CHAPTER-V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
SUMMARY

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. The playing fields have been leveled once again. What possibly could give us the edge that we are desperately looking for to give us the one up on our opponents?. To produce outstanding achievement in any sport, talent and skill are essential elements that get you in the game. But, once you're in the game, research has identified another set of factors that control the outcome and set you apart. Athletes who have learnt a particular set of skills to manage their emotions intelligently produce consistently superior performance. These skills are known as emotional intelligence (EQ). Exceptional physical training is not enough. Elite athlete need to win the mental and emotional game too.

Emotional Intelligence determines whether you:

- Are mentally tough enough to remain self-motivated and sustain your competitive energy;
- Take emotional control in response to frustration and disappointment;
- Stay mentally alert and focused to deal with distractions and stress;
- Maintain the power of purpose that enables you to reach beyond your current limits and attain your highest goals.
- A form of social intelligence that involves the ability to monitor one's own and other feeling and emotions, to discriminate among them and to use this information to guide one's own thinking and action.

This study investigated the difference of emotional intelligence level among the university level high and low performing soccer players with the objectives:

1. To find out the significant difference of emotional intelligence among the university level high and low performing soccer players.
2. To find out the significant difference of maturity among the university level high and low performing soccer players.

3. To find out the significant difference of compassion among the university level high and low performing soccer players.
4. To find out the significant difference of morality among the university level high and low performing soccer players.
5. To find out the significant difference of sociability among the university level high and low performing soccer players.
6. To find out the significant difference of calm disposition among the university level high and low performing soccer players.

It was hypothesized that there may not be significant difference with regard to emotional intelligence among the university level high and low performing soccer players. For this purpose, Two Hundred Forty (N = 240) male university level soccer players aged between 18-25 years were selected for this study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. They were further divided into two groups N = 120 each (i.e., N_1=120; High Performance and N_2=120; Low Performance). A total of 240 subjects completed the Semantic Differential Emotional Intelligence Instrument developed by (Carrothers et al., 2000). In total there are 34 items in semantic differential emotional intelligence instrument. Before administering all the items were arranged in random order. It was rated on 7 point scale. The subject has to place a tick mark in one of the seven alternatives to his best of honesty and sincerity. Eighteen out of thirty four items which are marked must be reversed coded before analysing the data. After administration, submission of scores were done for each of five dimensions of the instrument and also a single score of the overall instrument was calculated by summing each score indicating subject's emotional intelligence.

A. Maturity

1. Insecure   ……………   Secure
2. Unsure   ……………   Sure
3. Comfortable   ……………   Uncomfortable*
4. Definite   ……………   Uncertain*
5. Mature   ……………   Immature*
6. Clear   ……………   Hazy*
7. Unaware   ……………   Aware
8. Stable   ……………   Erratic*

9. Irrelevant	……………	Relevant
10. Uncommitted	……………	Committed
11. Incompetent	……………	Competent
12. Real	……………	Unreal*

B. Compassion

13. Like	……………	Dislike*
14. Fake	……………	Genuine
15. Helpful	……………	Aloof*
16. Empathetic	……………	Self-centered*
17. Unforgiving	……………	Compassionate
18. Sharing	……………	Selfish*
19. Sensitive	……………	Insensitive*
20. Humble	……………	Arrogant*

C. Morality

21. Worthless	……………	Valuable
22. Irresponsible	……………	Responsible
23. Meaningful	……………	Meaningless*
24. Right	……………	Wrong*
25. Good	……………	Bad*
26. Dishonest	……………	Honest
27. Immoral	……………	Moral

D. Sociability

28. Low	……………	High
29. Warm	……………	Cold*
30. Unsociable	……………	Sociable
31. Happy	……………	Sad*

E. Calm disposition

32. Relaxed	……………	Tense*
33. Excitable	……………	Calm
34. Moving	……………	Still

Note 1. Items should be arranged randomly before administration of the instrument.

Note 2. The rater places a check mark in one of seven boxes between the alternatives. The choices are later assigned values between 1 and 7.

Note 3. * These items must be reverse-coded before analyzing data.

The study was further delimited to the male university level soccer players of the following high and low performance teams:

Sr. No	A-High Performance	Sample	B-Low Performance	Sample
1	Annamalai University	15	Nagpur University	15
2	Guru Nanak Dev University	15	Vishwabharati University	15
3	Panjab University	15	V.B.S.Purvanchal University	15
4	Calicut University	15	Pune University	15
5	Kerala University	15	Goa University	15
6	Punjabi University	15	Burdwan University	15
7	Calcutta University	15	Guru Jambeshwar University	15
8	Bangalore University	15	Aligarh Muslim University	15
		$N_1 = 120$		$N_2 = 120$

The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. The between-group differences were assessed by using the Student's t-test for dependent data. The level of significance was set at .05. The data was further subjected to one way analysis of variance (ANOVA).

