

A Study of Emotional Intelligence between Male Sports Persons and Male Non Sports Persons

Dr. Madhavi Mardikar and Ku. Madhuri Dinesh Raut

Abstract: Generally, physical education is misunderstood to mean physical activity or merely drill. It is necessary to provide knowledge regarding true meaning and scope of physical education. The aim and objectives of physical education are also being stated in detail so as to enable the students to understand the basic concept of the subject. It is also pertinent to deal with the controversy whether physical education is an art or science. The word physical education is derived from two separate words, “physical and education” the plain dictionary meaning of word ‘physical’ is ‘relating to body’, it may relate to any one or all of the bodily characteristic. It may be physical strength, physical endurance, physical fitness, physical appearance or physical health. The word ‘education’ means Systematic instructions or training, or preparation for life or for some particular task. A combined meaning of these two words would be that systematic instructions or training which relates to physical activities or programme of activities, necessary for development and maintains of human body, development of physical powers, or cultivation of physical skill. A well directed programme of physical education leads to healthful living social efficiency, good physical health, and worthy use of Leisure time. In the modern context, the term ‘physical education’ has assumed much border and more meaningful application to our daily life. Physical education is the education of man ‘in’ and ‘by’ means of physical activity. It is education of physical through physical. Physical education is the education which starts with physical development and advances toward perfect development of human being. The ultimate result being vigorous and strong body, acquisition of sound health, mental alertness and social and emotional balance, such as individual will be able to interpret men situations effectively, in more meaningful and purposeful manner and can be said to be a “Physically Educated Person.”.

Keywords: physical education

I. INTRODUCTION

Emotional intelligence:-

Emotional intelligence like general intelligence is the product of One’s heredity and its interaction with his environmental forces. Historically speaking them emotional intelligence was introduced in 1990 by two American University Professors Dr. John Mayer and Dr. Peter Solevey in their attempt to develop a Scientific measure for knowing the differences in people’s ability in the areas of emotion.

A clear and Scientifically useful definition of emotional intelligence, however, is recognizable because it takes the terms emotion and intelligence seriously, that is the meaning of emotional intelligence has something Specific to do with the intelligence intersection of the emotions and thoughts.

We define EI as the capacity to reason about emotions and of emotions to enhance thinking. It includes the abilities to accurately perceive emotion, to access and generate emotions. so as to assist thoughts, to understand emotions and emotional knowledge, and to reflectively regulate emotions. So as to promote emotional land intelligence growth.

Emotional intelligence refers to an ability to recognize the meanings of emotions and their relationship and to reason and problem solve on the basic of them emotional perceive emotions, assimilate emotion – related feelings, understand the information of those emotions and manage them. ²

According to Aristotle, “to exhibit emotion is very easy but doing it at the right time, at the right place, with the right person and to the right degree is difficult. The management of emotion has given rise to the most talked about term, emotion intelligence.”

Emotional intelligence enables one to learn to acknowledge and understand feelings in ourselves and in others and that we appropriately respond to them, effectively applying the information and energy of emotion in our daily life and work. Emotional intelligence motives employees to pursue their unique potential and purpose, and activates innermost potential values and aspiration, transforming them from things they about, to what they do.

Copper and Sawaf 1997 define emotional intelligence as the ability to sense, understand and effectively apply the power and acumen of emotion as a source of human energy information connection and influence. Emotional intelligence is the underlying premise for all management training emotional intelligence skills are synergistic with cognitive one's top performers have both.

Objectives of the study :

- To find out Emotional intelligence of male sports persons.
- To find out Emotional intelligence of male Non-sports persons.
- To study the differences between emotional intelligence of male sports persons and males Non-sports persons.

Hypothesis :

- It is hypothesised that there will be significance difference between male sports persons and male Non-Sports persons.

II. RESEARCH METHODOLOGY

This study was carried out 50 males. The 50 males were selected randomly from different colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur. All 50 males were selected as a sample for this study. Out of 50 males 25 were Sports Person and 25 were Non-Sports Person. The males were selected from age group i.e. 20 to 29 year. The Tools used for this study are as Emotional intelligence Scale

All the 50 males selected randomly from the different affiliated college of Nagpur university. All males were contacted personally and the questionnaire was given to them by hand only. Any queries by them concerning the questionnaire were solved within 2-3 days. There was no time set to respond to the questions. This scale was developed by Anukool Khede, Sanjyotlethe and Upinder Dhar which assess the emotional intelligence of male's sports person and non-sports person. The total number of items in this scale is 34.

III. CONCLUSION

In view of the results obtained the following conclusion can be made.

Most of the males sports person have a high level of Emotional intelligence.

Males sports persons and Non-sports they have different level of Emotional intelligence.

Some males sports person are emotionally more strong than males non-sports person.

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