



Cover Page



INFLUENCE OF GENDER ON EMOTIONAL INTELLIGENCE AMONG SPORTS PLAYERS

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Abstract

The present research study throwing the light on the influence of gender on the psychological variable emotional intelligence among sports players of Gulbarga University, Karnataka.

the researcher refereed the many related studies before conduct the investigation, the major aim and objectives of the present study as follows – to check the emotional intelligence among sports players of the study, to collect the research data of emotional intelligence through the standard scale from sample of the study, and compare the emotional intelligence among male and female sports players to check the influence of gender. The research hypothesis stated that – there would be influence of gender on the emotional intelligence of sports players, and there would be significance difference in emotional intelligence among sports players.

The sample were selected through the simple random method of sampling from the Gulbarga university affiliated colleges of Kalburgi district, the investigator took one hundred inter collegiate participated players as sample of the study who have represented the inter collegiate sports meet at college level, the sample consisted both male and female sports players in equal number. The research data was calculated through the SPSS package to find out the results of the study.

Keywords:Gender, Emotional Intelligence.

Introduction

The Emotional Intelligence

The emotional intelligence is the one of the most importance psychological factor in the human personality. The control over the self emotions and also understand the others feelings with same respect. The person who can understand the situations and ready to handle every person with the disturbance of mind, it is the ability to handle the self and others mental situations.

Roseman’s Model of Emotions

Roseman’s model consists of five “appraisal” components. These five components in turn generate 14 types of “Emotions.” The five different appraisal components and the emotions that can be generated are as follows:

1. Motivational State (Appetitive, Aversive).
2. Situations State (Motive-Consistent, Motive-Inconsistent).
3. Probability (Certain, Uncertain, Unknown).
4. Power (Strong, Weak).
5. Agency (Self-Caused, Other-Caused, Circumstance-Caused).

Intelligence: David Wechsler has very well-defined intelligence as “The aggregate or global capacity of an individual to act purposefully, to think rationally, and to deal effectively with his environment.” It is an innate quality or trait of human beings for better understanding, deciding, problem solving, and attaining the goals.

According to Einstein "The true sign of intelligence is not knowledge but imagination."

Emotional Intelligence: It is an innate ability or trait of an individual to be aware of his surroundings, to control and express his/her own emotions, and use these emotions judiciously and empathetically to manage interpersonal relationships.

Mayer and Salovey in 1990 first defined “Emotional Intelligence” as “The subset of social intelligence that involves the ability to monitor one’s own and others’” feelings and emotions, to discriminate among them and to use this information to guide one’s thinking and action.”

Mayer and Salovey later in 1997 redefined their previous definition and said “The capacity to perceive emotions, to access and generate emotions so as to assist thoughts, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.”



Cover Page



Mayer and Salovey later in 2004 once again redefined EI as “The ability to perceive accurately, appraise and express emotions, the ability to access and/or generate feelings when they facilitate thought, the ability to understand emotions and emotional knowledge, and the ability to regulate emotions to promote emotional and intellectual growth.”

In addition to providing a more formal definition of EI, the articles of Mayer and Salovey from the year 1990 describe an “Emotionally-Intelligent person” to be a “well-adjusted, genuine, warm, persistent, and optimistic person.”

Method

In the present study the investigator tried to understand the influence of gender on the emotional intelligence of sports players of Gulbarga university, the researcher divided the sample into male and female players those who have participated university sports competitions, further he checked the emotional intelligence and compared between the sample groups of the research study.

The objectives

- To measure the emotional intelligence of sports players of Gulbarga university,
- To compare the emotional intelligence between male and female sports players,
- To check the influence of the gender on the psychological variable emotional intelligence of sports players.
- Find out the statistical significance difference in emotional intelligence between male and female sports players.

The Hypothesis

- There would be influence of gender on the emotional intelligence of sports players,
- There would be significance difference in emotional intelligence among male and female sports players.

Sample of the study

The researcher selected one hundred sports players those participated in inter collegiate sports competitions of Gulbarga university both male and female in equal number on simple random method of sampling, he given the needed information about the research study to the sample, and provided the standard scale of emotional intelligence to collect the data from sample of the study.

Tools

- The emotional intelligence scale – EIS by Dr.Arun KumarSingh professor and former head university department of psychology Patna university and Dr.Shruti Narain Department of psychology Patna women`s college Patna Bihar. The scale consisted of 31 items with four divisions.
The scale consisted four divisions of item like,
 - Understanding emotions
 - Understanding motivation
 - Empathy
 - Handling relations
- Statistical, mean SD & t tests were used to interpretation of research data.

Data Analysis and Interpretation

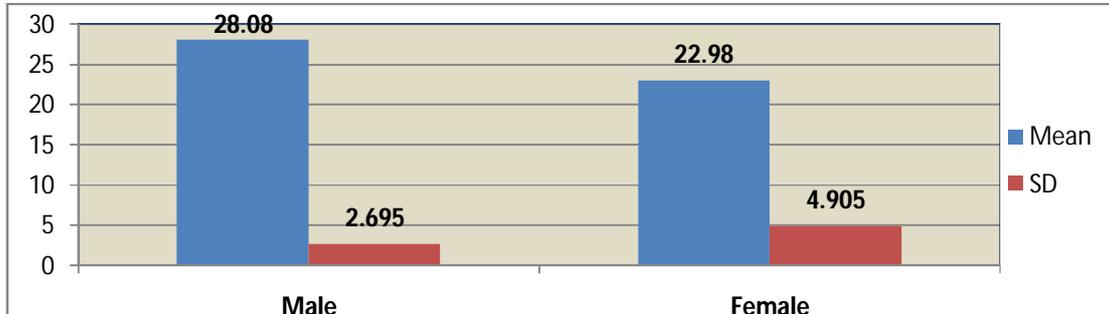
The Table Showing the Emotional Intelligence Among Male and Female Sports Players of Gulbarga University

Sports Players	N	Mean	SD	T value
Male	50	28.08	2.695	7.255**
Female	50	22.98	4.905	

Significant at 0.01 levels**



Cover Page



The table and graph are showing the emotional intelligence between male and female sports players of Gulbarga university Karnataka, the research study revealed that the male sports players are having the higher emotional intelligence while the female sports players are having the average emotional intelligence in their personality. The male sports players mean score in emotional intelligence test is 28.08 and the standard deviation is 2.695, the female mean score is 22.98 and standard deviation is 4.905, the calculated t value is 7.255** significance at 0.01 levels.

Conclusion

The present research study showing that the male sports players are having the better emotional intelligence than the female sports players, the study shown the influence of gender on the psychological factor of sports players.

- ◆ The male sports players having higher emotional intelligence in the study than the female sports players
- ◆ There is significance of difference in emotional intelligence between male and female sports players

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