

# Analysis of Emotional Intelligence Among Elite and Non-Elite Sports Persons

Dr. Neelam Sharma, Dr Hari Singh, HPU Shimla & Kreepa Sharma  
Associate Professor, Ph.D. Research Scholar & Ph.D. Research Scholar

School of Physical Education,

Lovely Professional University Phagwara, Punjab.

The development of psychological factors in sports demands deliberate intentions, encouragement and motivation. Against this background the present study investigates about the psychological determinants in elite and non-elite Sports persons for talent identifications and sport performance. By using purposive sampling technique 20 female elite and non-elite Sports persons between the age ranges 19 to 35 years were selected from Sports Authority of India and Guru Nanak Dev University respectively. Semi structured interview was conducted with coaches, to determine the psychological factors among Sports persons. The determinants identified were emotional intelligence. Further the determinants were measured by standardized questioner and scales; T-test was employed to compare the difference between existence psychological determinants of female elite and non-elite Sports persons.

## Introduction

Nowadays game and sport plays an important role in our life, but sports and games are not only important for success but are also important for every walks of life. Games and sports include all those activates such as indoors and outdoors games and popular among all ages of people because it helps them to keep fit and strong. Sports and games have come to stay in civilization world and its essential features of human activate and symbolize the youth of nation because the intellectual growth and development of nation depends upon the health of nation. Games and sports not only merely include health and fun but its built and in still a sense of cooperation, spirit of disciple and teamwork

## Significance of Study

Sport psychology deals with the mental aspects of sport and in various fields. It aims to improve both the sports performance and general well-being of the Sports person through the application of psychological and physical techniques. One could argue this point however, as dealing effectively with Sports persons in an applied setting, still probably remains more of an art than a science. The past few decades has seen the steady gathering of quite a significant body of scientific research documenting the positive effects of many sport psychology interventions. Areas covered by sport psychology, range from confidence, motivation to performing under pressure, and everything in between. The important of psychological variables in talent identification can play significant role to identify the player's status and capability for winning the game. The research had made an effort to identify the responsible psychological variables for talent identification of Sports person and archer it will also be helpful to the coaches for giving psychological training program for

different level players of different games. It will also be helpful to increase the level of performance among non-elite Sports persons. It will explore the areas of sports psychology and will give new dimensions to research and talent identification. It will also explore the areas of sports psychology in physical education.

### Statement of the problem

The present study is entitled as investigation of psychological determinants in elite Sports persons for talent identification among non-elite Sports persons. The investigator has identified the psychological factor for good performance in elite Sports person with the help of international coaches. On the basis of that variables comparison has been done between elite and non-elite Sports person and a frame work of talent identification had be prepared.

### Objectives of the study

To examine the level psychological determinants among elite and non-elite Sports persons.

### Hypotheses

There exist significant different between elites and non-elites Sports persons on the variable Emotional intelligence.

### Operational Definitions of selected Variables

Elite Sports person: - Elite Sports person are those who has participated one or more than one time in international level competition.

Non Elite: - Non Elite Sports person are those player who has participated in inter college level competition and could not be selected for higher level competition.

Sports person – In the study sometime the terms Sports person had been used for both Sports persons and Archers.

### METHDOLOGY

The study aims to identify psychological factors responsible for performance among elite female Sports persons. It also analyse the difference between elite and non-elite female Sports persons in terms of psychological factors. For this purpose 20 female Sports persons from elite (n=10) and non-elite (n=10) were selected. Elite female Sports persons are those who had participated at international level for one or more than one time and still in practice and were selected from SAI Kolkata and non-elite form Guru Nanak Dev University Amritsar (Punjab) who had participated in inter college level but not selected for higher competitions. The data was collected to see the comparison between identified psychological factor meta cognition of elite and non-elite female Sports persons.

Purpose- To assess the emotional intelligence among elite and non-elite players.

Scoring – It contains 30 items each items being a statement by a four point scale ‘not at all’, ‘somewhat’, ‘to a considerable extent and very much so’,. If a response marks ‘ not at all’ he is given weightage of 1 point similarly 2,3, and 4 point are given for marking on ‘somewhat’, ‘to a considerable extent’, ‘and very much so’ respectively.

### Statistical Technique

The raw data was arranged in tabulated form for the further statistical treatment. Collection data was analysed with the help of t-test because the sample size was less than thirty (30 ) and two groups were there. The results were tested at 0.05 level of confidence. On the bases of findings results will be made.

### RESULT AND DISCUSSION

The main aim of the investigator is to find out the result of the study, with the help of t-test. The main aim and objective are achieved and tested hypothesis were formulated.

Significance Difference between Mean Score of Elite and Non Elite Sports persons on the Variable emotional intelligence

