

# Emotional Intelligence in Male Judo Players: A Predictor of Sport Performance

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**Abstract:** This study examined the role of emotional intelligence in performance of male judo players. To obtain required data, the investigators had selected Sixty (N=60) male intercollege level judo players of 18 to 24 years of age to act as subjects. They were divided into three groups; (i.e., N1=20; District, N2=20; State and N3=20 National). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. To measure the level of Emotional Intelligence the subjects, the Emotional Intelligence scale constructed by (Anukul Haide, Sanjot Pathi) and (Upandra Dhar (2005) was used to collect data was administered. The results revealed insignificant differences have been noticed among district, state and national level male judo players on the sub-parameters; self-awareness and empathy emotional intelligence.

**Keywords:** Emotional Intelligence, Male Judo Players, Sport man, Predictor , Sport Performance

## 1. Introduction

Participation in the affected by the modern sport of physiological, sociological, and psychological factors. The training, which is a long day for good physical fitness, the athlete, and the emphasis of the different types of motor skills is involved in the game, and in the educational strategies, techniques and tactical game. Until very recently, the physical education teachers are not paying attention to the social and psychological factors, which, although it has been shown to contribute to the greater performance. Only recently the sport and physical education teachers the importance of education and the spiritual preparation for the players and the strain of sport. Yes, and now it is the sport of physical training and teachers more importance it attaches to the building, and the psychological, mental gamers the competition in the domestic and international competitions.

Emotional intelligence can be defined as the ability to perceive accurately, appraise, and express emotion; the ability to access and/or generate feelings when they facilitate thought; the ability to understand emotions and emotional knowledge; and the ability to regulate emotions to promote emotional and intellectual growth (Salovey and Mayer, 1990). Idea to develop new concept came as a result of researches which showed that for managing in everyday situations one need different skills then those measured by traditional intelligence tests. Individuals who scored high on intelligence tests were often unsuccessful in their career and personal life, unlike those who were good in recognizing, expressing, understanding and regulating emotions (Salovey and Mayer, 1990). The present research has employed the

notion of EI which is based upon the conceptualization of EI as proposed by Goleman. The EI model adopted in this study consists of 10 components. The ten components that constitute EI are: (i) Self-awareness (ii) Empathy

## 2. Objectives

The present study was conducted with following objectives in view:

To assess the emotional intelligence of male judo players.

- ❖ Self-awareness
- ❖ . Empathy

**Material and Methods:** Subjects: The investigators had selected Sixty (N=60) male inter college level judo players of 18 to 24 years of age to act as subjects. They were divided into three groups; (i.e., N1=20; District, N2=20; State and N3=20 National). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

**Tool used:** Emotional intelligence scale constructed and standardized by (Anukul Haide, Sanjot Pathi) and (Upandra Dhar (2005) was used to collect data. The data obtained was carefully scrutinized, categorized in order to fulfill the objectives.

**Statistical technique:** One Way Analysis of Variance (ANOVA) was employed to compare the different level of performance. Where F values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference.

For testing the hypotheses, the level of significance was set at 0.05. **3. Results and discussion:**

**Table 1**  
Analysis of Variance (ANOVA) results among District, State and National Level male Judo players with regard to the sub-parameter Self-Awareness

