

Study of emotional quotient among male and female players of Dubai: A psychological approach

¹Anil Kumar Dabral, ²Neha Sharma

¹HOD, Physical Education, VVDAV Public School, Delhi, India

²Physical Education Teacher, Dubai, United Arab Emirates

Abstract

The study was undertaken to find out the emotional quotient of National Table Tennis male and female players of Dubai. The aim of the study was to find out whether there was any difference between the National Table tennis male and female players of Dubai. In order to achieve the purpose of the study, 40 total, 20 male and 20 female national players from age ranging between 17-23 years with the mean age of 20.87 years. Purposive Sampling technique was used to select the subjects for the study. To measure the emotional quotient, emotional intelligence questionnaire given by (Hyde, Pethe, & Dhar, 2001) [7] was used. The statistical analysis t-test was employed for the study. The present findings towards this psychological emotional approach are quite provoking and noteworthy. The results have shown no significant difference between emotional quotient of male and female national table tennis players of Dubai at 0.05 significance level.

Keywords: emotional quotient, table tennis, psychological approach etc

Introduction

Today Sports activity is traditionally considered from the standpoint of motor aptitude, the implementation of which enables to achieve outstanding results and provide the self-fulfillment of a personality via sport. Emotional quotient has come into its own as one of the most popular psychological concepts of the last decade. Adjustment is a process of adapting one's behaviour to produce a more harmonious relationship between himself/herself and his/her environment (Gate & Gersild, 1973). The emotional quotient (also known as emotional intelligence) is one of the hot topics in sports and performance.

Emotional intelligence has been used by some as an umbrella term that comprises elements such as 'soft skills', 'people skills', and a general ability to cope with life's demands. The key to emotional intelligence in sports is the ability to control your emotions and create peak performance on demand. In other words 'Emotional intelligence gives you a competitive edge'. Mayer and Salovey (1997:5) defined Emotional Intelligence as "the ability to perceive emotions, to assess and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth". Emotional intelligence plays an important role in determining life successes. Emotional intelligence can have an important impact on everyday life. Palmer, Donaldson, and Stough (2002) have indicated high emotional intelligence to predict life satisfaction. Pellitteri (2002) [10] reported people higher on emotional intelligence to likely use an adaptive defense style and thus to exhibit healthier psychological adaptation. Higher level of emotional intelligence was also associated with an increased likelihood of attending to health and appearance and positive interactions with friends and family. In a nutshell, Emotional Intelligence is the ability

to identify, assess and manage the emotions of you, of others, and of groups.

Although emotional intelligence is still a relatively new term in sport, it is certainly not a new concept. For years we have marveled at how the great athletes are able to "switch themselves on" to create amazing performances with incredible consistency. We would describe them as being composed, mentally tough, having the right psychology, a great sports mind, emotionally controlled or simply determined or focused.

However, the impact of sports activity is largely determined by the ability of an individual to implement and understand in detail the objective rules of growth of results, the effect of sports exercises on the body, including its biological and social aspects. The rapid growth of sports achievements, increased competition in the international arena, the constant improvement of the role of sport in the development and improvement of not only an individual personality, but also society in general, have defined the prestige of sports activity, the interest of various countries in the increase of their sports status. This has stipulated for an intensification of researches in the field of sport, a significant expansion of the material and technical base, search and development of innovative technologies of achievements of outstanding world-class athletes. Higher the requirements for intellectual qualities stipulate for easier and more intuitive program of the proposed activity, its goals, objectives and expected result, more clear unity of mental and motor activities.

Hence the present research work was intended to explore such factors to contribute in present understanding of emotional quotient of table tennis players of Dubai.

Objectives

The main objective of this study was:

To study whether there is any significant difference in

emotional quotient between the male and female national table tennis players of Dubai.

Hypotheses

H₀= It is hypothesized that there is no difference between the emotional quotient of male and female national table tennis players of Dubai. ($\mu_1=\mu_2$)

H₁= It is hypothesized that there is significant difference between the emotional quotient of male and female national table tennis players of Dubai. ($\mu_1\neq\mu_2$)

Method Sample

Forty male and female National Players of Table tennis game with age ranging from 17-23 years (M = 20.87 years, SD = 0.76 years) were purposively selected from Dubai. Equal number of participants were selected in each group (n = 20), and equal representation of men and women was made per group.

Instruments Administration

Emotional Intelligence Scale given by (Hyde, Pethe, & Dhar, 2001) [7]. This self administering scale consists of 34 items measuring ten subcategories of emotional intelligence, i.e., Self Awareness, Empathy, Emotional Stability, Self Motivation, Managing Relations, Integrity, Self Development, Commitment, Value Orientation and Altruistic Behavior.

Subjects are required to respond on a 5-point Likert scale ranging from “Strongly Agree” to “Strongly Disagree”. High score on this scale shows high level of emotional intelligence and vice versa. Norms of the scale are available on a sample of 200 subjects. The split-half reliability coefficient has been found to be 0.88 and

validity of the scale has been reported to be 0.93 by the authors.

Procedure

Emotional Intelligence scale was administered on both grouped participants i.e. National male and female table tennis players in Dubai through questionnaire. In order to record the response, students were asked to read all the instructions carefully and each and every statement gain translated so as to make them (subjects) understand. Finally, the recorded response was collected and statistically processed.

Statistical Analysis

T-test was applied to assess whether there was any difference between the emotional quotient of National male and female table tennis players of Dubai. The level of significance was set at 0.05.

