

# A Comparative Study of Psychological Variable (Emotional Intelligence) of Circle Style & National Style Kabaddi Players

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**Abstract** - The game of kabaddi is an oldest and popular game of Indian origin. Kabaddi has been playing for a long time (about thousand years ago) in India. Circle Style Kabaddi is a four thousand years old game. With minor or major difference this game remained famous in other parts of the country. Circle Style Kabaddi is the most admired game in Punjab is considered as mother of all games in the countryside region. The present study was on 60 kabaddi (inter-college) players of Punjabi university Patiala, which were further divided into two groups. Convenience sampling method was used, as per the availability of the subjects. Emotional intelligence's questionnaire developed by Daniel Goleman was used to measure Emotional intelligence of kabaddi players. The Mean  $\pm$  SD Emotional Intelligence of the subjects of both the groups was  $36.34 \pm 6.699$ ,  $32.20 \pm 8.798$  of circle style kabaddi players and national style kabaddi players. Findings of the study clearly show that the National style kabaddi players are quite aware of the nature of their emotions than circle style kabaddi players. This study shows Emotional Intelligence levels of the National style kabaddi players are high to that of the circle style kabaddi players.

**Key words:** Circle style kabaddi, Emotional Intelligence, National style kabaddi.

## I. INTRODUCTION

The game of kabaddi is an oldest and popular game of Indian origin. Kabaddi has been playing for a long time (about thousand years ago) in India. Circle Style Kabaddi is a four thousand years old game (Akila, 2017). Kabaddi is a major game which is played all over India. This game is also getting a fine status in Asian sports. This game has been classified as a team game (Rakesh, 2014). With minor or major difference this game remained famous in other parts of the country. 'Do-do in Bengal', 'Chidu-chidu in Madras' and 'Hu tu tu' in Maharashtra are the different names of the same game. Circle Style Kabaddi is the most admired game in Punjab is considered as mother of all games in the countryside region (Bhullar, 2006). Emotional intelligence is defined as 'the ability to monitor, perceive, manage, and employ emotions within one and in others. Salovey and Mayer first coined the term 'emotional intelligence. Mayer and Salovey (1990) assert that, emotional intelligence is the ability to examine one's own and others feelings and emotions to discriminate among them and to use this information to guide one's thinking and action and promote emotion and intellectual growth (Salovey & Mayer, 1990).

## II. MATERIAL AND METHODS

The present study was on 60 kabaddi (inter-college) players of Punjabi university Patiala, which were further divided into two groups (Group 1 - 30 national style kabaddi players Group 2 - 30 circle style kabaddi players). Convenience sampling method was used according to the availability of the subjects. For the collection of data, the researcher approached to the different colleges of Punjabi University Patiala to collect the data from the subjects through questionnaire test. The researcher gave the required instructions to perform the task to the subjects. Emotional intelligence questionnaire by Daniel Goleman was used to measure Emotional intelligence of kabaddi players.

## III. RESULTS AND DISCUSSION

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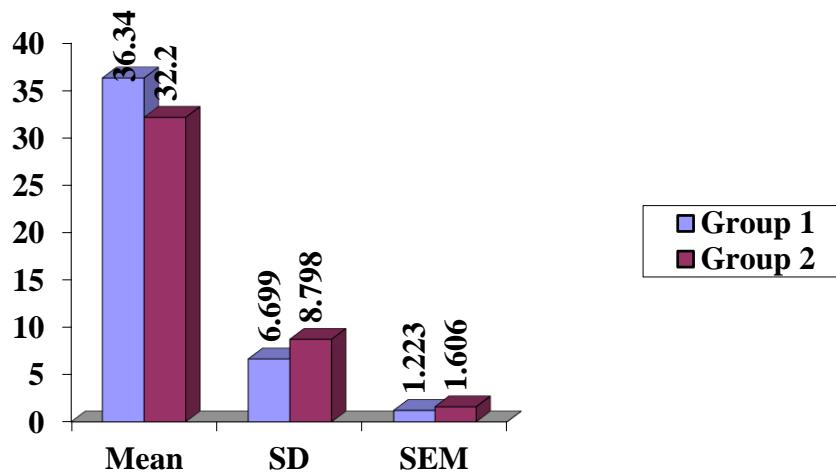
The obtained data was used by applying the independent 't' test at level of significance 0.05.

**Table 1. Descriptive Statistics of Emotional Intelligence of Different Groups**

Group Statistics						
Variable(s)	Groups	N	Mean	Std. Deviation	Std. Error Mean	Sig. (2-tailed)
Emotional Intelligence	1	30	36.34	6.699	1.223	.045
	2	30	32.20	8.798	1.606	

Significant at 0.05 level

In the above table, the Mean ± SD of Emotional Intelligence of the subjects of group 1 and group 2 was 36.34±6.699, 32.20±8.798 of circle style kabaddi players and national style kabaddi players was explained.



**Figure 1. Mean ± SD and SEM of Emotional Intelligence of circle style kabaddi players and national style kabaddi players.**

An independent sample t-test was performed to compare the Emotional Intelligence level of national style kabaddi players and circle style kabaddi players. The outcome variable was based on results of Levene's test ( $F(58) = 4.218, p = .045$ ) there was significant difference between Emotional Intelligence level of national style kabaddi players and circle style kabaddi players ( $t(58) = 2.051, p = .045$ , two-tailed). The magnitude of difference in the means (mean difference = 4.140, 95% CI: 8.181, .099). (Table 2)

**Table 2. Independent samples T-Test output of Emotional Intelligence of National style kabaddi players and Circle Style Kabaddi Players.**

Independent Samples Test									
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Emotional Intelligence	4.218	.045	2.051	58	.045	4.140	2.019	.099	8.181

Significant at 0.05 level

#### IV. FINDINGS AND CONCLUSION

The present study was on 60 kabaddi (inter-college) players of Punjabi university Patiala, which were further divided into two groups. Convenience sampling method was used, as per the availability of the subjects. Emotional intelligence's questionnaire developed by Daniel Goleman was used to measure Emotional intelligence of kabaddi players. Results indicate that a significant difference was found in the selected variables among both the groups, this difference occurred due to the reason that Emotional intelligence is involved in the capacity to perceive emotions, assimilate emotion-related feelings, understand the information of those emotions, and manage them. Organizations and the conscious, achievement-oriented managers need a high rate of "emotional intelligence" to be successful. In conclusion, this study shows Emotional Intelligence levels of the National style kabaddi players are higher than circle style kabaddi players. The study showed significant difference between Emotional Intelligence level of national style kabaddi players and circle style kabaddi players.

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