

**Half Yearly Journal**  
(Bilingual)  
**Rs. 250/-**

**I.S.S.N- 2319-4367**

# RESEARCH NEWS

**National Journal of Ideas**



**Chief Editor: Dr. Rajan Misra**

**Volume 003**

**Number 001**

**April 2015**



Neil, Richard; Mellalieu, Stephen D. and Hanton, Sheldon (2006). Psychological skills usage and the competitive anxiety response as a function of skill level in rugby. *Journal of Sports Science and Medicine*, 5, 415-423.

Landy, F.J. (2005). "Some historical and scientific issues related to research on emotional intelligence". *Journal of Organizational Behavior* 26: 411-424. doi:10.1002/job.317.

## **COMPARATIVE STUDY ON EMOTIONAL INTELLIGENCE OF DIFFERENT LEVEL KHO-KHO PLAYERS**

Mr. Nagargoje SubashGunaji Physical Director, Arts, Science and Commerce College,  
Dhanora

Dr. P.B. Dube Principal, M.S.M. College of Physical Education, Khadkeshwar,  
Aurangabad (M.S.)

Dr. SK. Md. Attaullah M.K. (Jagirdar) H.O.D. Physical Education, Milliya Arts &  
Science College, Beed (M.S.)

### **Abstract**

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. The present study was conducted on three hundreds (N = 300) kho – kho players of India. Who were participated in inter university tournaments was randomly selected ad subject for the present study. Critical mean difference of mean intra personal awareness of All India intervarsity level kho – kho players is significantly greater than mean intra personal awareness of South zone level kho – kho players and intercollegiate kho – kho players further the mean intra personal awareness of south zone level kho – kho players was also significantly greater than the mean intra personal

awareness, intra personal management, intra personal management and inter personal management of inter – collegiate level Kho – Kho players.

**KEY WORDS: Kho-Kho Players, Emotional Intelligence: Mean Intra Personal Awareness, Intra Personal Management, Intra Personal Management And Inter Personal Management**

## INTRODUCTION

It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of the sports persons.

KHO KHO based on natural principles of physical development, fosters a healthy combative spirit of term understanding.

Kho – Kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. It is one of the two most popular traditional tag games of the Indian subcontinent, the other being kabbadi (Peter 2010). Apart from the Subcontinent, it is also played in South Africa.

In the year 1936, during the event of BERLIN OLYMPICS, one Kho Kho Team from Pune exhibited the salient features of the game of Kho Kho at Berlin. Which was highly appreciated by Hitler.

Asian Kho Kho Federation (A.K.K.F.) was established in the year 1987 during 3rdSAF Games, held at Kolkota, India. The member country was India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives.

Kho Kho made its entry into INTERNATIONAL SPORTS Arena via 1st ASIAN KHOKHO CHAMPIONSHIP held at Kolkata, India in 1996, organized by West Bengal KhoKho Association under the auspices of KhoKho Federation of India and SIAN Kho Kho Federation on “Tera Flex” Court at Netaji Subhash Indoor Stadium, Kolkota, West Bengal, India in a most beautiful manner. India and Bangladesh were Winner and Runnerup respectively. The participants were Bangladesh, Pakistan, Sri Lanka, Nepal and host India. 2nd Asian KhoKho Championship was held in Bangladesh in the year 2000 at Mirapur Indoor Stadium, Dhaka, Bangladesh has strengthened the approach of the game KhoKho in the



International Arena. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand and host Bangladesh were participants of the Championship. Kho Kho is looking forward for a glorious entry in International Sports Arena very soon.

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of the sports persons.

Sports psychologists have emphasized the significance of personality characteristics attitudes, achievement motivation, self-concept, emotional intelligence and lots of other psychological factors that influence performance of athletes.

The result of various research study showed if the player has low level of anxiety, then he can concentrate effectively on situation of competition and his performance will be excellent. **Dureha (1986), Shiva et. Al. (1999)** also concluded that high performer has less level of anxiety than those performing in groups. **Lazarevie and Bacanac (1985)** In a study involving 151 athletes representing 13 different variables showed that sports motive achievement significantly correlated with emotional engagement in sport achievement situation. Contradictory views about achievement motivation, competitive anxiety an correlate of athletic performance, are a common right in literature of sports psychology. The above stated facts showed that in modern competitive sports, psychological variables of the player always play important role in training and in competitions to achieve high level.

