football players Differ Significantly From each other from the mean scores and graph it was found that the judo players have Significantly high Emotional Intelligence than the football players. This Result is support the Hypothesis.

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CONCLUSION

The results were indicated that the emotions correlating with successful performance vigor, happiness, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. Emotional intelligence correlated positively with pleasant emotions and negatively with unpleasant emotions.

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