

COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE AND STRESS LEVEL BETWEEN PHYSICAL EDUCATION STUDENTS AND ACADEMIC STUDENTS

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ABSTRACT:

The study deals with the emotional intelligence and stress level of the physical education students and academic students. In the present study the researcher observed the stress level of the students is increasing day by day as the competition in the modern society is so high that is impossible for all the students to hold their position or rank in any field of life for well settlement. So every student has to struggle very hard for livelihood because due to increasing population in the world especially in India is increasing at tremendous level so it is impossible for the Government to provide job to every student. The situation is same all over the world where it is difficult for every qualified person to get a suitable job unless he/ she come in top merit list.

KEY WORD:

Emotional Intelligence, Stress Level, Physical Education Students, Academic students

INTRODUCTION:

The study is helpful to find out the emotional intelligence and stress level of physical education and academic students; The study is helpful for the parents to know the psychological conditions of their children; The result of the study is helpful for the coaches to know the emotional intelligence and stress level of physical education students; The study is helpful for the Academic students to take necessary step for minimize stress level; The study highlights the comparison of emotional intelligence and stress level between physical education students and academic students of Amravati University; The study is helpful to find out the relationship of emotional intelligence and stress level among physical education students and academic students of Amravati University.

Methodology:

For the present study subjects were selected from Sant Gadge Baba Amravati University Amravati from Physical Education and Academic courses for the collection of data for the study.

Selection of Subjects:

Sixty male subjects were selected for the collection of data which include thirty Physical Education and thirty Academic students of Sant Gadge Baba Amravati University, Amravati.

Sampling Method:

The subjects were selected by using simple random sampling method.

Collection of Data:

For the collection of data, the subjects are given full administration of the tests which is used for the collection of data in the study.

Criterion Measures:

Following are the Criterion Measures which were responsible for collection of data, to testing the hypothesis.

Emotional Intelligence:

The standard Questionnaire of Emotional Intelligence constructed by DR. SHEETAL PRASAD has been used to know the Emotional Intelligence between Physical Education and Academic courses students from Sant Gadge Baba Amravati University, Amravati.

Equipment used for collection of data:

The standard questionnaire of Emotional Intelligence (EI) scale is a cluster of traits or abilities relating to emotional side of life, compiled or developed by Dr. Sheetal Prasad was used for the collection of data it contain 40 items. The Emotional Intelligence (EI) scale is the set of 40 questions and each question has four responses viz. self confident, trustworthy, innovative, conscientious, and adjusted.

Scoring:

A special type of procedure adopted by Dr. Sheetal Prasad has been used by the present researcher for scoring the Emotional Intelligence of the subjects. The procedure for scoring is as follows.

One score has been allotted to the each response. Thus the total marks will equal to the number of items. The aggregate of the marks should not be less than total number of the items in the scale.

Formulae for the calculation of Emotional Intelligence:

$$EQ \Sigma = \frac{(\Sigma S^2 + \Sigma T^2 + \Sigma T^2 + \Sigma C^2 + \Sigma A^2)}{5} + CA$$

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Result and Findings

The data was collected from the subjects by using standard questionnaire and analysis and interpretation was done on the basis of special statistical techniques viz. mean, standard deviation and 't' test.

The statistical analysis of the data gathered to know Stress Level and emotional intelligence between Physical Education Students and Academic Course Students of Sant Gadge Baba Amravati University, Amravati.

Comparison of Emotional Intelligence between Physical Education Students and Academic Students of Sant Gadge Baba Amravati University, Amravati

Table 1

Group	Mean	S.D.	M.D	D.F	O.T
Physical education	95.76	5.33	6.9	38	2.46
Academic	102.67	14.4			

Level of significance = 0.05

Tabulated 't' 0.05 (58) = 2.021

Table-1 reveals that there is no significant difference between means of Physical Education Students and Academic Students as mean of Physical Education Student is 95.76 is less than mean of Academic Students is 102.67 and there mean difference is 6.91. To check the significant difference between Physical Education Students and Academic Students, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated of Physical Education Students whose S.D. is 5.33 and Academic Students whose S.D. is 14.42. There was found significant difference in Emotional Intelligence between Physical Education Students and Academic Students because value of calculated 't'

=2.46 which is greater than tabulated 't' =2.021 at 0.05 level of significance. Hence the hypothesis is accepted.

Graph No. 1

Graphical Representation of Mean Difference of emotional intelligence between Physical Education Students and Academic Students of Sant Gadge Baba Amravati University, Amravati

