

“A Study Of Emotional Intelligence Of Taekwondo Players”

Mr. Vipin Kumar Gautam¹, Dr. Madhusudan Chakraborty²

¹Research Scholar, TMIMT College of Physical Education, T.M.U., UP, India

²Associate Professor, TMIMT College of Physical Education, T.M.U., UP, India

Abstract

This study aimed to examine the Emotional Intelligence among State, National and International level of Indian Taekwondo players. Emotional intelligence, which refers to the capacity to identify, comprehend, and regulate both personal emotions and those of others, has gained growing recognition as a key contributor to success in both personal and professional spheres. A total of 90 male Taekwondo players were randomly selected for data collection. The entire data divided in three (3) groups i.e. 30 State, 30 National and 30 International level Taekwondo players. The scale of Emotional Intelligence developed by Hyde, Pethe and Dhar in 2002. It has total 34 items with 1-5 pointer scale and the highest score is 170. The analysis involved descriptive statistics and One way ANOVA were used to result in SPSS Software, with a significance threshold set at .05. The reliability of questionnaire is 0.88. The results identified ten key factors— Self-Awareness, Empathy, Self-motivation, Emotional stability, Managing relation, Integrity, Self-development, Value orientation, Commitment and altruistic behavior across thirty-four (34) items. The result of the study revealed significant difference among State, National and International level Indian Taekwondo players on Emotional Intelligence. Whereas, International players had a higher-level Emotional Intelligence in Comparison to State and National Taekwondo players.

Keywords: Psychology, Emotional Intelligence, Taekwondo, International, National and State players.

Introduction

Sports psychology are interested in how participation in physical activity and sport and Physical activity can improve individual development in well- being all over the lifespan. Historically, the training, teaching and coaching of sports personal has largely Focused on the development of technical aspects and physical-fitness to the neglect of Critical mental factors. Taekwondo is a Korean martial art, the literal meaning of taekwondo the art of hand and foot to use fighting or self-defence. basically, origin of taekwondo is many thousands of years of Korean martial arts history. the first taekwondo development martial arts training is understood to be around the first century on the peninsula of Korea over 2000 years ago.

The word Taekwondo is related to the techniques of punching and kicking. As the word ‘Tae’ means foot related to kicking and the word ‘Kwon’ means fist is related to punching and the word ‘Do’ means way. If we put these parts together, we can see two important concepts behind Tae Kwon Do. Taekwondo is the right way of using fists and feet, or all parts of the body that are represented by fists and feet. It is a way to Control; thus, Taekwondo means the right way to control all parts of the body to stop fights and help to build a better and more peaceful world. The most popular form of Taekwondo, World Taekwondo (WT) is also an Olympic sport. Originally, the Korean martial art was primarily used for demonstration (1988 Seoul Olympics and 1992 Barcelona Olympics), then became fully integrated into the Olympic circuit from the 2000 Sydney. The Emotional Intelligence, Competitive settings, players’ emotions represent structured responses to internal or external events and serve as a

way to enhance both tangible and intangible personal resources. In recent years, emotions have gained recognition as a strategic tool for improving performance. However, perspectives on the nature and significance of emotion have evolved. Earlier research often viewed emotion as a disruptive force, rooted in a biological framework that saw it as a reaction to environmental stimuli. Over time, studies have revealed a connection between emotion and cognition, leading to new insights and approaches. Many recent investigations have centred on emotional intelligence, a dynamic concept grounded in the theory of multiple intelligences, which suggests that emotions themselves possess cognitive functions.

Objective of the study

Objective of the Study was Investigating the “A Study of Emotional Intelligence of Taekwondo Players”.

Delimitation of the study

- ❖ The Study is delimited to the total 90 Indian male taekwondo players only.
- ❖ This Study is delimited to the State, National, and Inter-national level Taekwondo players.
- ❖ The age of the subjects should be 17-30 years.
- ❖ This Study is delimited to selected Psychological Emotional Intelligence variable.

Limitations of the study

- ❖ Certain factors like geographic conditions, training, facilities, diet, daily routine habits, responses of respondents for standard psychological Questionnaire etc. that would have affected the results of the study, so it was considered as the limitations of the studies.

