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Ayaz Ahmed Khan
Assistant Professor,
MATS School of Physical
Education MATS University,
Raipur, Chhattisgarh, India

Dr. CD Agashe
Professor, School of Studies in
Physical Education,
Pt. Ravishankar Shukla
University, Raipur,
Chhattisgarh, India

A study on comparison of sports emotional intelligence, self-concept and physical fitness between general female players and general female non players

Ayaz Ahmed Khan and Dr. CD Agashe

Abstract

Physical fitness is of great importance to all human beings. It refers to the capacity to perform physical activities efficiently without being unduly tired. Physical fitness can improve the vitality of health of the individual. A fit person can carry out task for a prolonged period without undue fatigue. The present study is focus the difference between general female players and general female non players on the basis of their sports emotional intelligence, self-concept and selected physical fitness (i.e. Standing broad Jump, Push-Ups, Sit-Ups, Beep Test). In the present study a total of 100 subjects (50 General Female Physical and 50 General Female Non Physical) were selected as dependent variables and above Physical fitness(i.e. Standing broad Jump, Push-Ups, Sit-Ups, Beep Test) selected as dependent variable. The result shows that significant difference was found between general female players and general female non players in case of Standing Broad Jump, Push-up Sit-up and Beep Test on the basis of physical fitness. In case of sports emotional intelligence and Self-concept no significant difference was found between general female players and general female non players. Results indicate that the subjects' life style and daily activities may be affected in her life routine.

Keywords: Sports emotional intelligence, self-concept, physical fitness, female player, female non-player

Introduction

A physical activity leads people to improve their physical fitness. A fit person can carry out task for prolonged period without undue fatigue. Regular exercises are a pre-requisite for physical fitness, and it leads to healthy life. Basic factors for good health are cardio respiratory fitness, muscular strength, muscular endurance, flexibility and body composition. Proportionate improvements of the above factors are needed for a fit person. But the modern life style of the people leads to inactivity and makes them physically unfit. According to defined physical fitness as "the individual's ability to meet the requirements of their environments". Physical fitness is of great importance to all human beings. It refers to the capacity to perform physical activities efficiently without being unduly tired. Physical fitness can improve the vitality of health of the individual. A fit person can carry out task for a prolonged period without undue fatigue. According to physical fitness is the ability to carry out daily tasks with vigor and alertness without undue fatigue and ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Physical fitness is also described as the capacity of the heart, blood vessels, lungs and muscles.

Emotional intelligence has five components which are: self-awareness, self-regulation, motivation, empathy and social skills. The first component of emotional intelligence is self-awareness which means, "Having a deep understanding to one's emotions, strengths, weaknesses, needs and drives" (Goleman, 1995) [7]. People who possess this quality avoid the extremes of being overly crucial and unrealistically hopeful. Furthermore, these people know how their feelings affect them, others and their job performance (Goleman, 1995) [7]. Emotional Intelligence does not respect the gender. The popular belief is that, women are not more emotionally intelligent than men. They are, however, emotionally intelligent in different ways. An analysis of emotional Intelligence was found in thousands of men and women which showed that women, on average, are more aware of their emotions, show more empathy, and

Correspondence

Ayaz Ahmed Khan
Assistant Professor,
MATS School of Physical
Education MATS University,
Raipur, Chhattisgarh, India

are more adept interpersonally. Men, on the other hand, are more self-confident, optimistic, and adaptable. It was found that men are also able to handle stress better than women. In general, however, far more similarities exist than differences. Some men are empathetic as the most interpersonally sensible women are, while some women are just as able to withstand stress as the most emotionally resilient men. After taking into account overall ratings for men and women, the strengths and weaknesses average out, so it is a competition between both sexes. Findings of studies reported by revealed that females have higher emotional intelligence than that of males.

Objective of the study: To compare emotional intelligence, self-concept and selected physical fitness between general female players and general female non players.

