

ASSESSMENT OF DISTRIBUTION OF SCORES IN SPORTSMEN: A COMPARATIVE STUDY OF INTRA-PERSONAL AWARENESS

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Abstract

Performance in sport is never again subject to physiological prosperity of the competitor. It is entrenched at this point there are various psychological factors which impact and enhance the physical performance. Anxiety, aggressive and emotional intelligence in sports has been explored by numerous researchers from various fields of behavioral science. Keeping in view the deciding job of nerves, aggressive and emotional behavior in competitive performance, the specialist chose to attempt this investigation at the between college level team occasions and individual occasions. The destinations of the present investigation were to study and think about the level of anxiety, aggression and emotional intelligence among team and individual sportsmen. To accomplish this target, an example of 87 sportsmen was removed from these 42 has a place with team sports and 45 has a place with individual sports. The information on the particular factors was determined utilizing suitable devices as portrayed in section 3. The information in this way got on the three factors was organized independently for two gatherings of sportsmen and was broke down in the habits depicted beneath.

Paper Identification



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1. INTRODUCTION

Sport psychology is characterized as the use of the learning and logical strategies for psychology to the investigation of individuals in sport and exercise settings. The word psychology alludes to the investigation of human behavior, and sport psychology indicates a sub class of psychology that bargains with the behavior of athletes and teams occupied with aggressive sports. Performance in sport is never again subject to physiological prosperity of the competitor. It is entrenched at this point there are various psychological factors which impact and enhance the physical performance. The psychological factors are singular contrasts among the athletes, personality, intelligence, attitude of the player, inspiration, aggression, excitement and initiation, anxiety,

consideration and fixation, mental symbolism and gathering elements. These factors are successful to player's physical performance. In the course of recent years, sport psychology researchers and specialists have turned out to be progressively vocal in their recommendations that emotional intelligence (EI) might be a vital build in the sport space. Beginning research in sport has been profitable for increasing starter experiences, yet utilization of dissimilar theoretical frameworks and evaluation systems confounds rather than elucidates potential connections between emotional intelligence and sport. In particular, the utilization of various definitions, conceptualizations, and evaluation inventories may yield distinctive emotional intelligence profiles of a similar individual or team. Remain inspired and defining a solid goals and targets is necessary for every one of the athletes and are contributing for expectation of performance for athletes. An exercise program focusing on the parts of muscular endurance and muscular strength expands self-idea. Physical exercise has been connected to great psychological wellness and positive self-ideas. The greater part of the coaches trained their athletes through vigorous and different training techniques for progress however mental attitude is likewise a critical perspective to create certainty, positive idea, spurred and centered which help to accomplish the target goals.

2. REVIEW OF LITERATURE

Andi H.K. (2012) [1] designed an associational investigation to discover connection between emotional intelligence and personality trait. The example involved one hundred and sixty nine guys and one hundred twenty two females. Data were gathered by utilizing Malaysian youth Emotional Intelligence test and Big Five Inventory created by Andi H.K. and John et al individually. The hypothesis checked by utilizing regression analyses. The outcome uncovered

that there are solid relationships among EI and Big five. Furthermore, Conscientiousness and pleasantness firmly connected with EI, trailed by Extraversion, transparency and neuroticism. Regression analyses further affirm that emotional intelligence is cover with the higher request personality measurements.

Kamble and Jagtap (2018) [2] conducted an investigation on emotional intelligence and modification of sportsperson. Emotional Intelligence Inventory created by Mangal and Mangal and Bell's alteration inventory created by Ojha were utilized for data accumulation. The investigation uncovered that male and female contrast in their four components and in general score of Emotional Intelligence. The female members revealed higher mean Emotional Intelligence score when contrasted with their male partners and in addition on intrapersonal awareness and intrapersonal management.

Najru N. (2016) [3] conducted concentrate to inspect the relationship among personality and family climatic states of female judo, wrestling and boxing players of Haryana. Sportsman personality test Indian adjustment dependent on C.D. Spielberger Personality test formulated by L.N. Dubey and family atmosphere scale created by Dr. Beena Shah were utilized for gathering data. It was reasoned that there exists a huge relationship among personality and family climatic states of female judo, wrestling and boxing players of Haryana.

Jarvis M (2012) [4] Anxiety impact specifically on sympathetic sensory system and the connection between body parts and CNS is influenced and in such manner a man wound up unfit to perform the mental capacity adequately and effectively which impact straightforwardly sports performance of athletes. A researcher demonstrated that anxiety impact on the mental level of a competitor and changes the performance in the state of sentiments of anxious,

hypertension and so forth which are immediate identified with focal nerves framework.

