

Comparison of Emotional Intelligence and Mental Toughness among Cricket, Hockey and Football Players of University Level

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Abstract

The purpose of the study was to the study on emotional intelligence and mental toughness of All India Inter University male Cricket, Hockey and Football players. 25 male Cricket players, 25 Hockey and 25 Football players from North Zone Inter University tournaments in the session 2019/20. Subjects for the study were selected by using purposive sampling method. The age of the subject between 18 to 25 years. Criterion measures chosen to the test the hypothesis was the scores obtain in emotional intelligence scale constructed by Anuket Hyde et.al. And mental toughness questionnaire constructed by Alan Goldberg. For the purpose of analysis of data ANOVA was employed to compare the emotional intelligence and mental toughness of cricket, hockey and football players. Based on statistical analyses and results of the study it was concluded that there was significant difference among Cricket, Hockey and Football players in relation to Emotional Intelligence as obtained F-ratio was 5.695, which was greater than the tabulated value of 3.11 required for F-ratio to be significant at 0.05 level with (2, 72) degree of freedom. It was also found that there was significant difference among Cricket, Hockey and Football players in relation to Mental Toughness as obtained F-ratio was 9.011, which was greater than the tabulated value of 3.11 required for F-ratio to be significant at 0.05 level with (2, 72) degree of freedom.

Keywords: Emotional Intelligence, Mental Toughness of Cricket, Hockey and Football Players.

INTRODUCTION

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performance seen in competitive sports is nothing but a perfect optimum harmonious relationship between one's psychological preparedness and technical preparation. Sports Psychologists (researchers and practitioners), coaches, sports commentators, sports fans and athletes acknowledge the importance of mental toughness in sporting performance (Tunney, 1987; Williams, 1988; Hodge, 1994; Goldberg, 1998). Emotional Intelligence helps the player to understand his/her strengths and weaknesses and other players' feelings so that they can improve their performance. It is helpful in formulating an emotional intelligence strategy so that when and what to do and how to do it all increases the player's understanding and help it perform well. Emotional Intelligence controls the emotion of the players and so that the players are not under pressure and they can improve their performance.

Mental toughness is a quality that is found to be different in different players. Mental toughness is a very important property for the success of players in which they move from a state of pressure without losing confidence to a good position in which players have good confidence. They don't make mistakes easily, these players need good mental toughness which is brought out

of the pressure situation without losing pressure and a player with a good mental toughness is never easily distracted no matter the pressure situation. Emotional Intelligence and Mental Toughness, these two psychological attributes that make a player strong and that makes their playing ability more efficient and effective during a competition like university level or All India University level. These are two such psychological attributes which improves player's performance at higher level of competitions. Also players who have more emotional intelligence and mental toughness are more likely to be better players than other players and perform well in big competitions. Keeping in view these conceptual aspect the research problem was formulated with the title "A study on Emotional intelligence and Mental Toughness of All India inter university Cricket, Hockey and Football players".

METHODOLOGY

Total 75 male students (25 players of Cricket, 25 players of Hockey and 25 players of Football of all India Inter university level) were selected as subjects for the study by using Purposive sampling method. Psychological variables that are used viz. Emotional Intelligence and Mental Toughness. Data from the variables was collected by applying following Questionnaires-

- (1) Emotional Intelligence Scale (2002) constructed by Anuket Hyde et.al.
- (2) Mental Toughness questionnaire (2004) constructed by Alan Goldberg.

The data was collected by the investigator at the North Zone Inter University for the session 2019-20. The investigator had made efforts to educate the subjects about the procedure of filling the questionnaires and the significance of their responses for this study. Every subject filled Questionnaire himself and in front of the investigator. For the statistical Analysis of data one way ANOVA was applied to compare of the means of three groups i.e. Cricket, Hockey and Football on Emotional Intelligence and mental toughness .LSD post hoc mean comparison was applied for significant F- values. The level of Significance was set at 0.05 levels.

Table. 1 Descriptive Statistics on Emotional Intelligence of Cricket, Hockey and Football Players

Emotional Intelligence	N	Mean	Std. Deviation	Std. Error	Min.	Max.
Cricket	25	146	20.52	4.10	99.00	170.00
Hockey	25	136	12.97	2.59	120.00	166.00
Football	25	153	18.83	3.76	113.00	170.00

The evident from table-1 that mean and standard deviation of Cricket, Hockey and Football players on Emotional Intelligence are 146 ± 20.52 , 136 ± 12.97 and 153 ± 18.83 respectively.

Table. 2 One way ANOVA of Emotional Intelligence

Source of variation	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3586.427	2	1793.213	5.695	.005*
Within Groups	22670.160	72	314.863		
Total	1275.920	74			

*Significant at 0.05 level

F-ratio 0.05 (2, 72) = 3.11

Table- 2 revealed that there was significant difference among Cricket, Hockey and Football players in relation to Emotional Intelligence as obtained F-ratio was 5.695, which was greater than the tabulated value of 3.11 required for F-ratio to be significant at 0.05 level with (2, 72) degree of freedom. It indicates that there is a significant difference on emotional intelligence among Cricket, football and hockey players.

Table.3 Post hoc Tests of Emotional Intelligence

Game (I)	Game (J)	M.D. (I.J.)	S.E.	Sig.
Hockey	Football	-16.84000*	5.01887	.001*
Hockey	Cricket	-10.00000	5.01887	.05*
Football	Cricket	6.84000	5.01887	.177

*Significant at 0.05 level

It is evident from the table-3 that there is significant difference on Emotional Intelligence between Hockey & Football (MD=-16.84) (p-value=0.001) and Hockey & Cricket (MD=-10.00) (p-value=0.050) which are greater than the required value to be significant at 0.05 level of significance. It is also evident from the table that there is no significant difference between and Football and Cricket (MD=6.84) (p-value=0.177) is lesser than the required value to be significant.

