

A comparative study of aggression and emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U., Kurukshetra and Haryana senior state level judo championship

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Abstract

The present study was conducted to analyze the comparative study of aggression, Emotional intelligence medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Haryana Senior State level judo championship. A purposive survey method was used for the study. A sample of total 200 judo players (players who won position at Haryana senior state championship and M.D.U., Rohtak, K.U., kurukshetra and C.D.L.U., Sirsa) were being selected. For assessing the variables of the study, the Aggression Scale developed by Km. Roma Pal, and Sports Emotional intelligence test by Agashe and Helode (2002) were being used. The analysis was done by using ANOVA method. Results indicated that there exist no significant difference in aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship. It means that various categories are belonged to the same population with regard to their means. So it can be concluded that judo players of different institutions taken for the study do not differ significantly. Whereas, Total emotional intelligence, judo players of M.D. University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D. University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship.

Keywords: emotional intelligence, aggression, medalist, championship

Introduction

Aggression is one of the important factors that significantly effects the performance of an individual. Aggression in man has psychological and social course with chief motive being control (acquisition of wealth, property, territory, etc.), increase (making the self, community and society grow in dimensions), and domination (showing oneself as stronger, more important, and more effective than others). To accomplish these objectives, man would not brain harming man physically and /or psychologically.

Leonard (1998) [8] and Cratty (1989) [4] known two forms of aggression in sport viz. (1) hostile reactive or retaliatory aggression and (2) instrumental aggression or non-emotional and taste-oriented. Aggression is inborn both in man and in sport, combing it aside as a small issue would indicate underplaying its suggestion for the health of the human being and that of the world. It is impossible to origin out aggression all in all from society as well as sport earth; though some serious hard work should be made by all worried to reduce its incidence both in brutality and frequency using efficient methods and means.

In sports, it is important to be mentally strong because only mentally strong player can give its maximum output and the mentally strong person usually have good adjustment level, good decision making skills, high self-confidence, high self-esteem, mental flexibility and good emotional intelligence level too. There are some studies done on the emotional intelligence in sports and in the present study investigator wants to study the role of emotional intelligence on Judokas.

The concept of emotional regulation aligns to the concept of emotional intelligence, defined as 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 (Salovey & Mayer, 1990, p. 189) [15]. In meta-analytic studies it has been shown that measures of emotional intelligence are associated with enhanced performance (Van Rooy & Viswesvaran, 2004) [18], well-being, and stress management (Schutte, Malouff, Thorsteinsson, Bhullar, & Rooke, 2007) [16]. With this in mind, Meyer and Fletcher (2007) [11] argued that sport psychologists should seek to enhance the emotional intelligence of athletes with whom they work. There is scant research on training programs designed to raise emotional intelligence in sport (Meyer & Fletcher, 2007) [11], although there is a wealth of evidence of the effectiveness of such programs in occupational settings (see Stein & Book, 2006 for an example) [17]. Bakhtiari *et al* (2009) [2] showed that emotional intelligence may control life stresses better and lead to optimum use of time through reducing the stress. Maleki *et al.* (2012) [9] examined presence of a positive and meaningful effect of emotional intelligence on aggression, stress and mental welfare of elite athletes, where there was cohesion with the results of the present study.

Statement of the problem

To compare the level of aggression and Emotional intelligence among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Haryana Senior State level judo championship.

Objective of study

In order to achieve the aim of the study, the following objectives were formulated:

1. To assess whether there is any significant difference in aggression among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.
2. To assess whether there is any significant difference in Emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.

Hypothesis

In order to achieve the aim of the study, the following hypotheses were formulated:

1. There would be no significant difference in aggression among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.
2. There would be no significant difference in Emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and players participated at Senior State level championship.

Delimitations of the study

The study was delimited on the basis of following aspects:

1. The study has been delimited to Haryana Judo Players only.
2. The study has been further delimited only to Haryana Senior State Judo Championship and University medalist Judo Players.
3. The study has been delimited only to judokas of Maharshi Dayanand University, Rohtak, Kurukshetra University, Kurukshetra; Chaudhary Devi Lal University, Sirsa.

Method

Design

The purpose of this research is to compare the level of aggression and Emotional intelligence among different university and senior state judo championship Haryana Judo Players. These objectives were achieved by calculating the Analysis of Variance (One Way ANOVA) between the groups.

Sample

The sample was selected by using purposive sampling method. In the present study a sample of total 200 Judo players (players who won position at Haryana senior state championship and M.D.U., Rohtak, K.U., kurukshetra and C.D.L.U., Sirsa) were being selected.

Tools used

1. Aggression Scale developed by Km. Roma Pal, 1986
2. Sports Emotional intelligence test by Agashe and Helode (2002) [7].

Statistical techniques used

Analysis of Variance (One Way ANOVA) was calculated between the groups.

Results and discussion

To achieve the main aim of the study i.e. “To compare the level of aggression and Emotional intelligence among medlist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship”. In order

to achieve the aim, the aim is divided in two objectives and the objective wise results were displayed below.

