

COMPARISON OF EMOTIONAL INTELLIGENCE AND MENTAL HEALTH AMONG INDIVIDUAL AND TEAM SPORTS ATHLETES OF NASHIK ZONE


Patil N.^{1*}

DOI: <https://doi.org/10.55968/ijems.v12i02.341>

^{1*} Narendra U. Patil, Director of Physical Education & Sports, , Dadasaheb Bidkar Art's, Science & Commerce College, Peth, Nashik, MH, India.

Athletes of individual and team games differ then psychologically and in many other ways. Thus, the purpose of the present research is to Comparison of Emotional Intelligence and Mental Health among Individual and Team Sports Athletes of Nashik Zone. For the present study sample of 50 boys i.e 25 athletes from individual games (Badminton, Table Tennis, Tennis, Gymnastics and Weightlifting) and 25 athletes from team games (Basketball, Cricket, Handball, Kabaddi and Football) were selected as subject using purposive sampling technique from Nashik zone under jurisdiction of Savitribai Phule Pune University, Pune. The research is descriptive comparative survey where used Mangal emotional intelligence inventory developed by Dr. S. K Mangal & Mrs. Shubhra Mangal and Mental Health Battery developed by Arun Kumar Singh Alpana Sen Gupta implemented for data collection. Analyzed data of both the groups i.e. compared by two way analysis of variance. Conclusion that found the no significant difference among the individual and team sports athletes in the term of emotional intelligence (f-value = 0.503 & p-value = 0.479) and there is significant difference among the individual & team sports athletes in the term of (f-value = 4.445 & p-value = 0.036) mental health.

Keywords: Emotional intelligence, Mental health, Individual and Team game

Corresponding Author	How to Cite this Article	To Browse
Narendra U. Patil, Director of Physical Education & Sports, , Dadasaheb Bidkar Art's, Science & Commerce College, Peth, Nashik, MH, India. Email: narenpatil6719@gmail.com	Narendra U. Patil, COMPARISON OF EMOTIONAL INTELLIGENCE AND MENTAL HEALTH AMONG INDIVIDUAL AND TEAM SPORTS ATHLETES OF NASHIK ZONE. IJEMS. 2023;12(02):209-213. Available From https://ijems.net/index.php/ijem/article/view/341	

Manuscript Received 2023-04-04	Review Round 1 2023-04-26	Review Round 2 2023-05-08	Review Round 3 2023-04-24	Accepted 2023-05-30
Conflict of Interest NIL	Funding NO	Ethical Approval YES	Plagiarism X-checker 12	Note
 © 2023by Narendra U. Patiland Published by The University Academics. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License https://creativecommons.org/licenses/by/4.0/ unported [CC BY 4.0].				

Introduction

Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while other claim it is an inborn characteristic. Emotional intelligence has been found a reliable predictor of academic achievement than general intelligence. A large amount of research work done in previous century concluded that the higher intelligence the better academic performance. Later observations made in other studies revealed that many adolescent boy and girls in spite of having good IQ levels were not able to show equivalent performance.

Mental health is an important trait for human life as well as physical, spiritual and economic well being. It is truth that a fit mind is a powerful key through which a human being attains pleasure in life. When we are mentally healthy, we enjoy our life and environment, and the people in it. A mentally healthy person can be creative to learn new things and take risks for higher achievement. He can be able to cope with problems in our personal and professional lives.

Athletes in individual sports reported more frequent problems with anxiety & confidence, as well as experienced differences in mental practice Mahoney et al. (1987). Hall et al. (1998) considered individual & team sport athletes functions differently with their emotionally and mentally. Individuals perform fully on their own strength & abilities whereas team game players are performing in the team environment where they take help of other team players to reach their final goal. Hence, the purpose of the study is to compare the mental imagery ability between individual and team game players.

Material & Method

The present study was a comparative research which was conducted with the objective of this study to comparison of emotional intelligence and mental health among individual and team sports athletes of nashik zone. For the present study sample of 50 boys i.e 25 athletes from individual games (badminton, table tennis, tennis, gymnastics and weightlifting) and 25 athletes from team games (basketball, cricket, handball, kabaddi and football) were selected as subject using purposive

Sampling technique from Nashik zone under jurisdiction of Savitribai Phule Pune University, Pune. The research is descriptive comparative survey for selected variables were emotional intelligence and mental health. Variables measured by Mangal emotional intelligence inventory developed by Dr. S. K Mangal & Mrs. Shubhra Mangal and Mental Health Battery developed by Arun Kumar Singh Alpana Sen Gupta implemented for data collection. After data collection analyzed data of both the groups i.e. individual and team sports athletes compared by two way analysis of variance (ANOVA) & interpretations drawn. The level of significance was kept at 0.05 to test the hypothesis.

Results

Athletes compared by used two way analysis of variance (ANOVA) & interpretations drawn. The level of significance was kept at 0.05 to test the hypothesis.

