CHAPTER 5

Summary, Conclusion and Recommendation
CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The performance in various sports, including Basketball and Volleyball depends directly on physical fitness, motor abilities, technical skills, tactical efficiency and the psychological qualities of the players. These qualities are the most important factors in sports and games, because the technical skills and tactical efficiency depend to a large extent on these qualities. Psychological qualities such as cognitive skills, visual abilities, perception, reaction ability, Emotional Intelligence and Social Intelligence etc help the sports persons to enhance their performance. The studies conducted earlier reveled that there is relationship between psychological abilities and sports performance.

It has long been observed that while some people may have strong intellectual abilities, they seem to struggle to master social skills which enable them to interact successfully with other people. This ability to “get along” with others has now been officially recognized as a form of competency or even a specific type of intelligence: social intelligence. Promoters of emotional intelligence have long attempted to incorporate interpersonal skills within the conceptual envelope of EI, on the premise that one's interior experience forms the basis for one's interactions. This seems to be only partly true, however. With the clear recognition of social intelligence as a separate dimension of competence, the relationship between EI and SI is now becoming clearer.

The review observed earlier has clearly highlights the working relationship of emotional intelligence, social intelligence and other related variables. Although research using the emotional intelligence and social intelligence in sport is limited, further investigation into the area is warranted for a number of reasons. Present study is an attempt to establish specific relationship of social and emotional intelligence to performance among players of volleyball and basketball. It was assumed that both
emotional and social intelligence highly contribute to performance. To achieve the purpose of the present study, the researcher selected 192 students (Basketball-99, Volleyball-93) studying in various Institutes of University of Mysore. These Students should have at least participated at Inter-Collegiate level and obtained recognition. Age of subject was between 18 to 25 year. To assess Emotional intelligence the scale developed by Hyde, Pethe & Dhar (2002) was employed and to measure Social Intelligence the scale developed by Chadha & Ganesan (2004) was used. The performance of Basketball and Volleyball players was assessed by Coaches Rating Scale prepared by experts in the said games.

The primary data was first organized and fed to the computer for further analysis in the form of tables and graphic representations following the standardized statistical analysis procedures. For the sake of clarity and understanding the entire chapter is divided into 4 sections. They are; Section I: Comparison of social and emotional intelligence between basketball and volleyball players; Section II: Relationship between factors of emotional intelligence and dimensions of social intelligence; Section III: Relationship between performance ability with emotional and social intelligence; Section IV: Regression analysis for prediction of performance ability from emotional and social intelligence.

5.2 CONCLUSIONS

Volleyball players were better in total emotional intelligence than basketball players. In specific factors—self-awareness, empathy, integrity, self-development, commitment and altruistic behaviour volleyball players had higher emotional intelligence than basketball players. In total social intelligence, volleyball players and basketball players were similar. Basketball players were better in tactfulness than volleyball players. Total social intelligence was related with all the factors of emotional intelligence except for emotional stability and managing relations. Most of the factors of emotional intelligence related with patience, cooperativeness, confidence, tactfulness, sense of humour and memory dimensions of social intelligence.
Total social intelligence of Basketball players was related with most of the components of emotional intelligence except for emotional stability, managing relations and value orientation. Most of the factors of emotional intelligence of Basketball players were related with patience, confidence, cooperativeness, tactfulness, and memory dimensions of social intelligence. In Sensitivity dimension of the social intelligence Basketball players had very limited relationship with various factors of emotional intelligence.

Total social intelligence of Volleyball players was related with few of the components of emotional intelligence except for empathy, emotional stability, managing relations, self-development, and altruistic behaviour. Most of the factors of emotional intelligence of Volleyball players were related with cooperativeness, confidence, tactfulness, and memory dimensions of social intelligence. In Sense of humor of social intelligence of Volleyball players was related with few factors of emotional intelligence.

