



A STUDY OF CORRELATION BETWEEN THE EMOTIONAL INTELLIGENCE AND PHYSICAL FITNESS OF BALL-BADMINTON PLAYERS

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Abstract:The aim of the present research is to study the correlation between the emotional intelligence and the physical fitness of the ball badminton players. 40 male ball badminton players were selected by random sampling method from the team of university level players of RTMNU colleges. Their age group was between 21 to 26 years. The emotional intelligence was measured with the help of ESI questionnaire developed by Hade, Indore, OpinderDhar, Ahemadabad, and SanjyotPethe, Ahemadabad. The physical fitness components for the present study were speed, flexibility, coordination, strength, and muscular endurance; physical fitness variables were measured with the help of standard tests. Data was analyzed with the statistical techniques. mean, standard deviation and correlation was found out by Pearson Product Moment method. The data obtained was tabulated; The level of significance was kept at 0.05. It was concluded that emotional intelligence had positive correlation with all the physical fitness factors.

Keywords: Emotional Intelligence, Physical Fitness, Correlation, Ball Badminton, Players

Introduction:

Ball Badminton is one of the most popular games played since ancient times. It was played by the members of royal families on festival occasions in the south states of Tanjore, Kerala and Mysore. There were no rules and regulations designed then and the game was played with rackets and a ball. Many changes have been made in the rules and regulations as well as the history of the ball-badminton game. State Ball-Badminton Association was established in the year 1954. National Ball-Badminton Association of India was set up in the year 1954. Since, 1970, the Ball-Badminton game was played in every University of India. The ball-badminton game is played just like the badminton game except that instead of the shuttle cock, its played with a ball and its always played in doubles or a team. The playground, the net, the rackets, the ball-their weight and size are all manually designed and pre-determined. In the center of the ball-badminton court, there is a net. This game is played like that the game of badminton, speedily.

Factors affecting the Success of Players:

Physical Fitness: The physical fitness of a human being depends upon his daily life routines- proper nutrition, exercise, rest and relaxation techniques. It is a

continuous process. A player can improve his sports skills through his physical fitness. General physical fitness is necessary for everyone. Physical Fitness comprises of-speed, strength, flexibility, endurance and co-ordination.

Emotional Intelligence: “The capacity of individuals to recognize their own and other people’s emotions; to differentiate between different feelings and label them properly; to use emotional information to guide thinking and behavior; to manage emotions to adapt environments; to manage or adjust emotions to achieve one’s goals.” The term ‘emotional intelligence’ was first used by Michael Beldoch in 1964; B. Leuner published a paper, ‘Emotional Intelligence and Emancipation’ (in Psycho therapeutic Journal Practice of Child Psychology and Child Psychiatry. (Wikipedia the encyclopedia on Emotional Intelligence) As per Salovey and Mayer, ‘Emotional intelligence includes: perceiving, using, understanding and managing emotions.’”

Aim: The aim of the present research paper is to find out the correlation between the emotional intelligence and physical fitness of the players.

Objectives:

1. To measure the physical fitness of the ball-badminton players.

2. To measure the emotional intelligence of the ball-badminton players.
3. To study the correlation between emotional intelligence and physical fitness of the Ball-badminton players.

Hypothesis of the study:

It was hypothesized that there is a positive correlation between the emotional intelligence and the physical fitness of the ball-badminton players.

Significance of the study:

Ball-badminton being a team game, the players needs to emotionally intelligent for a better sports performance; the players may be affected by the audience, the sports officials, coaches, the atmosphere on the play ground, the other members of their team. The players should be able to manage their emotions and also understand the feelings of others for a better sports performance. Hence, this study is significant.

Methodology:

The primary data for the present study was collected from the university level ball-badminton players selection trials of 2011. 40 male players were selected by random sampling method; the age-group of the players was 21-26 years.

Table-1: Variables, tools of testing and units of measurement.

Sr. No	Variables	Measurement Test Tools	Units of measurement
1.	Strength	Pull ups	Count
2.	Speed	50 Years Run	sec/min
3.	Co-ordination	Shuttles Run	Sec/min
4.	Flexibility	Sit and reach test	Centimeter
5.	Muscular endurance	Sit ups	Count
6.	Emotional Intelligence	EIS	Questionnaire

To measure Emotional Intelligence,(EIS) the questionnaire prepared by Anukul Hade, Indore, SanjotPethe, Ahemadabad, and OpindarDhar, Ahemadabad was used The analysis of data was done by proper statistical tools like mean, standard deviation. The correlation was found by Pearson Product Moment method. The level of significance was kept at 0.05.

Table-2: Correlation between the emotional intelligence and the Physical Fitness Variables of Ball-badminton players.

Sr. No	Physical Fitness Variable	Mean	S. D.	Emotional Intelligence		Correlation 'r'
				Mean	S. D.	
1.	Speed	6.88	0.71	121.32	5.24	0.555
2.	Strength	8.97	2.04	121.32	5.24	0.792
3.	Co-ordination	11.62	1.52	121.32	5.24	0.611
4.	Flexibility	5.89	1.62	121.32	5.24	0.528
5.	Muscular Endurance	31.02	3.48	121.32	5.24	0.533

N=80, Significant at 0.05 Level of confidence, Table value 0.05 (78) = 0.232.

Result of the Study:

The analyzed data was tabulated as follows:

1. It is clear that the mean and standard deviation of speed were 6.88 and 0.71 respectively; whereas, the mean and standard deviation of the emotional intelligence were 121.32 and 5.24 respectively. The correlation between the variables was 0.555. There was a significant correlation between emotional intelligence and speed of ball-badminton players.
2. Shows that the mean and standard deviation of the emotional intelligence were 121.32 and 5.24 respectively; the mean and standard deviation of strength were 8.97 and 2.04 respectively. The correlation between strength and emotional intelligence was 0.792. There was a significant correlation between strength and emotional intelligence.
3. Shows that the mean and standard deviation of the emotional intelligence were 121.32 and 5.24 respectively, whereas the mean and standard deviation of co-ordination were 11.62 and 1.52 respectively. The correlation between emotional intelligence and co-ordination was 0.611 and it was significant.
4. Shows that the mean and the standard deviation of the emotional intelligence of the subjects were 121.32 and 5.24 respectively; the mean and standard deviation of

flexibility were 5.89 and 1.62 respectively. The correlation between emotional intelligence and flexibility was found to be 0.528. Their correlation was significant.

5. Shows that the mean and standard deviation of the emotional intelligence were 121.32 and 5.24 respectively; whereas, the mean and standard deviation of the muscular endurance were 31.02 and 3.48 respectively; The correlation between emotional intelligence and the muscular endurance of the subjects was found to be 0.533. It was a significant correlation.

Conclusions:

The hypothesis of the researcher was found to be true. There was a significant correlation between emotional intelligence and physical fitness variables like speed, strength, coordination, flexibility and muscular endurance. Higher level of strength and coordination in players keeps them emotionally fit where as flexibility, muscular endurance and speed are equally important factors that affect the emotional intelligence of ball badminton players positively. Strength and coordination highly influence the emotional intelligence of ball-badminton players. Speed, flexibility and muscular endurance equally affect the emotional intelligence of the ball badminton players.

Suggestions:

The significance of emotional intelligence to players can not be undervalued. Similar research can be conducted with different games and their players. Similar research can be done with female players; working people, household women etc. It is important to extend the importance of the knowledge about physical fitness and emotional intelligence to the players, the coaches, the academicians and others related to the sports field.

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