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Special Issue - 121 (A)

## STRESS MANAGEMENT AT THE WORK PLACE



**Guest Editor :**

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Principal  
Mahatma Phule Mahavidyala's  
Pimpri-Waghere, Pune

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### *From the Guest Editor's Desk*



*Stress is the most important day by day challenges and a competition for human is increasing. The current nature of work requires faster work, more work and high quality work. Nature of work has been changed and stress is "illness of the century", which is the fact. The realization of harmful effect of stress on employees in the workplace has been proclaimed and on the other hand, the effects and consequences of stress have not been respected.*

*It is important to tackle the causes of stress in the workplace as stress in the workplace as stress at workplace can lead to problems for individuals, working relationships and overall working environment.*

*These issues may include lowered self-esteem and poor concentration skills for employee. It is necessary to reduce stress and work should be done freely. With this intention in mind The Department of psychology, Economics and Sports have taken efforts to compile quality. Research papers of scholars and Researchers from various colleges with this view the overwhelming response is received for the seminar on "Stress management at Workplace" and near about 100 Research papers have been received. The papers published in the journal of state level seminar are solely the Ideas and thoughts of contributors.*

*The objective in bringing out this Journal is to promote the awareness and care of stress management and to encourage innovation. It is my immense pleasure to welcome you and thanks to all participants, organizing committee and university for making the event grand success.*

**Dr. Pandurang N. Gaikwad**  
Principal,  
Mahatma Phule Mahavidyalaya  
Pimpri, Pune- 17





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## A Comparative Study of Sports Emotional Intelligence Between Handball & Basketball Players

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Shri Padmamni Jain Arts and Commerce College Pabal, Tal.-Shirur, Dist.-Pune

### Introduction:

There is a continually growing interest in emotional intelligence in sport (Meyer and Zizzi 2007). It is found that successful performance correlates with the emotions like happiness, vigor, and calmness whereas emotions associating with poor performance include confusion, depression and fatigue. Sports psychology influences principles of sports education. There are some principles which have played a role of bringing education to the higher level of specific and scientific process. In it the principles of sports psychology have played an important role. **Physical Education and Sport definition** Physical education is the process through which sport, outdoor education, dance, gymnastics, aquatics and games are used by physical educators to teach students motor skills and fitness skills as well as assisting with the school's responsibility to develop personal and social skills in students. (Moneghetti Report, 1993)

Physical education is that part of the total educational program that contributes, primarily through movement experiences, to the total growth and development of children. It is education through movement that gives attention to the psychomotor, cognitive and affective learning domains. (Robert Pangrazzi, 'Dynamic Physical Education for Elementary School Children', 2004)

In sport Education the concept of emotional intelligence is given lot of importance.

### Emotional Intelligence definition

EQ has to do with the non-cognitive dimensions of intelligence and refers to the ability to read the political and social environment, to grasp intuitively what others want and need, and what their strengths and weaknesses are. It points to an ability to remain balanced by stress. Being emotionally intelligent applies not just to how individuals respond to life experiences but also to other life crises. In essence emotional intelligence is an ability to use emotions to help solve problems and thus give rise to a more effective life. (Vaibhav P. Birwatkar)

Emotional intelligence helps explain why some people use strategies to reduce the discrepancy between current emotions and ideal emotions. Recent research has argued that people learn these things from their emotional experiences. The present research paper throws light on Comparative Study of Sports Emotional Intelligence between Handball & Basketball Players. The following is a sample of handball and basketball players from S.P.J. College, Pabal.

### Material and Method

#### Sample :

To obtain data for this study the researcher selected thirty (N=30) inter collegiate male Handball & Basketball players of 18 to 25 years of age group from SPJ College Pabal, Tal.- Shirur, Dist. Pune. The two groups which includes fifteen (n = 15) Handball players and fifteen (n = 15) Basketball players. The simple random sampling technique was used for the selection of samples. All the subjects have been informed about the objective and protocol of the study and they gave their consent to participate voluntarily in this study.