Results

To find out whether there was any significant difference in emotional quotient between national male and female Table tennis players of Dubai. “t” test was employed at 0.05 level of significance which has been presented in table 1

Table 1: “t”-value of Emotional Quotient of Male and Female National Table Tennis Players of Dubai

	Male	Female	“t”-value	df	Tab. ‘t’
Mean	129.27	127.74	0.49*	38	2.03
Variance	97.16	95.87			
Standard Deviation	9.85	9.79			

Significant at 0.05*, t 0.05(38)=2.03

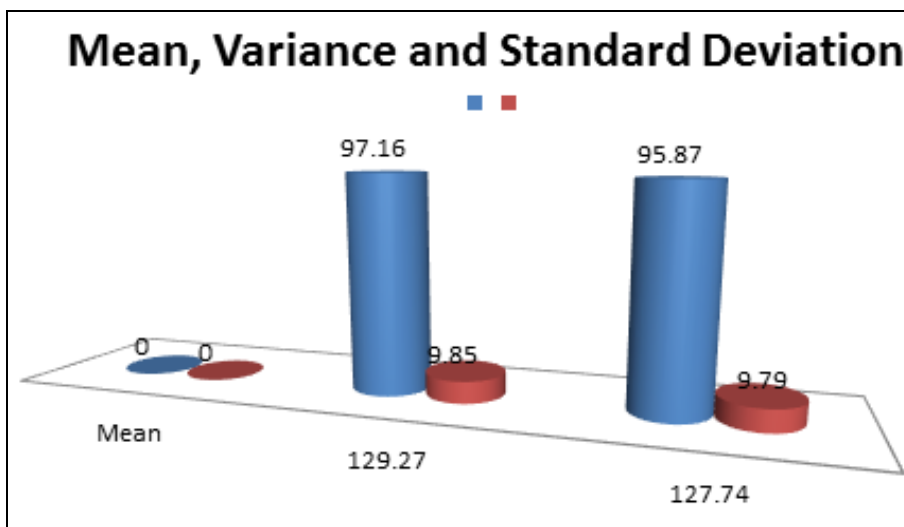


Fig 1: Mean, Variance and Standard Deviation of emotional quotient of male and female national table tennis players of Dubai.

It is evident from table no 1 that there was no significant difference between the male and female national table tennis payers of Dubai, Since the calculated p value greater than $p>0.05$ that's why research hypothesis got rejected and null hypothesis got accepted. Thus, data provides sufficient evidence to ensure that there was no significant difference in emotional quotient between the male and female national table tennis payers of Dubai.

Discussion

Present study was aimed to find whether there was any significant difference in emotional quotient between the national male and female players Table tennis players of Dubai.

The result of the study revealed that no significant differences were found between national male and female players on emotional quotient intelligence. Thus, the

present study shows that emotional intelligence is not affected by gender. However studies by Daniel Goleman (1998) ^[5] asserts that no gender differences in E.I. exist, admitting that while men and women may have different profiles of strengths and weaknesses in different areas of emotional intelligence, their overall levels of E.I. are equivalent. Another study revealed that on average, women are more aware of their emotions and show more empathy while men are more self confident, optimistic and adaptable. In general, considering the overall ratings for men and women, the strength and weakness average out and both seem to have same emotional quotient (Simmons, 2001) ^[12]. In other words, women and men are both intelligent in measures of emotional ability, but they are strong in different areas. Since patterns of emotional intelligence are not fixed, men and women can boost their over-all skills by building their abilities where they lack them (Goleman, 2002).

Conclusions

Within the limits of the study and subjects on which the present investigation was concluded that there is no significant difference in emotional quotient of male and female national players of Dubai. Overall in mean scores male have higher emotional quotient than females as females are more aware of their emotions and show more empathy while male are more self confident, optimistic and adaptable.

References

1. <http://www.teoriya.ru/en/node/1664>, L.D. Nazarenko, Professor, Dr Hab Ulyanovsk state pedagogical university named after I.N. Ulyanov, Ulyanovsk
2. <http://believeperform.com/performance/emotional-intelligence-role-in-sports-performance/>
3. Bar on R. Bar on Emotional Quotient Inventory: Technical manual, published in Toronto, ON: Multi Health Systems. 1997
4. Goleman D. Emotional intelligence published in New York: Bantnam. 1995
5. Goleman D. Working with emotional intelligence published in London: Bloomsbury Publishing. 1998
6. Goleman D. Emotional intelligence: Issues in paradigm building. In C. Cherniss D. Goleman Eds. published in the emotionally intelligence workplace San Francisco: Jossey-Bass. 2001; (3):26.
7. Hyde A, Pethe S, Dhar U. Emotional intelligence Scale published in Lucknow: Vedant Publication. 2001
8. Kaur Singh, Singh. Emotional Intelligence: Significance of Psychology and Spirituality published in Pakistan Journal of Social and Clinical Psychology 2012; 10(1):32-36.
9. Mayer JD, Salovey P. The intelligence of emotional intelligence. *Intelligence* 1993; 17(4):433-442.
10. Pellitteri J. The relationship between emotional intelligence and ego defense mechanisms published in *Journal of Psychology*, 2002; 136(2):182-194.
11. Salovey P, Mayer JD. Emotional intelligence. *Imagination, Cognition and Personality*, 1990; 9,185-211.

12. Simmons K. Emotional intelligence, what smart managers know? Retrieved from <http://www.asacenter.org/Resources/article/detail.cfm?itemnumber=13040>. 2001