

PLAYERS: A PSYCHOLOGICAL STUDY

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Abstract

The purpose of this study to find out significant difference between handball male and female players on the variable emotional intelligence. It was hypothesized that there would be significant difference with regard to variable emotional intelligence between handball male and female players. For this study, the investigator has selected forty (N=40) male handball players and forty (N=40) female handball players. Age limits is 20 to 27 years of subjects. The Purposive sampling technique was used to select the subjects t-test was employed to compare the emotional intelligence between male and female handball players. For testing the hypothesis, the level of significance was set at 0.05. In order to measure emotional intelligence Hyde et al (2001) questionnaire is used. The present study has highlighted the significance of difference between male and female handball players. The outcome of result might be due to the fact that male handball players have the ability to understand and interpret one's own feeling and they continue to do what they believe in even under severe condition. It is concluded from the findings that significant difference between male and female handball players on the variable emotional intelligence.

Keywords: Emotional intelligence, handball, psychological variable

INTRODUCTION:

Psychology is both applied and academic fields that studies the human mind and behaviour. Research in psychology seeks to understand and explain thoughts and emotion behaviours. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics and many others areas affecting health and daily life. Most top athletes and coaches believe that psychological factors play a crucial role for top performance. When physical skills are evenly matched as they tend to be in competitive sport the competitor with greater control over his or her mind will usually emerge as the victor. Mental strength is not going to compensate for lack of skill. But in close consent it can make the difference between winning and losing. Human beings are by nature competitive and ambitious for their excellence in all athletic performance. Every team wants to show their supremacy by challenging other team. Thus these challenges stimulate, inspire and motivate all the players to sweat and strive to perform at optimum level in present competitive sports world. Handball players need a good combination of physical, physiological as well as psychological fitness in order to succeed. All the factors affecting sports performance, it seems that the most important is the ability of the athletes to identify and assume the appropriate feeling required to perform at his best when he needs to. According to kauss (1996), how you feel is how you will play. The significance of emotional intelligence on sports performance has often been evident in most comments of spectators, team managers and sports analysts on athlete' and teams' performance during and after competition. Emotional intelligence is " The ability to monitor one's own and other's emotion's to discriminate among them, and use the information to guide one's thinking and action's **Afkhami et al. (2011)** examined the relationship between emotional intelligence and coaching efficacy of university coaches. Ahmed et al. (2011) studied the difference of emotional intelligence between the male and female volleyball players. They found that male volleyball players higher emotional intelligence than the female volleyball players.

1.1 Objective of the Study:

The purpose of the present study was to Compare Emotional Intelligence between Male and Female handball Players.

2. METHODOLOGY:

2.1 Selection of Subjects:

The present study consisted of forty (N=40) male handball players and forty (N=40) female handball players. Age limits is 20 to 27 years of subjects.

2.2 Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content of Emotional Intelligence was selected for the purpose of the present study.

2.3 Criterion measures:

To carry out this study researcher select Hyde et al. (2001). Emotional Intelligence Questionnaire. The form of the scale constituted 34 items. Individual with high score can be considered to have high level of emotional intelligence. Responses are given strongly agree, agree, undecided, disagree, strongly disagree weight from 1 to 5 in emotional intelligence test. The questionnaire Hyde et al. (2001) Emotional Intelligence questionnaire administered on two groups, male and female handball players. Direction and instruction given by researcher, read carefully then response. After fill form raw data collected and statistically processed.

2.4 Statistical analysis of data:

The present study t-test was employed to compare the difference between male and female handball players. For testing the hypothesis, the level of significance was set at 0.05.

3. RESULT AND DISCUSSION OF THE STUDY:

Table - 1

Mean and S.D. of variable emotional intelligence between male and female handball players

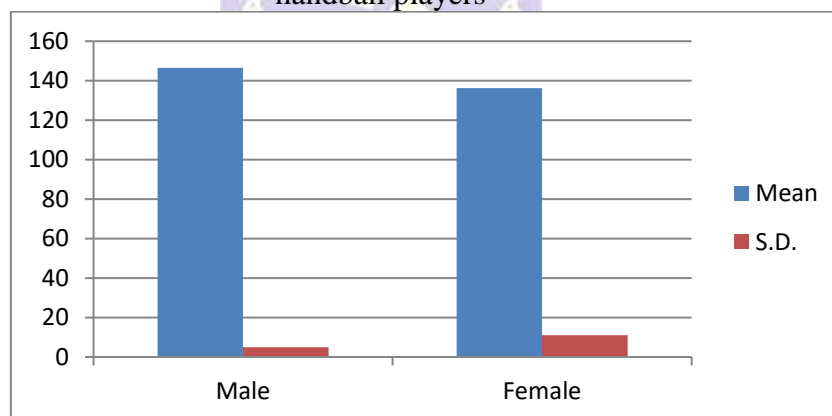
	Male	Female	t-value
Mean	146.40	136.21	5.24*
S.D.	4.98	11.01	

Significant at 0.05 level.

Table 1 show that there is significant difference between male and female handball players. It is evident that obtain t- value is found higher than table t-value ($t_{0.05}=5.25$, $p<0.05$).

Figure 1

Graphical Representation of variable emotional intelligence between male and female handball players



DISCUSSION:

The purpose of this study to find out Emotional intelligence between male and female handball players. The results of this study revealed that statistical significant difference was found between male and female handball players. While calculating the mean value it was observed that male handball players had demonstrated significantly better emotional intelligence as compared female handball players. The outcome of result might be due to the fact that male handball players have the ability to understand and interpret's own feeling and they continue to do what they believe in even under severe criticism. They have the clarity of their priorities, are able to build rapport and maintain personal friendship with their fellow players which enable them to outdo their opponents. The Ahmed et al. (2011) also studied the difference of emotional intelligence between the male and female volleyball players. They

4. CONCLUSION AND FINDING:

Within the limits of the study and subject on which the present study was concluded significant difference was found between male and female handball players. It seems reasonably fair to conclude that male and female handball players having difference as far this set of population concerned. Male handball players have higher Emotional intelligence than females.

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