

**Impact
Factor
4.574**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Journal

VOL-V

ISSUE-V

May

2018

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

A Study on Correlation of Emotional Intelligence and Performance of Volleyball Players

Sheraz Ahmad Wani

Research Student,
RTM University Nagpur

Abstract

The purpose of study was to find out the correlation between the emotional intelligence and performance of volleyball players. Researcher himself was a player and has performed at different levels where he feels different emotions during the time of performance. Data was collected with the help of questionnaire on individually through 25 subjects in RTM University Nagpur. The age range between 18-28 years was selected as the subject for the study. The instruction was given by researcher. Simple random sampling was used for collection of data.

Keywords: Emotional Intelligence, Correlation, Volleyball,

Introduction:

Emotional intelligence is an ability to perceive emotion, to integrate it, to understand it and manage it. In the field of sports emotional intelligence is too much important. There are lot of situation, where players have to manage their emotion. In modern era of sports means "win at any cost".

Players always playing under different pressures such like spectators, federation and own team mates create huge pressure to win matches. They are performing under different situations and according to situations the level of emotions are also changed. Good players who have an ability to manage his/her emotions according to circumstances can perform better or their 100% in match rather than a player who do not have emotional intelligence. One can achieve highest level in competitions, the only thing that decides the result of competitions is how come players or team manage their emotions. One can easily observe the expressions of emotions of players during match, after match, and before match.

Intelligence must be understood as the mental capacity or mental energy available with an individual at a particular time in a particular situation. This mental capacity helps in the task of theoretical as well as practical manipulation of things, objects or events present in his environment in order to adapt to or face new challenges and problems of life as successful as possible. Emotional intelligence consists of four fundamental capabilities:

Self awareness: - The ability to be conscious of your emotions and recognize their impact while using gut feelings to guide your decisions.

Self-management:- The ability to control your emotions and behaviour and adapt to changing circumstances.

Social awareness: - The ability to sense, understands, and reacts to the emotions of others and feels comfortable socially.

Relationship management: - The ability to inspire, influences, and connects to other while managing conflict.

When your EI is in check, you feel you are in good place.

Ask yourself; even right now, how I feel. Unsettled, upset, on edge, anxious, guilty, angry, if any of these come to mind for you, then your EI level is very low. On the other side, if you feel

peaceful, in love, happy or inspired, your EI is peeking at a very high level. So it is easy to see who's in the better place. People with high emotional intelligence are all around us and conversely so are the very low EI people. Just like the love of attraction says that "like attracts like"; people with low level EI seem to attract other toxic personalities all the time. Which camp would you prefer to be in?

Emotional intelligence is not a safety net that protects you from life's tragedies, frustrations or disappointments. Emotionally-intelligent individuals go through bad times and experiences sadness, anger, and fear just like everyone else. But they respond differently than less healthy people to these experiences. Emotional intelligence gives you the ability to cope and bounce back from stress, adversity, trauma, and loss. In other words, emotional intelligence makes you resilient.

Methodology:

Researchers himself was a player and now a physical educator performed himself at different levels were he feels different emotions during their time of performance. Researcher wants to know the correlation between the emotional intelligence and performance of players. The study may help to coaches and physical educators to understand exact effect of emotional intelligence on performance. In present study 25 volleyball players selected as sample. Subjects were chosen from RTM University Nagpur. The volleyball player's were selected from the age group of 18 – 25 years. The data was collected by using the standardised questionnaire.

