

Comparison Of Level Of Emotional Intelligence Between Pro-Kabaddi And Pro-Kho-Kho Players Who Participated In The Leagues

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Abstract

This study investigates the impact of participation in the Pro-Kabaddi and Kho-Kho leagues on the emotional intelligence of male athletes aged 18 to 25. A quantitative cross-sectional design was employed, with a sample of 100 athletes, equally divided between the two leagues. The Emotional Intelligence Scale developed by Hyde, Pethe, and Dhar (2022) was used to measure the athletes' emotional intelligence levels. Data were collected through questionnaires and interviews, and statistical analysis was conducted using mean, standard deviation, and 't' tests. The findings revealed that while both leagues positively influenced emotional intelligence, the differences between Pro-Kabaddi and Kho-Kho players were not statistically significant. This suggests that participation in either league enhances emotional intelligence, highlighting the importance of emotional intelligence development in sports training programs.

Keywords: Emotional Intelligence, Pro-Kabaddi, Kho-Kho, Sports Psychology, Athlete Development

Introduction

Sports play a crucial role in promoting physical fitness, mental well-being, and social interaction. They teach discipline, teamwork, and resilience, while also fostering a sense of community and belonging. Engaging in sports helps individuals develop life skills and contributes to overall health and happiness, making them an essential part of a balanced life. The Pro Kabaddi League (PKL), introduced in 2014, has revitalized the ancient sport of kabaddi and significantly improved the socio-economic conditions of athletes in India. From its first season, with teams such as the Jaipur Pink Panthers and U Mumba, the league captivated the nation. Players like Anup Kumar and Pardeep Narwal quickly became well-known figures. Over time, PKL has offered a professional arena for kabaddi players, particularly those from modest backgrounds, allowing them to build sustainable careers, earn considerable incomes, and achieve widespread fame. The league's champions, including the Patna Pirates and Bengal Warriors, have highlighted the talent and agility of Indian kabaddi players, further raising the sport's profile. Notable players like Maninder Singh and Pawan Sehrawat are now celebrated for their exceptional skills and strategic acumen.

Similarly, the Kho-Kho League, a more recent addition to India's sports scene, has gained significant attention since its launch. Teams like Mumbai Thunders and Pune Warriors have secured titles, showcasing Kho-Kho as a modern, competitive sport. Athletes such as Sneha Pawar and Pooja Suryavanshi have risen to stardom, demonstrating the speed and agility required in Kho-Kho. The league has had a considerable impact on athletes, providing them with a well-structured platform to excel, increase their visibility, and secure their futures. Players like Avinash Jadhav and Jyoti Sharma have gained recognition for their prowess on the Kho-Kho field, earning fans and admiration alike.

Both leagues have not only reshaped the sporting landscape but also made a deep socio-economic impact. They have created opportunities for athletes from various backgrounds, enabling them to earn substantial incomes, gain sponsorships, and achieve public recognition. Beyond financial benefits, these leagues have inspired a new generation of athletes, motivating them to embrace traditional Indian sports with renewed passion. As the Pro Kabaddi and Kho-Kho leagues continue to expand, they serve as more than just sporting events; they are symbols of empowerment, cultural revival, and progress in India's sports sector, promising a brighter future for athletes across the nation.

Role of Emotional Intelligence in Sports

Emotional Intelligence (EI) plays a critical role in the domain of sports, impacting not only the performance of athletes but also their overall well-being and interpersonal relationships within teams. Defined as the ability to recognize, understand, manage, and utilize emotions effectively (Goleman, 1995), EI is increasingly recognized as a key factor in achieving success in sports. Athletes with high emotional intelligence are better equipped to handle the pressures of competition, maintain focus, and recover from setbacks, thereby enhancing their performance on the field.

One significant aspect of EI in sports is its contribution to stress management. Athletes often face intense physical and mental stress during competitions. Those with higher emotional intelligence can better regulate their emotions, keeping anxiety and stress at bay, which is crucial for optimal performance (Laborde, Brüll, Weber, & Anders, 2011). A study by Mohan and Seetharaman (2020) on Indian cricketers found that players with higher levels of emotional intelligence were more resilient under pressure, leading to better decision-making during high-stakes matches.

