Emotional Intelligence and Mental Health among Athletes and Non-Athlete

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The present study is an attempt to study the Emotional Intelligence and Mental Health among athletes and non-athletes. In this study, some qualitative analysis was done on the sample by asking them to fill up the questionnaires of Emotional Intelligence and Mental Health. The sample comprised of 15 athletes and 15 non athletes. Statistical method applied on the data was t-test along with standard deviation. Emotional Intelligence Scale is developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar and Mental Health Scale is developed by Dr. Kamlesh Verma. There is a significant difference between athletes and non-athletes on both Emotional Intelligence and Mental Health which shows that athletes have higher Emotional intelligence and better mental health than non-athletes because athletes are involved in sports and physical activity that may represent resources, that don't only contribute to an increased well-being but also to an improved self-concept as a cognitive representation of athlete's mental health-status.

Keywords - emotional intelligence, mental health, athlete, non-athlete

Emotional Intelligence

Emotional intelligence (EI) is the capability of individuals to recognize their own emotions and those of others discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goals. The earliest roots of Emotional Intelligence can be traced to Darwin's work on importance of emotional expression for survival and adaptation. Although the term first appeared in a 1964 paper by Michael Beldoch, it gained popularity in the 1995 book by that title, written by author and science journalist Daniel Goleman. EQ, or emotional intelligence, put simply, is one's ability to recognize and rationalize one's own emotions as well as the emotions of others. If you want to win over the favor of someone, you must first win over his or her emotions. In 1989 Stanley Greenspan put forward a model to describe Emotional Intelligence, followed by another by Peter Salovey and John Mayer published in the following year. However, the term became widely known with the publication of Goleman's book: Emotional Intelligence – Why it can matter more than IQ (1995).In 1983, Howard Gardner's Frames of Mind: The Theory of Multiple Intelligences introduced the idea that traditional types of intelligence, such as IQ, fail to fully explain cognitive ability. He introduced the idea of multiple intelligences which included both interpersonal intelligence (the capacity to understand the intentions, motivations and desires of other people)

and intrapersonal intelligence (the capacity to understand oneself, to appreciate one's feelings, fears and motivations). Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder. Mental health can affect daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience. **According to the WHO (World Health Organization), mental health is:**"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

According to Majid Mohammad Nejab & Akbar Soleiman Nejab , (2012) had conducted a study examining the Emotional intelligence and Mental Health of education managers in Khoy city. T research sample included 150 managers (males & females). Research findings shows that there is a relationship between emotional intelligence & mental health.

According to Dr. Chandra Kant Borse (2012) had conducted a study to observe the relationship between Emotional intelligence & Self-concept of B.Ed. teacher". A sample of 60 B.Ed. teachers from college of education, Nasik were taken for data collection. The findings showed a significant relationship between emotional intelligence and self-concept of B.Ed. teachers.

Sarah Candice Roslyn Pyne conducted a study that explores Emotional Intelligence in relation to teacher's mental health and burn out. Data was collected through an online survey. Findings revealed that as emotional intelligence increases, mental health concerns and feelings of burn out decreases.

Rationale of the study

People with low emotional intelligence suffer from mental disorder and thus have a bad mental health. The non-athletes or the normal range of population also face different types of hurdles which include the daily life problems. So, there is need to study whether emotional intelligence have impact on mental health and that's why purpose of this research is to observe the effect of emotional intelligence on mental health of athletes and non-athletes.

OBJECTIVES

- To compare athletes and non-athletes on emotional intelligence
- To compare athletes and non-athletes on mental health.

HYPOTHESES

- There is a significant difference between athletes and non-athletes on emotional intelligence
- There is a significant difference between athletes and non-athletes on mental health

Method

Participants
A sample of 15 athletes and 15 non athletes was selected for the study between the age group of 20- 35 years. The data of athletes was collected from K.D. Singh Babu Stadium, Lucknow. While the data of non-athletes was collected from the general public.

Instruments
- Mental Health Scale- Mental Health Scale is developed by **Dr. Kamlesh Verma** to assess the mental health of individuals. The scale consists of 60 statements in which 30 positive and negative statements are there. Every statement has 3 alternative responses "Y e s , "Indefinite" and "No".

