The Comparative study the Emotional Intelligence of female State Level Kho-Kho Players and National Players

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ABSTRACT

The purpose of the study was to investigate the Comparative study of Emotional Intelligence of State Level Kho-Kho Players and National Players in Haryana. The sample consisted of 30 respondents from each level of participation. The area of sample from Haryana in different districts and different centers of kho kho i.e. Saini School Rohtak, Govt. Sr. Sec. School Baroda Sonipat, MDU Rohtak, CDLU Sirsa. Significant mean difference the variables related to role overload. Role ambiguity and responsibility under participate study shows difference in the over-all study of Emotional Intelligence.

Key Words: Emotional Intelligence, self management, Psychological Factors, Biological aspect, Behavior

INTRODUCTION

The Kho-Kho game is an Indian sport commonly played in schools and colleges around the country. When it comes to Kho-Kho history, every Indian knows that the game was known to be played since the earliest of times. It is played on a rectangular court, between two teams of twelve players each, of which 9 take the field and 3 are reserves. Kho-Kho is a great test of the participants’ physical fitness, strength, speed and stamina and dodging ability. No one has exact knowledge on Kho-Kho history or when the first game was played, though many historians say that it is actually a modified form of ‘Run Chase’. In the ancient era, a version of the Kho-Kho game was played on ‘raths’ or chariots in Maharashtra.

This was known as Rathera.

In ancient Kho-Kho history, there were no rigid rules and regulations for playing the game. The Kho-Kho rules were first framed in the early 1900’s. A committee was formed at Gymkhana Poona in 1914 for framing the Kho-Kho rules and the first ever book of Kho-Kho rules was published from Gymkhana Baroda, in 1924.

Each team consists of 12 players, but only 9 players take the field. A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits/kneels in the middle of the court, in a row, with adjacent members facing opposite directions. The runners take to the field, 3 at a time and the team that takes the shortest time to tag/tap all the opponents in the field, wins. There is a pole on each end and the runner can go between two players who are sitting in zig zag manner, but the chaser is not allowed to turn back while running and go between the players. But chaser can go to pole and touch it and can go back or go to other side.

A kho kho playground (or pitch) is rectangular. It is 27 metres in length and 16 metres in width. There are two rectangles at the end. Length of the rectangle is 16 metres and the width is 1.50 metres. In the middle of these two rectangles, there are two wooden poles. The central lane is 24 metres long and 30 cm width. There are eight cross lanes which lie across central lane. length of the cross lanes, are 16 metres and width 35 cm. It makes the small rectangles and each of it is 16 metres in length and 2.3 metres in breadth,(the two rectangles of nearby the wooden poles are 2.55 metres width) at right angles to the central lane and divided equally into two parts of 7.85 metres each by central lane. At the end of central lane, the free zone tangent to the post-line, two smooth wooden posts are fixed, 120 cm height from the ground and their circumference is not less than 30 cm and not more than 40 cm they have so many tricks in running like double chain, single chain, dogging and ring game as well as in chasing like dive, pole dive, fake kho etc.
The equipment used in kho kho are poles/post, strings, metallic measuring tape, lime powder, wire nails, two watches, types of rings having inner circumference of 30 cm and 40 cm, score shots (like a whistle, for instance), and stationery to write results.

Emotional Intelligence and Performance:

In recent years, sports psychology research has seen the rise of a concept named emotional intelligence. But what is it, how can it help sports performance and how can we enhance our own emotional intelligence? Andy Lane explains. Emotional intelligence is a relatively new concept that has emerged over the last decade, which to date has principally been studies in business settings. It is defined as 'the capacity to recognize and utilize emotional states to change intentions and behavior'. Emotional intelligence can be measured using pen and paper test; in such tests, the responses to statements such as 'When I experience a positive emotion, I know how to make it last' and 'I motivate myself by imagining a good outcome to tasks I take on' are recorded and assessed. Emotional intelligence can be summarized thus:

The ability to recognize different emotional states; Assessing the effects of emotions on subsequent behavior

The ability to switch into the best emotional state to manage a particular situation.