Subjects of the study: A total of 100 subjects (50 general female players and 50 general female non players) were selected as subjects. All the subjects' age was ranging from 18 to 25 years.

Variables of the study: In this study, emotional intelligence, self-concept and selected physical fitness (standing broad jump, push-ups, sit-ups and beep test) were selected as dependent variables and general female players and general female non players were selected as independent variables.

Statistical Analysis

To characterize of emotional intelligence, self-concept and selected physical fitness, descriptive statistics was used. To compare emotional intelligence, self-confidence and selected physical fitness between general female players and general female non players, Independent t-test was used.

**Testing normality of sport emotional intelligence scores
General Female Player -General Female Non Player
By descriptive statistics**

Table 1: Descriptive statistics of Sport Emotional Intelligence scores

		Statistic	Std. Error
Mean		218.6000	3.76928
95% Confidence Interval for Mean	Lower Bound	211.1209	
	Upper Bound	226.0791	
5% Trimmed Mean		220.3333	
Median		225.0000	
Variance		1420.747	
Std. Deviation		37.69280	
Minimum		120.00	
Maximum		285.00	
Range		165.00	
Interquartile Range		48.75	
Skewness		-.546	.241
Kurtosis		-.226	.478

Table- 1 shows the descriptive statistics of Sport Emotional Intelligence scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skew ness, and kurtosis were respectively.

By Histogram with Normal curve By Q-Q plots

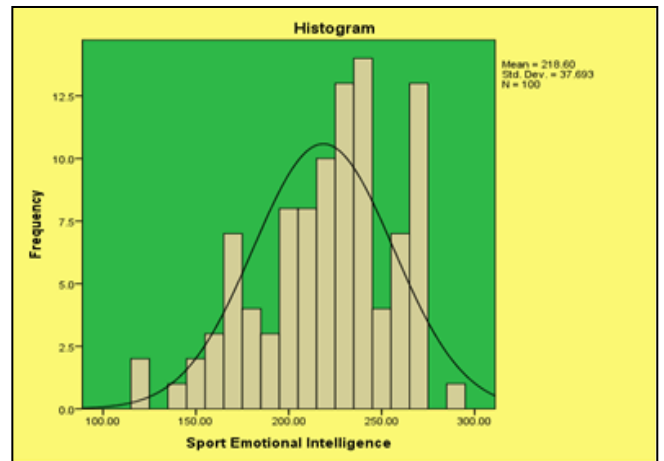


Fig 1: Histogram with normal curve of Sport Emotional Intelligence scores

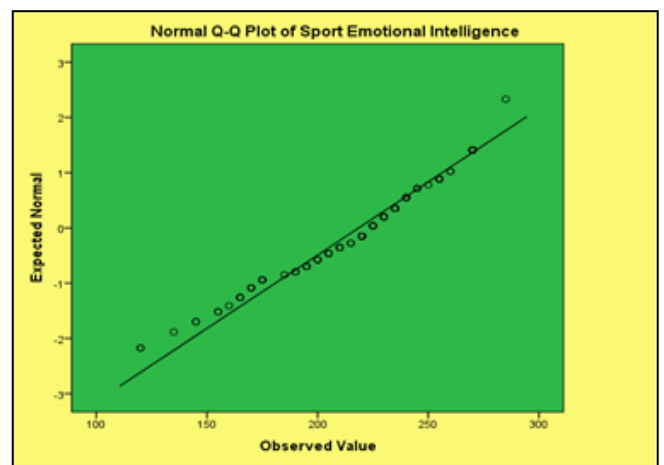


Fig 2: Q-Q plot of Sport Emotional Intelligence

Figure 1 shows that normality is present regarding the Sport Emotional Intelligence with mean near to zero and standard deviation near to one with slight deviation.

Figure 2 PP plot of compare for Sport Emotional Intelligence between general female players and general female non players.