Emotions play a central role in sports performance. Sport is an emotional experience for many athletes. An important victory can result in happiness and joy, and a crushy defeat may result in despair and disappointment. An athlete's emotional state may also affect the outcome of a competition by influencing performance both during training and while competing (**Butler, 1996**).

Intelligence constitutes the basic characteristic of human beings. The degree of intelligence is reflected by the clarity of purpose, thought and action in an individual's behaviour. It involves understanding the specific situation in which the individual finds himself, and appropriately responding to it. It includes assimilation of information, processing of information, judicious selection of an alternative out of the multitude of alternatives presented, and rational decision making. Thus, intelligence consists in acting in a given situation with use of past experience, with due regard to what is novel in the situation,

and to the whole situation rather than to some striking part of it. It denotes having insight into the key to the whole situation or problem.

Emotional Intelligence in the work place focuses on personal characteristics, such as initiative and empathy, adaptability and persuasiveness (Jacobs, 2004). Research on Emotional Intelligence indicates that employees with high EI are more likely to have higher levels of job satisfaction because they are more adept at appraising and monitoring their own and others' emotions (Sy, Tram, & O'Hara, 2006). Employees with high EI are more prone to identify feelings of frustration and stress and subsequently regulate those emotions to reduce stress and perform better at work (Kafetsios & Zampetakis, 2007; Sy, Tram, & O'Hara, 2006). Additionally, employees with high EI are more likely to experience feelings of high job satisfaction because they can utilize their ability to manage and appraise the emotions in others (Sy, Tram, & O'Hara, 2006).

Emotional intelligence is an ability to recognize the meanings of emotions and their relationships, and to reason and problem-solve on the basis of them. Emotional intelligence is involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them.

Athletes must learn to recognize their own ideal performance states, and develop the skills to manage their emotions (Hanin, 1995). Thus, energy control, like emotional intelligence, involves recognizing and managing emotions to maximize performance (Mayer & Salovey, 1997). One potential link between individualized zone of optimal functioning theory and emotional intelligence is that an athlete with high emotional intelligence may be more skilled at recognizing and utilizing their individualized zone of functioning theory in specific situations than an athlete with low emotional intelligence (Hanin, 1995). Finally, high levels of performance, particularly in team sports, require members of a group to communicate and work together to achieve common goals. In order to do so, it is important to be aware of the feelings of the other group members and to act accordingly so as not to disrupt the balance (Abraham, 1999; Mullen & Copper, 1994). Given the potential overlap between definitions of emotional intelligence and the aforementioned psychological skills, intuitively one might expect emotional intelligence to be significantly related to sport performance. Research exploring this relationship should include concurrent measures of performance outcomes to add validity to the hypothesis that psychological skills play a role in athletic performance (Rogerson & Hrycaiko, 2002; Smith et al., 1995). Thus the purpose of this study is to find out the difference amongst the kho – kho players of different level on the variable of emotional intelligence.



### **Selection of subjects**

The present study was conducted on three hundreds (N = 300) kho – kho players of India. Who were participated in inter university tournaments was randomly selected ad subject for the present study. The players were categorized into three main groups: intercollegiate (100), south zone intervarsity (100), and all India intervarsity (100) kho – kho players. Kho – Kho players were selected from Intercollegiate, South zone and All India Inter – zonal Kho Kho tournaments.

### **Design of the study**

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the sports achievement motivation. It was not intended to study the interaction among various variables. In all there were two sample and three variables to be investigated.

## **TOOL OF THE STUDY**

### **Mangal Emotional Intelligence Inventory (MEII)**

Mangal Emotional Intelligence Inventory (MEII) developed by Mangal and Mangal (2004) was used to assess emotional intelligence of players. The scale comprised of (100) statements, which covers four (4) areas of emotional intelligence.

