

Relationship of Emotional Intelligence to Selected Physical Fitness Ability of State Level Male Netball Players

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Abstract

To achieve the purpose of the study was finding out the relationship of Emotional Intelligence to the selected physical fitness ability of state level male Netball players. The samples were selected (N=80) with convenience sampling method from state level tournament which was held at Mysore in year of 2022 and the sampling age ranging between 18 to 28 years. The subjects were measured for psychological variables and selected physical fitness components such as agility (4x10M Shuttle Running test) and speed (40yards Sprint test) ability and Emotional Intelligence (Anukool hyde) with standardised tool which was standardised by test and retest method. The data was collected in numerical from and statistically analyzed through product moment correlation statistical analysis of data has revealed that, there was low degree negative correlation between Emotional Intelligence and Speed ability ($r = -0.215$; $p = <0.05\%$). And the agility ability was not correlated with Emotional Intelligence ($r=0.095$; $p = >0.05\%$). This study indicated that these two variables had independent nature. And also, the researcher was divided the samples into two group on the basis of their ages were 18-23 and 23-28. In these group had significantly different status in agility fitness ability ($f=4.22/p=0.04$) than the Emotional Intelligence ($f=0.06/p=0.81$) and Speed fitness ability ($f=3.77/p=0.06$). The present study indicated that definite role of Emotional Intelligence and selected physical fitness ability of state level Netball players and it shows various extraneous variables might be influence direct or indirect over selected physical fitness and EI. Then this study recommended that, a study may be undertaken to probe the reason for negative relation between speed and EI, no relationship between Agility and EI and also a study maybe conducted to revile the relationship of EI to all the physical fitness abilities for Netball Game.

Keywords: Physical Fitness, Emotional Intelligence, Netball

Introduction

Netball is an exciting, fast and skilful game of fair contest. It's kind of like that a popular sporting activity. In this game there are two teams of seven players each. Players of this team try to possess or keep the ball to score a goal. The team with the ball, through running, jumping, throwing and catching, attempts to move the ball into its goal circle from where a goal maybe scored, while the opposing team uses defensive movements and strategies to prevent this and to gain

possession. The history of netball can be traced to the early development of basketball. A year after basketball was invented in 1895; the sport was modified for women to accommodate social conventions regarding their participation in sport, giving rise to women's basketball.

Although a person's feelings cannot be observed directly by others but they can be inferred from his overt behaviour and verbal report of his introspection, as no one can doubt the reality of emotions as conscious experience. To produce an emotion, a stimulus situation must be related to past experience and seen as having implications in the future. In an organization when an employee feels the presence of a threatening situation, he may handle it in either of the two ways. He may be confident of his ability to handle the situation and may see it as a challenging opportunity to prove himself or experience fear or dread. Thus, our appraisal of situation and subsequent emotions are strongly influenced by our own estimate of capabilities.

Physical fitness is explained in terms of the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to engage in leisure pursuits. And also, it helps man to meet the above average. Situations Stresses in an emergency. Physical exerts its fitness. Physicality is a positive quality and influence on every walk of life of an individual till death. It has been observed that even though every contributing factor is controlled the increased physical fitness leads to improved performance of sportsmen and others.

Some of the studies were concluded that the Netball is a sport can be played in a variety of ways. It necessitates a high level of physical fitness and emotional intelligence. Because the Netball is a fast-paced movement sport that a physically and psychologically demanding sports wherein volatile movements will be required for the competitive game. The level of emotional intelligence will be identified among the intercollegiate badminton players. Likewise, some of the physical fitness variables had relationship with game performance of Netball than all fitness variables and the emotional intelligence had relationship with social interaction some of the psychological variables and skill performance in some other kind sports activities. And also, from last decades very few studies were conducted on the game of ball badminton in the mean while the researcher had some doubts with their results. Whether there is during the review of literature any significance relation to said variables.

Therefore, the researcher was interested to clarify himself their doubts; he initiated to conduct a study on "an analysis of emotional intelligence and physical fitness variables of state level Netball players."

Statement of the Study

"The purpose of the investigation is undertaken as under: Relationship of emotional intelligence to selected physical fitness ability of state level male netball players"

Objectives of the Study

To identify there is any significant relationship between Emotional Intelligence and Selected Physical fitness ability in state level Netball male players.

Hypotheses of the Study

It was hypotheses that there is a significant relationship of Emotional Intelligence to Selected Physical fitness ability of state level Netball male players.

Methodology

In order to investigate the relationship of Emotional Intelligence to selected physical fitness components in male Netball players a descriptive research design was used. The target population

for the study was state level male Netball players. There are eighty (N=80) male Netball players were selected with the convenience sampling system from state tournament which was held at Mysore district in the year of 2022. The samples age range between 18 to 28 years. The researcher was selected two physical fitness components were speed and agility to identify the interrelationship with emotional intelligence which was assessed through EI Questionnaire and speed ability was assessed with 40 yards Sprint test, the agility was assessed with 4x10 M shuttle running test which was standardised by experts.

For the analysing the collected data descriptive and correlations analysis were used. The descriptive and correlation statistics like frequency tables, mean, standard deviation and correlations were used to examine and understand the status of relationship and differences between the variables. The significance was set at 0.05 level of confidence.

