

# Comparison of Emotional Intelligence and Social Physique Anxiety between Sprinters and Jumpers

## Abstract

The purpose of the present study was to compare the emotional intelligence and social physique anxiety between sprinters and jumpers. The total sample of present study comprised of 46 subjects, including the sprinters (n=23) and jumpers (n=23) of inter university level. Emotional intelligence inventory developed by S. K. Mangal & Mrs. Shubhra Mangal was used to measure the emotional intelligence, and social physique anxiety scale developed by Hart, Leary, & Rijkea was used to assess the social physique anxiety. To test the difference of significance between two groups independent 't' test was applied. The results of the study revealed that there exists insignificant difference in emotional intelligence and social physique anxiety between sprinters and jumpers.

**Keywords:** Emotional Intelligence, Social Physique Anxiety, Sprinters And Jumpers.

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## Introduction

Sports of any kind, whether physical or mental, is a performance by an individual. This is never stable and is influenced by number of factors. The present day sports setup is very organized and for almost every sport, physical or mental, an individual or team is supported by a complete team, which usually includes coaches, physical trainers, doctor and a sports psychologist. Though most of the other team members have been a part of the supporting team for quite some time, the inclusion of sports psychologist has been made only in the recent past. The inclusion of sports psychologists coincides with the recent advances in the human psychology; efforts were made to find answers to some questions which remained unanswered through traditional approaches.

The importance of emotional influence on game execution has frequently been apparent in many remarks of spectators, managers and games investigators on competitors' and groups' exhibitions performances during and after competitions. Frequently, they remark on players' presentation of certainty or absence of it, forcefulness or bashfulness, versatility or dejection, outrage or eagerness, dissatisfaction or determination and different manifestations of emotionality while ascribing to such elements, the obligation regarding the achievement or disappointment of their exhibitions. So, having recognized Emotional Intelligence as 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. Emotional intelligence is an important set of psychological abilities that relates to life success

Social Physique Anxiety (SPA) is one of the self-perception related concept. SPA is the anxiety which occurs as "a result of the prospect EI level. SPA is also found to be highly related to body image dissatisfaction; participants who were dissatisfied with their body image experienced higher SPA. The main concept of SPA is that people who may perceive that a situation can probably provoke others to evaluate their body in a nonpositive way and SPA is associated with some other negative behaviors like disordered eating, also unfavorable eating attitudes. However, people with a higher SPA levels are tend to participate more to physical exercise programs. Similarly, being physically slim was associated with less physique anxiety & female university students are showing higher SPA than male. In fact, it is thought that SPA is directly connected to emotions with various perceptions. Because of this, SPA might be associated with EI and also affect performance. In present society, it is a

common occurrence for one's body to be on constant display. The purpose of the present study was to find out the difference in emotional intelligence and social physique anxiety between sprinters and jumpers.

**Methodology**

In the present study the purposive random sampling procedure was adopted by the investigator for the collection of the data. The total sample of present study comprised of 46 subjects including the sprinters (n=23) and jumpers (n=23) of All India inter-university level. Data was collected during the All India Inter-university championship held at Mangalore University, Mangalore ,w.e.f 24-11-2018 to 28-11-2018. Emotional intelligence inventory developed by Dr. S. K. Mangal and Mrs. Shubhra Mangal (2004) and Social Physique Anxiety scale developed by Hart, Leary, & Rijeka (1989) were used to measure the emotional intelligence and social physique anxiety of the athletes, respectively. For the analysis of data SPSS version 16 was used. In order to examine the difference in emotional intelligence and social physique anxiety between sprinters and jumpers independent 't' test was applied.

**Result and Discussion**

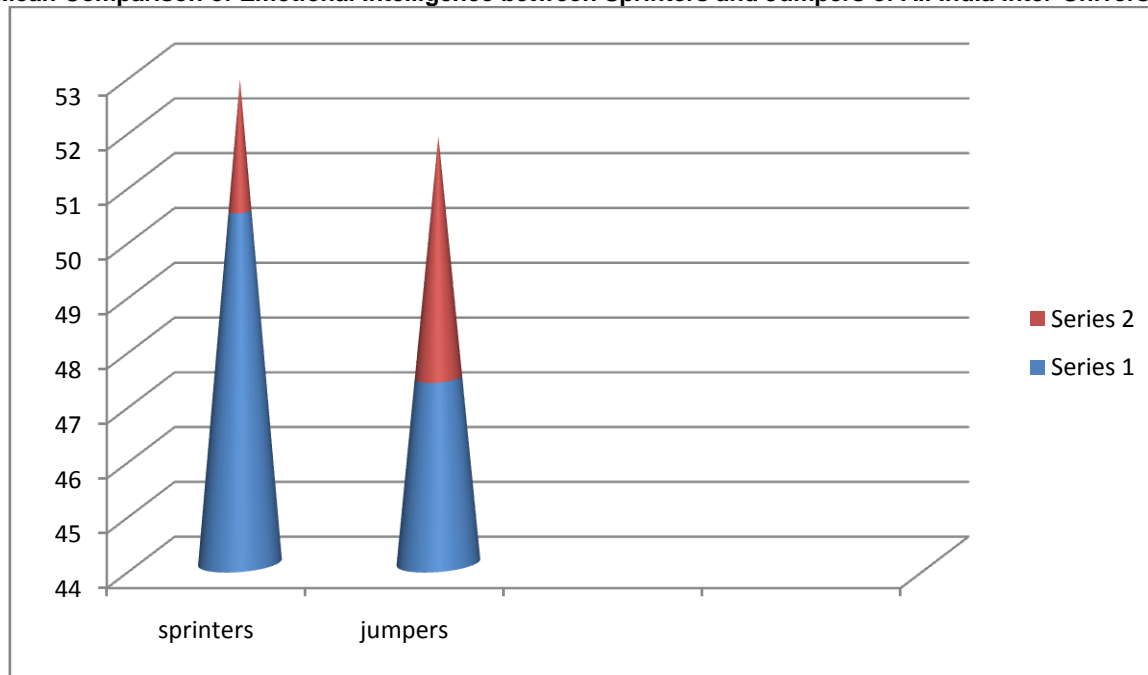
**Table-I**  
**Comparison of Emotional Intelligence between Sprinters and Jumpers of All India Inter-University**