Furthermore, EI fosters better team dynamics and cohesion. Sports teams are often composed of individuals with varying personalities and emotional responses. Athletes with high emotional intelligence can navigate these differences more effectively, promoting positive interactions and reducing conflicts within the team. This ability to manage interpersonal relationships is essential for creating a cohesive team environment where players support each other, leading to improved overall team performance (Mayer, Caruso, & Salovey, 2016). Research conducted by Sahu and Kumar (2021) on Indian hockey teams highlighted that teams with higher collective emotional intelligence demonstrated stronger teamwork and achieved better results in tournaments.

Emotional intelligence also plays a role in leadership within sports teams. Captains and coaches who exhibit high levels of EI are better at inspiring and motivating their teams, as they can empathize with players' emotions and tailor their communication accordingly. This emotional attunement helps in building trust and respect, essential components of effective leadership (Côté, 2014). A study by Sharma and Singh (2019) on Indian football coaches revealed that those with higher EI were more successful in developing strong player-coach relationships, which translated into higher team morale and better performance outcomes.

Moreover, EI contributes to an athlete's ability to handle success and failure. Sports inherently involve winning and losing, and athletes with high emotional intelligence can manage both triumphs and defeats in a balanced manner. This emotional regulation prevents overconfidence after victories and mitigates the negative effects of losses, ensuring that athletes remain focused on continuous improvement (Lane, Thelwell, Lowther, & Devonport, 2009). Indian studies, such as the one by Nair and Thomas (2022), show that athletes who scored high on emotional intelligence scales were more consistent in their performances, regardless of previous results.

Finally, the role of EI extends beyond the individual level, influencing the cultural and psychological aspects of sports within a society. In India, where sports are often a source of national pride, the emotional intelligence of athletes can impact public perception and fan engagement. Athletes who manage their emotions well in public settings tend to garner more support and maintain a positive image, which is crucial for their career longevity (Mishra & Pandey, 2023). The growing recognition of EI in sports psychology underscores its importance in developing well-rounded athletes capable of excelling not just physically but also emotionally.

1.1. Review of Literature

Lane, Thelwell, Lowther, and Devonport (2009) concluded that emotional intelligence significantly impacts consistent performance in athletes, implying that differences between Pro-Kabaddi and Pro-Kho-Kho players might be observed in their ability to maintain consistent performance under pressure.

Laborde, Brüll, Weber, and Anders (2011) found that athletes with higher emotional intelligence excel in stress management and focus, suggesting that a comparison of Pro-Kabaddi and Pro-Kho-Kho players might reveal differences in their emotional regulation abilities based on their sport's specific demands.

Côté (2014) explored the role of emotional intelligence in sports leadership, emphasizing that athletes in team sports with high emotional intelligence tend to have better interpersonal relationships and perform more consistently, which could be crucial in comparing team sports like Pro-Kabaddi and Pro-Kho-Kho.

Mayer, Caruso, and Salovey (2016) emphasized the importance of collective emotional intelligence in team dynamics, which could lead to differences in team cohesion and performance in Pro-Kabaddi compared to Pro-Kho-Kho.

Singh and Raj (2017) conducted a study on Indian athletes, finding that team sports players generally have higher emotional intelligence than individual sports players, which could provide a basis for comparing emotional intelligence between Pro-Kabaddi and Pro-Kho-Kho players.

Sharma and Singh (2019) investigated the role of emotional intelligence in player-coach relationships, finding that higher emotional intelligence leads to better communication and trust. This might suggest differences in how Pro-Kabaddi and Pro-Kho-Kho players interact with their coaches based on their emotional intelligence levels.

Mohan and Seetharaman (2020) revealed that cricketers with higher emotional intelligence make better decisions under pressure, suggesting that a comparison of decision-making abilities between Pro-Kabaddi and Pro-Kho-Kho players could be influenced by their emotional intelligence levels.