By Formal tests

Table 2: Results of formal tests to test the normality of Sport Emotional Intelligence scores

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Sport Emotional Intelligence	.115	100	.002	.958	100	.003
a. Lilliefors Significance Correction						

Table 2 shows the formal tests to test normality of sport emotional intelligence score. On the basis of this table significance correlation was found between general female players and general female non players in case of sports emotional intelligence.

Table 3: Descriptive statistics of Sport Emotional Intelligence between general female players and general female non players

Group Female		Statistic	Std. Error	
General Female Player	Mean	218.5000	5.26686	
	95% Confidence Interval for Mean	Lower Bound	207.9159	
		Upper Bound	229.0841	
	5% Trimmed Mean	220.5000		
	Median	225.0000		
	Variance	1386.990		
	Std. Deviation	37.24231		
	Minimum	120.00		
	Maximum	270.00		
	Range	150.00		
	Interquartile Range	42.50		
	Skewness	-.680	.337	
	Kurtosis	.027	.662	
General Female Non Player	Mean	218.7000	5.44698	
	95% Confidence Interval for Mean	Lower Bound	207.7539	
		Upper Bound	229.6461	
	5% Trimmed Mean	220.0556		
	Median	222.5000		
	Variance	1483.480		
	Std. Deviation	38.51597		
	Minimum	120.00		
	Maximum	285.00		
	Range	165.00		
	Interquartile Range	50.00		
	Skewness	-.442	.337	
	Kurtosis	-.357	.662	

Table- 3 shows the descriptive statistics of general female players & general female non players scores obtained mean,95% Confidence Interval for Mean, 5% Trimmed Mean,

Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 4: Independent ‘t’ test of Sport Emotional Intelligence between General female players and general female non players

	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Sport Emotional Intelligence	-.026	98	.979	-.20000	7.57690

Table 4 shows the sports emotional intelligence between general female players and general female non players. The result shows that significant difference was not found between general female players and general female non players in case of sports emotional intelligence.

Table 5 shows the descriptive statistics of Self-concept scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

By descriptive statistics

Table 5: Descriptive statistics of Self-Concept scores

		Statistic	Std. Error
Mean		34.4800	.71145
95% Confidence Interval for Mean	Lower Bound	33.0683	
	Upper Bound	35.8917	
5% Trimmed Mean		34.6556	
Median		34.0000	
Variance		50.616	
Std. Deviation		7.11448	
Minimum		16.00	
Maximum		48.00	
Range		32.00	
Interquartile Range		9.75	
Skewness		-.358	.241
Kurtosis		-.308	.478

