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ICSSR SPONSORED NATIONAL CONFERENCE ON  
PSYCHOLOGICAL CONTRIBUTIONS IN  
SUSTAINABLE HUMAN DEVELOPMENT IN  
SPORTS, ORGANIZATIONS & COMMUNITY HEALTH

December 20-21, 2019

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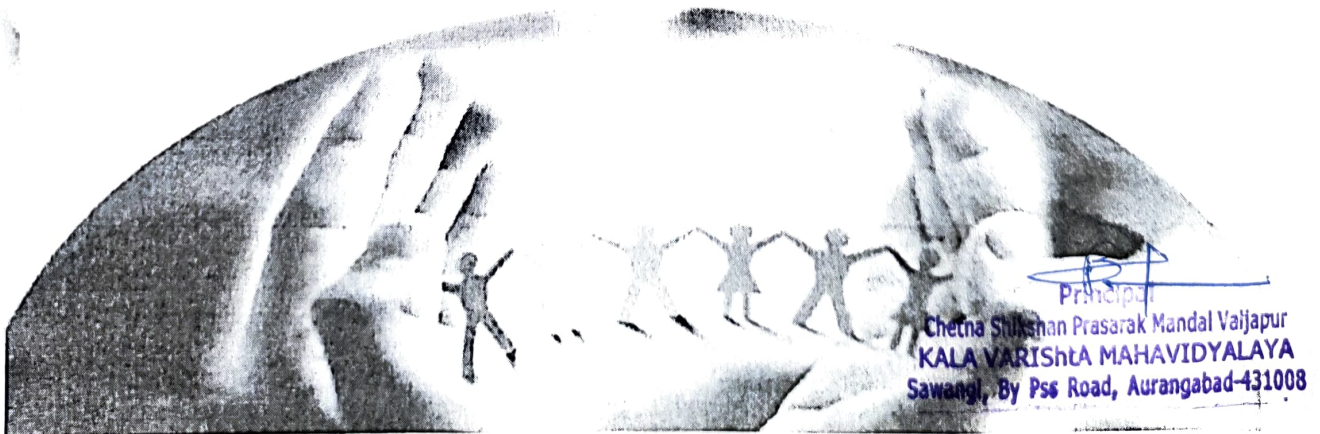
DEPARTMENT OF PSYCHOLOGY,  
PHYSICAL EDUCATION & SPORTS, HOME SCIENCE

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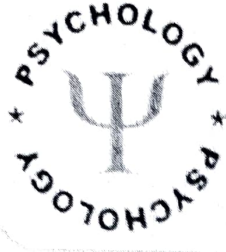
Principal

Chetna Shikshan Prasarak Mandal Vaijapur  
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Sawangi, By Pss Road, Aurangabad-431008

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## NATIONAL CONFERENCE



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**Study of Aggression and Emotional Intelligence among Team and Individual  
Sportsman**

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**Abstract**

Target of the present examination is to contemplate the degree of hostility among group and individual sportsman. To discover the degree of passionate insight among group and individual sportsman. Complete example chose 100 sportsmen from Aurangabad area. There are incorporated 50 subjects from group and 50 subjects from singular sports occasions were chosen as subjects for the information.

In this investigation Aggression and Emotional insight two ward variable are examined.

For measurable investigation mean, SD and t test is applied. Sportsman is an autonomous variable there are two kinds of sportsman one is singular sportsman and second is group sportsman. There is noteworthy contrast of animosity among group and individual sportsman. Level of hostility is high in singular sportsman than the group sportsman. There is huge distinction of passionate knowledge among group and individual sportsman. Passionate insight level is high in group sportsman than the individual sportsman.