- (i) Intrapersonal awareness (own emotions)
- (ii) Interpersonal awareness (on emotions)
- (iii) Intrapersonal management (own emotions)
- (iv) Interpersonal management (other than emotions)

Each area consists of 25 items. The mode of response to each of the item of the inventory is in the form of forced choice i.e. either yes or no, indicating complete agreement or disagreement with the proposed statement respectively. In the present emotional intelligence inventory thus there are items where yes is indicative of the presence of emotional intelligence and no for the lack of emotional intelligence. Similarly, there are items where 'no' response provides clue for the presence of emotional intelligence and 'yes' for its absence. For indicating presence of emotional intelligence one mark to be provided and zero for the absence of emotional intelligence. Test-retest reliability of questionnaire is 0.92.

### Administration of the Questionnaire:-

Questionnaires were distributed to inter collegiate, South zone and All India Interuniversity kho kho players. Instructions will be given to the kho kho players before filing these Questionnaires by the researcher.

The coaches and subjects were consulted personally and their sincere cooperation was solicited. Respondents were called to a common place when they were not busy and had enough time to spare for testing. Necessary instructions were passed on to the subjects before the administration of each test. The research scholar motivated the student respondents by promising to send a separate abstract of the conclusions of his study to each of the subjects. Confidentiality of responses was guaranteed so that the subject would not camouflage their real feelings. No time limit for filling in the questionnaire was set but the subjects were made to respond as quickly as possible once the instructions are clearly understood by them. As soon as group of players completed one questionnaire, another was given to them after a short interval.

### Data Collection:

The data was collected through the questionnaires that were distributed to the players after the consent of their coaches/managers. The researcher collected the data by contacting the players personally either at the venue of competition or at sports hostel. Even the players were contacted at their training centres and at educational institutions.

### Statistical Analysis:

Once the data was collected and scored, one way analysis of variance (ANOVA) was used to test the difference of chosen variable among different level of kho kho players, where f value find significant further to calculate pair wise critical mean differences the LSD test was applied.

### ANALYSIS OF DATA

Table – 1

Analysis of variance of Intra – personal awareness of different level kho – kho players

Source of variance	DF	SS	MSS	F-VALUE
TREATMENT	2	780.2067	390.1033	118.8083*
ERROR	297	975.19	3.283468	

\*Significance at .05 level

Tab F .05(2,297) = 3.02

Since calculated F – value is greater than tabulated F – value, we are able to conclude that the significant difference was exists between the mean Intra Personal awareness of All India level, South Zone and Inter – collegiate level kho – kho players. To further find out which group’s mean intra personal awareness is greater than the other, pair wise means analysis is done through LSD test.

Table – 2

Least significant difference Test of mean Intra – Personal awareness of different level Kho – Kho Players shown through Critical mean difference of Intra – Personal Awareness of different level Kho – Kho players is presented below.

Treatment means arranged in order of magnitude

All India Intervarsity	south zone	inter-collegiate	Mean Difference	C.D.Mean
19.78	17.24		2.54*	0.421548
19.78		15.89	3.89*	
	17.24	15.89	1.35*	

\*Significance at .05 level

Critical mean difference of mean intra personal awareness of All India intervarsity level kho – kho players is significantly greater than mean intra personal awareness of South zone level kho – kho players further the mean intra personal awareness of south zone level kho – kho players was significantly greater than the mean intra personal awareness of inter – collegiate level Kho – Kho players.