#### Selection of Tools :

To measure sports emotional intelligence of selected subjects, five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode (2008) was used. The test and re-test reliability coefficient of this inventory was 0.71 which was statistically significant and denotes very



high level of reliability of the inventory scores. The above questionnaire was used for measuring self-awareness, self-regulation, self-motivation, empathy and social skills.

#### Procedure of Study :

Five dimensional sports emotional intelligence questionnaire prepared by Agashe & Helode was administered to subjects. Scoring of data have been carried out according to authors manual, and Independent sample 't' test was used to compare sports emotional intelligence of selected subjects belonging to two pre defined study groups. The results of such statistical analysis were presented in table no. 1.

#### Results of the study:

The results pertaining to significant difference between male Handball & Basketball players were assessed using the Independent sample 't' test & the results are presented in table 1

**Table no 1**  
**Comparison of Sports Emotional Intelligence between**  
**Handball and Basketball players**

Variable	Handball Players		Basketball Players		t-value
	Mean	SD	Mean	SD	
Sports Emotional Intelligence	205.80	28.50	187.44	30.56	3.10

#### \*Significant at 0.05 level

A Perusal of Table-1 indicates that sports emotional intelligence of male Handball players was significantly superior as compared to their counterpart's i.e. male Handball & Basketball players. The reported value of  $t = 3.10$  which was significantly at 0.05 level also states the same statistically. It has been observed that Handball players were better on Sports emotional intelligence than compare Basketball players.

#### Discussion of the study:

Emotional intelligence is the capacity of the sports players for making apt use of self-awareness, self-regulation, self-motivation, empathy and social skills to manage their own feeling, emotions those of others to ensure success through maximum best possible performance and behavior in the world of sports & games in the present study emotional intelligence of male inter collegiate Basketball players was found to be markedly less as compared to male inter collegiate Handball players.

#### Conclusion of the study:

It was concluded that Sports emotional intelligence which was associated with self-awareness, self-regulation, self-motivation, empathy and social skills was greatly influenced by male inter collegiate Handball players.

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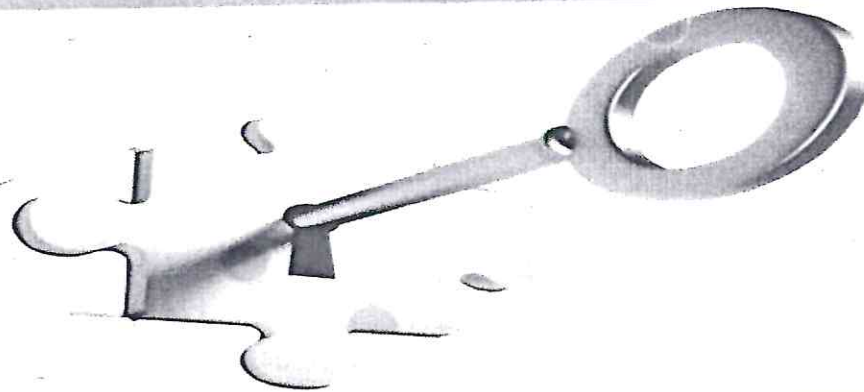
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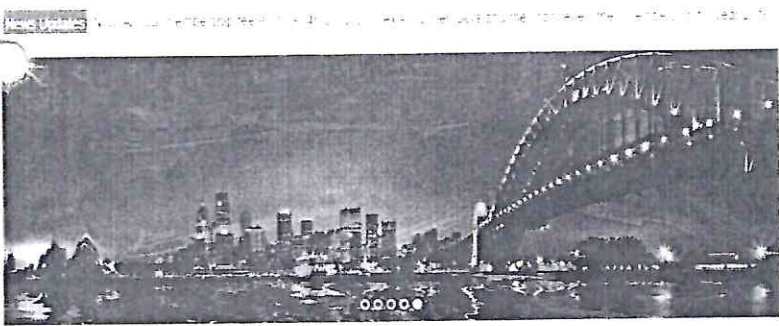
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