



## COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE INTERNATIONAL AND NATIONAL LEVEL PHYSICALLY DISABLED SWIMMERS

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### Abstract

The objective of study was to compare the Emotional Intelligence difference between National and International Physically disabled swimmers. Thirty (30) physically disabled swimmers, who had represented their respective states in 14<sup>th</sup> National Paralympics Championship held at Indore (M.P.) from 6<sup>th</sup> November 2014 to 9<sup>th</sup> November 2014, voluntarily participated in this study. To assess the Emotional Intelligence of Swimmers, Mangal's Emotional Intelligence Inventory constructed by Dr. Shubhra Mangal and Dr. S.K. Mangal (2004) was used. Independent "t" test applied to compare the mean scores and to find out the significant difference among International and National level disabled swimmers on Achievement motivation. The level of significance was kept at 0.05. International disabled swimmers (67.00) were greater in comparison to National level (59.06) disabled swimmers with a mean difference of 7.93. Significant difference was found between the mean score of International disabled swimmers and National level swimmers (Tab.'t' =3.720,  $p < .001$ ) in relation to Emotional Intelligence. The International level disabled swimmers

Emotional Intelligence greater than the National level Indian Physically disabled swimmers.

**Keywords:** Emotional Intelligence disabled swimmers and Psychology.

### Introduction

Sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes as the role played by psychological factors in the performance and over well-being of athletes has become better understood now. Intervention has been designed to favorably affect athlete's behavior throughout their involvement in sports and beyond. Sports psychology researchers have been interested in how athlete's psychological and characteristic's influence performance. Emotional Intelligence is an important aspect considering daily day to day life. It is the ability to identify and manage your own emotions and emotions of others. Although emotional intelligence is still a relatively new term in sport, it is certainly not a new concept. For years we have marveled at how the great athletes are able to "switch



themselves on” to create amazing performances with incredible consistency. The key to emotional intelligence in sports is the ability to control your emotions and create peak performance on demand. Disability is very gigantic term that includes various categories of people with different characteristics. We should first understand what disability is? It is a functional consequence of an impairment or change in the body or human functioning. The person cannot perform his own work independently like walking, sitting toileting, bathing etc. Singh and Mili (2016) arranged a study to investigate to show the difference of emotional intelligence among players who takes part of different sports aspects i.e. individual, dual and team sports. Emotional Intelligence Scale for sportspersons (EISS) developed by Rajita Menon A. And Dr Jayashree Acharya was used. The study showed significant differences in factors of emotional intelligence in different sports aspects. Lane et al.(2009) found that emotions correlating with successful Performance are vigor, happiness, and calmness; whereas emotions associated with poor performance include confusion, depression and fatigue. Emotional intelligence correlated positively with pleasant emotions and negatively with unpleasant emotions. Further, Lane et al. (2009) found emotional intelligence scores correlated with frequent use of psychological skills. Athletes reporting frequent use of psychological skills

(Thomas et al., 1999). The main objective of present study was to compare the Emotion Intelligence difference between National and International disabled swimmers.

### **Methodology**

Thirty (N=30) physically disabled swimmers (15 International and 15 National level disabled swimmers), who had represented their respective states in 14<sup>th</sup> National Paralympics Championship held at Indore (M.P.) from 6<sup>th</sup> November 2014 to 9<sup>th</sup> November 2014, voluntarily participated in this study. To assess the Emotional Intelligence of Swimmers Mangal's Emotional Intelligence Inventory constructed by Dr. Shubhra Mangal and Dr.S.K. Mangal(2004) was used. Emotional Intelligence Inventory has been designed for measurement of Emotional Intelligence (total as well as separately) in respect of four areas i.e. Intra-personal Awareness (knowing one's own emotions), Inter-personal Awareness (knowing about other's emotions), Intra-personal Management (managing one's own emotions), Inter-personal Management (managing other's emotion's). Independent “t” test was applied to compare the mean scores and to find out the significant difference among International and National level disabled swimmers on Emotional Intelligence. The level of significance was kept at 0.05.



## Results

TABLE 1  
MEAN COMPARISON OF EMOTIONAL INTELLIGENCE  
SCORE AMONG INTERNATIONAL AND  
NATIONAL LEVEL SWIMMERS

Mean		SD	MD	t	Sig. (2-tailed)
Int.	National				
67.00	59.07	5.64	7.93	3.720*	0.001

The above table reveals that the mean value of Emotional Intelligence in International disabled swimmers (67.00) was greater in comparison to national level (59.07) swimmers with a mean difference of 7.93. Further, significant difference was found between the mean score of International disabled swimmers and national level swimmers (Tab.'t' =3.720,  $p < .001$ ) in relation to Emotional Intelligence.

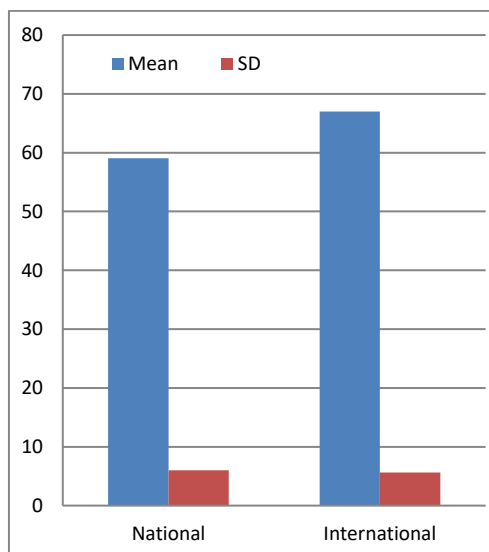


Figure 01: Mean and Standard Deviation values Emotional Intelligence of International and National level Disabled swimmers

## Discussion of findings

The result of the present study reveals that the International level disabled Swimmers were found to have better Emotional Intelligence (67.00) as compared to the National level disabled Swimmers (59.06). This may be attributed to the fact that the swimmers participating at the International level are more emotionally balanced because of participation in many more competitions than the National level disabled swimmers. So that better emotional intelligence in International level disabled swimmers than the National swimmers. The result of the study is also supported by Hemmatinez had and Ramazaninez had et.al. (2012), Palmer and stough, (2001), Mohammad Gul (2015).

## Conclusion

With the limitation of the study, the following conclusions is drawn that The International level disabled swimmer's Emotional Intelligence was greater than National level disabled swimmers.

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