

## Emotional Competence of Women Football Players Participating in State Level Tournaments

**Dr. Chandrakant S. Duple**

Late Madhaorao Tidke Sharirik Shikshan Mahavidyalay

Mouda, Dist. Nagpur

*e-mail ID:* [chandrakantduple1965@gmail.com](mailto:chandrakantduple1965@gmail.com)

### 1.0 Introduction

Like men's, women's football is also an intensive team sport that requires physical, tactical, and technical skills (Stølen et al., 2015). Along with physical fitness the football players need psychological talents (Gledhill et al., 2017) for giving their best performance. In other words, performance is defined by a physical, tactical, and technical practice, required to achieve the elite level in soccer. Several skills are necessary to employ learned strategies and tactics during competitions or training as many times players are not successful in controlling their potential. Furthermore, these skills might be controlled by different parameters including an important psychological trait i.e. emotional competence. Thus, strengthening the psychological parameters and practicing psychological skills is very important for the sports competition.

More recently, the game of football has experienced a lot of change progress and rapid development, both in terms of physical conditions, techniques, tactics of the game, and the mentality of the players themselves. Football brings people together and allows them an opportunity to share their experiences and work together toward a common goal. Here, the social skills and experiences become prominent and person's ability to cope with stressful situation is tested. It has been recently suggested that participation in football has the potential to accomplish improved physical health, psychosocial development and opportunities to learn important life skills like cooperation, discipline, leadership, and self-control (Cote & Fraser-Thomas, 2007). However, in order to achieve this the player

needs to be emotionally competent and in view of this present study was carried out to know the emotional competence of women football players.

### 2.0 Research Methodology

#### 2.1 Study Design, Sampling Method and Sample Size

This study was carried out by using single group descriptive research design. The sampling was carried out by following purposive sampling method, where women football players were selected purposefully. In this study data was collected from 60 woman football players of Nagpur who had been playing since at least last four years.

#### 2.2 Reliability of the Data

The reliability of data was checked by establishing the subject's reliability, instrument's reliability, the tester competency and reliability of tests. All the standard methods as well as instruments were used for data collection in this study.

#### 2.3 Collection of Data

The data was collected from the woman football players of Nagpur City using survey methodology. The specific data pertaining to the emotional competence was generated by using the Emotional competence scale prepared by S.R. Bharadwaj and H. Sharma.

#### 2.4 Statistical Analysis of the data

The data characteristic (descriptive statistics) such as Frequency, Mode, etc. was evaluated and the Chi-square test was used as an inferential statistical test. All the data was analyzed using SPSS 18.0 Software and the significance level was chosen to be 0.05.

3. Results and discussion

3.1 Adequate depth of feeling factor

Table 1: Emotional competence of woman football player’s vis-à-vis adequate depth of feeling factor

Adequate depth of feeling	No. of Players	Percentage
Highly competent	9	15.0
Competent	34	56.7
Average	6	10.0
Incompetent	8	13.3
Highly incompetent	3	5.0
Total	60	100.0

Chi-Square: 52.167; df: 4; Table Value: 9.49; p<0.05

Table 1 shows results pertaining to adequate depth of feeling of woman football players. The study results show that 15.0% woman football players are highly competent; while 56.7% are competent in view of adequacy of depth of feeling trait of emotional competence. In addition to above, 10.0% woman football players have average and 13.3% woman players observed to be incompetent with respect to adequate depth of feeling and lastly, 5.0% woman football players are found to be highly incompetent vis-à-vis above mentioned aspect of emotional competence.

The Chi-Square test showed that there was significant difference in the emotional competence of woman football players with respect to adequate depth of feeling factor. Majority of players were competent with respect to adequate depth of feeling factor of emotional competence.

3.2 Adequate expression and control of emotions factor

Table 2: Emotional competence of woman football player’s vis-à-vis adequate expression and control of emotions

Adequate expression and control of emotions	No. of Players	Percentage
Highly competent	3	5.0
Competent	6	10.0
Average	15	25.0
Incompetent	28	46.7
Highly incompetent	8	13.3
Total	60	100.0

Chi-Square: 33.167; df: 4; Table Value: 9.49; p<0.05

Table 2 shows results pertaining to adequate expression and control of emotions of woman football players. The study results show that 5.0% woman football players are highly competent; while 10.0% are competent in view of adequacy of expression and control of emotions trait of emotional competence. In addition to above, 25.0% woman football players have average and 46.7% woman players observed to be incompetent with respect to adequate expression and control of emotions and lastly, 13.3% woman football players are found to be highly incompetent vis-à-vis above mentioned aspect of emotional competence.

The Chi-Square test showed that there was significant difference in the emotional competence of woman football players with respect to adequate expression and control of emotions factor. Majority of players were incompetent with respect to adequate expression and control of emotions factor of emotional competence.

3.3 Ability to function with emotions

Table 3: Emotional competence of woman football player’s vis-à-vis ability to function with emotions

Ability to function with emotions	No. of players	Percentage
Highly competent	9	15.0
Competent	12	20.0
Average	14	23.3
Incompetent	24	40.0
Highly incompetent	1	1.7
Total	60	100.0

Chi-Square: 23.167; df: 4; Table Value: 9.49; p<0.05

Table 3 shows results pertaining to ability to function with emotions of woman football players. The study results show that 15.0% woman football players are highly competent; while 20.0% are competent in view of ability to function with emotions trait of emotional competence. In addition to above, 23.3% woman football players have average and 40.0% woman players observed to be incompetent with respect to ability to function with emotions and lastly, 1.7% woman football players are found to be highly incompetent vis-à-vis above mentioned aspect of emotional competence.