The scheme of scoring on positive statements 2 marks for "Yes, 1 mark for indefinite and "0" marks for No and for negative statements just reverse marking 2 marks for "no", 1 mark for indefinite and 0 mark for yes. Reliability and validity of this scale is 0.86 and 0.79 respectively.

Emotional Intelligence Scale-It is a 34-item scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar in 2002 to assess the emotional intelligence of individuals. For scoring in Emotional Intelligence scale 5 points was given to "totally disagree", 4 points on "disagree". 3 points on "can't say",2 points on "agree, 1 point was given to "totally agree". Reliability = 0.98 and validity = 0.93.

Statistical analysis

The data collected through Emotional intelligence scale and mental health scale have been assessed by using t- test which will give information about significant difference and standard deviation have been used for measuring the relationship between emotional intelligence and mental health.

Results

Table 1: Showing t-value of Emotional Intelligence between athletes and non- athletes

Sample	Mean	df	t-value	Table Value	SD
Athletes	108.80				52.84
Non-Athletes	70	28	2.02	1.70	50.02

Inferences: Obtained Value 2.02 is significant at 0.10 and > table value 1.70

Table 2 Showing t-value of Mental Health between athletes and non-athletes

Sample	Mean	df	t-value	Table Value	SD
Athletes	70.46				26.17
Non-Athletes	63.13	28	2.04	1.70	22.36

Inferences: Obtained value 2.04 is significant at 0.10 and > table value 1.70

These results showed that there is significant difference between Athletes and Non-Athletes on Emotional Intelligence & Mental Health respectively.

Discussion

The purpose of the study is to assess the Emotional Intelligence and Mental Health of athletes and non-athletes. Emotional Intelligence is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior and manage and or adjust emotions to adopt environment or achieve one's goals. Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder.

The first hypotheses formulated in this study is to find if there is any significant difference between athletes and non- athletes on Emotional Intelligence. The independent t-test was administered between the athletes and non-athletes. Table 1 as above shows that the obtained t- value is 2.02, df is 28 whereas table value at 0.10 level of significance is 0.70. As obtained value is greater than the table value, the difference was found to be significant. Mean of Emotional Intelligence of athletes is 108.80 and of non-athletes is 70 whereas the standard deviation of athletes is 52.84 and non-athletes is 50.02. Thus, the hypotheses is accepted on the basis of this conclusion can be made that athletes have high emotional intelligence than non- athletes. This conclusion is supported by an extensive literature on emotional intelligence in which it is found that athletes have more talent in perception and understanding of self- sense and they have more talent in self-regulation and self-expression and problem solving.

The second hypotheses were to find if there is any significant difference between athletes and non-athletes on mental health. The independent t-test was administered between both groups. Obtained t-value is 2.04, df is 28 whereas table value at 0.10 level of significance is 1.70. As the obtained value is greater than the table value, the difference is found to be significance. The mean of athletes is 70.46 and the SD is 26.17 whereas the mean and SD is 26.17 whereas the mean and SD of non-athletes is 63.13 and 22.36 respectively. Thus, the hypotheses are accepted.

On the basis of which conclusions can be made that athletes have better mental health than non-athletes which is supported by different researcher and studies. In an International Journal of Applied research it was found that athletes have high mental health than non-athletes because athletes involves in sports and physical activity that may represent resources, that do not only contribute to an increased well-being but also to an improved self-concept as a cognitive representation of athlete's mental health-status.

Conclusion

The study shows that there is significant difference between athletes and non-athletes in Emotional Intelligence and Mental Health which indicates a positive relation between both the variables. The athletes are found to score more than the non-athlete on both emotional intelligence and mental health as nowadays the performance of athletes is affected not only by physical fitness, technical and tactical factors but also mental and emotional features can affect sport performance as the athletes have to face the media, different types of people their comments even when they win or lose, so if they would not have an higher emotional intelligence to tackle all questions properly and not take those hate comments on their lose as personal only then their performance would be better and they would be having a sound mental health and that's the reason mental health of athletes is higher than that of non-athletes.

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