Result

The statistical analysed the data of physical fitness variables and Emotional Intelligence of state level Male Netball players by using appropriate statistical tool for find out the result of the study. The results of the data analysis presented from the table no.2 to 4.

Table No. 2 Shows that the Descriptive Statistics of Selected Physical Fitness Ability of Netball Players

Summary								
	Groups	N	Sum	Mean	Std. De-viation	Variance	Mini	Max
EI	18-23	40.00	5213.00	130.33	16.174	261.61	4.22	4.3
	22-28	40.00	5248.00	131.20	16.908	285.91	6.8	6.7
	Total	80	10,451.00	131.3	16.195		4.22	6.8
S_Run	18-23	40.00	440.01	11.00	0.689	0.48	10.11	12.9
	22-28	40.00	428.10	10.70	0.604	0.37	10.1	12.45
	Total		868.11	10.85	0.661		10.1	12.9
40 M	18-23	40.00	220.07	5.50	0.779	0.61	100	160
	22-28	40.00	208.41	5.21	0.541	0.29	95	164
	Total	80	428.48	5.36	0.694		95	164

Above the table no. 2 revealed the results of mean and SD of EI and selected physical fitness components scores of players with the group of 18-23 & 23-28 years of age were 130.33 & 131.20 with slandered deviations value of 16.174 & 16.908 respectively. In other part, the sprint ability and agility mean score of players with the group of 18-23 & 23-28 years of age were 5.50 & 5.21, 11.00 & 10.70 with SD values of 0.686 & 0.604, and. 0.779, 0.541 respectively.

Table No. 3 Shows the ANOVA Single Variance 't' Test on Physical Fitness and EI Test

ANOVA						
	Source of Variation	SS	df	MS	F	Sig.
EI	Between Groups	15.31	1.00	15.31	0.06	0.81
	Within Groups	21353.18	78.00	273.76		
	Total	21368.49	79.00			

40 M	Between Groups	1.70	1.00	1.70	3.77	0.06
	Within Groups	35.15	78.00	0.45		
	Total	36.85	79.00			
S_Run	Between Groups	1.77	1.00	1.77	4.22	0.04
	Within Groups	32.77	78.00	0.42		
	Total	34.55	79.00			

Above the table no. 3 demonstrate the related emotional intelligence and Physical fitness components such as speed and agility components which were related to players belonging to age groups 18-23 and 23-28 did not for significantly in their mean scores on EI and 40M sprint ability. The 'F' value for the EI & 40M sprint scores were 0.06 and 3.77 respectively ($p=0.81$ & 0.06). In other words, age of the players did not have significant influence over EI and 40m Sprint ability of state level Male Netball players. Whereas, the shuttle run ability there is a significantly mean differences was found in different age groups. The 'F' value for the shuttle Run scores was 4.22 ($p=0.04$). Here is the age of the players were having significant influence over Shuttle running ability in selected samples.

Table 4 Shows that the Relationship between Emotional Intelligence and Physical Fitness Variables of Ball Badminton Players

Correlation		EI
40 M	Pearson Correlation	- 0.215
	Sig.	< 0.05%
	N	80
S_Run	Pearson Correlation	0.095
	Sig.	> 0.05%
	N	80

The table no. 4 demonstrated that the results of EI and Physical fitness performance of Male Netball players. The results indicated that the EI was significantly and negative related to speed ability with the correlation coefficient of -0.215 which is indicating more than the table value of 0.197 (significant level of $<0.05\%$). In other words as the emotional intelligence increased scores a sprinting time also decreased. But, the shuttle running ability and EI didn't significantly relate to each other. ($r=0.095$; $p>0.05\%$).

Discussion

The present study investigated to highlight the relationship between EI and Physical fitness performance among state level male Netball players. The Emotional intelligence was significantly related with speed ability than the agility component. Because, the Netball game is also derived from the game of basket ball which the game is dominated with speed component during the match situation for better position to get score. This results showed that our Hypothesis which stated that there is a significant relationship of EI to the selected physical fitness variables of state level male Netball players. Hence, the Hypothesis was fully accepted with speed ability at 0.05 percent level of confidence. But, whereas the agility of physical fitness component was not significantly correlated with EI. Hence, the hypothesis was fully rejected and alternative hypothesis was accepted at 0.05% level of confidence.

The criterion variables such as EI and Agility Ability were not significantly difference between two age categories. Because, the age is not a significant influencing factor over any of the physical fitness. According to the previous findings of the study the sports emotional intelligence and physical fitness components were influenced by superiority of performance (omeshwar sanyal- 2019). In other words those who were playing in different level of competitions such as international, national, state and local level of competitions. On the basis of this kind of association might be causes of non-significant relationship with said variables in selected subjects.

But, whereas the speed ability was significantly differences were found between different age groups. Here, lower age players were better sprinting ability than the upper age groups.

Conclusion

On the basis of the present investigation, it can be concluded that the sprinting ability was significantly correlated with EI than the Agility in selected samples. And also, individual mean differences were found in shuttle running ability than remaining (EI and Speed) variables. Then, this study recommended that future study can be conducted to find out the influencing factors on these findings.

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