

Emotional intelligence and its association with social physique anxiety and performance among throwers

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Abstract

The purpose of present investigation was two folds: 1) to determine the relationship of emotional intelligence with social physique anxiety and performance of throwers; and 2) to find out the difference in emotional intelligence and social physique anxiety between high performance and low performance throwers. The total sample of present study comprised of 23 throwers of All India Inter-University, including the high performers (N1=8) and low performers (N2=15). The inventory of emotional intelligence developed by Mangal and Mangal was used to measure the emotional intelligence, and social physique anxiety scale developed by Hart, Leary, & Rijeka was used to measure the social physique anxiety. To determine the association of emotional intelligence with social physique anxiety and performance, the product moment method of correlation was used, and to test the difference of significance between two groups independent 't' test was used. The results of study revealed that, all the components of emotional intelligence have insignificant relationship with social physique anxiety and competition performance among throwers. Findings further found that high performance throwers were insignificantly more emotionally intelligent, and reported significantly less social physique anxiety than low performance throwers.

Keywords: emotional intelligence, social physique anxiety, performance and throwers

1. Introduction

Emotional intelligence is an important variable of human psychology which drives an individual and affects his performance in any concerned field, it becomes imperative to see how this variable correlates with the performance in sports, as these are not only intense but are full of aggression. Research when done by brain science has underlined the importance of emotional intelligence [1, 2]. And it is put forwards to develop connection with adaptive mental working [3]. Measures of emotional intelligence associate with effective execution in various associated settings [4]. They also find the relationship of emotional intelligence with various variables of wellbeing and minimizing the impacts of anxiety [5].

Social Physique Anxiety (SPA) is one of belief regarding the self-consciousness. SPA is the nervousness which happens as "an after effect of the possible EI level. SPA is highly relevant to one's physical self-dissatisfaction; members who were disappointed with their self-image perceived more SPA. Actually, it is suspected that SPA is directly associated to emotion with different approaches. In light of this, SPA may be connected with EI and also affect performance.

It has been established that self-presentation affected one's decision of activity environment, as people who tended to assess other's impression of their constitution in a negative way, maintained a strategic distance from activity settings in which their physique would be display (i.e. jogging areas, aerobics classes and swimming pools). This apprehension of negative self-recognition brought about complete non-participation in activity to lessen or put out the pain of social anxiety [6].

So in present study investigator intends to find out the association of emotional intelligence with social physique anxiety and performance of the throwers of university level.

2. Methods and Procedure

2.1 Selection of subjects

In the present investigation the purposive random sampling procedure was adopted by the investigator for the collection of the data. The total sample of present study comprised of 23 throwers, including the high performers (N1=8) and low performers (N2=15). Data was collected during the All India Inter-university championship held at Rajiv Gandhi University of Health Science, Jayanagar, Bangalore, w.e.f 16-01-2015 to 20-01-2015. Subject's age ranged between 18 and 28 years.

2.2 Measurements of Emotional Intelligence

The inventory of emotional intelligence developed by S. K. Mangal and Shubhra, Mangal was used to measure the emotional intelligence. This inventory consists of 100 items, which is further divided in four areas, each consists of 25 questions as; intra-personal awareness, inter-personal awareness, Intra-personal management and Inter-personal management. Each items of inventory has two forced choice, either yes or no. Yes indicating complete agreement and no indicating complete disagreement. For scoring, one mark was provided for the response showing presence of emotional intelligence and zero mark for response showing absence of emotional intelligence.

2.3 Measurements of Social Physique Anxiety

Social physique anxiety was assessed by using 12 items scale developed by [7]. Subjects rate items on a 5-point likert scale ranging between 1(not at all) and 5 (extremely). A person scores was calculated by summing up the responses, noting that question 5 is reversely scored. The scores of test ranged between 5 to 49. The higher score indicates the high levels of SPA.

2.4 Competition performance

Competition performance was measured in the meters. Maximum distance covered by each thrower considered as competitive performance.

2.5 Statistical Analysis

For the analysis of data SPSS version 22 was used. In order to examine the association of emotional intelligence with social physique anxiety and performance, product moment method of correlation was used, and to test the difference of significance between two groups independent ‘t’ test was applied.

3. Result

Table 1: Association of emotional intelligence with social physique anxiety among throwers (N=23)

S. No	Variable correlated with social physique anxiety	Co-efficient of correlation
1	Intra-personal awareness	-.171
2	Inter-personal awareness	-.137
3	Intra-personal management	.103
4	Inter-personal management	.003

*Significant at .05 level (r=.423)

Table-1 revealed that all the 4 correlations of emotional intelligence components and social physique anxiety were insignificant. Social physique anxiety were insignificantly and negatively related to Intra-personal awareness (r = -.171) and Inter-personal awareness (r=-.137), and positively related with Intra-personal management (r=.103) and inter-personal management (r=.003) among the throwers.