**Key Words: Emotional Intelligence, Aggression, Sportsman**

  
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**Introduction:**

Passionate data is critical. It is one of the essential types of data that people procedure. That doesn't imply that everyone needs to process it well. Be that as it may, it means that it is flowing around us, and certain individuals who can get on it can play out specific undertakings very well that others can't perform. We all need enthusiastic insight to help us through our genuinely demanding days. Regardless of whether we are not sincerely shrewd ourselves, we may depend on those higher in passionate knowledge to manage us. But control us to what? Would could it be that individuals high in passionate insight can see that such huge numbers of others are oblivious in regards to? The way in to this lies in what those high in enthusiastic insight are especially great at doing themselves.

They're especially great at building up positive social associations with others, and staying away from clashes, battles, and other social squabbles. They're especially great at understanding mentally solid living and dodging such issues as medications and medication misuse. It appears to be likely that such people, by giving instructing exhortation to other people, and by legitimately including themselves in specific circumstances, help others and gatherings of individuals to live respectively with more prominent concordance and fulfillment.

Along these lines, maybe much more significant than scoring high on an enthusiastic insight test, is knowing one's level at this gathering of aptitudes. Finding one's level implies that you can know whether and the amount to act naturally dependent in enthusiastic territories and when to look for others' assistance in perusing the passionate data that is going on around oneself. Regardless of whether one is high or low in enthusiastic insight, is maybe not as significant as realizing that passionate data exists and that a few people can understand it. Knowing only that, one can utilize enthusiastic data, by finding the individuals who can understand it and reason with it.

This is the data age. We all are subject to data and utilizing it astutely. The appearance of the capacity model of passionate insight advances our insight into the data encompassing us - it reveals to us enthusiastic data is there and that a few people can see it and utilize it. The

**Aggression and Emotional Intelligence Among Team and Individual Sportsman**  
model urges we all to utilize passionate data shrewdly - regardless of whether through our very own immediate understanding, or through the help of the individuals who do understand.

There are two general classes of animosity. These incorporate threatening, full of feeling, or retaliatory animosity and instrumental, savage, or objective situated hostility. Observational research shows that there is a basic distinction between the two, both mentally and physiologically. Some exploration shows that individuals with inclinations toward full of feeling hostility have lower IQs than those with propensities toward ruthless aggression. Across a wide range of human societies, men are more probable than ladies to express animosity by methods for direct physical brutality. Ladies are bound to rather express hostility through an assortment of backhanded or nonphysical methods.

The improvement of animosity can be seen inside the social learning setting. Social learning scholars, for example, Bandera help clarify how the youngster figures out how to be forceful; parental consideration giving practices are likewise considered. Hostility found in the older needs to incorporate the plausibility of ailment as a contributing component. Extra hypotheses in regards to animosity include psychodynamic and biosocial conceivable outcomes. Perspectives, for example, male and female jobs, and sexism are additionally seen as consolidated into the person's conduct through a learning procedure.

**Objective of the study:**

- To study the level of aggression among team and individual sportsman.
- To study the level of emotional intelligence among team and individual sportsman.

**Hypothesis of the study:**

- There will be significant difference of aggression among team and individual sportsman.
- There will be significant difference of emotional intelligence among team and individual sportsman.

**Sampling:**

The samples for the present study included male and female sportsman who were selected to represent the inter-university level tournaments in randomly various selected team and individual sports events. The data were collected from the various camps of team and individual sports events representing University level matches. Total sample selected 100 sportsmen from Aurangabad district. There are included 50 subjects from team and 50 subjects from individual sports events were selected as subjects for the data.

**Variables:**

In this study Aggression and Emotional intelligence two dependent variable are studied. Sportsman is an independent variable there are two types of sportsman one is individual sportsman and second is team sportsman. In the study two group of sportsman that is individual and team sportsman. Individual sportsman: those who are play in various individual games like swimmer, athlete, badminton, Tennis. Team sportsman: Those who are play in team game like Cricket, Hockey, Kho-Kho, etc.