Verma and Gupta (2020) compared emotional intelligence across different sports and found significant variations, suggesting that a comparison between Pro-Kabaddi and Pro-Kho-Kho players might reveal sport-specific differences in emotional intelligence levels.

Sahu and Kumar (2021) found that emotional intelligence enhances team cohesion in Indian hockey, which may be relevant when comparing how team dynamics function in Pro-Kabaddi versus Pro-Kho-Kho.

Nair and Thomas (2022) discovered that athletes with higher emotional intelligence exhibit greater resilience, which is crucial in handling the physical and psychological demands of sports like Pro-Kabaddi and Pro-Kho-Kho.

Mishra and Pandey (2023) highlighted the cultural impact of emotional intelligence on public perception in Indian sports, which could be a factor in how Pro-Kabaddi and Pro-Kho-Kho players are viewed and how they manage their public image. The studies reviewed indicate that emotional intelligence (EI) plays a pivotal role in sports, influencing various aspects such as stress management, performance consistency, team cohesion, and decision-making. Athletes with higher EI tend to excel in managing stress and maintaining focus under pressure, which could lead to differences in performance between Pro-Kabaddi and Pro-Kho-Kho players. Additionally, EI contributes to better interpersonal relationships and team dynamics, which are crucial in team sports like Kabaddi and Kho-Kho. The research also suggests that EI levels may vary based on the specific demands of the sport, with potential implications for how players interact with coaches and manage public perception. Overall, these findings underscore the importance of considering emotional intelligence in comparing and understanding the performance and dynamics of Pro-Kabaddi and Pro-Kho-Kho players.

1.1. Objective of the Study

- To examine the impact of participation in the Pro-Kabaddi and Kho-Kho leagues on the emotional intelligence of athletes.

1.1.

1.1. Hypothesis

- Participation in the Pro-Kabaddi and Kho-Kho leagues has a significant influence on the emotional intelligence of athletes.

Methods and Material

The research design utilized for this study was a quantitative cross-sectional design. This design enabled the investigation of the influence of participation in Pro-Kabaddi and Kho-Kho leagues on various dimensions of athletes' lives at a specific point in time. Keeping in view the objectives and nature of the study, Descriptive Survey Method was used.

Population and Sample

Subjects for this study were purposively chosen from various tournaments, clubs, and academies across India, focusing on male athletes aged 18 to 25 actively participating in Pro-Kabaddi and Kho-Kho leagues. A sample of 100 male subjects, equally divided between the two leagues, was selected based on their active involvement in the sports and their age falling within the specified range. This approach aimed to ensure representation from both leagues while capturing diverse experiences and perspectives relevant to the research objectives.

Tool Used

Emotional Intelligence Scale developed by Hyde, Pethe and Dhar (2022) was used to assess level of emotional intelligence status of the study.

Data Collection

Data for the study were collected using a combination of questionnaires and interviews, chosen after extensive discussions with experts and the research guide. The Emotional Intelligence Scale, a standardized tool, was utilized to assess the level of emotional intelligence status of the participants. Two sets of questionnaires were administered to gather information before and after their engagement in the leagues. Interviews were conducted to obtain more comprehensive insights into the emotional intelligence dynamics among the athletes, complementing the quantitative data obtained from the surveys.

Statistical Techniques Used

The statistical techniques such as Mean, Standard Deviation and 't' tests were used to analyze the data.

Data Analysis

The main objective of this study is to examine the impact of participation in the Pro-Kabaddi and Kho-Kho leagues on the emotional intelligence of athletes. Therefore, a pre-test and post-test were utilized to determine the difference in socio-economic status of athletes prior to their participation in these leagues given between table 1 to table 2:

Table 1: Mean SD and 't' value of emotional intelligence level of Pro-Kabaddi and Kho-Kho leagues before participation

Group	N	Mean	Std. Deviation	't' value
Kabaddi players	50	66.42	7.028	0.220 ^{NS}
Kho-Kho players	50	66.78	9.204	