All the components of emotional intelligence were related to performance ability of the total sample selected except for emotional stability for the total sample. All dimensions of social intelligence were related to performance ability except for sensitivity, and sense of humour for the basketball sample. Self-motivation, sense of humour, empathy, confidence, memory, value orientation, patience and commitment factors/domains of emotional and social intelligence best predicted the performance of the total sample. For the basketball players, 7 factors/domains of emotional and social intelligence best predicted the performance ability; they are memory, confidence, tactfulness, sense of humour, cooperativeness, sensitivity and patience. Only 4 factors/domains of emotional intelligence best predicted the performance ability of volleyball players and they were self-motivation, self-awareness, empathy and managing relations.

5.3 RECOMMENDATIONS

1. Volleyball players were better in total emotional intelligence than basketball players. In specific factors self-awareness, empathy, integrity, self-development, commitment and altruistic behaviour volleyball players had higher emotional intelligence than basketball players. Therefore the trainers,
coaches and physical education teachers should design a training program to develop emotional intelligence among Basketball players.

2. Total social intelligence of Volleyball players was related with few of the components of emotional intelligence except for empathy, emotional stability, managing relations, self-development, and altruistic behaviour. So during practice the trainers, coaches and physical education teachers should concentrate more on these domains of social intelligence among Volleyball players.

3. All the components of emotional intelligence were related to performance ability of the total sample selected except for emotional stability for the total sample. All dimensions of social intelligence were related to performance ability except for sensitivity, and sense of humour for the basketball sample. While training Basketball and Volleyball players development of emotional intelligence and social intelligence should be given importance.

4. Self-motivation, sense of humour, empathy, confidence, memory, value orientation, patience and commitment factors/domains of emotional and social intelligence best predicted the performance of the total sample. Therefore while training Basketball and Volleyball players development of emotional intelligence and social intelligence should be given importance.

5. For the basketball players, 7 factors/domains of emotional and social intelligence best predicted the performance ability; they are memory, confidence, tactfulness, sense of humour, cooperativeness, sensitivity and patience. During the training process of Basketball and Volleyball players development of emotional intelligence and social intelligence should be given importance.

6. Only 4 factors/domains of emotional intelligence best predicted the performance ability of volleyball players and they were self-motivation, self-awareness, empathy and managing relations. Therefore while training Basketball and Volleyball players development of emotional intelligence should be given importance.
7. The findings of the study has great value in designing and administering fitness and training programs to improve psychological abilities for those who need such attention.

8. The result of this study was of significant importance to physical educators, coaches and to the players, as they would be able to assess the emotional and social intelligence levels and its relations to performance.

9. The results of this study suggest that accommodation of better selection procedure and assessment of performance in Basketball Volleyball is recommended.

5.4 SUGGESTION FOR FURTHER RESEARCH

1. A study to find the reason for non-significant difference in self-motivation of EI between basketball and volleyball players.

2. To investigate the reason for non-significant difference in social intelligence dimensions –patience, Confidence, Sensitivity, Recognition of social Environment and in Memory, between basketball and volleyball players.

3. A study to find the reason for non-significant relationship of total social intelligence to emotional stability, and managing relations.

4. To investigate the reason for very limited relationship of Sensitivity dimension of the social intelligence with various factors of emotional intelligence.

5. A study can be taken up to know why emotional stability, managing relations and value orientation of emotional intelligence did not related for the total sample of the study.

6. A study can be taken up to know why sense of humour did not related to performance ability for the volleyball sample.

7. To investigate the reason for non-significant relationship of sensitivity and sense of humour for the basketball sample

8. A study can be taken up to know why only 7 domains of emotional and social
intelligence (memory, confidence, tactfulness, sense of humour, cooperativeness, sensitivity and patience) best predicted the performance ability of Basketball players.

9. A study can be taken up to know why only 4 domains of emotional intelligence (self-motivation, self-awareness, empathy and managing relations) best predicted the performance ability of volleyball players.

10. It is recommended that more intensive research may be undertaken in other sports where the criterion used for measuring success is the game performance.

11. Similar type of studies can be conducted with female players and on players of different category with greater number of subjects.

12. The study may also be conducted with subjects belonging to different states of India and it can also be done and comparative basis among states.