Analysis And Interpretation:

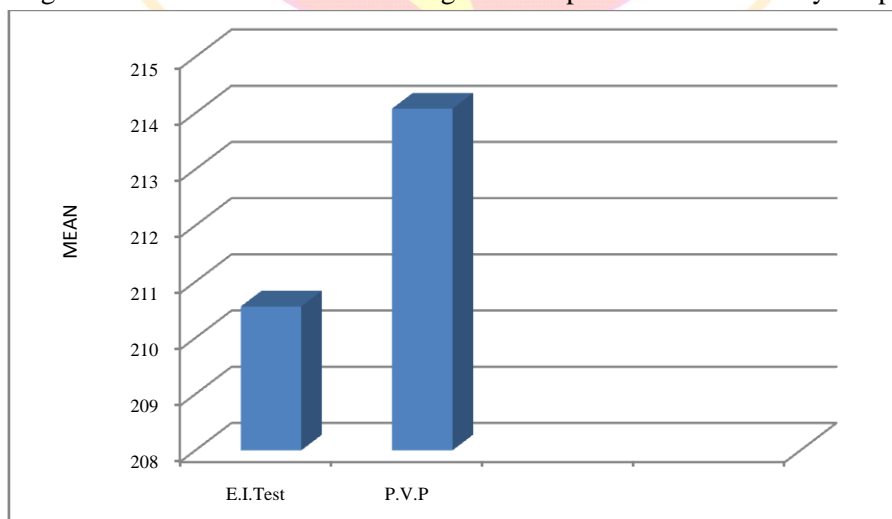
Showing Correlation of EI and performance of volleyball players

Volleyball players scores	Emotional Intelligence	Performance of players.	Correlation
Scores (Mean)	210.56	214.8	0.10

N=25

Above table shows the correlation between Emotional intelligence and performance of volleyball players. The mean score of EI test is 210.56 and mean score of performance is 214.8. But the correlation is 0.10. Hence there is correlation in EI and performance of volleyball players. The correlation is very low.

Showing means score of emotional Intelligence and performance of volleyball players



Mean1= (E.I) Emotional Intelligence test, Mean 2= (P.V.P) Performance of Volleyball players.

Dicussion:

“Intelligence is a general capacity of an individual consciously to adjust his thinking to new requirements. It is general mental adaptability to new Problems and conditions of life”. (Stern 1994).

Historically speaking, them emotional intelligence was introduced in 1990 by two American university professors Dr. John Mayer and Dr. Peter solve in their attempt to develop a scientific measure for knowing the difference in peoples ability in their area of emotions. Emotional intelligence may be defined as the capacity to reason with emotion in four areas to perceive emotion, to integrate to in thought, to understand it and to manage it.

Researcher himself was a player and has performed at different levels were he feels different emotions during the time of performance. He himself knows that there are lot of situation, were players have to manage their emotion so a players who have an ability to manage his/her emotions according to circumstances can perform better in match rather than a player who do not have emotional intelligence. In this research the researcher found a very low correlation on emotional intelligence and performance of volleyball players. So an insignificant relation found between the correlation of emotional intelligence and performance of volleyball players.

Recommendation:

- ❖ The study may be conducted for different game and sports.
- ❖ Similar type of study may be conducted on different age groups.
- ❖ The same study may be conducted on their university, national, international level players.
- ❖ This study may help to coaches and physical educators to understand exact effect of emotional intelligence on performance.
- ❖ Study may help to understand emotional intelligence in field of sports.

References:

1. Best J Khan J (1972) Research in education, New Delhi, Prentice Hall of India. Page no. 1 to 324.
2. Cindy Wiggleswarth (2004) –spiritual intelligence and why it matters.(Article).
3. Clarke H. Harrison and David H. Clarke, "Research processes in physical education" second addition) practice hall:INC., Engle wood Cliffs, New Jersey 07632, 1984.
4. Dave, James "Volleyball for schools" 1st Edition, (London : Pelham Books Ltd., 52, Bedford square London Ltd., 1976).
5. Emanon Victor Pugh University of Cambria eamonn.pugh@cumbria.ac.uk Recognizing emotional intelligence in professional standards for teaching.
6. Funchs B. Keren D.(1993) – creativity and intelligence in preschoolers gifted child quarterly, page no. 113-117.
7. Jain, D."volleyball Skill and Rules" (Published by Vivek Thani, Khel sahitys Kendra, Ansari Road, Darya Gang, New Delhi, 2003).
8. Meets traditional standards for an Intelligence, 27, 267-298 Evidence that emotional intelligence is related to job performance and affect and attitudes at work.