Significance of the study

The significance of the study, research contributes to a deeper understanding of Emotional Intelligence across different competitive levels—State, National, and International Taekwondo Players.

- ❖ The study may assist in designing effective training programs aimed at enhancing psychological resilience.
- ❖ Understanding Emotional Timelines refers to the capacity to assess the strength of emotional experiences and anticipate how they may evolve over time.
- ❖ Anticipating Emotional Outcomes involves the ability to predict the potential positive or negative consequences that may result from experiencing a particular emotion.
- ❖ This study holds significant value in advancing the understanding of emotional intelligence, within the context of competitive sports, particularly among taekwondo athletes.
- ❖ This study provides a foundation for implementing necessary interventions to address psychological gaps.
- ❖ This study importance of structured development programs to improve various mental, emotional and performance-related aspects in Taekwondo players.

Methodology

Selection of Subjects

For the study Ninety (90) Male State, National, International Taekwondo players were randomly Selected as a Subjects from the various Sports Stadiums, Taekwondo Academies. The age group of the Subjects from 17-30 Years. These were divided in three Groups i.e. State-30, National-30 and International-30 Level Male Taekwondo Players.

Selection of variable

for the objectives of Study, the Researcher Selected Emotional Intelligence as a Psychological Variable.

Criterion measure

The psychological Scale, Emotional intelligence Scale (EIS) Established by Hyde, Pethe and Dhar in 2002, were Use to Data Collection. It has total 34 items with each statement should be scored 5 for strongly agree, 4 for agree, 3 for Neutral, 2 for Disagree, 1 for strongly Disagree and the highest score is 170.

Scoring procedure

The respondent was provided with the 5 response alternatives to give their responses; therefore, each statement should be scored 5 for Strongly Agree, 4 for Agree, 3 for Neutral, 2 for Disagree and 1 for Strongly Disagree. The total score is 170. The Individuals with heigh score can be considered to have a high level of emotional intelligence and likely to be heigh Performance.

Statistical Procedure

A Descriptive statistic was applied for the design psychological profile of Taekwondo players on Emotional Intelligence. A one-way analysis of variance (ANOVA) was used for the results, to Compare selected psychological variable of State, National and International Taekwondo players. All the statistical procedure done by SPSS and Excel software.

Results and Findings

The Statistical analysis of the data on Emotional Intelligence of Different level Taekwondo players has been Presented below:

Table 1.1: Descriptive Analysis of Emotional Intelligence

Variable	Groups	Sample (N)	Mean (M)	Std. Deviation (SD)
Emotional Intelligence	State	30	136.00	7.930
	National	30	140.23	9.912
	International	30	145.13	9.522
	Total	90	140.45	9.805

Table 1.1: Shows the Mean Score of State, National and International Players were Respectively 136.00, 140.23 and 145.13 where the Standard Deviation Value was Respectively 7.930, 9.912 and 9.522. The overall Mean score of Emotional Intelligence was 140.45 and the Standard deviation value was 9.805.

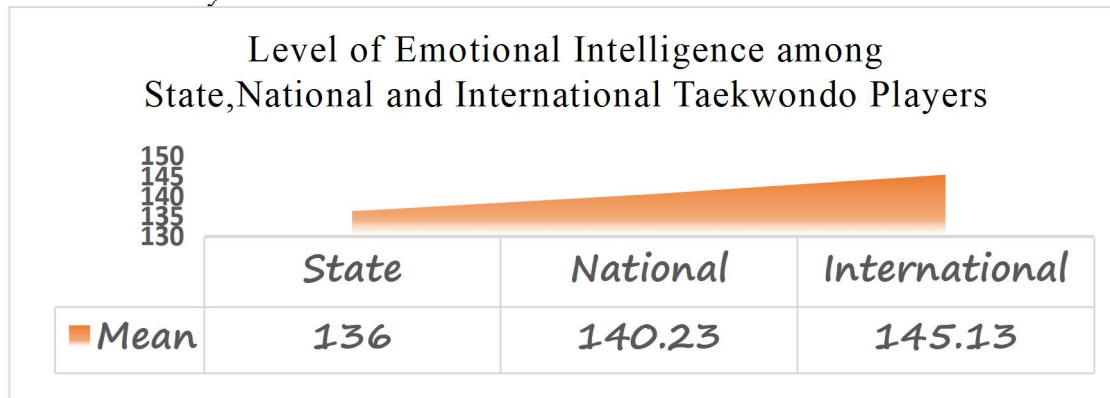
Table 1.2: ANOVA Summary of Emotional Intelligence