Table no. 1: Two way ANOVA table for the data on Emotional Intelligence

Enclosed as Annexure 01

Table no. 2: Two way ANOVA table for the data on Mental Health

Enclosed as Annexure 02

Major Findings.

- There was a significant difference among the variable of emotional intelligence with respect to compared individual and team sports athletes, Hence the according to the results hypothesis was rejected. According to the finding of mean value of individual sports athletes has lower emotional intelligence compared than the team sports athletes.
- There was a significant difference among variable of mental health with respect to compared individual & team sports athletes, Hence the hypothesis was accepted. According to the finding of mean value of individual sports athletes has lower mental health compared than the team sports athletes.

Discussion

In the present study mentioned the discussion part of further research, it was basis of observed the findings of the research,

Comparative study of emotional intelligence and mental health among individual and team sports athletes. The analysis & interpretation of the study results shown from table no. 1 & 2 shown that according to the mean value there was significant difference among the variable of emotional intelligence with respect to compare individual and team sports athletes, Hence the according to the results hypothesis was rejected. And mean value there was a significant difference among the variable of mental health with respect to compare individual and team sports athletes, Hence the according to the results hypothesis was accepted.

Conclusion

The scope of this study, researcher concluded that individual and team sports athletes emotional intelligence and mental health. This study focused on the field of sports in our nation. Express important role of Psychology. Athletes helps to characterized managed and knows the level of emotional intelligence & mental health for that further contribute to better performance. It was concluded that found the no significant difference among the individual and team sports athletes in the term of emotional intelligence (f-value = 0.503 & p-value = 0.479) and there is significant difference among the individual & team sports athletes in the term of (f-value = 4.445 & p-value = 0.036) mental health.

Annexure

Annexure 01

Table no. 1: Two way ANOVA table for the data on Emotional Intelligence

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	6187.608 ^a	3	2062.536	9.316	.000
Intercept	1488766.023	1	1488766.02	6724.406	.000
Individual	111.303	1	111.303	.503	.479
Team	5921.303	1	5921.303	26.745	.000
Individual * Team	155.003	1	155.003	.700	.403
Error	87673.370	396	221.397		
Total	1582627.000	400			
Corrected Total	93860.978	399			

R Squared = .066 (Adjusted R Squared = .059)

Annexure 02

Table no. 2: Two way ANOVA table for the data on Mental Health

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	1072.130 ^a	3	357.377	1.653	.177
Intercept	2230542.250	1	2230542.25	10317.945	.000
Individual	961.000	1	961.000	4.445	.036
Team	59.290	1	59.290	.274	.601
Individual * Team	51.840	1	51.840	.240	.625
Error	85607.620	396	216.181		
Total	2317222.000	400			
Corrected Total	86679.750	399			

R Squared = .012 (Adjusted R Squared = .005)

Reference

Anderman, Eric, M. (2002): examined a study of emotional and social adjustment of rural and urban high school students. . [Crossref][Google Scholar]

Best, W John, and Khan J. V. (2006), Research in education (10th ed) Pearson practice Hall by Pearson education. [Crossref][Google Scholar]

C. P. Khokhar and Brijesh Kumar Upadhyay (2007): have compared the adjustment pattern of adolescents living in physically deprived environment. [Crossref][Google Scholar]

Davis and Humphrey (2012): studied a series of multiple-mediation and conditional effects models to systematically explore interrelations between coping, EI, depression and disruptive behavior. . Khokhar and Brijesh Kumar Upadhyay (2007): have compared the adjustment pattern of adolescents living in physically deprived environment. [Crossref][Google Scholar] [Crossref][Google Scholar]

Devi (1993): studied creativity and academic achievement in relation to mental health of students of tribal and non-tribal high school. . . [Crossref][Google Scholar] [Crossref][Google Scholar] [Crossref][Google Scholar]

Singh, M. , Kadhim, M. M. , Turki Jalil, A. et al. A systematic review of the protective effects of silymarin/silibinin against doxorubicin-induced cardiotoxicity. *Cancer Cell Int* 23, 88 (2023). <https://doi.org/10.1186/s12935-023-02936-4> <https://cancerjournal.biomedcentral.com/articles/10.1186/s12935-023-02936-4> [Article][Crossref][Google Scholar]

Mandeep Singh Nathial, Analysis of set shot in basketball in relation with time to perform the course and displacement of center of gravity,

American Journal of Sports Science, Vol. 2 Issue. 5 pp: 122-126 (2014). Retrieved from <https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13> [Crossref][Google Scholar]

Singh (2010). Evaluation And Improvement Of Sports Techniques Through Biomechanical Updated Analyzing Technology, University News, Journal of Higher Education Association of Indian Universities, Association of Indian Universities, Vol:48:Issue. 05;2010 Pp45-57, 2010. [sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13](https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13) [Crossref][Google Scholar] [Crossref][Google Scholar]

. 05;2010 Pp45-57, 2010. [Sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13](https://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=155&doi=10.11648/j.ajss.20140205.13) [Crossref][Google Scholar] [Crossref][Google Scholar] [Crossref][Google Scholar]