Emotional Intelligence in Sport:

Although emotional intelligence is still a relatively new term in sport, it certainly is 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. Today we recognize these athletes as having high levels of competency in the area of emotional intelligence.

The Key to emotional intelligence is the ability to control your emotions and create peak performance on demand. If only we could teach our athletes to do this consistently! But, what if we could? This article examines what emotional intelligence is and while wanting to develop this invaluable ability within your athletes is paramount, it isn’t the first step. Most importantly, coaches require high levels of emotional intelligence as the first priority. (Future articles will continue this topic and focus on developing emotional intelligence in our athletes.

Self Management and Emotional self control in Sport:

The Self-Management quadrant contains the vital aspect of Emotional Self Control. Development of this competency is vital for both coaches and athletes. It is this competency which separates the star performers from those who technically can do the job but are inconsistent due to factors such as the moment carrying them away etc. Emotional Self Control in sport is the ability to control emotional impulses which lead to poor performance, to create emotions which lead to good performance and to be disciplined enough to know when to do either. For example, when watching your athlete perform poorly, as sometime happens, although it makes you frustrated, are you able to recognize this frustration (emotional self-awareness) and then are you able to adapt this emotion to a more productive one, before you begin interacting with your athlete. If you spend some time to consider, are you able to produce the type of emotional state which you know helps you to perform at your best. Do you know what state this is? This is an example of both emotional self-awareness and emotional self-control.

Statement of the Problem:


Delimitations:

1. The study was delimited to the male Kho-Kho players of India.
2. The study was further delimited to age ranging from 18 to 25 years.
3. The study was further confined to the following psychological variables.

Aim of the study:

2) To Examine the Enthusiasm of State level Kho-Kho Players and National Level Kho-Kho player
Objective of the Study:

1) To find out the Emotional intelligence of State level KhoKho Players and National Level KhoKho players.
2) To find out the Enthusiasm of State Level Kho-Kho Players and National Level Kho-Kho Players.

Hypothesis:

* National Level Kho-Kho Players will be significantly high Self awareness than the State Level Kho-Kho Players.
* There will be significant difference between National Level Kho-Kho Players and State Level Kho-Kho on Emotional intelligence Dimension of Empathy.
* National Level Kho-Kho Players will be significantly High Self Motivation than the State Level Kho-Kho Players.
* There will be significant different in between National Level Kho-Kho Players and State Level Kho-Kho Players on Emotional intelligence Dimension of Emotional Stability.
* There will be No significant difference in between National Level Kho-Kho Players and State Level Kho-Kho Players on Emotional intelligence Dimension of Managing Relations.
* There will be No significant difference in between National Level Kho-Kho Players and State Level Kho-Kho Players on Emotional intelligence Dimension of Integrity.
* National Level KhoKho Players will be significantly high Self Development than the State Level Kho Kho Players.
* There will be No significant difference in between National Level Kho Kho Players and State Level Kho Kho Players Emotional intelligence Dimension of Altruistic Behavior.

Definition of Term

Emotional Intelligence:

Emotional intelligence is the innate potential to feel use communicate recognized remember describe identify learn from manage understand and explain emotions. Emotional intelligence or EI, describes on ability or capacity to perceive, assess and manage the emotions of one’s self and others. Our EQ or emotional quotient is how one measures emotional intelligence.

Signification of the Study:

1. The finding at this study may also in general assist the Emotional Intelligence and Enthusiasm at state level kho-kho players and national level players.
2. The study may give an opportunity and encouragement emotional intelligence and enthusiasm to conduct further studies on different aspects to kho-kho players.
3. The study may throw light on enthusiasm for kho-kho players in order to bring about optimum development of performance ability.

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