Birwatkar, (2014) [5] Emotional intelligence and sports Sport performance has taken an incredible jump in the course of the most recent 20 years. It is generally made a decision by the result of an explicit diversion; the measure in such manner being to win an amusement and at last the opposition. Various factors can either encourage or repress sport performance. Feelings may play similarly as a critical job in sport as some other factor, for example, the physical, psychological, social and profound factors identified with sport performance. Given the relative deficiency in research inspecting feelings or emotional intelligence in athletic performance, the present article examines relationships between emotional intelligence limits and its immediate impact on self-direction and attitude. Emotionally clever athletes can get themselves into the fitting emotional states for the demands of the circumstance.

3. RESEARCH METHODOLOGY

- **Data Collection:** We have collected the data with the help of the coaches of the particular camps, games and we will also prepare a questionnaire for the respondents to be filled. 43 subjects from both the groups will be selected as the data subjects.
- **Selection of Games:** For the research work we intended to choose Kabaddi, Cricket and Hockey from the Team Events group, and Boxing, judo, Athletics and Cross Country from the Individual Events Group.
- **Selection of Variables:** For the research work, the variables that we intend to choose are:
 1. Aggression
 2. Anxiety
 3. Emotional Intelligence

- a. Intra personal awareness (others emotions)
- b. Intra personal awareness (own emotions)
- c. Intra personal managements (others emotions)
- d. Intra personal management (own emotions)

4. RESULTS & DISCUSSION

One of the targets of the present examination was to think about sportsmen speaking to university in Individual and Team Events in regard to their means on the factors of Aggression, Anxiety and Emotional Intelligence. To fill this need, the utilization of t-test was made. The aftereffects of t-test in regards of the three factors are exhibited as under.

4.1 Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on the Variable of Anxiety

The t-value alongside number, means, mean distinction, standard deviations and standard mistakes of means for two groups of sportsmen on the variable of Anxiety is introduced in Table 1.

It is obvious from Table 1 that the t-value for the means of two groups of sportsmen on the variable of anxiety turned out to be 1.92, which isn't critical at 0.05 level of certainty. This demonstrates sportsmen speaking to university in Team and Individual Events don't vary fundamentally concerning their mean scores on anxiety. Subsequently, the theory that

"Sportsmen speaking to university in Team and Individual Events vary essentially regarding their mean scores on anxiety" is rejected.

From this, it might be derived that sportsmen speaking to university in Individual and Team Events show pretty much comparable level of anxiety.

4.2 Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on the Variable of Aggression

The t-value alongside number, means, mean distinction, standard deviations and standard blunders of means for two groups of sportsmen on the variable of Aggression is introduced in Table 2.

It is obvious from Table 2 that the t-value for the means of two groups of sportsmen on the variable of aggression turned out to be 1.66, which isn't huge at 0.05 level of certainty. This demonstrates sportsmen speaking to university in Team and Individual Events don't contrast fundamentally as for their mean scores on aggression. Henceforth, the speculation that "Sportsmen speaking to university in Team and Individual Events vary altogether as for their mean scores on aggression" is rejected.

From this, it might be gathered that sportsmen speaking to university in Individual and Team Events display pretty much comparable level of aggression.

4.3 Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on "Intra-Personal Awareness (Own Emotions)" Component of Emotional Intelligence

The t-value alongside number, means, mean distinction, standard deviations and standard mistakes of means for two groups of sportsmen on "IntraPersonal Awareness (Own Emotions)" segment of Emotional Intelligence is introduced in Table 3.

It is apparent from Table 3 that the t-value for the means of two groups of sportsmen on "Intra-Personal Awareness (Own Emotions)" part of Emotional Intelligence turned out to be 3.14, which is critical at 0.05 level of certainty. This shows sportsmen speaking to university in Team and Individual Events contrast essentially concerning their mean scores on "IntraPersonal Awareness (Own Emotions)" segment of Emotional Intelligence. Consequently, the speculation that "Sportsmen speaking to university in Team and Individual Events contrast fundamentally concerning their mean scores on IntraPersonal Awareness (Own Emotions) segment of Emotional Intelligence" is acknowledged.

