

A Study of Emotional Intelligence of Physical Education Students

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Abstract

The purpose of the present study is to measure the Emotional Intelligence among Physical Education Students of Higher Secondary Schools of Mandsaur, Madhya Pradesh. This is a survey study under descriptive research. For the present study, a total of 60 Physical Education students were selected purposively (30 Male and 30 Female) as the sample for the present study. For the collection of data the researcher administered the Emotional Intelligence scale of Anukool Hyde, Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of Physical Education Students (Male and Female) was compared by using independent t-test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis. It was observed from the finding that the in all sub scales of Emotional intelligence there was no significant difference between Male and Female Physical Education Students. Therefore the null hypothesis, there is no significant difference in Emotional intelligence between male and female Physical Education Students is accepted. The mean scores of Emotional intelligence sub scales like Self Awareness, Emotional Stability and Self Motivation shows that Male Students of Physical Education have high degree of emotional intelligence than Female Students of Physical Education. Finally, researcher concluded that Male Physical Education Students have better emotional intelligence than female Physical Education Students. male Physical Education Students were well aware about their emotions, self worthy, goal directed and sensitive as compare to Female Physical Education Students

Key Words: Emotional intelligence, male and female Physical Education Students

Introduction

Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article "Emotional Intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (1990).

The purpose of the present study is to measure the Emotional Intelligence among Male and Female Physical Education Students of Higher Secondary Schools of Mandsaur Madhya Pradesh. As per the previous researches, higher the emotional intelligence among the students, more they become responsible and respectful and vice-versa. So on the basis of this the present researcher is going to compare the Emotional Intelligence between the two groups of Physical Education Students i.e. Male and Female.

Material and Methods

This is a survey study under descriptive research. For the present study, a total of 60 Physical Education students were selected purposively (30 Male and 30 Female) as the samples for the present study. For the collection of data the researcher administered the Emotional Intelligence scale of Anukool Hyde, Sanjyot Pethe and Upinder Dhar. After data collection, data of Emotional intelligence of Male and Female Physical Education Students was compared by using Independent t test and the results were analysed and interpretations were drawn. The level of significance was kept at 0.05 to test the hypothesis.

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Results

Table no.1
Descriptive statistics of Male and Female Physical Education Students on the scores of emotional intelligence sub-scale.

Emotional Intelligence sub scales	Group	N	Mean	Std. Deviation	Std. Error Mean
Self awareness	Male Students	30	18.8667	8.08034	1.47526
	Female Students	30	17.2000	1.47157	.26867
Emotional Stability	Male Students	30	20.6000	11.02223	2.01238
	Female Students	30	19.0333	8.06219	1.47195
Self Motivation	Male Students	30	25.6333	2.48420	.45355
	Female Students	30	25.2000	2.44103	.44567

Table No. 2
Independent sample't' test of Emotional Intelligence sub-scales

Emotional Intelligence sub-scales	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self awareness	-1.111	58	.271	-1.66667	1.49953
Emotional stability	-.628	58	.532	-1.56667	2.49325
Self motivation	-.681	58	.498	-.43333	.63587

Discussion of findings

It was observed from the finding that the in all sub scales of Emotional intelligence there was no significant difference between Male and Female Physical Education Students. Therefore the null hypothesis,

there is no significant difference in Emotional intelligence between Male and Female Physical Education Students is accepted. The mean scores of Emotional intelligence sub scales like Self Awareness, Emotional Stability and Self Motivation shows that Male Physical Education Students have high degree of emotional intelligence than Female Physical Education Students.

Conclusion

In the study researcher found that in all sub scales of Emotional intelligence there was no significant difference between male and female Physical Education Students. Finally, researcher concluded that male Physical Education Students have better emotional intelligence than female Physical Education Students. Male Physical Education Students were well aware about their emotions, self worthy, goal directed and sensitive as compared to Female Physical Education Students.

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