

EMOTIONAL INTELLIGENCE BETWEEN STATE AND NATIONAL LEVEL VOLLEYBALL PLAYERS

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ABSTRACT

Intelligence forms the basic characteristic of human beings. The level of intelligence is reflected by the clarity of purpose, thought and action in an individual's behavior. Emotional intelligence in sports is the ability to control your emotions and create peak performance on demand. The purpose of the present study was to determine the difference between state and national level volleyball players on emotional intelligence. For the purpose of the study 200 male volleyball players selected as a subject. The Emotional Intelligence Inventory developed by Mangal and Mangal (2004) was used to collect the data. Independent t-test was used to interpret the results at 0.05 level of significance. The results of the study revealed that there is significant difference between state and national level volleyball players on emotional intelligence.

Keywords: Emotional intelligence, state, national, volleyball.

1. INTRODUCTION

Sports commonly refer to activities where the physical and mental capabilities of the competitor are the role or primary determinant of the outcome. The term sports in sometimes extended to encompass all competitive activities in which offense and defense are played, regardless of the level of physical activity (Patial, 2015).

Emotional intelligence is the ability to recognize one's own and other people's emotions (Khan, Haider, & Ahmed, 2011), to discriminate between

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different feelings and label them appropriately, and to use emotional information to guide thinking and behavior (Ilyasi, Sedagati, & Salehian, 2011). Emotionally intelligent athletes have the power to be self-motivated and self-directed (Dogan, & Cetin, 2008). Athletes take full responsibility for their own performance and make independent decisions. They are inner-directed with the emotional strength and responsibility to choose their response to the challenge of performing well (Kaukiainen, Bjorkqvist, Lagerspetz, Osterman, Salmivalli, Rothberg, & Ahlbom, 1999).

Now a days emotional intelligence as an important variable of human psychology which drives an individual and affects his performance in any concerned field (Bar-On, 2003), it becomes imperative to see how this variable correlates with the performance in sports (Crombie, Lombard, & Noakes, 2009), as these are not only intense but are full of aggression. It is an important set of psychological abilities that relates to life success (Litherland, Lyman, & Eyer, 1997).

To understand the concept of emotional intelligence, one should be clear about the two constituent terms, emotion and intelligence and their combination. Recently athletes need to identify how emotions influence the way they evaluate and analyze situations during sports competition (Ahmed, Khan, & Ahmed, 2011). This helps the athlete to deconstruct habitual patterns of behaviour and the impact these behaviours can have on the way they interact within the team. Additionally, athletes need to develop more resourceful ways of reasoning about and appraising events to direct more effective behavioural outcomes.

Litherland et al. (1997) revealed that the athletes with high emotional intelligence have features such as self exciting ability, perseverance and endurance against defeat, keeping their spirit, overcoming depression, sympathy, cordiality and group work. Goleman, (1998) also found that high emotional intelligence people have more ability in knowing their emotions, controlling their emotions, exciting themselves, knowing others' emotions and regulating their own relationships with others. Hemmatinezhad, Ramazaninezhad, Ghezselfloo, and Hemmatinezhad, (2012) concluded that optimistic and cheerful sports groups have higher emotional intelligence and more cooperation with each other. Nouroozi, Moradi, and Kosehchian (2010) stated that female student athletes had higher level of emotional intelligence compared to the female non athletes. Narimani and Basharpour (2009) concluded that the extent of sustainable attachment is lower among individual sport athletes compared to team sport athletes. Further he found that the emotional intelligence of team sport athletes is higher than individual sport athletes, and the emotional intelligence of individual sport athletes is higher than that of non athletes. These all researcher well documented that emotional intelligent is an important psychological variable which should be present in athletes (Cantor, & Kihlstrom, 1987; Pasand,

Mohammadi, Soltani, & Bazgir, 2013; Paul, 2015a; Paul, 2015b). Keeping this in mind present study was framed with the purpose to compare the state and national level volleyball players on emotional intelligent.

2. METHODS AND MATERIALS

2.1 Participants

For the purpose of the study, 200 male volleyball players selected as the subjects. The sample of the present study was drawn from the 17th Youth National Volleyball Championship held at Maulana Mohd. Ali Jauhar University, Rampur, UP and Senior State Championship Raebareilly, UP. The age of the selected subjects was in between 16 years to 27 years. All the subjects were categorized into two groups, state (n=100) and national (n=100) level volleyball players. For the purpose of the study state level players were those who played for their District and national level players were those who played for their state in the respective tournaments.

2.2 Tool

Emotional Intelligence of the subjects was measured by Mangal and Mangal (2004) Inventory. The scale comprised of (100) statements, which covers four 4 areas of emotional intelligence (Intrapersonal awareness (own emotions), Interpersonal awareness (on emotions), Intrapersonal management (own emotions), Interpersonal management (other than emotions). Test-retest reliability of questionnaire is 0.92. Independent t-test was used to interpret the results at 0.05 level of significance.