Group	N	Mean	SD	Df	t-value
Elite	10	97.7	4.46	18	2.48*
Non-Elite	10	89.9	9.19		

Table value 2.10

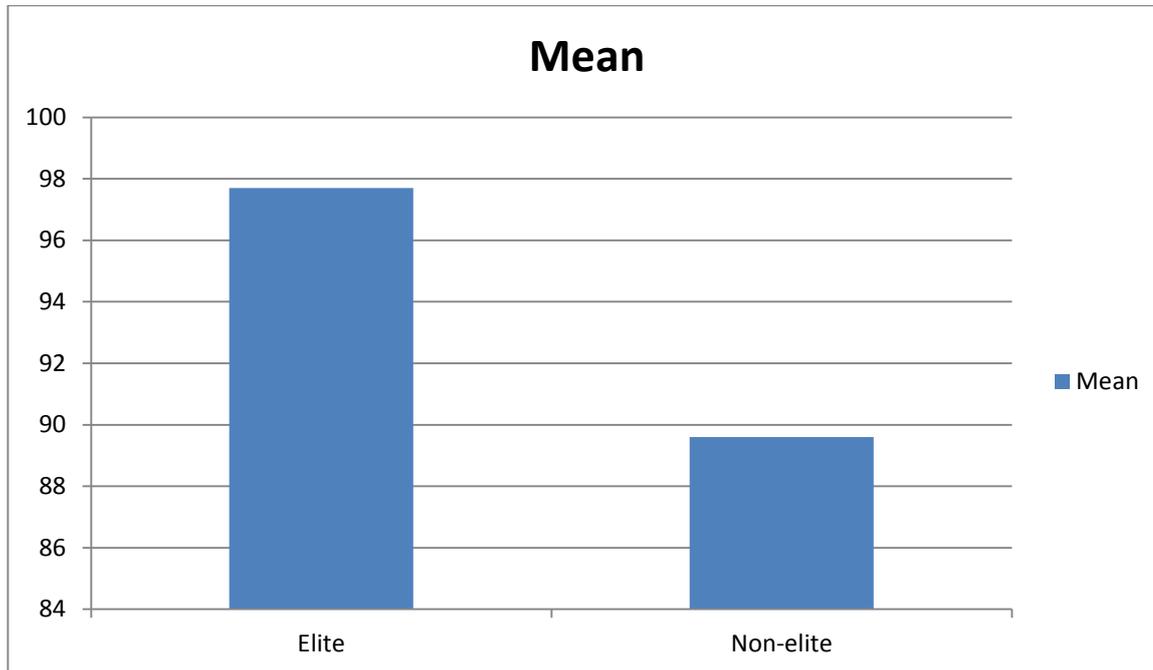
\*Significant at 0.05 Level

Table indicate that the mean score of elite Sports persons and non-elite Sports persons were found to be 97.7 and 89.9 respectively where as standard deviation was 4.46 and 9.19. The t-value was 2.48 found to be significant at 0.05 level of confidence. The result of the study shows that elite Sports persons have higher emotional intelligence as compared to non-elite Sports persons.

Figure

Shows the Comparison on Emotional Intelligence between Elite and Non-Elite

Sports persons



#### Discussion of Table

The above table shows that there are significant difference between elite and non-elite archer and Sports person on the variable emotional intelligence. Elite player have significantly higher mean score as compared to non-elite players on the above variables. In the field of sport emotional intelligence is one type of cognitive behavior of a player to understand and manage their emotions in a positive way which facilitate the interpersonal behavior during the game. All learning has an emotional base. (Plato)" "Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic" (Cherry) The role of emotional intelligence in sports is the ability of controlling one emotions and create peak performance in sports. Performance during the game often determined by the dependability of emotional intelligence. By facing prolonged competitive environment elite Sports person get mastery over their emotional intelligence and this power facilitate them to perform best in their events. According to (Zamanie et.al 2011) stated on several games like handball and basketball that Sports person has higher emotional intelligence in comparison to non-elite Sports person because they have to constantly control and manage their emotions under the different conditions. (Goleman 1998) stated in a article that level of social emotional intelligence of participates always increase as a result of successful performance and a warm described social environment with the higher degree of cooperation. According his study (Vassiliki 2009) on genius Taekwondo and Judo players, he reported that emotional intelligence has a relationship with excellent physical image and optimum performance of the Sports persons who have higher emotional intelligence, have higher performance by accepting the responsibility and mistakes of their teammates. Current research findings showed that elite Sports person scored significantly better values with regards to emotional intelligence in

comparison with their less talented Sports person. Researcher believes that component of performance in sports is the control over your emotional intelligence and non-elite players have very less control over the emotional intelligence because of the lack of experience. That why elite players performed better on the variable emotional intelligence in comparison to non-elite.

## Conclusion

The aim of the study was to compare the psychological characteristics of elite and non-elite Sports person for talent identification. Within the limitation of the study following conclusion was appeared. The psychological variable namely Emotionally Intelligence were significantly different in elite players Sports person as compared to non-elite Sports person.

## Result of the Study

There was significant different between elite and non-elite Sports persons on the variable Emotional intelligence.

## BIBLIOGRAPHY

- Bahado,Z.,Mohammad.,et.al (2011) Review of the Effective Talent Identification Factors of Badminton for Better Teaching To Success. *Procardia - Social and Behavioral Sciences*, 31,835-836.
- Elferink,T., et.al(2007) Multidimensional Performance Characteristics and Standard Of Performance in Talented Youth Field Hockey Players: A Longitudinal Study. *Journal of Sports Sciences* 25(4) 481-489.
- Fleishman, E.A.(1964) The Structure and Measurement of Physical Fitness. *Englewood C Cliffs, NJ*, Prentice Hall.
- Guido, S. (1993) Mental Training. 8<sup>th</sup> *World Congress of Sports Psychology*, Lisbon.
- Hasan, M.,Roel,V., et.al (2009) Anthropometric and Performance Measures For The Development of A Talent Detection And Identification Model In Youth Handball. *Journal of Sports Sciences* 27(3) 257-266.
- Hanspeter, G. (1993) Mental Rehearshal. In Sidonionserp and other, *Proceeding of the 8<sup>th</sup> World Congress of Sports Psychology*,Lisbon.