## LIST OF FIGURES

<table>
<thead>
<tr>
<th>Figure</th>
<th>Description</th>
<th>Page no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Figure 1</td>
<td>Description of different abilities and characteristics of emotional intelligence.</td>
<td>6</td>
</tr>
<tr>
<td>Figure 2</td>
<td>Design of the study.</td>
<td>56</td>
</tr>
<tr>
<td>Figure 3</td>
<td>Sample of the study</td>
<td>57</td>
</tr>
<tr>
<td>Figure 4</td>
<td>Passing for accuracy (air)</td>
<td>63</td>
</tr>
<tr>
<td>Figure 5</td>
<td>Passing for accuracy (ground)</td>
<td>64</td>
</tr>
<tr>
<td>Figure 6</td>
<td>Kicking for accuracy</td>
<td>68</td>
</tr>
<tr>
<td>Figure 7</td>
<td>Dribbling in soccer</td>
<td>66</td>
</tr>
<tr>
<td>Figure 8</td>
<td>Mean values of the university players from three states on emotional intelligence</td>
<td>70</td>
</tr>
<tr>
<td>Figure 9</td>
<td>Mean values of university players of all the three states on emotional intelligence</td>
<td>72</td>
</tr>
<tr>
<td>Figure 10</td>
<td>Mean values of the university players from three states on the variable of emotional intelligence</td>
<td>75</td>
</tr>
<tr>
<td>Figure 11</td>
<td>Mean values of university players of all the three states on self-motivation</td>
<td>78</td>
</tr>
<tr>
<td>Figure 12</td>
<td>Mean values of university players of all the three states on emotional stability</td>
<td>79</td>
</tr>
<tr>
<td>Figure 13</td>
<td>Mean values of university players of all the three states on managing relationship</td>
<td>80</td>
</tr>
<tr>
<td>Figure 14</td>
<td>Mean values of university players of all the three states on integrity</td>
<td>81</td>
</tr>
<tr>
<td>Figure 15</td>
<td>Mean values of university players of all the three states on value orientation</td>
<td>82</td>
</tr>
<tr>
<td>Figure 16</td>
<td>Mean values of university players of all the three states on altruistic behaviour</td>
<td>83</td>
</tr>
<tr>
<td>Figure 17</td>
<td>Mean values of university players of all the three states on mental skills</td>
<td>84</td>
</tr>
<tr>
<td>Figure 18</td>
<td>Mean values of the university players of three states on the variable of mental skills</td>
<td>86</td>
</tr>
<tr>
<td>Figure 19</td>
<td>Mean values of university players of all the three states on mental preparedness</td>
<td>89</td>
</tr>
<tr>
<td>Figure 20</td>
<td>Mean values of university players of all the three states on anxiety and worry management</td>
<td>90</td>
</tr>
<tr>
<td>Figure 21</td>
<td>Mean values of university players of all the three states on relaxation</td>
<td>91</td>
</tr>
<tr>
<td>Figure 22</td>
<td>Mean values of the university players of three states on the variable of self-confidence</td>
<td>92</td>
</tr>
<tr>
<td>Figure 23</td>
<td>Mean values of university players of three state on the variable of soccer skills</td>
<td>93</td>
</tr>
<tr>
<td>Figure 24</td>
<td>Mean values of university players of all the three states on soccer skills</td>
<td>95</td>
</tr>
</tbody>
</table>
Figure 25  Mean values of the university players of three states on the variable of soccer skills
Figure 26  Mean values of university players of all the three states on passing for accuracy (air)
Figure 27  Mean values of university players of all the three states on passing for accuracy (ground)
Figure 28  Mean values of university players of all the three states on kicking for accuracy
Figure 29  Mean values of university players of all the three states on juggling type 1
Figure 30  Mean values of university players of all the three states on juggling type 2
Figure 31  Mean values of college players of all the three states on emotional intelligence
Figure 32  Mean values of college players of all the three states on emotional intelligence
Figure 33  Mean values of the college players of three states on the variable of emotional intelligence
Figure 34  Mean values of college players of all the three states on self-awareness
Figure 35  Mean values of college players of all the three states on empathy
Figure 36  Mean values of college players of all the three states on self-motivation
Figure 37  Mean values of college players of all the three states on managing relationship
Figure 38  Mean values of college players of all the three states on integrity
Figure 39  Mean values of college players of all the three states on altruistic behaviour
Figure 40  Mean values of college players of all the three states on mental skills
Figure 41  Mean values of college players of all the three states on mental skills
Figure 42  Mean values of college players of all the three states on anxiety and worry management
Figure 43  Mean values of college players of all the three states on relaxation
Figure 44  Mean values of the college players of three states on the variable of self-confidence
Figure 45  Mean values of college players of all the three states on soccer skills
Figure 46  Mean values of college players of all the three states on soccer skill
Figure 47  Mean values of the college players of three states on the variable of soccer skills

