



## RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND SPORTS PERFORMANCE OF JUDOKAS OF HARYANA STATE

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### Abstract

The aim of the present study is to examine the relationship between emotional intelligence and sports performance of Judo players of Haryana State. A sample of 60 Judokas is selected for the investigation. EI was measured with the use of the 80-item multidimensional measure of emotional intelligence questionnaire (MMEI) by C.R. Darolra (2003). The sports performance scale was prepared by researcher herself according to athlete's highest achievement in competition at different levels. Findings of the study show that there is a positive significant correlation between emotional intelligence and sports performance of Judokas of Haryana State

**Keywords-** Athlete, Emotional Intelligence, Judokas, Sports Performance

### Introduction

Awareness of the importance of sports psychology to assist athlete to perform sports skills better is growing fast. Now a day sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. The role of psychological factors in the performance and overall well being of athlete has become better understood and interventions have been designed to positively affect athlete behaviour throughout their participation in sport and later than. Today in sport's world, physical exercises is not regarded as the main factor to achieve success. In addition to physical and prudent abilities and professional skills, undeniably the abilities and personality traits are effective factors in athletic success. Since the success in sport completion is related to a ambit of factors, moreover, the competitive

nature of sport and perform under stressful condition caused to each athletes experience different emotions that can impact on sports performance.

It is important for Athletes to understand and recognize that how to regulate and deal with negative emotions in certain situations which needed some strategies and skills in order to control and manage their emotions. The regulation and management of emotions could related to construct of emotional intelligence, that defined as personality ability to control feeling and emotion and a new method for improve and enhance performance although recognize, regulation and management of emotions (Mayer, Salovy and Caruso 2004). Emotional Intelligence consists of indicators and skill that will help us to understand and control our feeling and emotions in order to work in our favour, not against us. Bar-On *et al.* (2000) view emotional intelligence as a non cognitive ability which is defined as an array of emotional, personal, and social abilities and skills that influence an individual's ability to cope effectively with environmental demands and pressures. Emotional intelligence (EI) plays an important role in sport performance (Jones 2002). Many researches support this phenomena that high EI has been proven to be beneficial for athletes of team sports; improving their performance. *Crombie, Lombard, and Noakes* (2009) found that team Emotional Intelligence scores gained through an ability test in cricket were positively related to the team's performance over two seasons. This suggests that team EI scores are a significant predictor of sports performance. *Perlini and Halverson* (2006) examined EI and success in the National Hockey League. Results indicated that EI scores were higher for National Hockey League players than the general population; they also concluded that EI competencies facilitate the execution of hockey skills (Perlini and Halverson 2006). *Zizzi, Deaner, and Hirschhorn* (2003) investigated the relationship between EI in collegiate baseball players and found that EI was positively correlated with the total number of strikeouts by pitchers, again suggesting that EI is a sport performance indicator. Furthermore, according to *Zizzi et al* (2003), an athlete must recognize their emotions, as well as their teammates 'and opponents' emotions, in order to perform well in team sports.



Moreover, at the individual level higher Emotional Intelligence was found to be positively co-related to the use of psychological skills, such as imagery and self-talk (Lane, Thelwell, Lowther, & Devonport, 2009) which have been proven to aid performance. Another positive effect EI is found to have in sports is its effect on stress when under pressure. Trait EI has been found to be related to task-oriented coping in table tennis players for different stressful situations (Laborde, You, Dosseville, & Salinas, in press). Facing stress and anxiety is common for all athletes. Especially those that are to perform at the highest level, they in particular must cope appropriately with stress when under lots of pressure. Therefore, literature related with Emotional Intelligence and sports performance showed that, there is strong evidence to confirm that EI has a significant role in sport and it is beneficial for performance. In light of previous studies the researcher has tried to examine the relationship of EI with Sports Performance of Judokas of Haryana state.

### Methodology

**Sample** The study was conducted on 60 Judokas of Haryana State. The participants were performer of District level to International level.

**Tools Used** The researcher used flowing two tools for data collection

Multidimensional measure of emotional intelligence questionnaire development by C.R. Darolia (2003). Sports performance rating scale prepared by researcher herself.

**Statistical Tool** Pearson's coefficient of correlation was used to reveal the relationship between EI and Performance of Judokas.

### Results and Discussion

**Table 1**

**Descriptive Statistics**

	Mean	Std. Deviation	N
Performance	3.5333	2.72444	60
EI	255.7833	8.89885	60

Table 1 presents the descriptive statistics of variables Performance and Emotional Intelligence (EI). The mean value of performance is 3.53 and SD is 2.72. The Mean and SD of overall emotional intelligence are 255.78 and 8.89 respectively.

The Table 2 shows the co-relation coefficient of sports performance and emotional intelligence of judokas. It is found that emotional intelligence has positive co-relation with the performance of Athletes ( $r=.487$ ) which is significant at 0.01 level of significance.

**TABLE 2**  
**Correlations**

		Performance	EI
Performance	Pearson Correlation	1	.487**
	Sig. (2-tailed)		.000
	Sum of Squares and Cross-products	437.933	696.933
	Covariance	7.423	11.812
	N	60	60
EI	Pearson Correlation	.487**	1
	Sig. (2-tailed)	.000	
	Sum of Squares and Cross-products	696.933	4672.183
	Covariance	11.812	79.190
	N	60	60

\*\* . Correlation is significant at the 0.01 level (2-tailed).



The results obtained clearly indicate that over all emotional Intelligence is positively correlated with Athlete's Performance similar to Crombie, Lombard, and Noakes (2009), Perlini and Halverson (2006) and Zizzi, Deaner, and Hirschhorn (2003) ect.

### Conclusion

Emotional intelligence (EI) has a great impact on sport performance. It should understand that being 'emotionally intelligent' is not just about having a positive outlook or jocund personality, it is about emotionally intelligent athletes being more ready to cope with the full array of emotions that accompany the challenges of sports participation allowing them to perform to a higher standard.

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