

A COMPARATIVE ANALYSIS OF EMOTIONAL STABILITY AND MANAGING RELATIONS OF ACTIVE AND INACTIVE BOYS

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INTRODUCTION

Emotional Stability and Managing Relations are the important emotional dimensions of Emotional Intelligence which enables one to learn to acknowledge and understand feelings in ourselves and in others in our daily life and work. Emotional Intelligence involves the ability to perceive accurately, appraise, and express emotions; the ability to access and/ or generate feelings when they facilitate thoughts; the ability to understand emotions and emotional Knowledge and Intellectual growth. Mayer and Salovey (1993) define emotional Intelligence as the ability to monitor one's own and other's feelings and emotions to discriminate among them, and use this information to guide one's thinking and action. Cooper Sawaf (1997) define Emotional Intelligences as the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence. Various researchers have found positive relation between Fitness and Emotional Intelligences. Fitness can be described as a condition that helps us look, feel and do our best. It is "The ability to perform daily task with vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergencies demands. It is the ability to endure, to bear up, to withstand stress to carry on in circumstances where an unfit person could not continue and is a major basis for good health and well-being. A certain level of Fitness is very much essential for playing games like Badminton and Volleyball players. The findings of the present study will give information regarding Emotional Stability and Managing Relations of Active and Inactive boys.

METHODOLOGY

One hundred and fifty (150) Active and One hundred and fifty (150) Inactive boys (age16-18 years) were randomly selected from Bathanberia Srinibash Vidyamandir Higher Secondary School in Purba Medinipur, Active boys (age16-18 years) were those boys who regularly used to go for physical activities willingly and participated in matches and tournaments. On the Other hand inactive Boys were those boys who never used to take part in physical activities willingly and participate in matches and tournaments. The subjects were free of smoking, alcohol and caffien consumption, antioxidant supplementation and drugs during test. To measure Emotional Stability and Managing Relations of Active and Inactive boys Emotional Intelligence Scale adopted by Aunukool Hyde et.al. was used. For statistical analysis and Interpretation of data 't' test was conducted.

RESULTS AND DISCUSSION

For statistical analysis and Interpretation of data 't' test was conducted. The results are presented in tabular form as given here under.

TABLE – 1
MEAN AND SD OF EMOTIONAL STABILITY AND COMPARISON OF T-TEST
BETWEEN MEANS OF ACTIVE AND INACTIVE BOYS

Group	Mean	Standard Deviation	Mean Difference	t-value
Active Boys	13.98	3.88	2.55	2.40*
Inactive Boys	11.43	2.05		

*Significant at 0.05 level

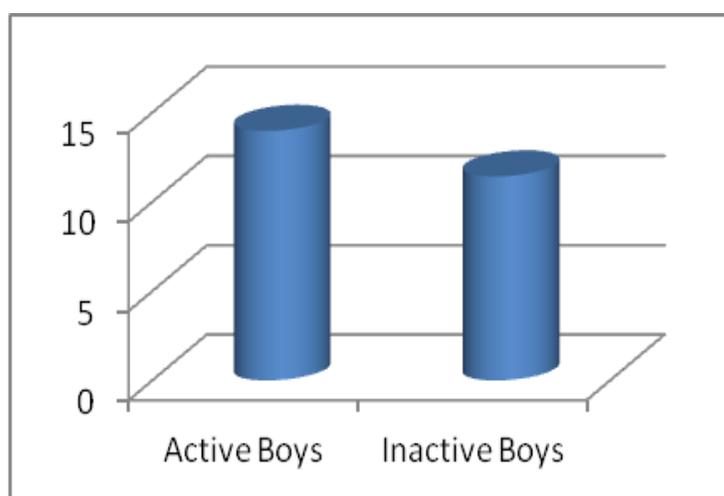


Fig. 1: Graphs Showing Emotional Stability of Active and Inactive boys

Table -1 show that there were significant differences in Emotional Stability of Active and Inactive boys. The Mean of Emotional Stability of Active and Inactive boys were 13.98 and 11.43 respectively. 't' test was applied and t-value (2.40) appeared significant at 0.05 level of confidence. Table-1 was illustrated through graphical representation (Fig. 1) for clear understanding of this study.

TABLE – 2
MEAN SD OF MANAGING RELATIONS AND COMPARISON OF T-TEST BETWEEN
MEANS OF ACTIVE AND INACTIVE BOYS

Group	Mean	SD	MD	t-value
Active Boys	14.04	3.04	2.84	2.05*
Inactive Boys	11.20	2.19		

*Significant at 0.05 level

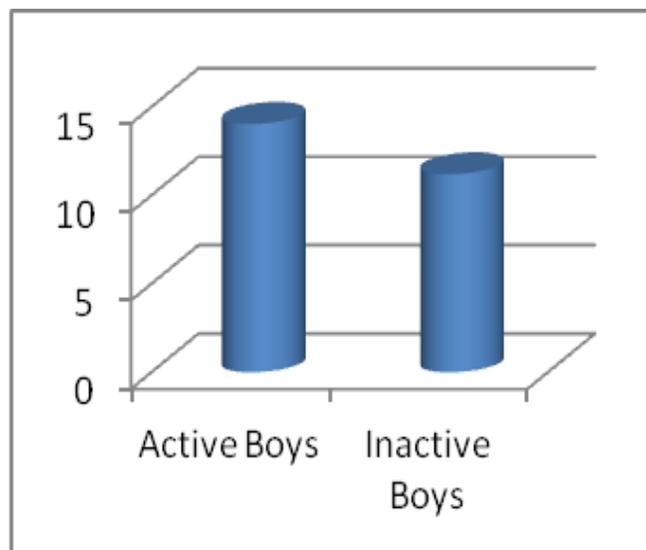


Fig. 2: Graphs Showing Managing Relations of Active and Inactive boys.

Table-2 gives information regarding Managing Relations of Active and Inactive boys. Table shows that there were significant differences in Managing Relations of Active and Inactive boys. The Mean of Managing Relations of Active and Inactive boys were 14.04 and 11.20 respectively. 't' test was applied and t-value (2.05) appeared significant at 0.05 level of confidence. Graphical representation (Fig. 2) also indicates similar trend of this study.

CONCLUSION

Based on the result of the present study and within the limitation, the following conclusions may be drawn.

Active Boys have higher level of Emotional Stability than the Inactive boys

Active Boys have higher level of Managing Relations as compare to Inactive boys.

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