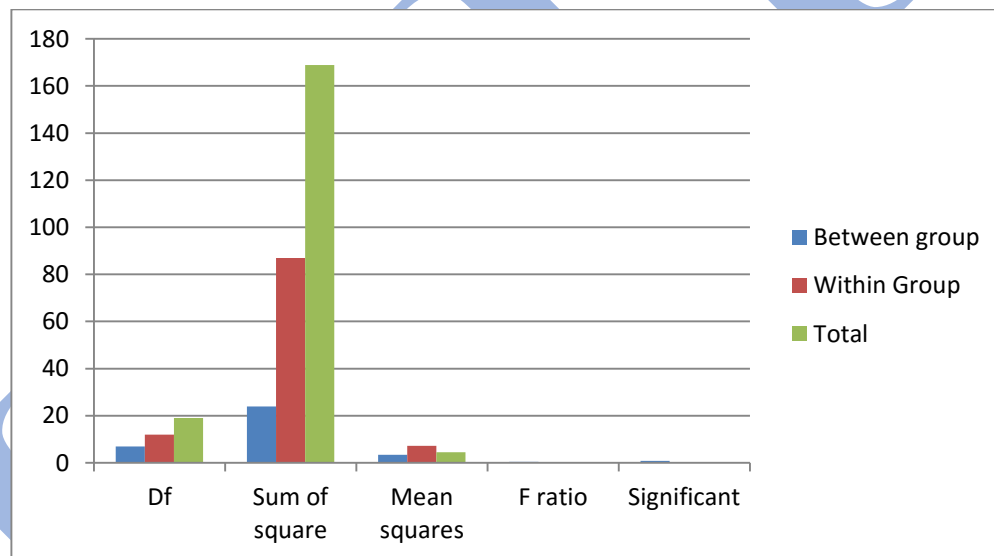
Source of variance	Df	Sum of square	Mean squares	F ratio	Significant
Between group	7	23.917	3.41	0.399	0.885
Within Group	12	87.033	7.25		
Total	19	168.950	4.56		

\*Significant at 0.05 F0.05 (2.57)

Table 1 presents insignificant differences with regard to the sub-parameter self-awareness among district, state and national level male judo players as the P-value (Sig.) 0.885 was found smaller than the 0.05 level of significance ( $P < 0.05$ ). Since the obtained F-value was found insignificant.

**Graph- 1**

Graphical representation among District, State and National Level male Judo players with regard to the sub-parameter Self-Awareness



**Table 2**  
Analysis of Variance (ANOVA) results among District, State and National Level male Judo players with regard to the sub-parameter Empathy emotional intelligence

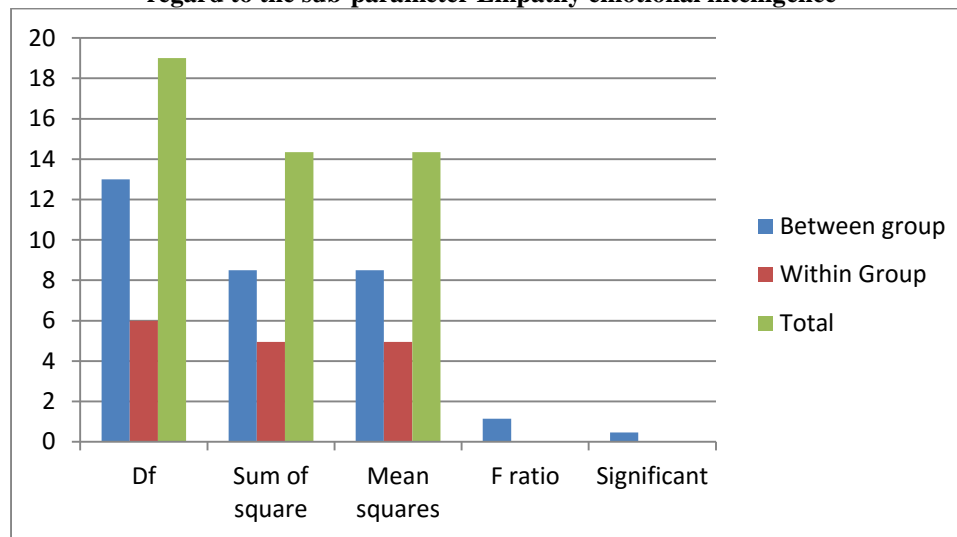
Source of variance	Df	Sum of square	Mean squares	F ratio	Significant
Between group	13	8.503	8.503	1.138	0.464
Within Group	6	4.944	4.944		
Total	19	14.349	14.349		

\*Significant at 0.05 F0.05 (2.57)

It is evident from table 2 that insignificant differences have been found with regard to the sub-parameter

empathy emotional intelligence among district, state and national level male Judo players as the P-value (Sig.) .464

**Graph- 2**  
**Analysis of Variance (ANOVA) results among District, State and National Level male Judo players with regard to the sub-parameter Empathy emotional intelligence**



#### 4. Conclusions:

It is concluded from the results that no significant differences have been noticed among district, state and national level male Judo players on the sub-parameters; self-awareness emotional intelligence and empathy emotional intelligence.

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