CONCLUSIONS

1. The mean of high performance and low performance group was 68.20 and 64.72 respectively, whereas the standard deviation (SD) of high performance and low performance group was 7.66 and 15.07 respectively. The computed value of t (=2.339) between high performance and low performance group in maturity was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This means that the null hypothesis is rejected. Thus it may be concluded that the maturity found to be statistically significant. As per the study the above remark can be given at 95% probability level.

2. The mean of high performance and low performance group was 46.24 and 43.85 respectively, whereas the standard deviation (SD) of high performance and low performance group was 5.67 and 10.94 respectively. The computed value of t (=2.312) between high performance and low performance group in

compassion was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This means that the null hypothesis is rejected. Thus it may be concluded that the compassion found to be statistically significant. As per the study the above remark can be given at 95% probability level.

3. The mean of high performance and low performance group was 42.16 and 40.44 respectively, whereas the standard deviation (SD) of high performance and low performance group was 4.28 and 9.07 respectively. The computed value of t (=1.959) between high performance and low performance group in morality was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This means that the null hypothesis is rejected. Thus it may be concluded that the morality found to be statistically significant. As per the study the above remark can be given at 95% probability level.

4. The mean of high performance and low performance group was 23.25 and 22.14 respectively, whereas the standard deviation (SD) of high performance and low performance group was 3.42 and 5.28 respectively. The computed value of t (=1.819) between high performance and low performance group in sociability was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This means that the null hypothesis is rejected. Thus it may be concluded that the sociability found to be statistically significant. As per the study the above remark can be given at 95% probability level.

5. The mean of high performance and low performance group was 10.94 and 10.15 respectively, whereas the standard deviation (SD) of high performance and low performance group was 2.97 and 3.29 respectively. The computed value of t (=1.884) between high performance and low performance group in calm disposition was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This means that the null hypothesis is rejected. Thus it may be concluded that the calm disposition found to be statistically significant. As per the study the above remark can be given at 95% probability level.

6. The mean of high performance and low performance group was 190.80 and 181.30 respectively, whereas the standard deviation (SD) of high performance and low performance group was 16.02 and 35.70 respectively. The computed value of t (=2.792) between high performance and low performance group in emotional intelligence was greater than the tabulated t $_{(.o5)}$ (119) (=1.645). This

means that the null hypothesis is rejected. Thus it may be concluded that the emotional intelligence found to be statistically significant. As per the study the above remark can be given at 95% probability level.

7. The calculated value of F-ratio that is 1.29 is smaller than tabulated value 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Maturity found to be statistically insignificant.

8. The calculated value of F-ratio that is 2.05 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Compassion found to be statistically insignificant.

9. The calculated value of F-ratio that is 2.278 is higher than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Morality found to be statistically significant.

10. The calculated value of F-ratio that is 1.953 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Sociability found to be statistically insignificant.

11. The calculated value of F-ratio that is 1.817 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Calm Disposition found to be statistically insignificant.

12. The calculated value of F-ratio that is 1.973 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among high performing universities that is Annamalai, Guru Nanak Dev, Panjab, Calicut, Kerala, Punjabi, Calcutta and Banglore University in relation to Emotional Intelligence found to be statistically insignificant.

13. The calculated value of F-ratio that is .866 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Maturity found to be statistically insignificant.

14. The calculated value of F-ratio that is .478 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Compassion found to be statistically insignificant.

15. The calculated value of F-ratio that is .542 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Morality found to be statistically insignificant.

16. The calculated value of F-ratio that is 1.813 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Sociability found to be statistically insignificant.

17. The calculated value of F-ratio that is 3.718 is higher than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities

that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Calm Disposition found to be statistically significant.

18. The calculated value of F-ratio that is .532 is smaller than tabulated value of 2.08 for the selected degree of freedom and level of significance. Thus it may be concluded that inter group differences among low performing universities that is Nagpur, Vishwabharati, V.B.S.Purvanchal, Pune, Goa, Burdwan, Gurujambeshwar and Aligarh Muslim University in relation to Emotional Intelligence found to be statistically insignificant.

In conclusion, emotional intelligence is an important construct and its efficacy in sport should be further examined.

RECOMMENDATIONS

In the light of the findings of the present study the following recommendations can be made for further studies:

1. Physical education teachers and coaches can use the result of this study as an aid in screening, identification and selection of players in team games.

2. In the training program for individual and team games, emphasis must be laid on improvement of those psychological dimensions, which have been found to be significantly related to performance.

3. The present study may be repeated by selecting subjects belonging to different levels of performance and the sex other than those employed in the study.

4. The present study may be repeated in other games and sports where the criterion used for performance is the combined effect of different players of a team.

5. It is suggested that a longitudinal study with the subjects employed in this research work may be carried out in order to find the effect of changes in contributing independent variables and their effect on individual and team games.

6. A similar study may be under taken with other variable namely, physical, physiological, and biomechanical in addition to the variables chosen in the present study.