Analysis of Emotional Intelligence, Aggression, 
Burnout and Stress Vulnerability of Cricket 
Players at Intervarsity Level

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Abstract of the thesis

Purpose:
The principal aim of the study was to explore the Emotional Intelligence, Aggression, Burnout and Stress Vulnerability of cricket players at Intervarsity Level. As we know in a country like India where cricket is very famous team game and it is mostly played by all age category peoples and even most of the parents have that same feeling to see their children as cricketers and to take it as their career profession. The cricket tournaments which are conducted under the authority of Association of Indian Universities have tremendously giving its advantages for grooming excellent cricketers. Cricket is the game which required different types of techniques and strategies with different types of psychological balancing for handling time to time situation in the matches. In a cricket match all the players are responsible with their performance at different point of time as it is a combination of bowling, fielding, batting, catching, and keeping. Hence the research scholar is keen interested to be taken up the present study.

Hypothesis

On the basis of the literature gone through, research findings and the scholar’s own understanding of the problem the following hypothesis are formulated

1. It is hypothesized that there will be significant difference in the level of emotional intelligence among the three groups of cricketer viz. batsmen, fast bowlers and spin bowlers.

2. It is hypothesized that the fast bowlers will have more aggression level in compare to batsmen and spin bowlers.
3. It is hypothesized that fast bowler will have more burnout level in compare to other two groups.

4. It is further hypothesized that the batsmen will be more prone to stress vulnerability

**Selection of the test items**


2. Aggression questionnaire which contain 25 items devised by Anand Kumar Shukla and Prem Anand.

3. Athletic Burnout questionnaire which contain 15 items devised by Raedeke (1997; Raedeke & Smith, 2001). It consists of three sub factors viz.

   1. RA = reduced sense of accomplishment
   2. E = emotional/physical exhaustion
   3. D = devaluation

4. Stress Vulnerability Scale which contain 20 items devised by L.H. Miller and A.D. Smith

**Methods:**

To achieve the purpose of the study the number of sample (n= 300) was selected for the study. All the subjects were west zonal intervarsity level cricketers. Out of which 100 were batsmen, 100 spin bowlers and 100 fast bowlers. Their ages were ranging from 18 to 25 years. The questionnaires used as a tool to measure the response of the psychological parameters of the cricketers were Emotional intelligence questionnaire developed by Phillip L. Hun Saker 2001 which contain 25 items containing five sub factors viz. Self-awareness, Managing emotions, motivating oneself Empathy, Social skill, Aggression questionnaire which contain 25 items devised by Anand Kumar Shukla and Prem Anand, Athletic Burnout questionnaire of 15 items devised by (Raedeke & Smith, 2001, 1997). It consists of three sub factors viz. reduces sense of accomplishment, physical / emotional exhaustion and devaluation and Stress Vulnerability Scale which contain 20 items devised by L.H. Miller and A.D. Smith.
In order to examine the hypothesis of the study Descriptive Statistics such as Mean and Standard Deviation were used. Further, to determine the significant difference among all the cricketers One-Way Analysis of Variance with the help of F-test was used for the selected parameters. To find out the paired mean difference of mean comparison Least Significant Difference LSD technique for equal sample was applied. For testing hypothesis the level of significance was set at 0.05 which was considered to be adequate for the purpose of the study

Conclusions:

Within the limitations of the study and on the basis of statistical findings the following conclusions are drawn.

1. The sub factors Self-awareness, Empathy, Motivating oneself and Managing emotions of emotional intelligence did not show any significant difference among the three groups of cricketers viz. batsmen, fast bowlers and spin bowlers
2. The sub factor social skill showed higher level in batsmen as compared to fast and spin bowlers because the finding revealed greater emotional intelligence in them
3. Significant difference was found in aggression among the batsmen, fast and spin bowlers where spin bowler showed higher level of aggression.
4. Reduced Sense of Accomplishment of burnout showed significant difference among batsmen, fast bowlers and spin bowlers. The fast bowlers are significantly higher in reduced sense of Accomplishment in compare to batsmen and spin bowlers.
5. The two sub factors Devaluation and Emotional/Physical Exhaustion of the factor burnout did not show any significant difference among the three groups of cricketers i.e. batsmen, fast bowlers and spin bowlers.
6. Fast bowlers showed higher level of stress vulnerability as compared to batsmen and fast bowlers.

Keywords:
Emotional Intelligence, Aggression, Burnout and Stress vulnerability.