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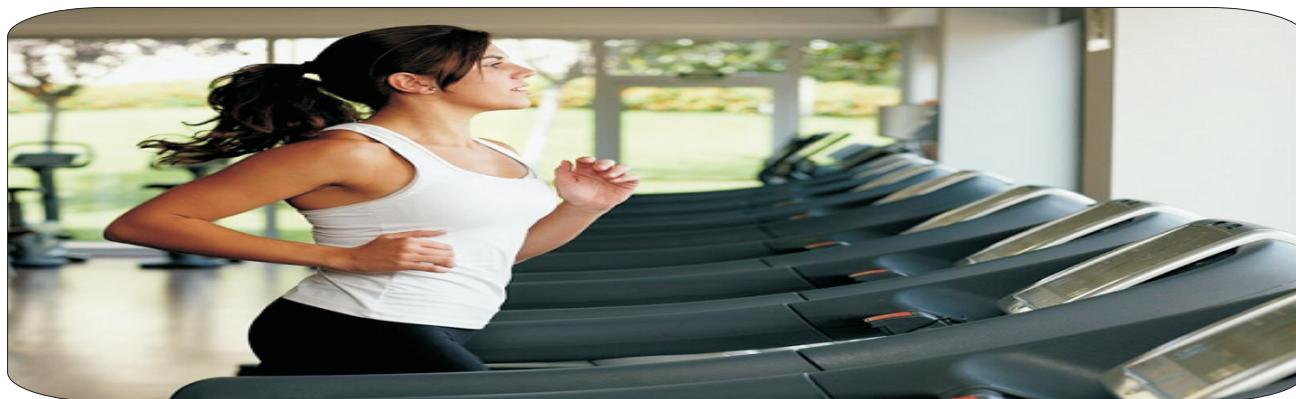
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## RELATIONSHIP STUDY BETWEEN EMOTIONAL INTELLIGENCE AND BODY COMPOSITION OF ALL INDIA INTERVARSITY SPRINTERS



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**Late V. N. S. S. M. V. , Nandanwan, Nagpur.**

### ABSTRACT

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. Emotional intelligence is an array of skills and competencies that we develop throughout our lives to help establish and maintain a comfortable and meaningful existence. Without these skills it is very difficult to know what to do for enhancing our performance. Body composition is another important morpho-physiological characteristic. The methodology of the measurement of body composition has been explained by several scientists. Fat fold measurement can provide fairly consistent and meaningful information related to body fat and its distribution. They developed regression equation for calculating body composition from performance in various tests (pull ups, standing broad jump). Scientists pointed out that the proportion of lean body mass to fat is indicator of degree of fitness for performance. For the purpose of this study 60 Male sprinter (20 each from 100, 200 and 400 mtr) players who were participated in the all India Intervarsity 2015 held at P.U. patilala. Emotional intelligence was analyzed from Mangal Emotional Intelligence Inventory (MEII) developed by Mangal and Mangal (2004). For analyzing the body composition skin fold method by Brozek etbal (1963) was Used Pearson's Product moment correlation technique was revealed that Body composition of Intervarsity sprinters is having Positive (0.033) correlation with their Emotional intelligence.

**KEYWORDS** :physical abilities , psychological training , Emotional intelligence .

## INTRODUCTION

Track & Field consists of running] hurdling, jumping and throwing events, held between individuals and teams it indoor and outdoor meets. The running and hurdling competitions make up the track events, while the jumping and throwing contests comprise the field events. In many countries the sport as a whole is called athletics.

The first organized track-and-field meet that is called Olympic Games began in 776 BC in Greece. Coroebus. Who won the first sprint competition was regarded as the first Olympic champions. For many years the main Olympic competition was the pentathlon, Which consisted of discus, javelin, foot racing, long jumping and wrestling. Other contests, including foot raced for men clad in full armor, later joined the games. Notwithstanding, the Roman conquest of Greece in 146 BC. Olympic contests continued to be held for more than 500 years. But the Roman emperor, Theodosius I, discontinued it in 393 AD; because he treated the Olympic contests as a pagan activity. For eight centuries thereafter, no organized track-and-field competitions occurred.

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his extent on his psychological training. It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of the sports persons.

Sport performance has taken a great leap over the last 20 years, Technology has enhanced our level of performance greatly through improved equipment and nutritional products. Back in the 1980's it was good enough to be fitter than your opponent, that would secure the win; it was good enough to have more technical skills, it would ensure the upper hand; even having tactical skills would allow for an advantage. Today however, everybody is as fit, as technically and tactically advanced as their opponent.

