

A Correlation Study of The Emotional Intelligence and The Sports Performance of Ball Badminton Players

Jyoti Kishor Shrirao
Assistant Professor
Physical Education Department
Anand Niketan College of Agriculture, Warora

ABSTRACT

The aim of the present investigation was to study the correlation between the emotional intelligence and the sports performance of the ball badminton players. The subjects of the present study were 40 collegiate male ball badminton players who had come to participate in the intercollege team selection trials at Warora Colleges playground in the session 2009- 2010.(average age 20-22 years). To test the Emotional Intelligence of the players, EIS questionnaire drafted by Anukul Hade, (Indore), Sanjyot Pethe (Ahmedabad), Opinder Dhar(Ahmedabad) was used. The sports performance was measured by Subjective Rating Scale. The results of the study show that there is a positive correlation between all the emotional intelligence variables and sports performance of the ball badminton players. The level of significance was kept at 0.05 and 0.232 (78) level. self awareness and sports performance (0.705), empathy and sports performance (0.634),self motivation and sports performance (0.745), emotional stability and sports performance (0.683), managing relations and sports performance (0.747), integrity and sports performance (0.733), self development and sports performance (0.741),value orientation and sports performance (0.690), commitment and sports performance (0.673), and Altruistic Behaviour and sports performance (0.695).From the above findings, it is concluded that the ball badminton players should have enough emotional intelligence for a better sports performance.

Key words: *Ball-Badminton, Emotional intelligence, Sports performance.*

I. INTRODUCTION:

Ball Badminton is one of the most popular traditional Indian games played since ancient times. The game is played for leisure. The ball-badminton game is played just like the game of badminton but instead of a shuttlecock a ball is used in it. It is always played in doubles or teams of fives. The playground, the net, the rackets, the ball-their weight and size are designed as per the rules and the regulations of the game.

Being a team game, the players are required to be emotionally intelligent so that they can exhibit their excellent sports performance. Sports Performance has a close relation with emotional intelligence. Emotional Intelligence is the ability to understand one's own feelings and emotions and also those of others; the players should be able to monitor one's own feelings and that of others (Salovey and Mayer, 1990). The ball—badminton players may get affected by the new atmosphere, the new playground, the other players, the audience and even the unknown coaches or referees in other unknown areas. They may not play upto their level best ; they may often exhibit only 80% of their sports talent and abilities. They may have to face negative feelings like worry, anxiety, over-confidence, lack of confidence, nervousness, panic, fear that may directly affect their sports performance; they may not give their excellent and meritorious sports

performance. As per Salovey and Mayer, 'Emotional intelligence includes: perceiving, using, understanding and managing emotions.'

Excellent sports performance is the foundation of talent selection and talent identification in various games and sports. It helps the meritorious players to earn rich incomes; assists in setting norms and standards of various games. Besides other factors that are responsible for excellent sports performance of the players, emotional intelligence is one of the most significant factors.

Purpose of the Study:-

The purpose of the present study was to find out the selected variables of emotional intelligence as well as the sports performance of the ball badminton players; and also to study the correlation between them.

II. METHODOLOGY:

The subjects of the present study were 40 male collegiate Ball badminton players who had come to participate in the intercollege team selection trials at the Warora Colleges playground in the session 2009-2010.

The average age of the players was 20-22 years. The subjects for the study were selected by random sampling technique. For the present study, the variables were emotional intelligence (self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value –orientation, commitment, altruistic behaviour) ; and sports performance (high service, simple service, block/smash, spin shot, return). To test the Emotional Intelligence of the players, EIS questionnaire was used. The EIS questionnaire was prepared by Anukul Hade(Indore), Sanjyot Pethe(Ahemadabad), Opinder Dhar(Ahemadabad). The sports performance was measured by Subjective Rating Scale.

Analysis of Data:

The data was analysed with proper statistical techniques like mean, standard deviation; the correlation between the factors of emotional intelligence and sports performance was found out by Pearson Product Moment method. The level of significance was kept at 0.05 level. The results were presented in the forms of table.

Results of the study:-

Table: Variables of emotional intelligence and sports performance; their correlation.

Sr no	Variables	Emotional Intelligence		Sports Performance		'r'
		Mean	S. D.	Mean	S. D.	
1.	Self-Awareness	15.075	0.89	70.68	6.54	0.705*
2.	Empathy	16.67	2.94	70.68	6.54	0.634*
3.	Self-Motivation	19.55	2.59	70.68	6.54	0.745*
4.	Emotion Stability	14.55	2.12	70.68	6.54	0.683*
5.	Managing Relation	14.6	2.06	70.68	6.54	0.747*
6.	Integrity	11.2	2.03	70.68	6.54	0.733*
7.	Self Development	8.02	1.45	70.68	6.54	0.741*
8.	Value Orientation	6.62	1.49	70.68	6.54	0.690*
9.	Commitment	7.5	1.5	70.68	6.54	0.673*
10.	Altruistic Behaviour	7.17	1.33	70.68	6.54	0.695

N=80, Significant at 0.05 Level of confidence, Table value 0.05 (78) = 0.232.

III. DISCUSSIONS OF FINDINGS:

It is revealed from the above table that the correlation between all factors of emotional intelligence and sports performance were above the level of significance that is 0.232: self-awareness and sports performance ($r=0.705$), empathy and sports performance ($r=0.634$), self-motivation and sports performance ($r=0.745$), emotional stability and sports performance ($r=0.683$), managing relations and sports performance ($r=0.747$), integrity and sports performance ($r=0.733$), self-development and sports performance ($r=0.741$), value orientation and sports performance ($r=0.690$), commitment and sports performance ($r=0.673$), and Altruistic Behaviour and sports performance ($r=0.695$). Hence, there is a significant correlation between all the selected variables of emotional intelligence and sports performance.

IV. CONCLUSIONS:-

The highest significant Emotional Intelligence variable to sports performance were the inter-personal skills of 'managing relations' followed by intra-personal skills and qualities like self-motivation, self-development ,integrity and self-awareness; Altruistic behavior and value orientation were more significant to sports performance than mental qualities like emotional stability and commitment; The least significant Emotional Intelligence to sports performance was empathy. The Ball badminton players who can manage relations of their team members best are the winners; Not only that, the best sports performance is dependent upon the intra-personal qualities of the ball-badminton players like self-motivation, self-development , integrity and self-awareness . If a player loses points during a match, he should not get upset nor when the other team scores more points than theirs; the players have to keep their thoughts active throughout the match; even in crisis the players have to keep themselves cheerful for better performance further and also till they score more points than the other team. It happens that there's a tie sometimes and the players have to wait and keep patience till their opponents commit errors and they can make score out of it. The ball –badminton players have to hide their real tactics from the other team sometimes. Hence, players who are emotionally intelligent can help the team not only to reveal their best sports performance but also to win the match many times.

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