Athletes	N	Mean	SD	S.E.M	T Value
Sprinters	23	50.42	5.43	1.12	1.12
Jumpers	23	47.38	5.84	1.17	1.17

Significant at .05 level (t=2.08)

Table-I depicts the mean and standard deviation values of emotional intelligence between sprinters and jumpers. The mean values of sprinters are 50.42 and jumpers are 47.38. The calculated t-value (1.12) was less than tabulated value (2.08) at .05 level of confidence. It indicates that there was insignificant difference of emotional intelligence between sprinters and jumpers. Further it was discussed that the above result might be due to the nature of the event, because performance is greatly influenced by emotional intelligence in sprint events as compared to jumping events.

**Mean Comparison of Emotional Intelligence between Sprinters and Jumpers of All India Inter-University**



**Table-II**

**Comparison of Social Physique Anxiety between Sprinters and Jumpers of All India Inter-University**

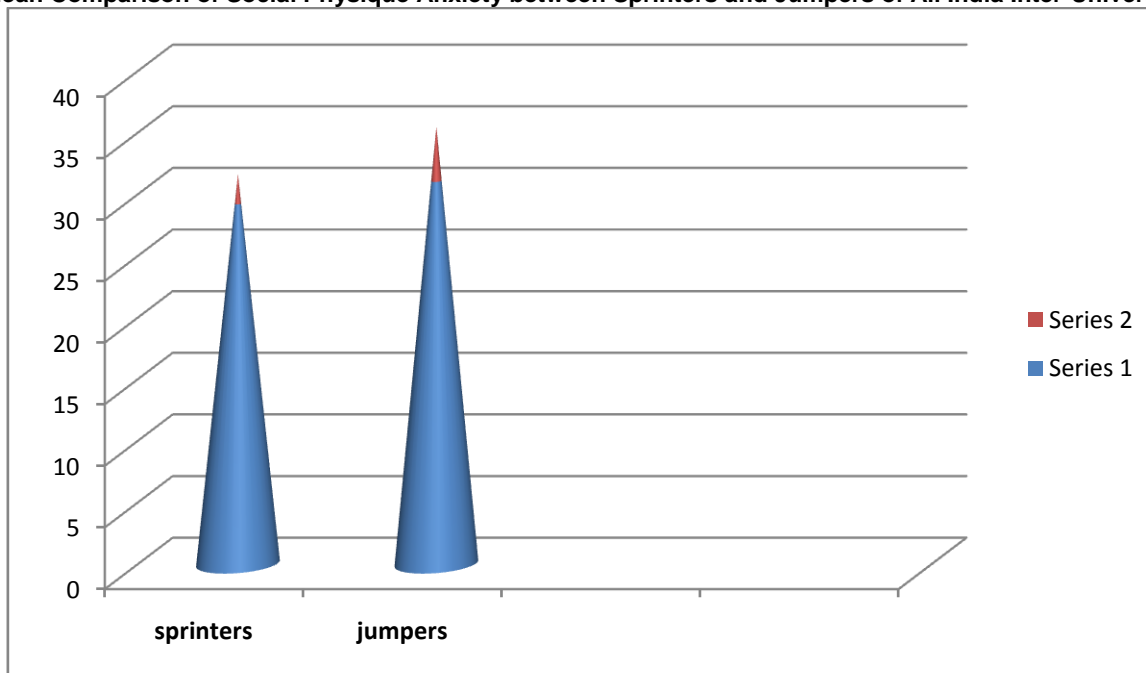
Athletes	N	Mean	SD	S.E.M	T Value
Sprinters	23	29.18	5.38	1.17	1.27
Jumpers	23	31.04	4.65	.88	1.17

Significant at .05 level (t=2.08)

Table-II depicts the mean and standard deviation values of social physique anxiety between sprinters and jumpers. The mean values of sprinters are 29.18 and jumpers are 31.04. The calculated t-value (1.27) was less than tabulated value (2.08) at .05 level of confidence. It indicates that there was

insignificant difference of social physique anxiety between sprinters and jumpers. Further it was discussed that the above result might be due to the nature of the event, because in throwing events the anxiety due to physique affects more performance.

Mean Comparison of Social Physique Anxiety between Sprinters and Jumpers of All India Inter-University



**Aim of the study**

To comparison of emotional intelligence and social physique anxiety between sprinters and jumpers.

**Conclusion**

1. There exists insignificant difference in emotional intelligence between sprinters and jumpers.
2. There exists insignificant difference in social physique anxiety between sprinters and jumpers.

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