Table. 4 Descripted Statistics on Mental Toughness of Cricket, Hockey and Football Players

Mental Toughness	N	Mean	Std. Deviation	Std. Error	Min.	Max.
Cricket	25	20.40	4.26	.852	13.00	27.00
Hockey	25	18.08	4.12	.824	11.00	25.00
Football	25	15.88	2.71	.542	12.00	21.00

The evident from table-4 that mean and standard deviation of Cricket, Hockey and Football players on Mental Toughness are 20.40±4.26, 18.08±4.12 and 15.88±2.71 respectively.

Table. 5 One Way ANOVA of Mental Toughness

Source of variation	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	255.440	2	127.720	9.011	.000*
Within Groups	1020.480	72	14.173		
Total	1275.920	74			

*Significant at 0.05 level

F-ratio 0.05 (2, 72) = 3.11

Table-5 revealed that there was significant difference among Cricket, Hockey and Football players in relation to Mental Toughness as obtained F-ratio was 9.011, which was greater than the tabulated value of 3.11 required for F-ratio to be significant at 0.05 level with (2, 72) degree of freedom.

Table. 6 Post hoc Tests of Mental Toughness

Game (I)	Game (J)	M.D. (I.J.)	S.E.	Sig.
Hockey	Football	2.20000*	1.06483	.042*
Hockey	Cricket	-2.32000*	1.06483	.033*
Football	Cricket	-4.52000*	1.06483	.000*

*Significant at 0.05 level

It is evident from the table-6 that there is significant differences on mental toughness between Hockey & Football (MD=-2.20) (p-value=0.042), Hockey and Cricket (MD=-2.32) (p-value=0.033) Football & Cricket (MD=-4.52) (p-value=0.000) as mean differences are greater than the required value to be significant at 0.05 level of significance.

DISCUSSIONS

The Statistical findings and results of the study on Emotional Intelligence and Mental toughness of all India Interuniversity of Cricket, Hockey and Football players revealed the fact that there is significant difference among Cricket, Hockey and Football players in relation to Emotional intelligence as F-ratio is 5.695 which is greater than tab value 3.11 at 0.05 level of significance. It is also evident from the findings that there is significant difference among Cricket, Hockey and Football players on mental toughness as F- ratio 9.011 is greater than tabulated value 3.11 at 0.05 level of significance.

The statistical finding pertaining to Mental toughness revealed the fact that Cricket players are much more mentally tough and compared than their other counter parts, as the mean of mental toughness is (Cricket- 20.40, Hockey 18.08, Football 15.88) Also the post-hoc mean comparison also clearly signifies their differences. This could be attributed to the fact that through all the players belongs to all India- University level which is of an adequate standard and elite level they are having significant mental toughness and Cricket player due to their overall format of game exhibit more emotional control, remain calm and relaxed under pressure situation. They are better equipped to deal with various Physiological situation of the game.

On the contrary, the nature of football and Hockey game is of more body contact and players tends to passes more aggressive behavior and loss their temper and compression at the time of pressure match and opponent involvement. This could be the reason for being little lesser on mental toughness. However, they are all India inter-university level players so they as much better than the players belonging to lower level of participation. The study conducted by Sangeeta (Jan-June, 2015) on mental toughness among university level players. A comparative study also have similar findings.

The statistical findings pertaining to Emotional Intelligence could be attributed to the fact that Football and Hockey players possess much more emotional intelligence than Cricket players because the strategy and tactics play an important role in the progress of the match in the Football and Hockey in comparison to the Cricket game. The sudden change in ball possession and number of goals can drastically change the scenario of the match. However, in Cricket though at every front proper planning of strategy and tactics are involved but the outcome are note that much dynamic than Football and Cricket. Also, in Football and Hockey players understood the strength/weakness and other feelings are much better due to contact nature of the game. They intelligently manage the pressure situation by transferring it to their other team mates.

The study of Perlini, A.H., et.al. (2006) on Emotional intelligence in the National hockey league, David Crombie, et.al. (2009) on Emotional Intelligence Scores Predict Team Sports Performance in a National Cricket and Baljinder Singh Bal, et, al. (2011) on “Emotional intelligence and sporting performance: a comparison between open- and closed-skill athletes Competition revealed that Emotional Intelligence may contribute to the success of teams participating in complex sports and it can enhance leadership performance, team cohesion, and coping with pressure. The above research work have similar findings to that of the present investigation. Sudhakara and Virupaksha (2012) on compared mental toughness in soccer and hockey players, Solanki and Singh (2013) Comparative Study of Mental Toughness between the Players of Tae-kwon-Do and Cricket. Result reveal that mental toughness of cricket players was significantly better as compared to taekwondo players. The findings of the above studies are in line with the present research work.

In the nutshell we can say that the psychological demands of the games of Cricket, Hockey and Football requires a comprehensive amount of emotional intelligence and mental toughness to perform at university level. The difference could be the dynamism and nature of the game.

CONCLUSIONS

Based on statistical findings and discussion on the study following conclusions have been drawn

1. There is significant difference on emotional intelligence among Cricket, Hockey and Football players
2. There is significant difference on Mental toughness among Cricket, Hockey and Football players

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