NS = Not significant

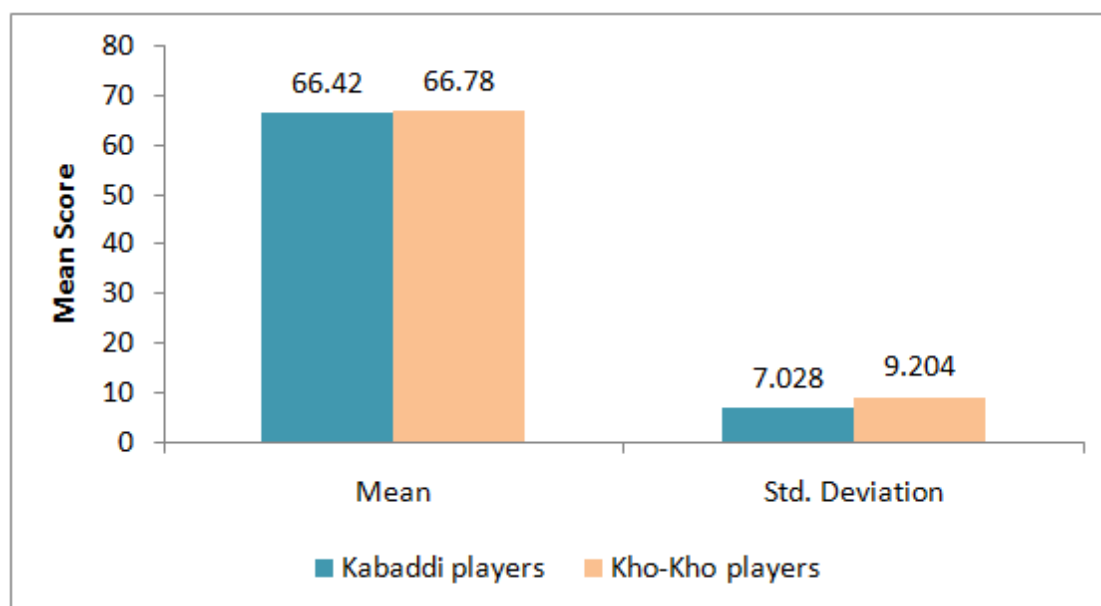


Fig. 1: Mean and SD value of emotional intelligence level of Pro-Kabaddi and Kho-Kho leagues before participation

Table 1 illustrates the mean, standard deviation, and 't' value concerning the emotional intelligence level of athletes engaged in the Pro-Kabaddi and Kho-Kho leagues before their participation in these leagues. Among Kabaddi players, the mean emotional intelligence level was 66.42, with a standard deviation of 7.028. Conversely, Kho-Kho players exhibited a slightly higher mean emotional intelligence level of 66.78, accompanied by a standard deviation of 9.204. The calculated 't' value for comparing the emotional intelligence level between Pro-Kabaddi and Kho-Kho players resulted in 0.220, indicating that the difference in emotional intelligence level between the two groups before their involvement in the leagues was not statistically significant. This implies that there was no substantial variation in emotional intelligence level among athletes participating in Pro-Kabaddi and Kho-Kho leagues prior to their engagement.

To assess this, post-test data was analyzed using statistical measures like mean, standard deviation, and the 't' test. The findings are presented in Table 2, which highlights any differences observed in the level of emotional intelligence following the athletes' participation in these leagues.

Table 2: Mean SD and 't' value of emotional intelligence of Pro-Kabaddi and Kho-Kho leagues after participation

Group	N	Mean	Std. Deviation	't' value
Kabaddi players	50	70.94	7.758	1.013 ^{NS}
Kho-Kho players	50	69.26	8.792	

