

A Comparative Study of Sports Emotional Intelligence between Archery & Rifle Shooting Players

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Abstract:

The present study was objective to compare sports emotional intelligence of male Archery & Rifle Shooting players on the basis of their Inter Collegiate performance 10 male Archery inter collegiate players (Ave. age 20.12 yrs.) as well as 10 male Rifle Shooting inter collegiate players (Ave. age 20.56 yrs.) were selected as sample through the simple random sampling method from Shooting range & Archery club of Nashik district. Present study was used to measure sports emotional intelligence of selected subjects. Five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008). A results shown that male Archery inter collegiate players exhibited significantly superior sports emotional intelligence as compared to male Rifle Shooting inter collegiate players. It was concluded that Archery & Rifle Shooting player's belongingness affect sports emotional intelligence.

Keywords: Archery & Rifle Shooting Players, Sports Emotional Intelligence.

Introduction:

There is a continually growing interest in emotional intelligence in sport (Meyer and Zizzi, 2007). Recent research found that emotional intelligence related to emotions experienced before successful and unsuccessful performance found that emotions correlating with successful performance happiness, vigor, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. Educational psychology influences principles of education. There are some principles which have played a role of bringing education to the higher level of specific and scientific process. In it the principles of educational psychology have played an important role. Education can be defined as a change, a modification, or an adjustment on the part of an individual as a result of experience. It is associated with learning and is characteristically followed by some change in behavior. If that change is positive and in the right direction, it seems to help those individuals being educated to adjust more effectively to their experiences in that environment, or adjustment is manifested through growth, development and achievement. Education is the process by which the individual is shaped to fit into the society and which maintains and advances the social order. Emotional intelligence also help explain why some people appear to initiate strategies to reduce the discrepancy between current emotions and ideal emotions. Recent research has argued that people learn from their emotional experiences.

Material and Method

Sample

To obtain data for this study the researcher was selected (N=20) Inter collegiate male Archery & Rifle Shooting players of 18 to 25 years of age group players from Shooting range & Archery club of Nashik district. They divided into the two groups which includes ten (n=10) Archery players and ten (n=10) Rifle Shooting players. The simple random sampling technique was used to selection of samples. All the subjects, after has been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools

Measure sports emotional intelligence of selected subjects five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008) was used. The test-retest reliability coefficient of this inventory was 0.71 which was statistically significant and denotes very high level of reliability of the inventory scores. This emotional intelligence inventory comprises of in all 15 items in which 3 items each for tapping self- awareness, self-regulation, self-motivation, empathy and social skills respectively.

Procedure of Study

The present study was to use Inter collegiate archery & Rifle Shooting players selected through the simple random sampling method & five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode was administered to subjects. Scoring of data have been carried out according to authors manual, and Independent sample 't' test was used to compare sports emotional intelligence of selected subjects belonging to two pre defined study groups. The results of such statistical analysis were presented in table no. 1.

Results of the study:

The results pertaining to significant difference between male Archery & Rifle Shooting players were assessed using the Independent sample 't' test & the results are presented in table 1

Table no 1
Comparison of Sports Emotional Intelligence between Archery and Rifle Shooting Players

Variable	Archery Players		Rifle Shooting Players		t-value
	Mean	SD	Mean	SD	
Sports Emotional Intelligence	205.80	28.50	187.44	30.56	3.10

*Significant at 0.05 level

The present study was result shown in table no.1 indicates that sports emotional intelligence of male Archery players was significantly superior as compared to their counterpart's i.e. male Archery & Rifle Shooting players. The reported value of $t = 3.10$ which was significantly at 0.05 level also states the same statistically. It has been observed that Archery players were better on Sports emotional intelligence than compare Rifle Shooting players.

Discussion of the study:

Emotional intelligence is the capacity of the sports players for making option use of self-awareness, self-regulation, self-motivation, empathy and social skills to manage their own feeling, emotions those of others to ensure success through maximum best possible performance and behavior in the world of sports & games in the present study emotional intelligence of male inter collegiate Rifle Shooting players was found to be markedly less as compared to male inter collegiate Archery players.

Conclusion of the study:

It was concluded that Sports emotional intelligence which was associated with self-awareness, self-regulation, self-motivation, empathy and social skills was greatly influenced by male inter collegiate Archery players.

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