Source of variance	Degree of Freedom (d f)	Sum of Squares (SS)	Mean of square (MS)	F- value	Significant
Between Groups	2	1253.489	626.744	7.467	<.001
Within Group	87	7302.833	83.941		

Total	89	8556.322
-------	----	----------

Table 1.2: Shows the Calculated value of F-ratio (7.467). Is more than Tabulated value of F-ratio (3.10). That Means, there was a Significance differences among State level, National level and International level Taekwondo players on Emotional Intelligence [F tab (2,87) = 3.10, $p < .05$].

Graph 1.1: Level of Emotional Intelligence among the State, National and International Taekwondo Players.



Graph 1.1: Shows that Mean Score of State, National and International level Taekwondo players were 136, 140.23 and 145.13.

Findings

The findings, this research study highlights a significant relationship between the level of Taekwondo players and their Emotional Intelligence (EI). The findings reveal notable differences in overall EI scores across competitive levels. Specifically, the mean EI scores were: According to the results the mean score is State Level 136.0, National Level 140.23 and international level 145.13. The over all mean score is 140.45. These results indicate that international-level Taekwondo players possess higher Emotional Intelligence compared to their national and state-level counterparts.

Discussion

In Taekwondo, players must possess strong mental resilience to perform effectively in combat. The ability to maintain focus, manage stress, and remain composed in the face of challenges is essential in a sport that demands both physical and psychological strength. Research suggests that international-level athletes tend to demonstrate higher levels of Emotional Intelligence. Key attributes commonly associated with mentally tough athletes include intrinsic motivation, a positive yet realistic outlook, emotional regulation, composure, high energy levels, determination, focused attention, self-confidence, and a strong sense of personal responsibility. Nabilpour et al., 2020) study was to investigate the psychological skills and emotional intelligence of national and international taekwondo referees. Participants were 10 international and 10 national referees who completed four measures of psychological skills and emotional intelligence. National referees scored significantly higher on emotional intelligence and most psychological skills.

After the discussion, the study found significant differences in Emotional Intelligence among male Taekwondo players at the state, national, and international levels. International-level

athletes exhibited notably higher Emotional Intelligence compared to their national and state-level counterparts, highlighting the psychological edge that may contribute to their competitive success

Conclusion

The conclusion of this study, Researcher have concluding that there was a significantly differences in Emotional Intelligence between State, National and International level Male Taekwondo players. The mean score of state, national and international is different, only international level players had higher score they have a high level of emotional intelligence and likely to be heigh Performance. Reducing anxiety is one of the beneficial aspects of emotional intelligence that helps a person manage his/her stress with the necessary skills (Barlow et al., 2014).

The requirement for enlarged investment in emotional skills training to enhance psychological resilience and performance, the final conclusion is international level taekwondo players having a higher level of Emotional Intelligence. This suggests that as athletes progress to higher levels of competition, their emotional awareness, regulation, and interpersonal skills may also develop, contributing to their performance and resilience in the sport.

Reference

1. Barlow, A., & Banks, A. (2014). Using emotional intelligence in coaching high-performance athletes: A randomised controlled trial. *Coaching: An International Journal of Theory, Research and Practice*, 7(2), 132-9.
2. Nabilpour, Maghsoud & Samanipour, Mohammad & Baghurst, Timothy & Bagha, Saeed. (2020). A Comparison of the Emotional Intelligence and Psychological Skills of National and International Taekwondo Referees. *Journal of Sport Pedagogy & Research*. 6. 25-32. 10.47863/NHSF7128.
3. Zizzi, S., Deaner, H., & Hirschhorn, D. (2003). The relationship between emotional intelligence and
4. performance among college basketball players. *Journal of Applied Sport Psychology*, 15(3), 262-269.
5. Mayer, J. D., & Salovey, P. (1993). The intelligence of emotional intelligence. *Intelligence*, 17, 433-442.