(xii)
Mean values of university players of all the three states on passing for accuracy (ground) 133
Mean values of college players of all the three states on juggling type 1 134
Mean values of college players of all the three states on juggling type 2 135
Mean values of all the university players on emotional intelligence (total) 136
Mean values of all the university players on emotional intelligence (self-awareness) 137
Mean values of all the university players on emotional intelligence (empathy) 138
Mean values of all the university players on emotional intelligence (self-motivation) 139
Mean values of all the university players on emotional intelligence (emotional stability) 140
Mean values of all the university players on emotional intelligence (managing relationship) 141
Mean values of all the university players on emotional intelligence (integrity) 142
Mean values of all the university players on emotional intelligence (self-development) 143
Mean values of all the university players on emotional intelligence (value orientation) 144
Mean values of all the university players on emotional intelligence (commitment) 145
Mean values of all the university players on emotional intelligence (altruistic behavior) 146
Mean values of all the university players on mental skills (total) 147
Mean values of all the university players on mental skills (imagery) 148
Mean values of all the university players on mental skills (mental preparation) 149
Mean values of all the university players on mental skills (self-confidence) 150
Mean values of all the university players on mental skills (anxiety and worry management) 151
Mean values of all the university players on mental skills (concentration) 152
Mean values of all the university players on mental skills (relaxation) 153
Mean values of all the university players on self-confidence 154
Mean values of all the university players on soccer skills (total) 155
Mean values of all the university players on soccer skills [passing for accuracy (air)] 156

(xiii)
Figure 72  Mean values of all the university players on soccer skills (passing for accuracy (ground)) 187
Figure 73  Mean values of all the university players on soccer skills (kicking for accuracy) 189
Figure 74  Mean values of all the university players on soccer skills (juggling type 1) 191
Figure 75  Mean values of all the university players on soccer skills (juggling type 2) 193
Figure 76  Mean values of all the university players on soccer skills (dribbling) 195
Figure 77  Mean scores of college players on emotional intelligence (total) 197
Figure 78  Mean scores of college players on emotional intelligence (self-awareness) 199
Figure 79  Mean scores of college players on emotional intelligence (empathy) 201
Figure 80  Mean scores of college players on emotional intelligence (self-motivation) 203
Figure 81  Mean scores of college players on emotional intelligence (emotional stability) 205
Figure 82  Mean scores of college players on emotional intelligence (managing relationship) 207
Figure 83  Mean scores of college players on emotional intelligence (integrity) 209
Figure 84  Mean scores of college players on emotional intelligence (self-development) 211
Figure 85  Mean scores of college players on emotional intelligence (value orientation) 213
Figure 86  Mean scores of college players on emotional intelligence (commitment) 215
Figure 87  Mean scores of college players on emotional intelligence (altruistic behavior) 217
Figure 88  Mean scores of college players on mental skills (total) 219
Figure 89  Mean scores of college players on mental skills (imagery) 221
Figure 90  Mean scores of college players on mental skills (mental preparation) 223
Figure 91  Mean scores of college players on mental skills (self-confidence) 225
Figure 92  Mean scores of college players on mental skills (anxiety and worry management) 227
Figure 93  Mean scores of college players on mental skills (concentration) 229
Figure 94  Mean scores of college players on mental skills (relaxation) 231
Figure 95  Mean scores of college players on self-confidence 233
Figure 96  Mean scores of college players on soccer skills 235
Figure 97  
Mean scores of college players on soccer skills [passing for accuracy (air)]