By Histogram with Normal curve By Q-Q plots

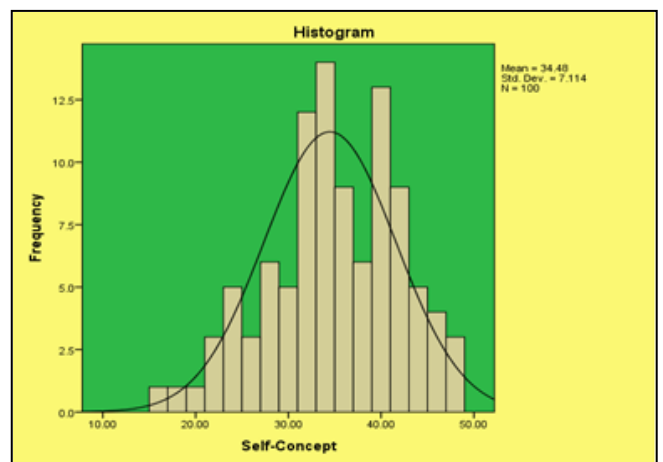


Fig 3: Histogram with normal curve of Self-Concept scores

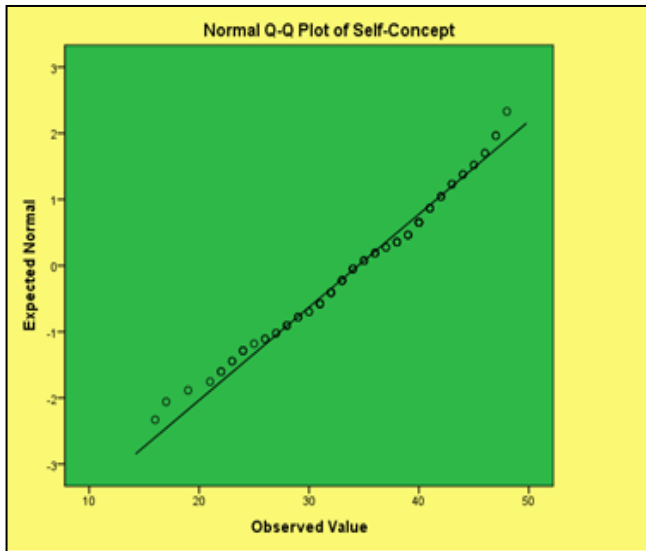


Fig 4: Q-Q plot of Self-Concept

Figure 3 shows that normality is present regarding the Self-concept with mean near to zero and standard deviation near to one with slight deviation.

Figure 4 PP plot of compare for Self-concept between general female players and general female non players.

By Formal tests

Table 6: Results of formal tests to test the normality of Self-Concept scores

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Self-Concept	.081	100	.102	.981	100	.154
a. Lilliefors Significance Correction						

Table 6 shows the formal tests to test normality of Self-concept score. On the basis of this table insignificance correlation was found between general female players and general female non players in case of Self-concept

Table 7: Descriptive statistics of Self-Concept between general female players and general female non players

Group Female		Statistic	Std. Error	
General Female Player	Mean	35.4600	1.04636	
	95% Confidence Interval for Mean	Lower Bound	33.3573	
		Upper Bound	37.5627	
	5% Trimmed Mean	35.8333		
	Median	36.5000		
	Variance	54.743		
	Std. Deviation	7.39887		
	Minimum	16.00		
	Maximum	48.00		
	Range	32.00		
	Interquartile Range	8.25		
	Skewness	-.787	.337	
	Kurtosis	.482	.662	
General Female Non Player	Mean	33.5000	.95458	
	95% Confidence Interval for Mean	Lower Bound	31.5817	
		Upper Bound	35.4183	
	5% Trimmed Mean	33.4556		
	Median	33.0000		
	Variance	45.561		
	Std. Deviation	6.74991		
	Minimum	21.00		
	Maximum	47.00		
	Range	26.00		
	Interquartile Range	9.75		
	Skewness	.080	.337	
	Kurtosis	-.723	.662	

Table- 7 shows the descriptive statistics of general female players & general female non players scores obtained mean,95% Confidence Interval for Mean, 5% Trimmed Mean,

Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 8: Independent ‘t’ test of Self-Concept between general female players and general female non players

	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-Concept	1.384	98	.170	1.96000	1.41636

Table 8 shows the Self-concept between general female players and general female non players. The result shows that significant difference was not found between general female

players and general female non players in case of Self-concept.

By descriptive statistics

Table 9: Descriptive statistics of Standing Broad Jump scores

	Statistic	Std. Error
Mean	1.4721	.01871
95% Confidence Interval for Mean	Lower Bound	1.4350
	Upper Bound	1.5092
5% Trimmed Mean	1.4673	
Median	1.4500	
Variance	.035	
Std. Deviation	.18707	
Minimum	1.10	
Maximum	1.95	
Range	.85	
Interquartile Range	.30	
Skewness	.241	.241
Kurtosis	-.707	.478

Table- 9 shows the descriptive statistics of Broad Jump scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