It is uncovered from Table 3 that the mean score on "Intra-Personal Awareness (Own Emotions)" part of Emotional Intelligence for sportsmen speaking to university in Individual Events is higher in contrast with their partners speaking to university in Team Events. From this, it might be construed that sportsmen speaking to university in Individual Events display predominant emotional intelligence to the extent its segment of "Intra-Personal Awareness (Own Emotions)" is concerned.

4.4 Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on "Inter-Personal Awareness (Others Emotions)" Component of Emotional Intelligence

The t-value alongside number, means, mean distinction, standard deviations and standard blunders of means for two groups of sportsmen on "InterPersonal Awareness (Others Emotions)" segment of Emotional Intelligence is introduced in Table 4.

It is clear from Table 4 that the t-value for the means of two groups of sportsmen on "Inter-Personal Awareness (Others Emotions)" segment of Emotional Intelligence turned out to be 2.44, which is huge at 0.05 level of certainty. This demonstrates sportsmen speaking to university in Team and Individual Events vary

essentially concerning their mean scores on "InterPersonal Awareness (Others Emotions)" part of Emotional Intelligence. Subsequently, the speculation that "Sportsmen speaking to university in Team and Individual Events vary fundamentally regarding their mean scores on InterPersonal Awareness (Others Emotions) segment of Emotional Intelligence" is acknowledged. It is uncovered from Table 4 that the mean score on "Inter-Personal Awareness (Others Emotions)" part of Emotional Intelligence for sportsmen speaking to university in Individual Events is higher in contrast with their partners speaking to university in Team Events. From this, it might be derived that sportsmen speaking to university in Individual Events show predominant emotional intelligence to the extent its part of "Inter-Personal Awareness (Others Emotions)" is concerned.

4.5 Comparison of Sportsmen representing university in Team and individual Events with Respect to their Mean Scores on “Intra Personal Management (Own Emotions)” Component of Emotional Intelligence

The t-value alongside number, means, mean contrast, standard deviations and standard blunders of means for two groups of sportsmen on "IntraPersonal Management (Own Emotions)" segment of Emotional Intelligence is displayed in Table 5.

It is clear from Table 5 that the t-value for the means of two groups of sportsmen on "Intra-Personal Management (Own Emotions)" segment of Emotional Intelligence turned out to be 5.34, which is critical at 0.05 level of certainty. This shows sportsmen taking part in Team and Individual Events contrast altogether regarding their mean scores on "Intra-Personal Management (Own Emotions)" segment of Emotional Intelligence. Thus, the theory that "Sportsmen speaking to university in Team and Individual Events vary fundamentally regarding their mean scores on Intra-

Personal Management (Own Emotions) segment of Emotional Intelligence" is acknowledged.

It is uncovered from Table 5 that the mean score on "Intra-Personal Management (Own Emotions)" segment of Emotional Intelligence for sportsmen speaking to university in Individual Events is higher in contrast with their partners speaking to university in Team Events. From this, it might be gathered that sportsmen speaking to university in Individual Events show unrivaled emotional intelligence to the extent its segment of "Intra-Personal Management (Own Emotions)" is concerned.

4.6 Comparison of Sportsmen representing university in Team Individual Events with Respect to their Mean Scores on “Inter-Personal Management (Others Emotions)” Component of Emotional Intelligence

The t-value alongside number, means, mean distinction, standard deviations and standard mistakes of means for two groups of sportsmen on "InterPersonal Management (Others Emotions)" segment of Emotional Intelligence is introduced in Table 6.

It is clear from Table 6 that the t-value for the means of two groups of sportsmen on "Inter-Personal Management (Others Emotions)" part of Emotional Intelligence turned out to be 2.45, which is noteworthy at 0.05 level of certainty. This demonstrates sportsmen speaking to university in Team and Individual Events contrast altogether regarding their mean scores on "InterPersonal Management (Others Emotions)" part of Emotional Intelligence. Henceforth, the theory that "Sportsmen speaking to university in Team and Individual Events contrast altogether as for their mean scores on InterPersonal Management (Others Emotions) part of Emotional Intelligence" is acknowledged.

It is uncovered from Table 6 that the mean score on "Inter-Personal Management (Others Emotions)" part of Emotional Intelligence for sportsmen speaking to university in Individual Events is higher in contrast with their partners speaking to university in Team Events. From this, it might be surmised that sportsmen speaking to university in Individual Events display predominant emotional intelligence to the extent its part of "Inter-Personal Management (Others Emotions)" is concerned.

