

A Correlation study of Aggression, Emotional Intelligence and Well-Being among Judo Players

Jaswant¹, Dr. Kultaj Singh²

¹Research Scholar, Department of Physical Education, M. D. University, Rohtak, Haryana

²Professor, Department of Physical Education, M. D. University Rohtak, Haryana

ABSTRACT

The present study was conducted to analyze the Correlation between aggression, emotional intelligence and well being among judo players. A purposive survey method was used for the study. A sample of total 200 judo players (players who have won position at Haryana senior state championship and M. D. U., Rohtak, K. U., Kururkshetra and C. D. L. U., Sirsa) were being selected. For assessing the variables of the study, the Aggression Scale developed by Km. Roma Pal, Sports Emotional intelligence test by Agashe and Helode and PGI General Well being Measure by was developed by Dr. Santosh K. Verma and Ms. Amita Verma were being used. The analysis was done by using Pearson Product Moment correlation method. Results revealed a significant and negative correlation between aggression and emotional intelligence of judo players and study also revealed a significant and negative correlation between aggression and well being of judo players whereas results revealed a significant and positive relationship between emotional intelligence and well being of judo players.

Introduction

Aggression is one of the important factors that significantly effects the performance of an individual. Aggression in man has psychological and social course with chief motive being control (acquisition of wealth, property, territory, etc.), increase (making the self, community and society grow in dimensions), and domination (showing oneself as stronger, more important, and more effective than others). To accomplish these objectives, man would not brain harming man physically and /or psychologically. Leonard (1998) and Cratty (1989) known two forms of aggression in sport viz. (1) hostile reactive or retaliatory aggression and (2) instrumental aggression or non-emotional and taste-oriented. Aggression is inborn both in man and in sport, combing it aside as a small issue would indicate underplaying its suggestion for the health of the human being and that of the world. It is impossible to origin out aggression all in all from society as well as sport earth; though some serious hard work should be made by all worried to reduce its incidence both in brutality and frequency using efficient methods and means.

In sports, it is important to be mentally strong because only mentally strong player can give its maximum output and the mentally strong person usually have good adjustment level, good decision making skills, high self confidence, high self esteem, mental flexibility and good emotional intelligence level too. There are some studies done on the emotional intelligence in sports and in the present study investigator wants to study the role of emotional intelligence on Judokas.

The concept of emotional regulation aligns to the concept of emotional intelligence, defined as the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions (Salovey & Mayer, 1990, p. 189). In meta-analytic studies it has been shown that measures of emotional intelligence are associated with enhanced performance (Van Rooy & Viswesvaran, 2004), well-being and stress management (Schutte, Malouff, Thorsteinsson, Bhullar, & Rooke, 2007). With this in mind, Meyer and Fletcher (2007) argued that sport psychologists should seek to enhance the emotional intelligence of athletes with whom they work. There is scant research on training programs designed to raise emotional intelligence in sport (Meyer & Fletcher, 2007), although there is a wealth of evidence of the effectiveness of such programs in occupational settings. Bakhtiari et al (2009) showed that emotional intelligence may control life stresses better and lead to optimum use of time through reducing the stress. Maleki et al. (2012) examined presence of a positive and meaningful effect of emotional intelligence on aggression, stress and mental welfare of elite athletes, where there was cohesion with the results of the present study.

Emotionally intelligent person also have high level of well being, it may be because the emotionally intelligent person can adjust himself/herself according to the situation that indirectly improves the well being of that individual. The same thing happens in the sports the emotionally intelligent and stable player can take the good decisions and maintains the mental balance even in the worst situations and try to overcome that situation with a proper strategic mind which indirectly helps that player to get more respect and social acceptance and also helps to win the trust of the colleagues players and which in turns help that players to achieve the high level of well being. Well being is also an important psychological constraint that plays an important role in the performance/outcome of a player or a team. In the last 10 years, a group of studies have been focused on analyzing the role of Emotional Intelligence in students' psychological well-being. Mayer and Salovey model provides us through suitable outline for understanding basic emotional processes which underlies the development of adequate psychological equilibrium, and helps us better understand the arbitrate role of certain emotional variables in learner and their influence on psychological adjustment and personal well-being.