Table 2: Association of emotional intelligence with competition performance among throwers (N=23)

S. No.	Variable correlated with competition performance	Co-efficient of correlation
1	Intra-personal awareness	-.043
2	Inter-personal awareness	.414
3	Intra-personal management	.204
4	Inter-personal management	-.226

*Significant at .05 level (r=.423)

Table-2 revealed that all the 4 correlations of emotional intelligence components and competition performance were insignificant. Competition performance were insignificantly and negatively related to Intra-personal awareness (r = -.043) and Inter-personal management (r= -.226), positively related to inter-personal awareness (r=.414) and Intra-personal management (r=-.204) among the throwers.

Table 3: Comparison of emotional intelligence between high performance and low performance throwers

Position	N	Mean	S.D	S.E.M	t-Value
High Performance throwers	8	51.62	6.84	2.41	1.02
Low Performance throwers	15	48.37	5.73	2.02	

Significant at .05 level (t=2.08)

Table-3 depicted the mean and standard deviation values of emotional intelligence among high performance throwers and

low performance throwers. The mean value of high performance throwers is 51.62 and low performance thrower is 48.37. The calculated t- value (1.02) was less than tabulated value (2.08) at .05 level of confidence. It indicates that there was insignificant difference in emotional intelligence between high performance and low performance throwers.

Table 4: Comparison of social physique anxiety between high performance and low performance throwers

Position	N	Mean	S.D	S.E.M	t-Value
High Performance throwers	8	29.62	6.05	2.14	0.91
Low Performance throwers	15	32.12	4.80	1.70	

*Significant at .05 level (t=2.08)

Table-4 depicted the mean and standard deviation values of social physique anxiety among high performance and low performance throwers. The mean value of high performance throwers is 29.62 and low performance thrower is 32.12. The calculated t-value (0.91) is less than tabularize value (2.08) at .05 level of confidence, which indicates that insignificant difference was exist in social physique anxiety between high performance and low performance throwers.

4. Discussion on findings

The present scientific investigation is a cross-sectional study of throwers. In the present investigation the association of emotional intelligence with social physique anxiety and performance has been investigated and then compared with high performers and low performers. The results so obtained have been discussed as under:-

From the analysis of the results, it is clear from table-1 that co-efficient of correlation of intra-personal awareness, inter-personal awareness have insignificant and negative correlation with social physique anxiety in throwers at .05 level of confidence. However, they show positive insignificant correlation of social physique anxiety with intra-personal management and inter-personal management at .05 level of confidence. It shows that two components of emotional intelligence such as intra-personal awareness and inter-personal awareness were negatively affect the social physique anxiety and two others components, intra-personal management and inter-personal management affect positively the social physique anxiety among throwers.

The findings of the present study from table-2 revealed the negative insignificant relationship of intra-personal awareness and inter-personal management with performance. However, positive insignificant correlations of inter-personal awareness and intra-personal management with performance have been found at .05 level of confidence in throwers. This indicates that two components of emotional intelligence such as intra-personal awareness and inter-personal management were negatively affect the competition performance and two others components, inter-personal awareness and intra-personal management affects positively the competition performance of throwers.

It has been observed from the table-3, that high performance throwers were emotionally more intelligent than low performance throwers. This shows that emotional intelligence plays discriminate role in performance, as high performers constantly control and manage their emotions under different

conditions of competition. However, there were exist insignificant difference between high performers and low performers throwers^[8]. Have found that emotional intelligence is higher in elite athletes than non-athletes.

It has been revealed from the table-4, that high performance throwers have less social physique anxiety than low performance throwers. This shows that high social physique anxiety score negatively affect the competition performance in throwing. The present results are in line with the finding of^[9], they find that as compared to non-exercisers the competitive athletes has lower social physique anxiety.

5. Conclusions

From the findings followings conclusions were drawn:-

1. Two components of emotional intelligence, intra-personal awareness and inter-personal awareness have negative insignificant relationship with social physique anxiety in throwers. However, social physique shows positive insignificant correlation with intra-personal management and inter-personal management.
2. Two components of emotional intelligence, intra-personal awareness and inter-personal management have negative insignificant relationship with competition performance in throwers. However, other two components show positive insignificant correlation with performance.
3. There exists insignificant difference in emotional intelligence and social physique anxiety between high performer and low performer throwers.

6. References

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