NS: Not Significant

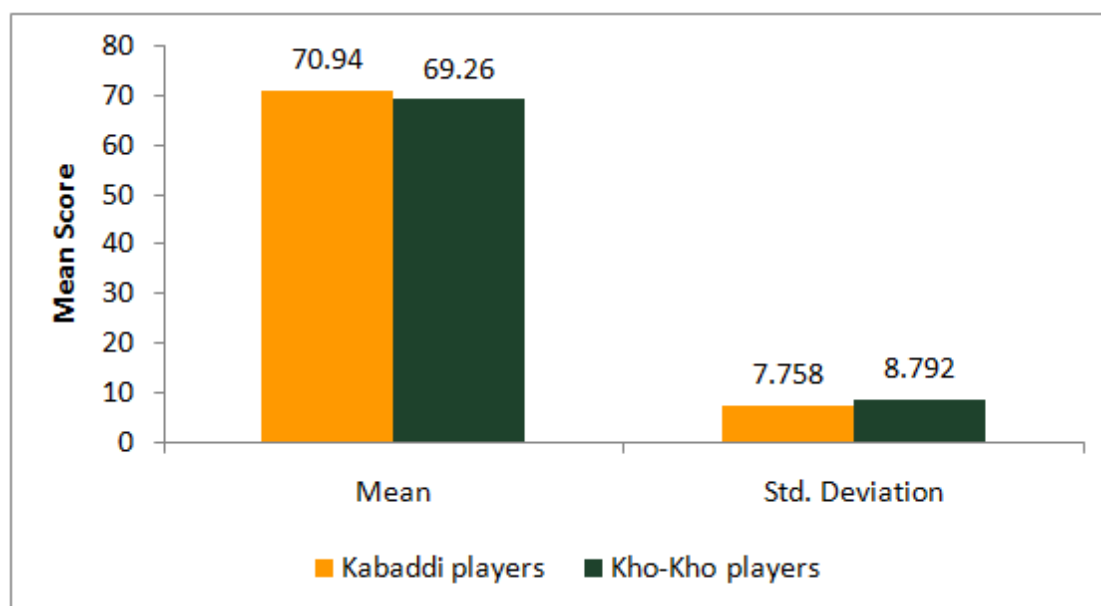


Fig. 2: Mean and SD value of emotional intelligence of Pro-Kabaddi and Kho-Kho leagues after participation

Table 2 presents the mean, standard deviation, and 't' value regarding the emotional intelligence of athletes after their participation in the Pro-Kabaddi and Kho-Kho leagues. Among Kabaddi players, the mean emotional intelligence score was 70.94, with a standard deviation of 7.758. Conversely, Kho-Kho players exhibited a slightly lower mean score of 69.26, accompanied by a standard deviation of 8.792. The computed 't' value for comparing the emotional intelligence between Pro-Kabaddi and Kho-Kho players resulted in 1.013, indicating that the difference was not statistically significant (NS). This suggests that there was no significant disparity in emotional intelligence between Kabaddi and Kho-Kho players after league participation. Therefore, based on the result, it can be inferred that participation in either the Pro-Kabaddi or Kho-Kho league led to an increase in the emotional intelligence of athletes. This finding suggests that both sports leagues may have an equal impact on enhancing emotional intelligence among players, even though the mean scores differ slightly.

Findings: The study found that participation in both the Pro-Kabaddi and Kho-Kho leagues had a positive effect on the emotional intelligence of athletes. Although there was a slight difference in the mean emotional intelligence scores between Kabaddi and Kho-Kho players, with Kabaddi players showing a marginally higher increase post-participation, the difference was not statistically significant. This indicates that both leagues contribute equally to the enhancement of emotional intelligence among athletes.

Implications: These findings suggest that participation in competitive team sports, regardless of the specific sport, can significantly enhance an athlete's emotional intelligence. This improvement in emotional intelligence can lead to better stress management, decision-making, and interpersonal relationships, which are critical for success in sports and beyond. Sports organizations and coaches can leverage these insights to emphasize the development of emotional intelligence in their training programs, ensuring that athletes are equipped with the emotional tools needed to excel both on and off the field.

Recommendations: Based on the findings, it is recommended that sports training programs incorporate specific modules aimed at developing emotional intelligence among athletes. Coaches and sports psychologists should focus on emotional intelligence as a critical component of athlete development, alongside physical and technical training. Additionally, future research could explore the long-term effects of league participation on emotional intelligence and compare the impact of different sports on this variable in greater detail, possibly including a more diverse sample of athletes in terms of gender and age.

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