Nathial, A Study of Adjustment and Emotional Intelligence of University Coaches in India, American Journal of Applied Psychology. Volume 3, Issue 6, November 2014 , pp. 122-126. doi: 10.11648/j.ajap.20140306.11 [Crossref][Google Scholar]

Singh. A COMPARATIVE AND ANALYTICAL STUDY OF SELF-ESTEEM AND JOB SATISFACTION IN ATHLETES AND NON ATHLETES. Journal of Advances in Social Science and Humanities, 2(10). <https://doi.org/10.15520/jassh210123> [Crossref][Google Scholar]

Kour, R. , & Kour, A. . A collaborative diversified investigation of respective responses of sports person coaches and organizations on criminalization of doping. *International Journal of Health Sciences*,6(S3), 11295–11310. [Article][Crossref][Google Scholar]

Singh. , Assessment of Vocational Interests of Pahadi&Bakarwal School Students In Relation To Their Gender. *Int J Recent Sci Res.* 9(3), pp. 24817-24819. DOI: [Article][Crossref][Google Scholar]

Singh, 2017. "A study of awareness of inhouse doping errors among national level players and sports administrators in J&K state of India", *International Journal of Current Research*, 9, (01), 45226-45227. <http://www.journalcra.com/sites/default/files/issue-pdf/20036.pdf> [Crossref][Google Scholar]

Emma N. Gallagher, Vella Brodrick et al. (2007): examined the predictive value of social support and emotional intelligence, and their interaction. [com/sites/default/files/issue-pdf/20036.pdf](https://www.sciencepublishinggroup.com/sites/default/files/issue-pdf/20036.pdf) [Crossref][Google Scholar] [Crossref][Google Scholar]

Gonzales et al. (2004): studied the efficacy of the bridges program, an intervention designed to prevent school disengagement and negative mental health trajectories during transition to junior high school. [.com/sites/default/files/issue-pdf/20036.pdf](https://www.sciencepublishinggroup.com/sites/default/files/issue-pdf/20036.pdf) [Crossref][Google Scholar] [Crossref][Google Scholar] [Crossref][Google Scholar]

Goleman, D. (1998): The book: "Working with Emotional Intelligence". [.com/sites/default/files/issue-pdf/20036.pdf](https://www.sciencepublishinggroup.com/sites/default/files/issue-pdf/20036.pdf) [Crossref][Google Scholar] [Crossref][Google Scholar] [Crossref][Google Scholar] [Crossref][Google Scholar]

SINGH SIDHU, A. , & SINGH, M. (2022). KINEMATICAL ANALYSIS OF HURDLE CLEARANCE TECHNIQUE IN 110M HURDLE RACE. *International Journal of Behavioral Social and Movement Sciences*, 4(2), 28–35. Retrieved from [Article] [Crossref][Google Scholar]

Singh, A. , & Singh , D. M. (2013). PROMOTION OF RESEARCH CULTURE –ENHANCING QUALITY IN HIGHER EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 2(2), 202–208. Retrieved from [Article][Crossref][Google Scholar]

SINGH, M. , & SINGH SIDHU, A. (2016). A COMPARATIVE STUDY OF BODY COMPOSITION AND RELATIVE HEALTH STATUS AMONG RESIDENT AND NON-RESIDENT STUDENTS IN DIFFERENT SCHOOLS OF J&K. *International Journal of Behavioral Social and Movement Sciences*, 5(3), 08–13. Retrieved from [Article][Crossref][Google Scholar]

Singh Nathial, D. M. (2012). ANALYZING THE CREDIT BASED SYSTEM IN PHYSICAL EDUCATION. *International Journal of Behavioral Social and Movement Sciences*, 1(3), 172–176. Retrieved from [Article][Crossref][Google Scholar]

SHARMA, N. P. , & SINGH, M. (2014). SENIOR AGE GROUP RELATIVE EXERCISES AND IMPACT ON THEIR LIFESTYLE. *International Journal of Behavioral Social and Movement Sciences*,

3(04), 78–82. Retrieved from [Article][Crossref]
[Google Scholar]

CHAND PURI, P. , MISHRA, P. , JHAJHARIA, B. , & SINGH, M. (2014). *COORDINATIVE ABILITIES OF VOLLEYBALL IN DIFFERENT AGE GROUPS: A COMPARATIVE STUDY*. *International Journal of Behavioral Social and Movement Sciences*, 3(3), 56–68. Retrieved from [Article][Crossref][Google Scholar]

Dr. Mandeep Singh & J N Baliya, 2013; "A study of family stress among working and non-working parents", *International Journal of Research in Social Sciences*. Vol 2, 2. 194-201. [Article][Crossref]
[Google Scholar]

Heidi Somersalo, Tytti Solantaus & Fredrik Almqvist (2002): conducted a study on "Classroom Climate and the Mental Health of Primary School Children". . 194-201. [Article][Crossref][Google Scholar]
[Crossref][Google Scholar]