Figure 98  
Mean scores of college players on soccer skills [passing for accuracy (ground)]

Figure 99  
Mean scores of college players on soccer skills [kicking for accuracy]

Figure 100  
Mean scores of college players on soccer skills [Juggling type 1]

Figure 101  
Mean scores of college players on soccer skills [Juggling type 2]

Figure 102  
Mean scores of college players on soccer skills [dribbling]

Figure 103  
Mean score of emotional intelligence of all the players of three states based on high and low performance

Figure 104  
Mean scores of the variables of emotional intelligence of all the players of three states based on high and low performance

Figure 105  
Mean scores of the variables of mental skills of all the players of three states based on high and low performance

Figure 106  
Mean scores of the variables of mental skills of all the players of three states based on high and low performance

Figure 107  
Mean scores of the variables of self-confidence of all the players of three states based on high and low performance

Figure 108  
Mean scores of the variables of emotional intelligence of all the players of Punjab state based on high and low performance

Figure 109  
Mean scores of the variables of emotional intelligence of all the players of Punjab state based on high and low performance

Figure 110  
Mean scores of the variables of mental skills of all the players of Punjab state based on high and low performance

Figure 111  
Mean scores of the variables of mental skills of all the players of Punjab state based on high and low performance

Figure 112  
Mean scores of the variables of self-confidence of all the players of Punjab state based on high and low performance

Figure 113  
Mean scores of emotional intelligence of all the players of Punjab colleges based on high and low performance

Figure 114  
Mean scores of the variables of emotional intelligence of all the players of Punjab colleges based on high and low performance

Figure 115  
Mean scores of mental skills of all the players of Punjab colleges based on high and low performance

Figure 116  
Mean scores of the variables of mental skills of all the players of Punjab colleges based on high and low performance

Figure 117  
Mean scores of the variables of self-confidence of all the players of Punjab colleges based on high and low performance

Figure 118  
Mean scores of emotional intelligence of all the players of Punjab universities based on high and low performance

(xv)
Figure 119  Mean scores of the variables of emotional intelligence of all the players of Punjab universities based on high and low performance

Figure 120  Mean scores of the variables of mental skills of all the players of Punjab universities based on high and low performance

Figure 121  Mean scores of the variables of mental skills of all the players of Punjab universities based on high and low performance

Figure 122  Mean scores of the variables of self-confidence of all the players of Punjab universities based on high and low performance

Figure 123  Mean scores of the variables of emotional intelligence of all the players of Haryana states based on high and low performance

Figure 124  Mean scores of the variables of emotional intelligence of all the players of Haryana states based on high and low performance

Figure 125  Mean scores of the variables of mental skills of all the players of Haryana states based on high and low performance

Figure 126  Mean scores of the variables of mental skills of all the players of Haryana states based on high and low performance

Figure 127  Mean scores of the variables of self-confidence of all the players of Haryana states based on high and low performance

Figure 128  Mean scores of the variables of emotional intelligence of all the players of Haryana colleges based on high and low performance

Figure 129  Mean scores of the variables of emotional intelligence of all the players of Haryana colleges based on high and low performance

Figure 130  Mean scores of the variables of mental skills of all the players of Haryana colleges based on high and low performance

Figure 131  Mean scores of the variables of mental skills of all the players of Haryana colleges based on high and low performance