In the recent years, both in the scientific beside in popular literature, there is an accumulated interest in the quality of life, the dimension that describe quality of life, and the events that affect quality of life. Most often the quality of life is composites as a composite of physical, psychological and social well being of a person, as perceived by the person as a group. A very important aspect of lineament of life is the happiness, atonement or gratification subjectively experienced However, there appears to be a dearth of studies on Aggression, emotional intelligence and well being in sports and especially in the judo judo is a combat sports the studies indicated that Judo players has usually high level of aggression as compare to other sports (Bhardwaj & Rathee, 2013; Reynes & Lorant (2002) & Ziaee, Lotfian, Amini, Mansournia & Memari, 2012) where aggression plays an important role, so it is important to see the relationship between the aggression, emotional intelligence and well being of judo players.

STATEMENT OF THE PROBLEM:

To analyze the Correlation between Aggression, Emotional Intelligence and Well-being among judo players

OBJECTIVES OF THE STUDY:

In order to achieve the aim of the study, the following objectives were formulated:

1. To explore the relationship between aggression and emotional intelligence of Judo Players.
2. To explore the relationship between aggression and well being of Judo Players.
3. To explore the relationship between emotional intelligence and well being of Judo Players.

HYPOTHESIS:

In order to achieve the aim of the study, the following hypotheses were formulated:

1. There would be no significant relationship between aggression and emotional intelligence of Judo Players.
2. There would be no significant relationship between aggression and well being of Judo Players.
3. There would be no significant relationship between emotional intelligence and well being of Judo Players.

METHOD

DESIGN

The purpose of the research is to analyze the Correlation between aggression, emotional intelligence and well being among judo players. A correlational design was used with survey method.

SAMPLE

The sample was be selected by using purposive sampling method. In the present study a sample of total 200 Judo players (players who have won position at Haryana senior state championship and M. D. U., Rohtak, K. U., Kururkshetra and C. D. L. U., Sirsa) were being selected.

TOOLS USED

1. Aggression Scale developed by Km. Roma Pal, 1986
2. Sports Emotional Intelligence Test by Agashe and Helode, 2002
3. PGI General Well being Measure by was developed by Dr. Santosh K. Verma and Ms. Amita Verma in (1989).

STATISTICAL TECHNIQUES USED

Pearson Product Moment correlation method was used to analyze the data.

RESULTS AND DISCUSSION

To achieve the main aim of the study i.e., “To analyze the Correlation between aggression, emotional intelligence and well being among judo players”. In order to achieve the aim, the aim is divided in three objectives and the objective wise results were displayed below: In the order to achieve the first objective of study, i.e., “To explore the relationship between aggression and emotional intelligence of Judo Players” correlational analysis has been applied and resulted displayed in table 4.1.

Table 4.1: Co-efficient of correlation between aggression and emotional intelligence (with different dimensions) of judo players

Variable	Emotional Intelligence					
	Self-Awareness	Empathy	Social Skills	Self-Regulation	Motivation	Total EI
Aggression	-.639**	-.567**	-.591**	-.433**	-.473**	-.745**

**Significant at 0.01 level of significance

Table 4.1 illustrates co-efficient of correlation between aggression and self-awareness (dimension of sports emotional intelligence test) of judo players is -0.639 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and self-awareness of judo players are negatively correlated with each other. The next part of the table reveals co-efficient of correlation between aggression and empathy (dimension of sports emotional intelligence test) of judo players is -0.567 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and empathy of judo players are negatively correlated with each other.

The next section of the table illustrates co-efficient of correlation between aggression and social skill (dimension of sports emotional intelligence test) of judo players is -0.591 which is significant at 0.01 level of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and social skills of judo players are negatively correlated with each other. The next part of the table illustrates co-efficient of correlation between aggression and self-regulation (dimension of sports emotional intelligence test) of judo players is -0.433 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and self-regulation of judo players are negatively correlated with each other.

