

## A Study of Emotional Intelligence among the Footballers and Non-Footballers of Tripura – A Pilot Study

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### Abstract

Success and failure of an athlete depends on the blending of physical conditioning, training, mental preparation and ability to perform well in under pressure and cooperation of athlete with others. So, all the aspects are needed for an athlete. If one is lacking in an aspect, it is very difficult to achieve success in competition. **Objective:** to find out the emotional intelligence among the footballers and non- footballers of Tripura. **Subjects:** twenty five (25) footballers from Tripura sports school, Agartala and twenty five (25) non-footballers from Kendryaya Vidyalaya, ONGC, Agartala were randomly selected. **Criterion measures:** for assessment of emotional intelligence, Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar has been used. **Administration of test and collection of data:** the researcher administered the test and instructed them to response to every statement according to their feeling by making tick (√) on any one cell of the five alternatives. The questionnaire consists of different factor wise items of 34 questions. The scoring pattern for the questionnaire is as follows; Strongly Agree- 5 points, Agree- 4 points, Uncertain- 3 points, Disagree- 2 points, Strongly Disagree- 1 point. **Statistics:** T-test was employed to assess the emotional intelligence of footballers and non- footballers of Tripura and the level of significance was set at 1%, 5% and 10% level. **Result:** according to statistical analysis, emotional intelligence difference of footballers and non-footballers of Tripura was observed 0.564 and the difference was found insignificant. **Conclusion:** based on the finding, it has been concluded that both the group i.e. footballers and non-footballers of Tripura have similiar emotional intelligence level.

**Keywords:** emotional intelligence, footballers, non- footballers,

### INTRODUCTION

Despite the pronounced emphasis on physical matters in the sports sciences, it is widely accepted that sports performance is influenced not only by physical attributes, but also by psychological factors. Some athletes seem to have a mental edge over other athletes with comparable physical characteristics and training backgrounds. Some athletes perform better under pressure, implement strategies more effectively, tolerate discomfort better, concentrate more intensely, identify more creative solutions to challenging sport situations, push themselves harder, learn new skills more quickly, or prepare themselves for competition better than their physically similar peers. Issues associated with the mental advantage gained by these athletes fall squarely within the domain of sport psychology. Emotion is an umbrella term which includes the situation, the interpretation of the situation and the response related to the interpretation of the situation. Emotions have two dimensions. The physiological dimension considers emotion as a complex state of human mind. The psychological dimension considers emotion as a state of excitement or perturbation marked by strong feelings. Athletes and general people are always looking for a sufficient way to deal with problems and try to have the smallest amount of failure, to resolve their difficulties. One way to look at it is that, a problem can be an opportunity to develop the abilities.

In sports context, emotional intelligence is important. Parlani and Halverson (2006) showed that emotional intelligence of hockey players was higher and this contributed to their success in the super league. Athlete must recognize one's emotion, as well as the opponents' and teammates' emotions, in order to perform well in sports. Crabbe (2007) showed that

athlete students have a high emotional intelligence. Aliyan's (2005) study suggest that, in athletes and non-athletes, there is a significant difference between the emotional intelligence. Hirokawa et. al., (2000) indicated that emotional intelligence and personal intelligence have a significant positive effect on team performance. Most of the emotional intelligence study have performed inside and outside of India, none of the study has been done in Tripura context. Therefore, the researcher attempts to understand and find out the emotional intelligence among the footballers and non-footballers of Tripura.

## **METHODOLOGY**

### **Selection of subjects:**

For the purpose of the study, twenty five (25) footballers from Tripura sports school, Agartala and twenty five (25) non-footballers from Kendyaya Vidyalaya, ONGC, Agartala were randomly selected.

### **Criterion measure:**

For assessment of emotional intelligence, Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar has been used.

### **Administration of test and collection of data:**

By following the instructions laid down in the manual the researcher administered the test and instructed them to response to every statement according to their feeling by making tick (✓) on any one cell of the five alternatives. There was no right and wrong answer; they had to give responses on all the items. The questionnaire consists of different factor wise items which is given below:

**Table-1:Factor Wise Items Serial Number**

<b>Sr. No.</b>	<b>Factor</b>	<b>Item Serial Number</b>	<b>Total</b>
A	Self-awareness	6, 12, 18, 29	4
B	Empathy	9, 10, 15, 20, 25	5
C	Self-motivation	2, 4, 7, 8, 31, 34	6
D	Emotional stability	14, 19, 26, 28	4
E	Managing Stations	1, 5, 11, 17	4
F	Integrity	16, 27, 32	3
G	Self-development	30, 33	2
H	Value orientation	21, 22	2
I	Commitment	23, 24	2
J	Altruistic behaviour	3, 13	2
		<b>Total Items</b>	<b>34</b>

The scoring pattern for the questionnaire is as follows; Strongly Agree- 5 points, Agree- 4 points, Uncertain- 3 points, Disagree- 2 points, Strongly Disagree- 1 point.

**Statistical analysis:**

For assessment of emotional intelligence among the footballers and non-footballers of Tripura, T-test was employed and the level of significance was set at 1%, 5% and 10% level.

**RESULT AND DISCUSSIONS:**

In order to determine the significance of difference on emotional intelligence among the footballers and non-footballers of Tripura, results have been presented in table- 2.

**Table- 2: Significant Difference between the Means of Emotional Intelligence**

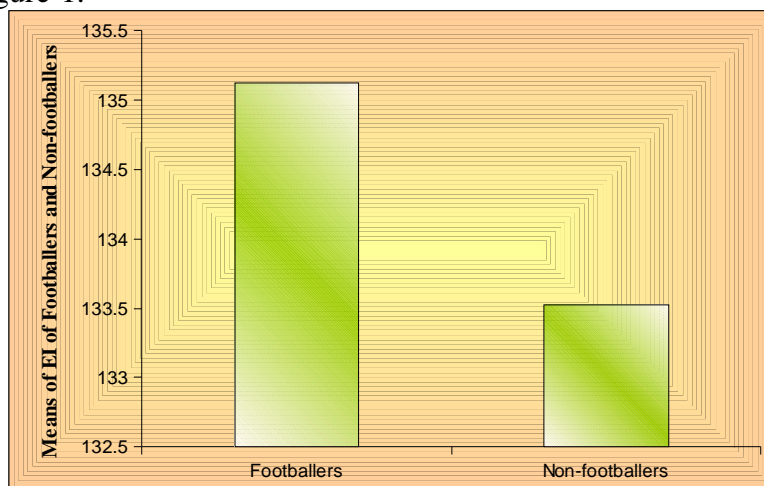
	Mean	SD	SE	'T' ratio	Sig P.
Footballers	135.12	6.307	2.837	0.564	0.575
Non-footballers	133.52	12.705			

\*\*\*Significant at 1% level

\*\*Significant at 5% level

\* Significant at 10% level

It is evident from the table - 2 that the significance of mean difference of school footballers and non-footballers towards emotional intelligence has shown insignificant difference, as the calculated value of t-ratio 0.564 was at  $p < 0.575$  level. The symbolic diagram to exhibit the image of emotional intelligence of footballers and non-footballers has been presented in figure-1.



**Figure-1**

**Discussion of Finding**

In the light of the findings, insignificant difference was found on emotional intelligence of footballers and non-footballers of Tripura.

**Conclusion**

Based on the finding, it can be concluded that both the groups i.e. footballers and non-footballers of Tripura have similar emotional intelligence level.

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