The Chi-Square test showed that there was significant difference in the emotional competence of woman football players with respect to ability to function with emotions factor. Majority of players



were incompetent with respect to ability to function with emotions factor of emotional competence.

### 3.4 Ability to cope with problem emotions

**Table 4:** Emotional competence of woman football player's vis-à-vis ability to cope with problem emotions

Ability to cope with problem emotions	No. of players	Percentage
<b>Highly competent</b>	14	23.3
<b>Competent</b>	27	45.0
<b>Average</b>	10	16.7
<b>Incompetent</b>	6	10.0
<b>Highly incompetent</b>	3	5.0
<b>Total</b>	<b>60</b>	<b>100.0</b>

**Chi-Square:** 29.167; **df:** 4; **Table Value:** 9.49;  $p < 0.05$

**Table 4** shows results pertaining to ability to cope with problem emotions of woman football players. The study results show that 23.3% woman football players are highly competent; while 45.0% are competent in view of ability to cope with problem emotions trait of emotional competence. In addition to above, 16.7% woman football players have average and 10.0% woman players observed to be incompetent with respect to ability to cope with problem emotions and lastly, 5.0% woman football players are found to be highly incompetent vis-à-vis above mentioned aspect of emotional competence.

The Chi-Square test showed that there was significant difference in the emotional competence of woman football players with respect to ability to cope with problem emotions factor. Majority of players were competent with respect to ability to cope with problem emotions factor of emotional competence.

### 3.5 Enhancement of positive emotions

**Table 5:** Emotional competence of woman football player's vis-à-vis enhancement of positive emotions

Enhancement of positive emotions	No. of players	Percentage
<b>Highly competent</b>	23	38.3
<b>Competent</b>	16	26.7
<b>Average</b>	12	20.0
<b>Incompetent</b>	5	8.3
<b>Highly incompetent</b>	4	6.7
<b>Total</b>	<b>60</b>	<b>100.0</b>

**Chi-Square:** 20.833; **df:** 4; **Table Value:** 9.49;  $p < 0.05$

**Table 5** shows results pertaining to enhancement of positive emotions of woman

football players. The study results show that 38.3% woman football players are highly competent; while 26.7% are competent in view of enhancement of positive emotions trait of emotional competence. In addition to above, 20.0% woman football players have average and 8.3% woman players observed to be incompetent with respect to enhancement of positive emotions and lastly, 6.7% woman football players are found to be highly incompetent vis-à-vis above mentioned aspect of emotional competence.

The Chi-Square test showed that there was significant difference in the emotional competence of woman football players with respect to enhancement of positive emotions factor. Majority of players were highly competent with respect to enhancement of positive emotions factor of emotional competence.

### 4.0 Conclusions

- **Adequate depth of feeling:** In view of the study results it is concluded that majority of players were competent with respect to adequate depth of feeling factor of emotional competence.
- **Adequate expression and control of emotions:** In view of the study results it is concluded that majority players were incompetent with respect to adequate expression and control of emotions factor of emotional competence.
- **Ability to function with emotions:** In view of the study results it is concluded that majority of players were incompetent with respect to ability to function with emotions factor of emotional competence.
- **Ability to cope with problem emotions:** In view of the study results it is concluded that majority of players were competent with respect to ability to cope with problem emotions factor of emotional competence.
- **Enhancement of positive emotions:** In view of the study results it is concluded that majority of players were highly competent with respect to enhancement of positive emotions factor of emotional competence.

### 5.0 Bibliography

1. Castro-Sánchez, M., Chacón-Cuberos, R., Zurita-Ortega, F., Puertas-Molero, P., Sánchez-Zafra, M., &

- Ramírez-Granizo, I. (2018). Emotional intelligence and motivation in athletes of different modalities, *Journal of Human Sport and Exercise*, 13(2), pp.162-S177.
2. Ekmekçi, R and Miçoğullar, B. O. (2018). Examination and Comparison of Psychological Characteristics of American Football Players and Handball Players, *Universal Journal of Educational Research* 6(11), pp. 2420-2425.
  3. Juyal, S. L and Dandona, A. (2012). Emotional competence of sports and non-Sports personnel: a comparative study, *IJBS* 27, pp.41-52.
  4. Lee, H., Wäsche, H and Jekauc, D. (2018). Analyzing the Components of Emotional Competence of Football Coaches: A Qualitative Study from the Coaches' Perspective, *Sports*, 6(4), pp. 2-18.
  5. Stølen T, Chamari K, Castagna C, Wisløff U. Physiology of soccer. *Sport Med.* 2005;35(6):501-536.
  6. Gledhill, A., Harwood, C and Forsdyke, D. (2017). "Psychosocial factors associated with talent development in football: A systematic review," *Psychol. Sport Exerc.*, 31, pp. 93–112.
  7. Côté, J., & Hay, J. (2002). Family influences on youth sport performance and participation. In J. M. Silva and D. Stevens (Eds.), *Psychological foundations of sport* (pp. 503-519). Boston, MA: Allyn & Bacon.