Figure – 1



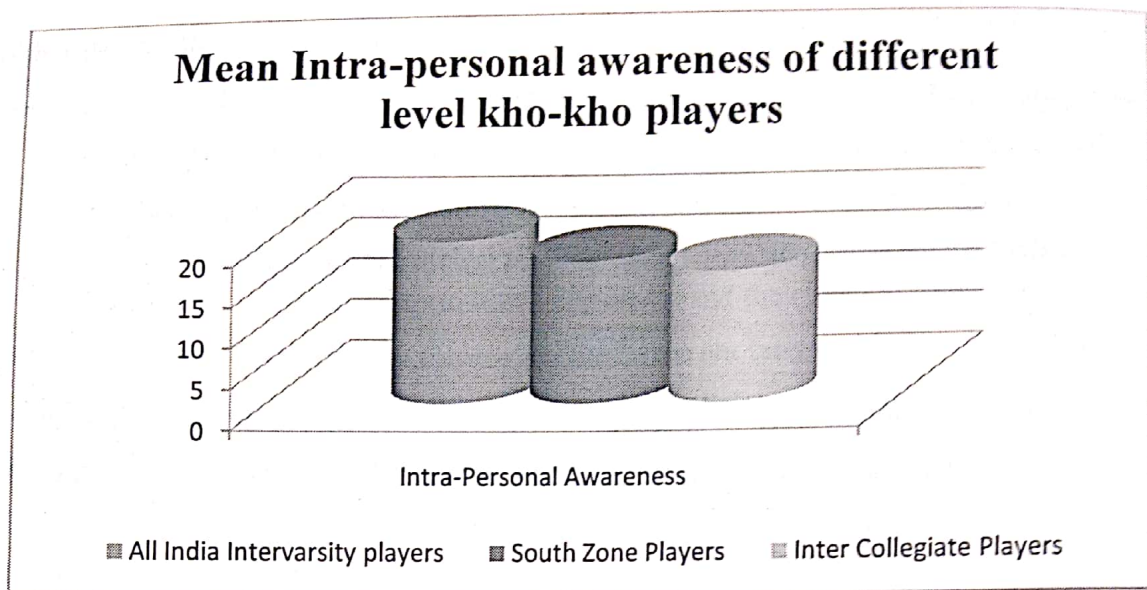


Figure: Shows the Mean Intra-Personal Awareness of different level kho – kho players.

Table – 3

Analysis of variance of inter-personal awareness of different level kho – kho players

Source of variance	DF	SS	MSS	F-VALUE
TREATMENT	2	889.58	444.79	209.1721*
ERROR	297	631.55	2.126431	

\*Significance at .05 level

Tab F<sub>.05(2,297)</sub> = 3.02

Since calculated F – value is greater than tabulated F – value, we are able to conclude that the significant difference was exists between the mean inter – Personal awareness of All India level, South Zone and Inter – collegiate level kho – kho players. To further find out which group’s mean inter – personal awareness is greater than the other, pair wise means analysis is done through LSD test.

Table – 4

Least significant difference Test of mean inter-personal awareness of different level Kho – Kho Players shown through Critical mean difference of inter-personal awareness of different level Kho – Kho players is presented below.

**Treatment means arranged in order of magnitude**

**RESEARCH NEWS: National Journal of Ideas (April 2015, S. No. 1, Vol. 3)**

All India Intervarsity	South Zone	Inter – Collegiate	Mean Difference	C.D.Mean
18.91	16.58		2.33*	0.33924
18.91		14.7	4.21*	
	16.58	14.7	1.88*	

\*Significance at .05 level

Critical mean difference of mean inter-personal awareness of All India intervarsity level kho – kho players is significantly greater than mean inter-personal awareness of South zone level kho – kho players further the mean inter-personal awareness of south zone level kho – kho players was significantly greater than the mean inter-personal awareness of inter – collegiate level Kho – Kho players.