**Tool:**

**1. Aggression Scale:**

To measure aggression to achieve the objective of the present study, aggression scale constructed by Roma Pal and Tasneem Naqavi (1980) was administered. The test consist 30 statements related to the personality of an individual which they answered by marking a HCK mark (✓) corresponding to the 'very much', 'much', 'ordinary', 'less', 'very less', and not at all. Thus, each item had five alternate answers graded on five point scale on the positive dimension and a zero point on the negative dimension. All the statements of this scale were matter of behaviour in daily life. All the items were scored to yield aggression measure. The reliability of the aggression scale was found .78. The validity The validity of the aggression scale was developed by Roma pal and Tasneem Naqavi (1980). The validity coefficient was also found .78.

**Aggression and Emotional Intelligence Among Team and Individual Sportsman**

The procedure for scoring aggression scale was as follow: Scoring was done according to the key in the respective manual of the tool. The individual score of all the statements were totalled to arrive at the score subjects. The procedure for scoring aggression scale was as follow: For each item one of six responses was possible. All the items were scored accordingly to the manual. 5 = very much, 4 = much, 3 = ordinary, 2 = less, 1 = very less and 0 = Not at all. The range of scores of aggression scale varies in between 0 to 150.

The individually score was classified according to the range of scores as follow:

Sr. No	Range of scores	Interpretation
1	107 and above	The saturated
2	90-106	The high
3	61-89	The average
4	46-60	The low
5	45 and below	The clean

**2. Emotional Intelligence Scale.**

This scale was devised by Anukool Hyde, Sanjyot Pethe, and Upinder Dhar. The authors came across two measures of emotional intelligence of emotional intelligence. EQ in business and life can be understood by a four-cornerstone model explained by Cooper (1997). The final form of the scale constituted 34 items. The Hindi version of the final items was prepared in consultation with 10 judges who were well based with both English as well as Hindi. The inter-item correlations of the items were also determined. The split-half reliability coefficient was found to be 0.88. The validity from the coefficient of reliability (Garrett, 1981) the reliability index was calculated which indicated high validity on account of being 0.93.

**Statistical Analysis:**

In this study data collection done by the help of aggression and emotional intelligence inventory. After collection of data all questionnaires prepared for scoring. Master chart, tabulation is done by the respectively two test manual gridlines. SPSS software 20 version is used for statistical analysis. Statistical interpretation and results are given as below.



**Aggression and Emotional Intelligence Among Team and Individual Sportsman**

**Table No. 1**

**Mean, SD and t value of aggression**

Aggression	Sportsman	N	Mean	SD	T	Sig.
	Team	50	34.92	12.63	5.38	0.01
	Individual	50	50.20	15.61		

In this study first variable is an aggression. The table no. 1 shows that the scores of team and individual sportsman on aggression scale. Team sportsman obtained mean and sd score are respectively 34.92&12.64 and individual sportsman obtained mean and SD score are respectively 50.20&15.61. Mean differences of the sportsman t value is 5.38 (df =98) which is significant at 0.01 level of confidence. This means that the team and individual sportsman differ on aggression. The results show that the hypothesis no. 1, There will be significant difference of aggression among team and individual sportsman.

**Table No. 2**

**Mean, SD and t value of emotional intelligence**

Emotional intelligence	Sportsman	N	Mean	SD	T	Sig.
	Team	50	62.84	11.10	4.07	0.01
	Individual	50	53.78	11.14		

In this study second variable is an emotional intelligence. The table no. 2 shows that the scores of team and individual sportsman on emotional intelligence scale. Team sportsman obtained mean and SD score are respectively 62.84&11.10 and individual sportsman obtained mean and SD score are respectively 53.78 &11.14. Mean differences of the sportsman t value is 4.07 (df =98) which is significant at 0.01 level of confidence. This means that the team and individual sportsman differ on emotional intelligence. The results show that the hypothesis no. 2, There will be significant difference of emotional intelligence among team and individual sportsman.

**Conclusion:**

There is significant difference of aggression among team and individual sportsman. Level of aggression is high in individual sportsman than the team sportsman. There is significant difference of emotional intelligence among team and individual sportsman. Emotional intelligence level is high in team sportsman than the individual sportsman.

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