Figure 132  Mean scores of the variables of self-confidence of all the players of Haryana colleges based on high and low performance

Figure 133  Mean scores of the variables of emotional intelligence of all the players of Haryana universities based on high and low performance

Figure 134  Mean scores of the variables of emotional intelligence of all the players of Haryana universities based on high and low performance

Figure 135  Mean scores of the variables of mental skills of all the players of Haryana universities based on high and low performance

Figure 136  Mean scores of the variables of mental skills of all the players of Haryana universities based on high and low performance

(xvi)
Figure 137  Mean scores of the variables of self-confidence of all the players of Haryana universities based on high and low performance

Figure 138  Mean scores of the variables of emotional intelligence of all the players of Delhi states based on high and low performance

Figure 139  Mean scores of the variables of emotional intelligence of all the players of Delhi states based on high and low performance

Figure 140  Mean scores of the variables of mental skills of all the players of Delhi states based on high and low performance

Figure 141  Mean scores of the variables of mental skills of all the players of Delhi states based on high and low performance

Figure 142  Mean scores of the variables of self-confidence of all the players of Delhi states based on high and low performance

Figure 143  Mean scores of the variables of emotional intelligence of all the players of Delhi colleges based on high and low performance

Figure 144  Mean scores of the variables of emotional intelligence of all the players of Delhi states based on high and low performance

Figure 145  Mean scores of the variables of mental skills of all the players of Delhi College based on high and low performance

Figure 146  Mean scores of the variables of mental skills of all the players of Delhi colleges based on high and low performance

Figure 147  Mean scores of the variables of self-confidence of all the players of Delhi colleges based on high and low performance

Figure 148  Mean scores of the variables of emotional intelligence of all the players of Delhi universities based on high and low performance

Figure 149  Mean scores of the variables of emotional intelligence of all the players of Delhi universities based on high and low performance

Figure 150  Mean scores of the variables of mental skills of all the players of Delhi universities based on high and low performance

Figure 151  Mean scores of the variables of mental skills of all the players of Delhi universities based on high and low performance

Figure 152  Mean scores of the variables of self-confidence of all the players of Delhi universities based on high and low performance

Figure 153  Mean score of emotional intelligence of the players of universities and colleges of Punjab

Figure 154  Mean score of emotional intelligence of the players of universities and colleges of Punjab

Figure 155  Mean score of mental skills of the players of universities and colleges of Punjab

Figure 156  Mean score of variables of mental skills of the players of universities and colleges of Punjab
Figure 157  Mean score of **self-confidence** of the players of universities and colleges of Punjab

Figure 158  Mean score of **soccer skills** of the players of universities and colleges of Punjab

Figure 159  Mean score of **soccer skills** of the players of universities and colleges of Punjab

Figure 160  Mean score of **emotional intelligence** of the players of universities and colleges of Haryana

Figure 161  Mean score of **emotional intelligence** of the players of universities and colleges of Haryana

Figure 162  Mean score of **mental skills** of the players of universities and colleges of Haryana

Figure 163  Mean score of **mental skills** of the players of universities and colleges of Haryana

Figure 164  Mean score of **self-confidence** of the players of universities and colleges of Haryana

Figure 165  Mean score of **soccer skills** of the players of universities and colleges of Haryana

Figure 166  Mean score of **soccer skills** of the players of universities and colleges of Haryana

Figure 167  Mean score of **emotional intelligence** of the players of universities and colleges of Delhi

Figure 168  Mean score of **emotional intelligence** of the players of universities and colleges of Delhi

Figure 169  Mean score of **mental skills** of the players of universities and colleges of Delhi

Figure 170  Mean score of **mental skills** of the players of universities and colleges of Delhi

Figure 171  Mean score of **self-confidence** of the players of universities and colleges of Delhi

Figure 172  Mean score of **soccer skills** of the players of universities and colleges of Delhi

Figure 173  Mean score of **soccer skills** of the players of universities and colleges of Delhi