

## Relationship of psychological well-being with emotional intelligence in sports

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### Abstract

The aim of the study was to find out the relationship of psychological well-being with Emotional intelligence among elite and non-elite handball players. A total of 100 handball players were selected for the study (50 each from elite and non-elite level). The results revealed out a positive correlation of psychological well-being with emotional intelligence in elite handball players as the 'r' value was found to be .218. In case of non-elite handball players an insignificant differences was found between Psychological well-being and emotional Intelligence.

**Keywords:** psychology, emotional intelligence, handball players

### 1. Introduction

Sports and games are aggressive in nature and are intended for a particular age group. The participation in games and sports is particularly enjoyed by the capable, talented and God gifted youngsters. For playing the games it requires high level fitness. In order to be successful Sports person need a best combination of physical, physiological as well as mental fitness. The most important factor in sports performance is to have the ability of a sports person to recognize and think the proper feeling need to perform at his best when required. Sports psychology is a branch of sports and exercise science is defined as the scientific study of behavior of sportsmen. Coaches and athletes alike are searching for competitive advantages. This search has typically led to the development of physical or technical training programs. Many coaches and athletes have become aware of the importance of mental skills in sport and are placing more emphasis on the development of these skills. Emotional intelligence moderates conflicts by promoting understanding and relationships. It also links strongly with concepts of love and spirituality. (Singh, 2015) [5] Emotional intelligence is highly important skill that numerous individuals have accounted for their success. It is a dynamic yet particle concept. It is as a band of knacks that adds in appropriate assessment reflection of feeling, the influential emotional regularization, and the usage of emotions to propel, plant and achieved the process involved in recognition, use understanding and management of one's own and others emotional states. Emotional intelligence is very nearly ordinated with emotional literacy and can be explained as a band of non-mental abilities that shapes the individual capability to bring home the bacon in life. It involves the coordination of mind and heart. Kumari, S (2016) [3]. Psychological well-being actually deals with positive view of persons self and life it is a versatile concept that almost touches each and every aspect of morale and gratification with life (Lent, 2004) [4] moreover one is having comparatively high positive emotion and low negative emotions. It constitutes of a more moralistic perspective having glimpse of a sybaritic perspective. Age, relationship status, employment status income and physical health are some of the coordinates of psychological wellbeing.

Psychological well-being is regarded as the vital component of human being, it makes a person mentally sound, stable, promotes happiness, positive morale, insight performance and motivates the individual to attain goals throughout life. On the hand if ones PWB is negative, essentially for a long period of time, that may lead to mental disorders like stress and depression that finally ends up into physiological problems and makes individual upset both externally and internally. (Hiroeh, Appleby, Mortensen, Dunn, 2001; Liu, Shono & Kitamura, 2009) [2]. Campbell (1976) [1] treated psychological wellbeing as person's existing state of affairs, morale, self-actualization, anxiety, fear and phobia are the fundamental ingredients of psychological wellbeing.

**1.1 Statement of the problem:** The problem of the study is entitled as "Relationship of Psychological wellbeing with Emotional Intelligence among Elite Handball players and and Non Elite Handball players".

### 2. Objectives

1. To find out Psychological well-being and emotional intelligence among elite and non-elite handball players.
1. To find out relationship of Psychological well-being and emotional intelligence among elite and non-elite handball players respectively.

### 2.1 Hypothesis

1. There exist significant relationship between psychological wellbeing and emotional intelligence among elite handball players.
2. There exist insignificant relationship between psychological wellbeing and emotional intelligence among non- elite handball players.

### 2.2 Delimitations

1. The study was delimited to male elite and non-elite handball players.
2. The study was delimited to 100 samples (50 elite and 50 non elite) having age between 17 to 28 years.
3. The study was delimited on the psychological variables i.e.

Psychological wellbeing.  
Emotional Intelligence.  
Will to win.

- The study was delimited to the elite and non-elite athletes of Punjab state.

### 2.3 Method & Procedure

In this chapter selection of subjects, selection of variables, criterion measures, selection of tools/questionnaires, administration of questionnaires, collection of data & statistical techniques employed for analyzing the data has been discussed.

### 2.4 Selection of Subjects

A total of 100 Handball Players of Elite and Non-Elite level were selected for the study from the state of Punjab, (50 each from Elite and Non-Elite level) with age ranging between 18-28 years, from the universities of Punjab were selected as per the purpose of the study.

### 2.5 Selection of Variables

In the present study the following variables were considered:  
Psychological wellbeing  
Emotional Intelligence

### 2.6 Criterion Measures

The criterion measures adopted for the study were as follows:

Assessment of psychological wellbeing was done by using a scale of psychological well-being scale developed by Dr. Devendra Singh Sisodia and Ms.Pooja Choudhary.

Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar.

### 2.7 Collection of Data

Data for the study was collected from 100 samples from (i.e. 50) players from elite and non-elite level. by using the questionnaires which were related to the study. The coaches and the athletes showed great zeal and enthusiasm with full support and professionalism.

### 2.8 Statistical Techniques

The data was analyzed by applying Descriptive Statistics i.e. Mean and Standard Deviation Further, in order to determine the relationship between psychological well-being, emotional intelligence P.M.C.C (Pearson product movement correlation) was applied.

### 2.9 Level of Significance

The level of significance to check the relationship between the variables and the F-value was set at 0.05 levels, which was considered appropriate for the purpose of the study.

### 2.10 Analysis and interpretation of data

Table 1: Correlation

Variables	N	Mean	Std. Deviations	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	50	168.61	25.74	49	.218*	.042
Emotional Intelligence	50	132.23	24.45			

Table: 1 shows the relationship of psychological wellbeing with will to win among elite handball players. The mean value of psychological wellbeing and emotional intelligence among elite handball players was found to be 168.61 and 132.23 respectively. The p-value .042 is significant at 0.05 level of significance thus clearly displaying that there exists a

significant difference of Psychological well-being with emotional intelligence. The r-value .218\* points out a positive correlation of Psychological well-being with emotional intelligence among elite handball players. Thus the null hypothesis of no difference was rejected.

Table 2: Correlation

Variables	N	Mean	Std. Deviations	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	50	161.54	21.22	49	.112*	.058
Emotional Intelligence	50	119.54	20.43			

Table 2 shows the relationship of psychological wellbeing with will to win among elite handball players. The mean value of psychological wellbeing and emotional intelligence among elite handball players was found to be 161.32 and 119.35 respectively. The p-value .058 is insignificant at 0.05 level of significance thus clearly displaying that there exists a insignificant difference of Psychological well-being with emotional intelligence among non-elite handball players.

\*\* Correlation significant at the 0.01 level (2-tailed)

\* Correlation significant at the 0.05 level (2-tailed)

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