

Comparison of Emotional Intelligence among Beginner Soccer players and Advance soccer players

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Abstract:The present study was an attempt to find out difference between beginner and advance soccer players in their emotional intelligence. To accomplish the objective of the study 100 soccer players having equal number of beginner and advance were randomly drawn from the L.N.I.P.E, Gwalior. 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 beginner and advance soccer players. The results indicated that there is higher level of emotional intelligence among the Advance and Beginners Soccer players

Keywords- Emotional Intelligence, Beginner soccer players and Advance soccer players

INTRODUCTION

The human psychology is very complex phenomena. Emotional intelligence of athletes has drawn more concentration and emerged very attractive variable of sports psychology, scientifically understanding emotional intelligence capacity help to lead a productive life.

Many sports (for instance soccer) are stereotypically apparent as a male activity. Since the theory of sport requires complete explanation and the practice of sport needs clear strategy, interdisciplinary studies into the nature of sport, including its psychological aspects, are necessary. Analyzing the psychological profile of beginner and advance soccer players, particularly those who are about to become professional athletes, can offer many interesting insights into the specific character of beginner and advance youth sport and show where improvement can be completed in athletic training programmes (especially in mental training). It is therefore central to study psychological gender that determines social behaviors and to analyse beginner and advance athletes' emotional intelligence. Emotional intelligence is defined as a set of emotional competencies that determine the effectiveness of human behaviours. Psychological gender and emotional intelligence have a significant effect on human adaptability and the efficiency of psychosocial functioning. This research was undertaken with the dual purpose of identifying the psychological gender and emotional intelligence of beginner and advance soccer players.

At the same time it also became apparent that what is needed is a comprehensive picture of the connection between physical and sports activities and its contact on the personality dimensions like emotional intelligence of the beginner soccer players and advance sports men.

Many research studies in the psychology of sport men and women studied separately not shown much interest and has been not purposeful on the participation of sports and physical activities, which plays a major role in formative the personality factors of the soccer players, which could play an important role in their performance. In the face of more and more men and women belonging to unlike strata of sports profession are incoming the sports arena every year and sharing the laurels with their counterpart it was felt necessary to study the a emotional intelligence of soccer players who are participating and non-participating in sports.

Although a person's feeling cannot be practical directly by others but can be conditional from his overt behavior and verbal report of his introspection, as no one can disbelief the reality of emotions as awake experience. To produce an emotion, a stimulus circumstances must be related to post experience and seen as having implications in the future. In an association when an employee feels the presence of a frightening situation, he may handle it in two ways. He may be convinced of his ability to handle the situation and may see it as a challenging opportunity to prove himself on experience fear on anxiety. Thus our appraisal of situation and subsequent emotion are strongly prejudiced by our estimation of capabilities. The emotion aroused depends not so must on the events themselves, as on how they are appraised. Emotional intelligence, in about a person's ability to understand and manage their emotions and behavior them of others. It's a person ability that helps people cope with frustrations, control emotions and get along. Emotional intelligence is the common stone for personnel and professional success.

METHODOLOGY

Selection of Subjects

For the purpose of the study 100 subjects were selected from L.N.I.P.E, Gwalior from which 50 were beginner soccer players and 50 were advance soccer players. Samples mean age was 20 Years. Scoring pattern as indicated in below paragraph.

Selection of Variables

For the purpose of study the following variables were selected.

- a) Independent Variable: - Soccer players& Non Soccer 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

undecideding 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 AND DISCUSSION

The study was carried out to see the influence of physical activities on the development of emotional intelligence of the sportsperson and also attempt see the influence of demographical variable in moulding the emotional condition of the sportsperson.. Because various research studies reveals that participation of sports bring the tremendous changes and plays significant role in moulding the personality and emotional health of the sportsperson. Hence researcher made here an attempt to explore the relation and significant influence on physical activities and sports on emotional intelligence of the Advance and Beginner soccer players

Table no.1 Mean and standard deviation of advance and beginner soccer players

Emotional intelligence	Advance Soccer players	Beginner soccer players
Mean	93.0400	86.000
Sd	8.2385	13.127
t.value	2.257	

*significant at 0.5 level

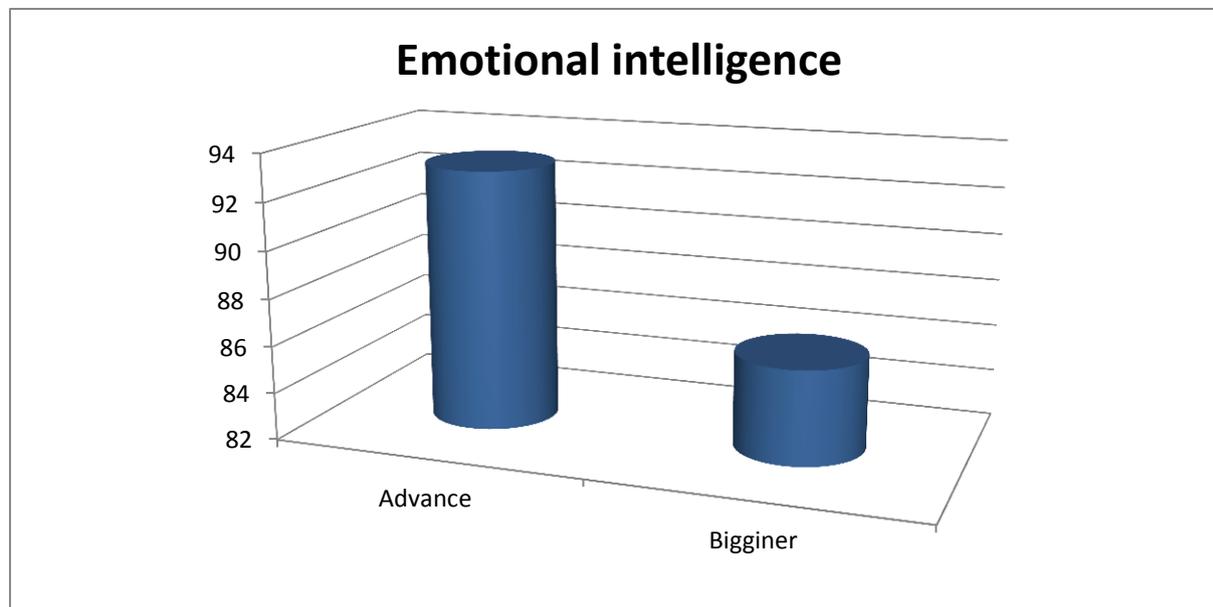


Fig no. 1. Mean of advance soccer players and beginner soccer players

The table 1 showing the Mean, SDand‘t’ value of the Advance and Beginner soccer playersformulated hypothesis that there would be significant difference between Advance and Beginner soccer playersin their emotional intelligence.The calculated data was tested, and Mean score of the advance soccer players was

93.0400 and SD is 8.23 and beginner soccer players was 86.000 and 13.12 respectively and calculated ‘t’ value is 2.25, it reveals that advance sportsperson mean score is higher than beginner sportsperson, and it also reveals that there is significant difference in emotional intelligence of Advance and Beginner soccer players. Because,

The calculated' value is greater than table value and it is significant at 0.5 level. It may generalized that participation of soccer players provides ample opportunity to 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 non soccer 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 sportsperson. So we should promote the children to participate in sports so that they can be more emotionally balanced and can be able to take the crucial decisions.

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