The table further reveals co-efficient of correlation between aggression and motivation (dimension of sports emotional intelligence test) of judo players is -0.473 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and motivation of judo players are negatively correlated with each other. The last part of the table show co-efficient of correlation between aggression and total emotional intelligence of judo players is -0.745 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and emotional intelligence of judo players are negatively correlated with each other. Hence, the null hypothesis framed earlier, “There would be no significant relationship between aggression and emotional intelligence of Judo Players” is rejected. It can be interpreted that higher the aggression, lower the emotional intelligence of judo players and vice-versa. The present study found a significant and negative correlation between aggression and emotional intelligence of judo players, which is in agreement with the finding of the Masoumeh, Mansor, Yaacob, Talib & Sara (2014), Esperanza, Salguero & Pablo (2014), Masum & Khan (2014) who also found a significant negative correlation between aggression and emotional intelligence In the order to achieve the second objective of the study, i.e., “To explore the relationship between aggression and well being of Judo Players” correlational analysis has been applied and resulted displayed in table 4.2.

Table 4.2 Co-efficient of correlation between aggression and well being of judo players

Well-being	
Aggression	-0.893**

**Significant at 0.01 level of significance

Table 4.2 illustrates co-efficient of correlation between aggression and well being of judo players is -0.893 which is significant at 0.01 levels of significance. Hence, there exists a significant and negative correlation between these parameters. It reveals that aggression and well being of judo players are negatively correlated with each other. Hence, the null hypothesis framed earlier, “There would be no significant relationship between aggression and well being of Judo Players” is rejected. It can be interpreted that higher the aggression, lower the well being of judo players and vice-versa. The present study revealed significant and negative correlation between aggression and well being of judo players. However, no study was found to see the relationship between these variables. Future research will need to flesh out this relationship even more in order to examine the negative impact of aggression on well being of judo players.

In the order to achieve the third objective of study, i.e., “To explore the relationship between emotional intelligence and well being of Judo Players” correlational analysis has been applied and resulted displayed in table 4.3.

Table 4.3: Co-efficient of correlation between well-being and emotional intelligence (with different dimensions) of judo players

Variable	Emotional Intelligence					
Well Being	Self-Awareness	Empathy	Social Skills	Self-Regulation	Motivation	Total EI
	0.714**	0.695**	0.590**	0.536**	0.535**	0.850**

**Significant at 0.01 level of significance

Table 4.3 illustrates co-efficient of correlation between well being and self-awareness (dimension of sports emotional intelligence test) of judo players is 0.714 which is significant at 0.01 levels of significance. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and self-awareness of judo players are correlated with each other. The next part of the table reveals co-efficient of correlation between well being and empathy (dimension of sports emotional intelligence test) of judo players is 0.695 which is significant at 0.01 levels of significance. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and empathy of judo players are correlated with each other.

The next section of the table illustrates co-efficient of correlation between well being and social skill (dimension of sports emotional intelligence test) of judo players is 0.590 which is significant at 0.01 levels of significance. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and social skills of judo players are correlated with each other. The next part of the table illustrates co-efficient of correlation between well being and self-regulation (dimension of sports emotional intelligence test) of judo players is 0.536 which is significant at 0.01 levels of significance. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and self-regulation of judo players are correlated with each other.

The table further reveals co-efficient of correlation between well being and motivation (dimension of sports emotional intelligence test) of judo players is 0.535 which is significant at 0.01 levels of significance. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and motivation of judo players are correlated with each other. The last part of the table show co-efficient of correlation between well being and total emotional intelligence of judo players is 0.850 which indicates a strong relationship between the variables which is also found to be significant at 0.01 level. Hence, there exists a significant and positive correlation between these parameters. It reveals that well being and emotional intelligence of judo players are correlated with each other. Hence, the null hypothesis framed earlier, “There would be no significant relationship between aggression and emotional intelligence of Judo Players” is rejected. It can be interpreted that better the emotional intelligence, higher the well-being of judo players and vice-versa.

The present study revealed a significant and positive relationship between emotional intelligence and well being of judo players. The finding of the present study in consonance with the findings of Burrus, Betancourt, Holtzman & Minsky (2012), Costa, Ripoll, Sanchez & Carvalh (2012), Ugoani & Ewuzie (2013), Subramaniam & Panchanatham (2014) and Chukwumeka & Leonard (2015) observed significant positive relationship between emotional intelligence and well being,

while Raina & Bakhshi (2013) depicted that emotional intelligence predicted overall and the each index of eudaimonic wellbeing. Thus it is quite clear from the results that the aggression is negatively associated with emotional intelligence and well being whereas the well being and emotional intelligence is found to be positively associated among the judo players.

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