Emotions play a central role in sports performance. Sport is an emotional experience for many athletes. An important victory can result in happiness and joy, and a crushy defeat may result in despair and disappointment. An athlete's emotional state may also affect the outcome of a competition by influencing performance both during training and while connecting (Butler, 1996)

Emotional intelligence is an array of skills and competencies that we develop through out our lives to help establish and maintain a comfortable and meaningful existence. Without these skills it is very difficult to know what to do for enhancing our performance without emotional intelligence we will struggle to make informed decisions, we will not know how to plan the stages of the training. We might not have the self-belief and confidence that we can actually build a decent athlete. We find it difficult to manage good working relationship. When the pressure is on and we will not know how to deal with the stress and anxious or when something small goes wrong like a failure to achieve the predefined goal, we fall apart.

Recent research (Clements M.2014) at the South Australian Sports Institute, in conjunction with Swinburne University, has investigated the potercial role of emotional intelligence in elite sports. Emotional intelligence is 'ability to deal effectively with one's own and others'. (Plamer and Stough 2001). Previous empirical studies in the field of emotional intelligence to build an understanding of their specific emotional competencies, and therefore a better understanding and awareness of how to use emotions in the game with the indicated provides an athlete. So far, the coaches of Applied Sport Psychology have come across a variety of methods and the techniques involved have noticed that athletes reach their thoughts and feelings. They (Kauss 2001) Low-functional aspects of behavior is recognized and consequently allow you to change the patterns of the feelings and thoughts. Such as cognitive behavioral therapy and mental skills training are important for psychological techniques.

However, the lack of these existing techniques by which to measure the emotional skills is an objective method. Present within an individual sport psychology practices help to identify specific behavioral and emotional patterns, however. If any, for a successful athletic performance has been able to provided specific profiles.

Body composition is another important morpho-physiological characteristic. The methodology for the measurement of body composition has been explained by several scientists. Fat fold measurement can provide fairly consistent and meaningful information related to body fat and its distribution. The sum of 'fat fold' is an indicator of relative degree of fatness among individuals. Researchers pointed out that exercise-induced change in fat fold values can be evaluated either as absolute or on percentage basis. Peterson (1996) pointed out that body fat is a very personal datum and it is strongly recommended that this information be presented discreetly.

Various scientists have extensively studied the body composition of athletes. Leasy et al, (1965) concluded that physical performance in which whole body moves, primarily depends on lean body mass (LBM). They developed regression equation for calculating body composition from performance in various tests (pull ups, standing broad jump) Parizkova (1968) pointed out that the proportion of lean body mass to fat is an indicator of degree of fitness for performance.

The purpose of this study was to analysis the relationship between emotional intelligence and body composition of all India intervarsity sprinters. This study will also be helpful for physical education experts to understanding relation of body composition on emotional intelligence.

## PROCEDURE AND METHODOLOGY

### Selection of Subjects :-

The present study was conducted 60 Male sprinter (20 each from 100,200 and 400 mtr.) Players who were participated at the All India Intervarsity 2015 held at P.U. Patilala. The age range was 18-25 years.

### Selection of Variables

#### 1) Body composition in terms of Fat percentage as follows.

- i. Total body weight was recorded in kg. by using standard weighing machine.
- ii. Body composition is calculated in terms of fat percentage mass by using Durnin and womersley (1974) method of finding Body Density i.e.
  - i) Body density (kg/m<sup>3</sup>) for 17-19 years male =  $1.1620 - 0.063 \log (\text{biceps} + \text{triceps} + \text{Sub scapular} + \text{suprailliac})$
  - ii) Body density (kg/m<sup>3</sup>) for 20-29 years male =  $1.1631 - 0.063 \log (\text{biceps} + \text{triceps} + \text{Sub scapular} + \text{suprailliac})$
- iii. For percentage was calculated by using Brozek et. Al. (1963) method i.e.

$$\text{Body Fat \%} = \frac{4.570}{\text{Body Density} - 4.142} \times 100$$

#### 2) Emotional Intelligence Inventory :-

Mangal Emotional Intelligence Inventory (MEII) developed by Mangal and Mangal (2004) was used to assess emotional intelligence of hockey Players. The scale comprised of (100) statements, which covers four (4) areas of emotional intelligence. (i)

Since Calculated 'r' is lesser than tabulated 'r' thus we are able to conclude that significant negative correlation ship is existing between the interpersonal awareness and body composition of intervarsity sprinters. Body composition of Intervarsity sprinters are having (0.237) correlation-ship with their personal awareness.