2.3 Procedure

The data on emotional intelligent was collected by the administering the emotional intelligent questionnaire on 200 male volleyball players. Before data collection informed consent from the team manager, tournament director, and players was obtained by the investigator.

2.4 Statistical Analysis

The obtained raw data on emotional intelligent was subjected to statistical analysis. Independent *t*-test was performed to compare state and national level volleyball players. All the statistical analysis was computed by the using SPSS (v.18.0) software. The significance was tested at 0.05 levels.

3. RESULTS

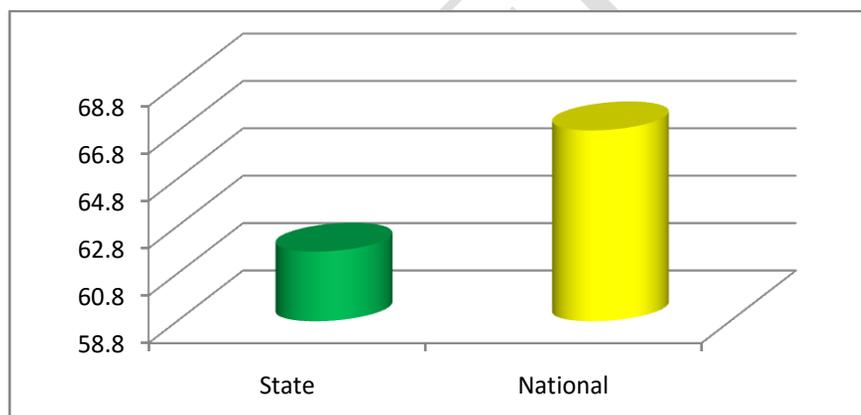
Table 1: Emotional intelligence between state and national level volleyball players

Level	<i>M</i>	<i>SD</i>	<i>t</i> -value	<i>P</i>
State	61.74	8.91	3.71*	< 0.05
National	66.86	10.54		

*Significant at 5% probability level $t_{.05}(198) = 1.97$

Table 1 shows that the calculated *t*-value (3.71) is more than the tabulated *t*-value ($t_{.05}=1.97$). It means significant difference exist between state and national level volleyball players ($t_{.05}=3.71, p < 0.05$) on emotional intelligence.

Figure 1: Graphical representation of emotional intelligence between state and national level volleyball players



4. DISCUSSION

The purpose of the present study was to determine the emotional intelligence between state and national level volleyball players. The results of the study revealed that statistical significant difference was found between state and national level volleyball players. It indicate that at both level (state and national) volleyball players are having difference in emotional intelligence as far as this set of population is concerned. This result documented that as level of performance progress, the level of emotional intelligence is also progress simultaneously. The findings of Zizzi, Deaner, and Hirschhorn, (2003) also supported our findings, they reported in their findings that significant relationship was observed between emotional intelligence and athletes' performance.

Some studies shows that emotional intelligence is higher among athletes in comparison to ordinary people (Narimani, & Basharpour 2009; Soflu, Esfahani, & Assadi, 2011; Ghezelsoloo, & Mostafaloo, 2014). Narimani, and Basharpour, (2009) proved that athletes in team sports show higher emotional intelligence than those who play individual sports. In addition, they proved that athletes generally have higher emotional intelligence compared with ordinary people. In one study, researchers have found no relationship between emotional intelligence and level of skill (Soflu, Esfahani, & Assadi, 2011). Maybe it happened because in this research the athletes were selected from among different sports. According to Ahmadizadeh, Taheri, and Heydarinejad, (2013) who compared active and inactive college students suggested that level of physical activity achieved significantly higher scores than their inactive counterparts in emotional intelligence.

It is believed that higher emotional intelligence leads to more successful adaptation of people to environment and environmental stimuli (Hooda, Sharma, & Yadava, 2009). The adaptation, in turn, brings about an athlete's success in team sports (Besharat, 2006; Ghezelsoloo, & Mostafaloo, 2014). Emotional intelligence can also help athletes and coaches realize the emotional atmosphere of their teams (Slaski & Cartwright, 2002).

The result of the study conducted by Taghizadeh, and Shojaie, (2012) is in contradiction of our findings, as they reported that level of proficiency does not influence the emotional intelligence, they concluded gender affects emotional intelligence. Hemmatinezhad, et al., (2012) reported that emotional intelligence scores and mood in players were associated with optimal and dysfunctional performance.

5. CONCLUSIONS

Within the limits of the study and the subjects on which the present study was conducted it is concluded that significant difference was found between state and national level volleyball players on emotional intelligence. It seem reasonably fair to conclude that state and national level volleyball players are having difference in emotional intelligent as far as this set of population is concerned.

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