



### Short Communication

## Relationship of Emotional Intelligence and will to Win among Medalist and Non Medalist Athletes

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### Abstract

*The purpose of the study was to find the relationship between emotional intelligence and will to win among medalist and non medalist athletes. The data was taken from the state and national level medalist players of team game and individual game respectively i.e. Tennis Ball cricket players, kho-kho player and handball players. The results revealed out that there was no relationship between emotional intelligence and will to win among medalist and non medalist athletes.*

**Keywords:** Emotional intelligence, will to win, Medalist and Non medalist athletes.

### Introduction

Sports have both social and psychological dimension. In spite of technical, physical, tactical, physiological aspects other factor are also very important for the successful carrier of a sportsperson. The athlete success or failure during a competition is determined by his psychological conditioning. A sportsman can perform optimally only when she/he is in the perfect state of physical and psychological level<sup>1</sup>. "A winner will never quite and a quitter will never win". For the achievement of something, desire is very important for that, without any desire a winner can never be a winner. In today era the goal of an athlete is always to win his/her respective completion. The determination, with which an athlete jumps, drives, runs, throws towards victory is the construct "will to win". Sports and games in nature are very competitive. For winning a medal there should be perfect combination of physical and psychological components. The way you feel the way you will play<sup>2</sup>. Emotional intelligence influences on the performance of a sportsperson is evident during the competition. It is one of the most important dimensions in the domain of the sports. It has been claimed that emotional intelligence can be claimed can enhance leadership performance, team cohesion and the ability to cope up with pressure.

The verbal spat of the players, disturbing the concentration of the players through sledging, bringing hostile aggression during the play, lack of control, anger, frustration are notable while attributing to the factors that are responsible in having the grand success or failure of an athlete in his performance. The preparation of the athlete can no longer be predicted in terms of training of physical fitness components, skills, technique and mental abilities but emphasis should be put more importantly on the training aspect for the adequate development of the EI

(Emotional Intelligence), thus making a potential that is required for the successful delivery of all the training required for a successful participation in a major completion<sup>3</sup>. "Emotional intelligence is the ability to monitor others emotion and one's emotion to discriminate among them and then to use the information guide one's thinking and actions"<sup>4</sup>. Emotional intelligence as management of feelings, in order to express them effectively and appropriately at a right place at a right time, thus enabling peoples to work smoothly for achieving their goals in their life<sup>5</sup>. Psychological skill such as positive thoughts, self relaxation of the mind, self introspection, positive talking are the traits that have a high correlation with the athletic performance, out of these mentioned traits many of them reflects emotional intelligence<sup>6</sup>.

**Objectives:** To find out the relationship of emotional intelligence with will to win among medalist players. To find out the relationship of emotional intelligence with will to win among non medalist players. To find out the relationship of emotional intelligence with will to win among Athletes.

**Hypothesis:** There will be a positive correlation between emotional intelligence and will to win among medalist and non medalist athletes respectively.

**Delimitation:** The study was delimited to the 19 to 25 years of age group among male Athletes. The study was delimited to psychological variables i.e. emotional intelligence and will to win among athletes from the state of J&K. The study was delimited to state and national level medalist players of team game i.e. Tennis Ball cricket players, kho-kho player and handball players. The study was delimited to state and national level non medalist players of Individual games i.e. Tennis Ball cricket players, kho-kho player and handball players.

### Methodology

**Selection of the subjects:** The sample of the study was state level and national level medalist and non medalist players from Jammu and Kashmir. The total number of the subjects was 60, thirty medalist players were from team game and the remaining thirty non medalist players were from Individual game.

**Selection of the tools:** To measure the level of emotional intelligence of the subjects, the emotional intelligence scale constructed by Hyde et al.<sup>7</sup> was administered. The level of will to win among athletes was measured by applying will to win questionnaire prepared by Kumar and Shukla<sup>8</sup>.

**Statistical technique:** To find out the relationship between emotional intelligence with will to win among medalist and non medalist players of team games and individual games, descriptive statics and person product moment correlation coefficient was used.

### Results and Discussion

The mean value of the emotional intelligence and will to win among medalist was  $37.96 \pm 4.84$  and  $29.86 \pm 3.00$  respectively. For establishing relationship the result of pearsons product moment correlation coefficient  $r = -0.129$  revealed insignificant relationship between emotional intelligence and will to win among medalist athletes at 0.05 level of significance as the p. value .370 is higher than 0.05 for two tailed test.

The mean value of the emotional intelligence and will to win among medalist was  $36.60 \pm 4.25$  and  $27.56 \pm 3.84$  respectively.

For establishing relationship the result of pearsons product moment correlation coefficient  $r = -0.86$ , revealed insignificant relationship between emotional intelligence and will to win among medalist athletes at 0.05 level of significance as the p. value .551 is higher than 0.05 for two tailed test.

**Discussion:** In Table-1 the p value .370 is insignificant at 0.05 level of significance thus determining a insignificant correlation between emotional intelligence and will to win among medalist athletes. On the other hand the p-value .551 is greater at 0.05 level of significance thus showing insignificant correlation between emotional intelligence and will to win among non-medalist athletes.

### Conclusion

On the basis of the findings of the data following conclusions were drawn: There was insignificant correlation between emotional intelligence and will to win among medalist athletes. A insignificant correlation between emotional intelligence and will to win was found among non-medalist athletes.

### Recommendation

The study can be conducted on large sample size between different category of age group among male and female players respectively. The study can be conducted on female medalist and non medalist players of individual game. The study can be conducted on male medalist and non medalist players of individual game.

**Table 1**  
 Correlation between EMI and WTW among medalist athletes

Variable	N	Correlation	E.M.I	WTW	Mean	SD
Emotional Intelligence	50	Pearson correlation Sig.( 2-Tailed )	1	-0.129 .370	37.96	4.84
Will To Win	50	Pearson correlation Sig.( 2-Tailed )	-0.129 .370	1	29.86	3.00

**Table 2**  
 Correlation between EMI and WTW among non medalist athletes

Variable	N	Correlation	E.M.I	WTW	Mean	SD
Emotional Intelligence	50	Pearson correlation Sig.( 2-Tailed )	1	-0.86 .551	36.60	4.257
Will To Win	50	Pearson correlation Sig.( 2-Tailed )	-0.86 .551	1	27.56	3.488

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