4.7 Comparison of Sportsmen representing university in Team and Individual Events with Respect to their Mean Scores on Total Emotional Intelligence

The t-value alongside number, means, mean distinction, standard deviations and standard blunders of means for two groups of sportsmen on Emotional Intelligence is displayed in Table 7.

It is apparent from Table 7 that the t-value for the means of two groups of sportsmen on Emotional Intelligence turned out to be 4.58, which is critical at 0.01 level of certainty. This demonstrates sportsmen speaking to university in Team and Individual Events contrast fundamentally concerning their mean scores on Emotional Intelligence. Subsequently, the speculation that "Sportsmen speaking to university in Team and Individual Events vary altogether concerning their mean scores on "Emotional Intelligence" is acknowledged. It is uncovered from Table 7 that the mean score on Emotional Intelligence for sportsmen speaking to university in Individual Events is higher in contrast with their partners speaking to university in Team Events. From this, it might be construed that sportsmen speaking to university in Individual Events display prevalent emotional intelligence.

5. CONCLUSION

The consequences of the present examination will distinguish anxiety, aggression and emotional intelligence of sportsman speaking to university in team and individual events. This will further distinguish sportsmen who may be able to possibly be of high bore. Competitive sports are loaded with difficulties, so adolescents taken to competitive sports must display the required psychological traits including aggression, anxiety and emotional intelligence to address the difficulties effectively. The variables anxiety, aggression and emotional intelligence should be contemplated appropriately, both from the theoretical and practical perspective. The learning about the variables may empower the instructor and coaches to takes choices in their work with youthful players participating at various levels and train them appropriately. The examination can help the University coaches who are appended with University camps to discover the ability and how to wide out them in order to empower them to perform better in future in the teams and individual diversions and discover the shortcoming of the sportsmen who are going to the coaching camps.

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Table 1: t-Value for Two Groups of Sportsmen on the Variable of Anxiety

Group	N	Mean	Mean Diff.	S.D.	SEM	't'
Sportsmen representing university in Team Events	42	19.16	5.1	9.68	1.48	1.92
Sportsmen representing university in Individual Events	45	24.26		14.41	2.20	

Not Significant at 0.05 Level

Table 2: t-Value for Two Groups of Sportsmen on the Variable of Aggression

Group	N	Mean	Mean Diff.	S.D.	SEM	't'
Sportsmen representing university in Team Events	42	72.16	5.28	10.62	1.62	1.66
Sportsmen representing university in Individual Events	45	77.44		17.97	2.74	

Not Significant at 0.05 Level

Table 3: t-Value for Two Groups of Sportsmen on “Intra-Personal Awareness (Own Emotions)” Component of Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SEM	't'
Sportsmen representing university in Team Events	42	14.07	2.53	3.78	.58	3.14*
Sportsmen representing university in Individual Events	45	16.60		3.71	.57	

* Significant at 0.05 Level

**Table 4: t-Value for Two Groups of Sportsmen on “Inter-Personal Awareness (Others Emotions)”
Component of Emotional Intelligence**

Group	N	Mean	Mean Diff.	S.D.	SEM	‘t’
Sportsmen representing university in Team Events	42	13.02	1.98	4.09	.62	2.44*
Sportsmen representing university in Individual Events	45	15.00		3.39	.52	

* Significant at 0.05 Level

**Table 5: t-Value for Two Groups of Sportsmen on “Intra-Personal Management (Own Emotions)”
Component of Emotional Intelligence**

Group	N	Mean	Mean Diff.	S.D.	SEM	‘t’
Sportsmen representing university in Team Events	42	14.26	4.25	4.27	.65	5.34*
Sportsmen representing university in Individual Events	45	18.51		3.00	.46	

* Significant at 0.05 Level

**Table 6: t-Value for Two Groups of Sportsmen on “Inter-Personal Management (Others Emotions)”
Component of Emotional Intelligence**

Group	N	Mean	Mean Diff.	S.D.	SEM	‘t’
Sportsmen representing university in Team Events	42	12.72	1.77	3.95	.60	2.45*
Sportsmen representing university in Individual Events	45	14.49		2.58	.39	

* Significant at 0.05 Level

Table 7: t-Value for Two Groups of Sportsmen on Total Emotional Intelligence

Group	N	Mean	Mean Diff.	S.D.	SEM	‘t’
Sportsmen representing university in Team Events	42	54.30	10.37	12.2	1.86	4.58*
Sportsmen representing university in Individual Events	45	64.67		8.45	1.29	

* Significant at 0.05 Level