In the order to achieve the first objective of study, i.e., “To assess whether there is any significant difference in aggression among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State level championship.” differential analysis has been applied and resulted displayed in table. 1

Table 1: Mean, Standard Deviation scores of aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship

Variable	Category	N	Mean	Standard Deviation
Aggression	M.D.U. Rohtak	50	50.44	19.57
	K.U. Kurukshetra	50	50.90	24.42
	C.D.L.U. Sirsa	50	48.42	22.04
	Senior State	50	51.50	22.31

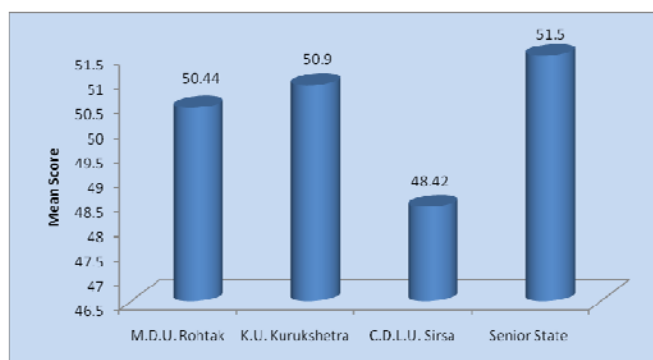


Fig 1: Mean scores of aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship.

Table 1.1: ANOVA Table of aggression among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	267.655	3	89.218	.182	.909
Within Groups	96223.500	196	490.936		
Total	96491.155	199			

The Table 1.1 shows that mean score of variance of between groups and within groups are found to be 89.218 and 490.936 with df 3 and 196 respectively. The obtained ‘F’ ratio is 0.182 and it is found not to be significant. Thus, the null hypothesis of the present study, i.e. “There will be no significant difference in aggression among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State championship” stands accepted. It means that various categories are belonged to the same population with regard to their means. So it can be concluded that judo players of different institutions taken for the study do not differ significantly.

In the order to achieve the second objective of study, i.e., “To assess whether there is any significant difference in Emotional intelligence among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Judo championship (Haryana)” analysis of

variance (ANOVA) has been applied and resulted displayed in table. 2

Table 2: Mean, Standard Deviation scores of Emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

Variable	Category	N	Mean	Standard Deviation
Emotional intelligence	M.D.U. Rohtak	50	229.30	37.44
	K.U.Kurukshetra	50	208.70	48.15
	C.D.L.U. Sirsa	50	209.90	36.31
	Senior State	50	194.90	41.85

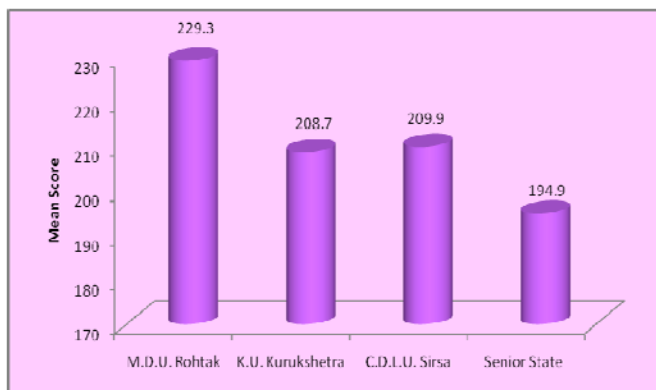


Fig 2: Mean, Standard Deviation scores of emotional intelligence among medalist judo players of M.D.U., Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship.

Table 2.1: ANOVA Table of emotional intelligence among medalist judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U. Kurukshetra and Senior State Championship

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	30012.000	3	10004.000	5.892	.001
Within Groups	332790.000	196	1697.908		
Total	362802.000	199			

The Table 2.1 shows that mean score of variance of between groups and within groups are found to be 10004.000 and 1697.908 with df 3 and 196 respectively. The obtained 'F' ratio is 5.892 and found to be significant at 0.01 level. It means that various categories are not belonged to the same population with regard to their means. The significant mean difference in total emotional intelligence among various categories i.e., medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state level have been calculated by using post-hoc test and presented in Table no.2.2

Table 2.2: Post-hoc analysis of variance of emotional intelligence of medalist judo players of M.D.U. Rohtak, K.U. Kurukshetra, C.D.L.U. Sirsa and senior state championship

	N	Subset for alpha = 0.05	
		1	2
Senior State	50	194.9000	
K.U. Kurukshetra	50	208.7000	208.7000
C.D.L.U. Sirsa	50	209.9000	209.9000
M.D.U. Rohtak	50		229.3000
Sig.		.267	.063

From the Post hoc comparison it can be concluded that as regard to total emotional intelligence, judo players of M.D. University, Rohtak were found to be significantly different from the judo players of senior state judo championship. However, judo players of K.U. Kurukshetra and C.D.L.U. Sirsa were not differed significantly with M.D.U. Rohtak, and Senior State Judo players. So it can be stated that judo players of M.D. University, Rohtak were found better in total emotional intelligence as compared to players of senior state judo championship. Hence, the null hypothesis framed earlier, "There will be no significant difference in emotional intelligence among judo players of M.D.U. Rohtak, C.D.L.U., Sirsa, K.U., Kurukshetra and players participated at Senior State level championship" is partially accepted and partially rejected.

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