Figure – 2

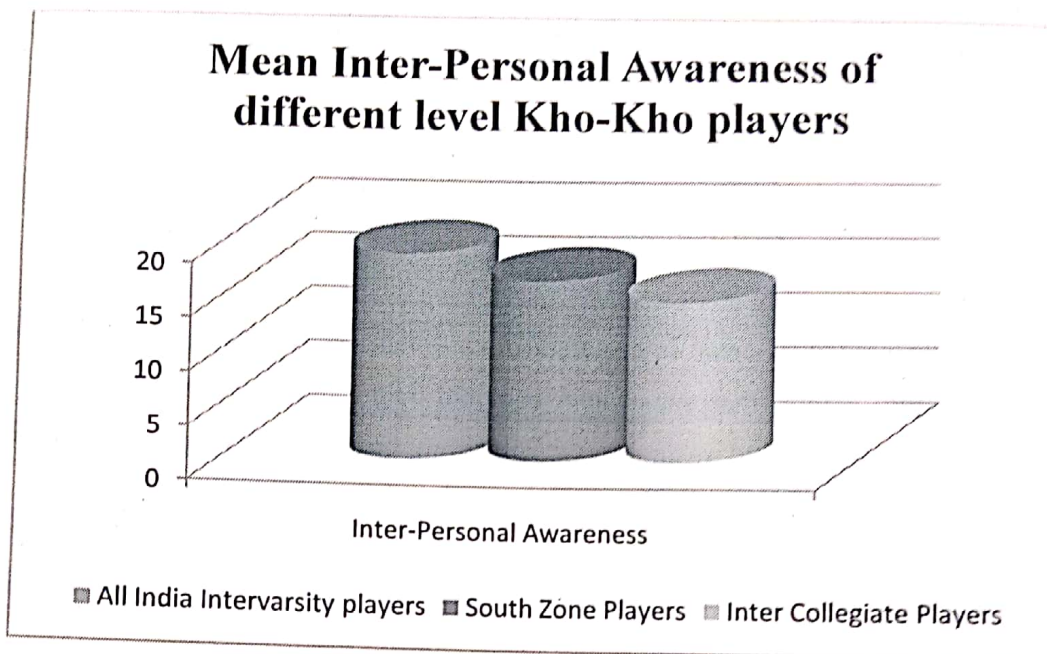


Figure: Shows the Mean Inter – Personal Awareness of different level kho – kho players.

Table – 5

Analysis of variance of intra-personal management of different level kho – kho players

Source of variance	DF	SS	MSS	F-VALUE
TREATMENT	2	1348.847	674.4233	630.2427*
ERROR	297	317.82	1.070101	

\*Significance at .05 level

Tab F<sub>.05(2,297)</sub> = 3.02

Since calculated F – value is greater than tabulated F – value, we are able to conclude that the significant difference was exists between the mean intra – Personal management of All India level, South Zone and Inter – collegiate level kho – kho players. To further find out which group’s mean intra – personal management is greater than the other, pair wise means analysis is done through LSD test.

Table – 6

Least significant difference Test of mean intra – personal management of different level Kho – Kho Players shown through Critical mean difference of intra – personal management of different level Kho – Kho players is presented below.

Treatment means arranged in order of magnitude

All India Intersarsity	south zone	inter-collegiate	Mean Difference	C.D.Mean
19.52	16.75		2.77*	0.240654
19.52		14.33	5.19*	
	16.75	14.33	2.42*	

\*Significance at .05 level

Critical mean difference of mean intra personal management of All India intersarsity level kho – kho players is significantly greater than mean intra personal management of South zone level kho – kho players further the mean intra personal management of south zone level kho – kho players was significantly greater than the mean intra personal management of inter – collegiate level Kho – Kho players.

Figure – 3

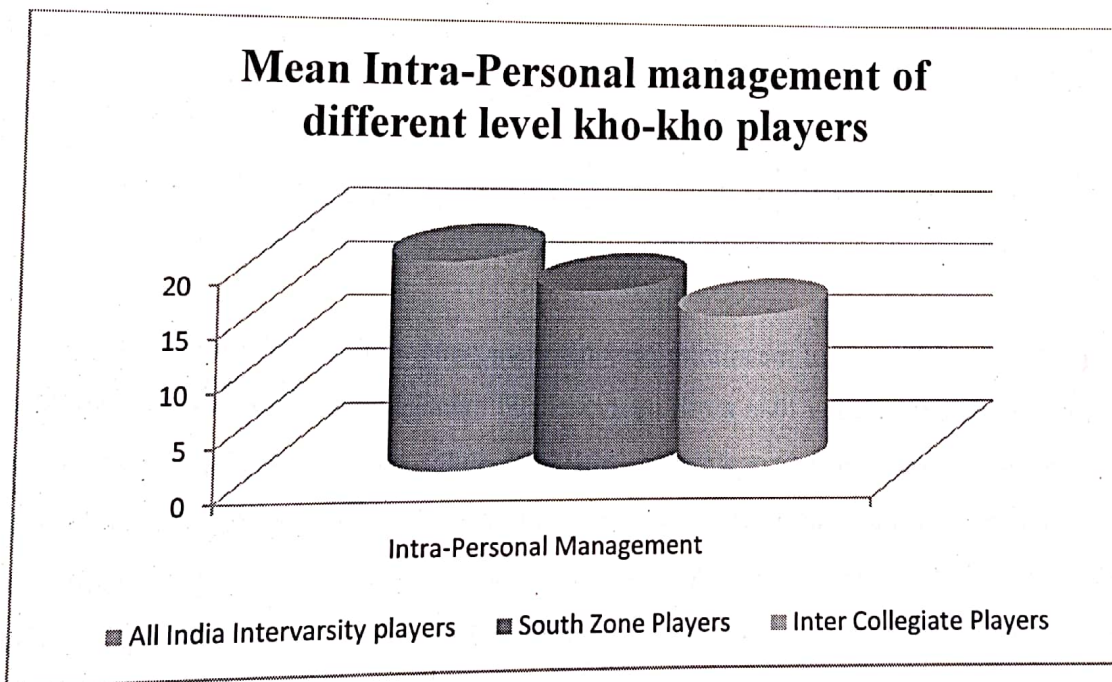


Figure: Shows the Mean Intra – Personal Management of different level kho – kho players.

