“Comparative Study of Emotional Intelligence between International and National Level Physically Disabled Swimmers”

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**Background:** Objective of study is to compare the Emotional Intelligence difference between National and International Physically disabled swimmers.

**Methods:** Thirty (30) physically disabled swimmers, who were representing their respective states in 14th National Paralympics Championship held at Indore (M.P.) from 6th November 2014 to 9th November 2014 and voluntary to participate 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.

**Statistical Analysis:** 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.

**Result:** 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.

**Conclusion**: The International level disabled swimmers Emotional Intelligence greater than the National level Indian Physically disabled swimmers.

**Keywords:** Emotional Intelligence disabled swimmers.

**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. Intervention has been designed to favorably affect athlete’s behavior throughout their involvement in sport and beyond. Sports psychology researchers have been interested in how athletes Psychological and characteristics’ influence performance. From this point, it is clear that Psychological characteristics differ between more and less effective athletes and teams, Moreover, the ability to mentally prepare is considered a key component of such differences.

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. Emotional intelligence also reflects abilities to join intelligence, empathy and emotions to enhance thought and understanding of interpersonal dynamics. 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. We would describe them as being composed, mentally tough, having the right psychology, a great sports mind, emotionally controlled or simply determined or focused. 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. Disability is the word which shaken our mind. 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 sport persons (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)

**Objective of study**:

 To compare the Emotion Intelligence difference between National and International disabled swimmers.

**Hypothesis of the study:**

 This is expected that there will be a significant difference among National and International disabled swimmers on Emotion Intelligence.

**Methodology:**

 For this purpose, 15 International and 15 National level disabled swimmers were selected randomly. Physically disabled swimmers of National Paralympics Swimming representing their respective states in 14th National Paralympics Championship held at Indore (M.P.) from 6th November to 9th November 2014 and volunteered to participate in this study were selected as subjects of this study.

**Instruments:**

 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)

**Statistical Analysis:**

 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.

Table 1: Mean comparison of Emotional Intelligence score in International and national level disabled swimmers

|  |  |  |  |
| --- | --- | --- | --- |
| **Mean** | **MD** | **t** | **Sig. (2-tailed)** |
| **International** | **National** |
| 67.0000  | 59.0667  | -7.93333 | -3.720\* | .001 |

The above table reveals that the mean value of Emotional Intelligence in International disabled swimmers (67.0000 ) was greater in comparison to national level (59.0667 ) swimmers with a mean difference of 7.93333.

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.

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1. **Graphical Representation of Emotional Intelligence** **of International and National level Disabled swimmers**

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