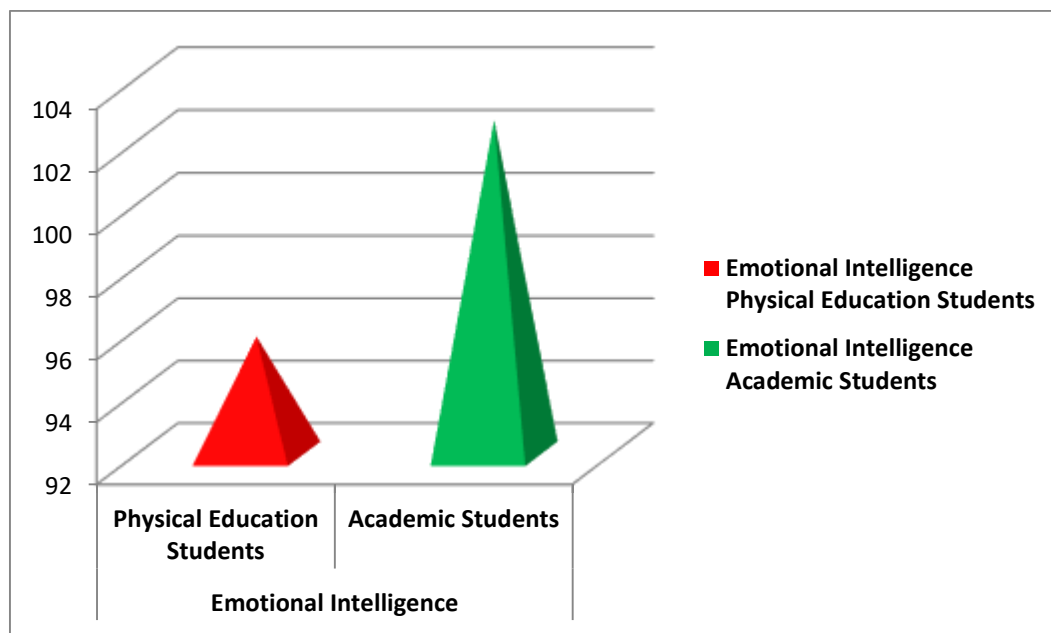


Table No. 2

Comparison of Stress between Physical Education Students and Academic Students of Sant Gadge Baba Amravati University, Amravati

Group	Mean	S.D.	M.D	D.F	O.T
Physical education	65.77	7.15	3	38	1.83
Academic	62.75	5.43			

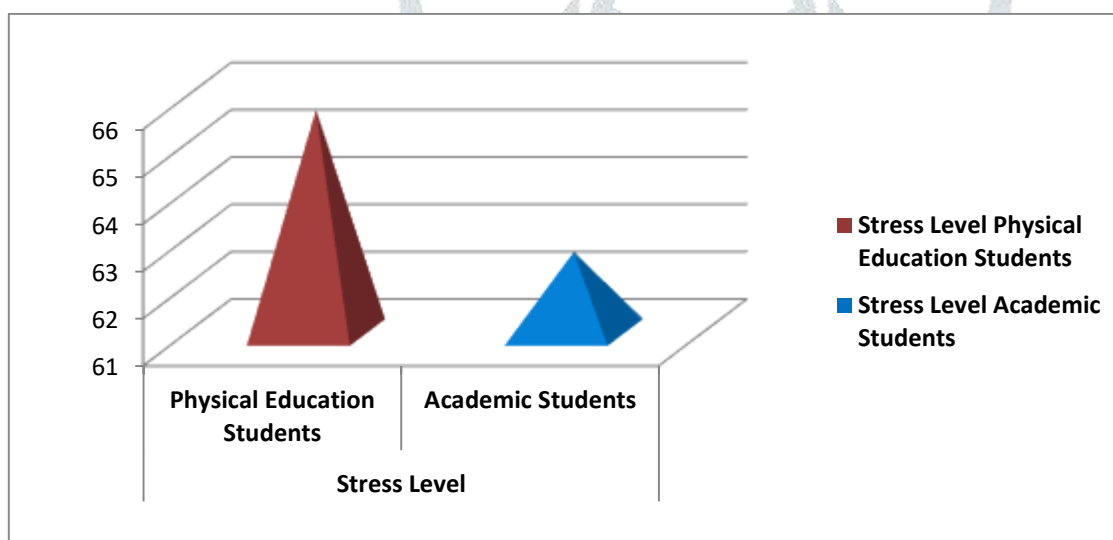
Level of significance = 0.05

Tabulated $t_{0.05(58)} = 2.021$

Table-2 reveals that there is significant difference between means of Physical Education Students and Academic Students as mean of Physical Education Student is 65.7 is greater than mean of Academic Students is 62.7 and there mean difference is 3. To check the significant difference between Physical Education Students and Academic Students, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between Physical Education Students whose S.D. is 7.15 and Academic Students whose S.D. is 5.43. There was found insignificant difference in stress level between Physical Education Students and Academic Students because value of calculated $t' = 1.83$ which is less than tabulated $t' = 2.021$ at 0.05 level of significance. Hence the hypothesis is rejected.

GRAPH 2

Graphical Representation of Mean Difference of Stress between Physical Education Students and Academic Students



Conclusion:

On the basis of available literature, researcher own experience and knowledge of Psychology, it was hypothesized that there will be a significant difference between the Stress level and emotional intelligence of physical Education Students of Amravati University and academic students of Amravati University but after the statistical analysis of data related to the emotional intelligence and stress of various departments it was found that in emotional intelligence there was found significant difference between the physical education and academic students but in Stress level there is found insignificant difference between the physical education and academic students of Amravati University. Hence the Researchers Hypothesis has been partially accepted.

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