Table – 7

Analysis of variance of inter personal management of different level kho – kho players

Source of variance	DF	SS	MSS	F-VALUE
TREATMENT	2	1220.24	610.12	396.6154*
ERROR	297	456.88	1.538316	



\*Significance at .05 level

Tab F .05(2,297) = 3.02

Since calculated F – value is greater than tabulated F – value, we are able to conclude that the significant difference was exists between the mean inter – Personal management of All India level, South Zone and Inter – collegiate level kho – kho players. To further find out which group’s mean inter – personal management is greater than the other, pair wise means analysis is done through LSD test.

**Table – 8**

Least significant difference Test of mean inter personal management of different level Kho – Kho Players shown through Critical mean difference of inter personal management of different level Kho – Kho players is presented below.

**Treatment means arranged in order of magnitude**

All India Intervarsity	south zone	inter-collegiate	Mean Difference	C.D.Mean
19.12	16.62		2.5*	0.288538
19.12		14.18	4.94*	
	16.62	14.18	2.44*	

\*Significance at .05 level

Critical mean difference of mean inter personal management of All India intervarsity level kho – kho players is significantly greater than mean inter personal management of South zone level kho – kho players further the mean inter personal management of south zone level kho – kho players was significantly greater than the mean inter personal management of inter – collegiate level Kho – Kho players.

Figure – 4

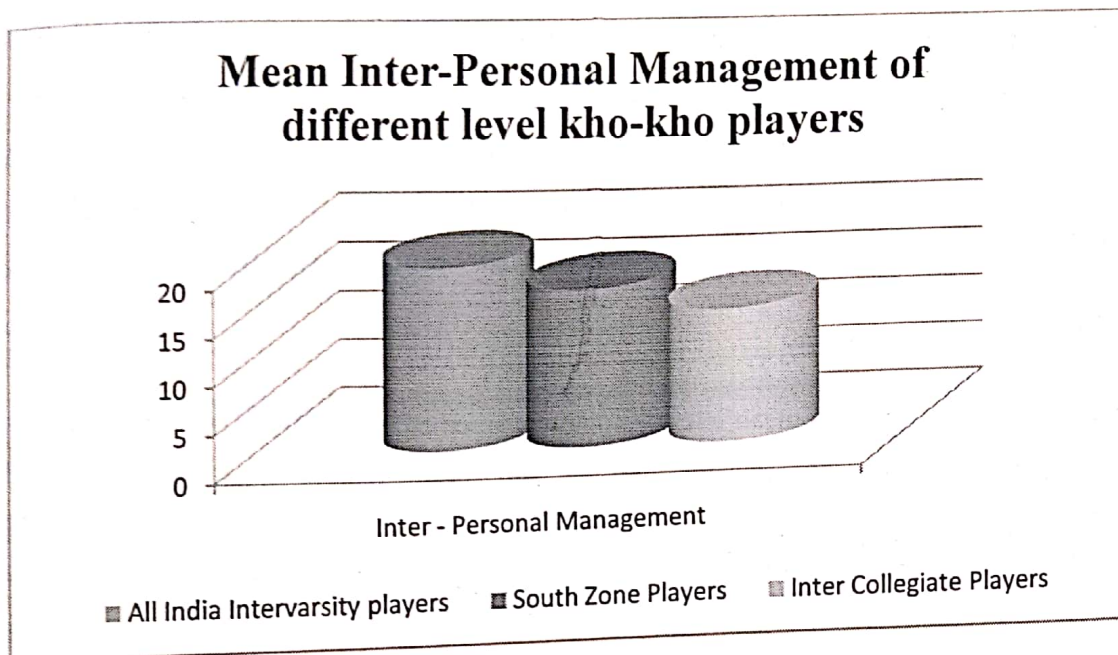


Figure: Shows the Mean Inter – Personal Management of different level kho – kho players.