**Table - 3**  
**Pearson's product moment correlation ship between intra personal management and body composition of intervarsity sprinters**

	Intra Personal management of Sprinters	Body Composition of sprinters
Mean	14.46667	9.497433
Product moment Correlation	0.096489003	
Insignificant at 0.05 level		

Tab 'r' = (2.11)

Since calculate 'r' is lesser than tabulated 'r' thus war are able to conclude that insignificant positive correlation ship was exists between the intra personal management and body composition of intervarsity sprinters. Body composition of Intervarsity sprinters are having (0.096) correlation-ship with their intra personal management.

**Table - 4**  
**Pearson's product moment correlation ship between intra personal management and body composition of intervarsity sprinters**

	Inter Personal management of Sprinters	Body Composition of sprinters
Mean	14.55	9.497433
Product moment Correlation	<b>-0.029152259</b>	
Insignificant at 0.05 level		

Tab 'r' = (2.11)

Since calculate 'r' is lesser than tabulated 'r' thus war are able to conclude that insignificant positive correlation ship was exists between the intra personal management and body composition of intervarsity sprinters. Body composition of Intervarsity sprinters are having (0.096) correlation-ship with their intra personal management.

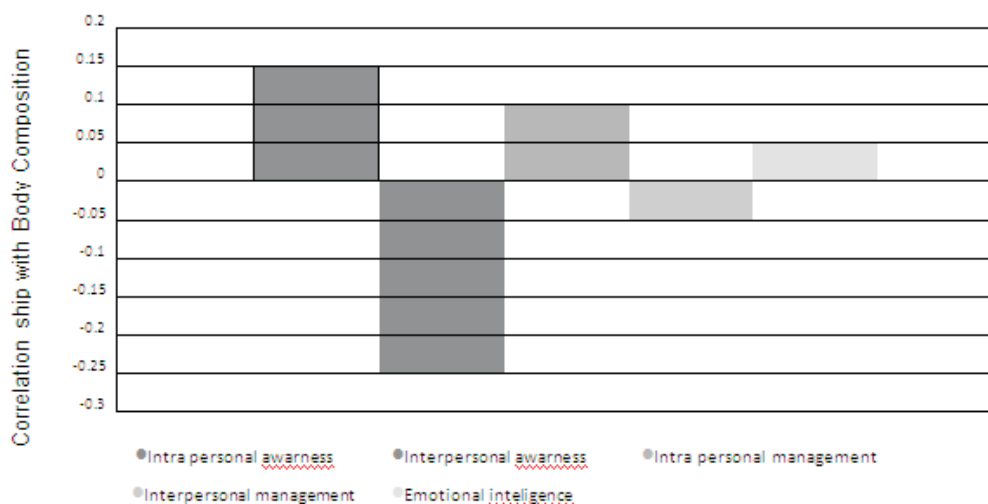
**Table - 5**  
**Pearson's product moment correlation ship between Emotional Intelligence**  
**and body composition of intervarsity sprinters**

	Emotional Intelligence	Body Composition
Mean	59.78333	9.497433
Product moment Correlation	0.033023081	
Insignificant at 0.05 level		

Tab 'r' = (2.11)

Since calculate 'r' is lesser than tabulated 'r' thus we are able to conclude that insignificant positive correlation ship was exists between the emotional intelligence and body composition of intervarsity sprinters. Body composition of Intervarsity sprinters are having (0.033) correlation-ship with their Emotional intelligence

**Figure – 1**  
**Correlation-ship of Body Composition Sprinters with their Emotional intelligence.**



## DISCUSSION OF FINDINGS

Body composition of intervarsity sprinters is having Positive (0.033) correlation with their Emotional intelligence. The components of the emotional intelligence the Intra Personal awareness (0.163) and intra personal management (0.096) are having positive correlation with body composition of all India intervarsity sprinters. Whereas the interpersonal awareness (-0.237) and inter personal management (0.029) are having negative correlation with body composition of all India level sprinters.

Our study was supported by the findings of the study of Tanuja (2015) indicate that the variables of health related physical fitness (muscular strength, body composition and cardio vascular endurance) are not significantly correlated with emotional intelligence. But there is a positive and little correlation between above variables Relationship of Fat Percentage and Emotional Intelligence was 0.26.

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