#### DISCUSSION OF RESULTS:

Mangal Emotional Intelligence Inventory comprised of (100) statements, which covers four (4) areas of emotional intelligence. Results of its variables obtain through one way analysis of variance is given below:

##### I. Intra – Personal Awareness

Critical mean difference of mean intra personal awareness of All India intersarsity level kho – kho players is significantly greater than mean intra personal awareness of South zone level kho – kho players and intercollegiate kho – kho players further the mean intra personal awareness of south zone level kho – kho players was also significantly greater than the mean intra personal awareness of inter – collegiate level Kho – Kho players.

##### II. Inter – Personal Awareness

Critical mean difference of mean inter-personal awareness of All India intersarsity level Kho – Kho players is significantly greater than mean inter – personal awareness of South zone level kho – kho players further the mean inter – personal awareness of south zone level kho – kho players was significantly greater than the mean inter-personal awareness of inter – collegiate level Kho – Kho players.



### III. Intra – Personal Management

Critical mean difference of mean intra personal management of All India intervarsity level kho – kho players is significantly greater than mean intra personal management of South zone level kho – kho players further the mean intra personal management of south zone level kho – kho players was significantly greater than the mean intra personal management of inter – collegiate level Kho – Kho players.

### IV. Inter – Personal Management

Critical mean difference of mean inter personal management of All India intervarsity level kho – kho players is significantly greater than mean inter personal management of South zone level kho – kho players further the mean inter personal management of south zone level kho – kho players was significantly greater than the mean inter personal management of inter – collegiate level Kho – Kho players.

Following studies were also supported to our study **Bal' Mundair and Singh (2014)** examined in their study, the emotional intelligence and will to win level among male hockey players. To measure the level of emotional intelligence of the subjects, the emotional intelligence scale constructed by **Hyde et al. (2001)** was administered. The results revealed significant difference with regard to the sub-variables self-awareness of emotional intelligence among male hockey players from different playing positions. However, No significant differences were found on the sub-variables: Empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behaviour. The results revealed significant difference with regard to variable will to win among male hockey players from different playing positions. The Midfielders players have higher levels of will to win as compared to their counterpart Defenders and Attackers.

**Kumar (2014)** find out the difference in emotional intelligence among male and female kabaddi and khokho players and between kabaddi and khokho players who have at least participated at district and state level sports events. The findings of the study revealed that (i) No significant difference in emotional intelligence of male and female kabaddi players of Haryana; (ii) No significant difference in emotional intelligence of male and female khokho players of Haryana; and (iii) No significant difference in emotional intelligence of kabaddi and khokho players of Haryana.

**Barling, Slater & Kelloway (2000)** conducted an exploratory study on the relationship between emotional intelligence and transformational leadership. Their results suggest that emotional intelligence is associated with three aspects of transformational leadership, namely, idealized influence, inspirational

motivation and individualized consideration. The leaders who report exhibiting these behaviours were assumed to be more effective in the workplace.

**Davies et. al.** concluded that emotional intelligence was elusive as a construct. Ironically, while building up the foundation of emotional intelligence by drawing a four-dimensional definition of emotional intelligence from the literature, they used early emotional intelligence scales that were not based on this four-dimensional definition and concluded that emotional intelligence was an elusive construct.

**Engelberg & Sjoberg (2004)** found that Emotional Intelligence was related quite strongly to social adjustment. Social adjustment apparently seems to benefit from an ability to monitor ones own moods so as not to be out of sync with the social groups that they interact with. This could be considered the ability to self-regulate emotions. Their findings seem to strengthen the idea that emotional perception is essential for adaptation on a social level and thus developing friendships.

**Gardner (1993)** included interpersonal and intrapersonal intelligences in his theory of multiple intelligences. According to Gardner, social intelligence, which is one among seven intelligence domains, comprises an individual's interpersonal and intrapersonal intelligences. Intrapersonal intelligence relates to one's ability to deal with oneself and to "symbolize complex and highly differentiated sets of feelings" within the self. Interpersonal intelligence relates to one's ability to deal with others and to "notice and make distinctions among other individuals and, in particular, among their moods, temperaments, motivations and intentions."

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