By Histogram with Normal curve By Q-Q plots

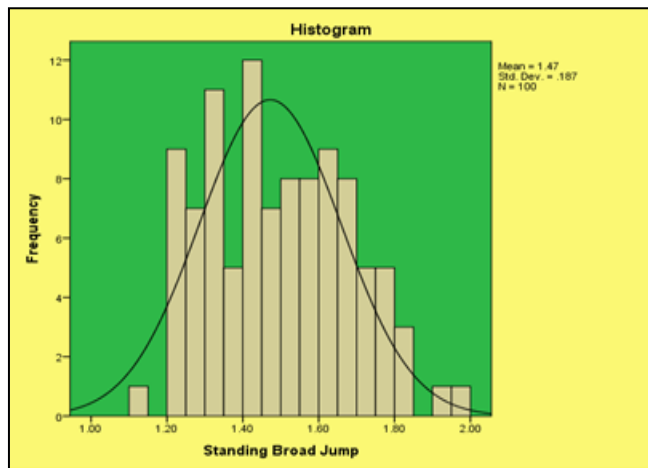


Fig 5: Histogram with normal curve of Standing Broad Jump scores

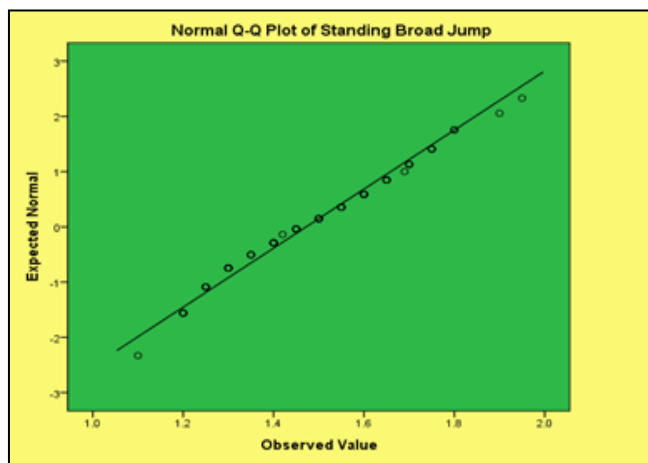


Fig 6: Q-Q plot of Standing Broad Jump

Figure 5 shows that normality is present regarding the Broad Jump with mean near to zero and standard deviation near to one with slight deviation.

Figure 6 PP plot of compare for Broad Jump between general female players and general female non players.

By Formal tests

Table 10: Results of formal tests to test the normality of Standing Broad Jump scores

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Standing Broad Jump	.101	100	.013	.971	100	.026
a. Lilliefors Significance Correction						

Table 10 shows the formal tests to test normality of Broad Jump score. On the basis of this table significance correlation was found between general female players and general female non players in case of Standing Broad Jump.

Table 11: Descriptive statistics of Standing Broad Jump between general female players and general female non players

	Group Female		Statistic	Std. Error
	General Female Player	Mean		1.5472
95% Confidence Interval for Mean		Lower Bound	1.4968	
		Upper Bound	1.5976	
5% Trimmed Mean		1.5469		
Median		1.5500		
Variance		.031		
Std. Deviation		.17720		
Minimum		1.10		
Maximum		1.95		
Range		.85		
Interquartile Range		.23		
Skewness		-.053	.337	
Kurtosis		-.084	.662	
General Female Non Player	Mean		1.3970	.02358
	95% Confidence Interval for Mean	Lower Bound	1.3496	
		Upper Bound	1.4444	
	5% Trimmed Mean		1.3900	
	Median		1.3750	
	Variance		.028	
	Std. Deviation		.16672	
	Minimum		1.20	
	Maximum		1.75	
	Range		.55	
	Interquartile Range		.25	
	Skewness		.584	.337
Kurtosis		-.791	.662	

Table- 11 shows the descriptive statistics of general female players & general female non players scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 12: Independent 't' test of Standing Broad Jump between general female players and general female non players

	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Standing Broad Jump	4.365	98	.000	.15020	.03441

Table 12 shows the Broad Jump between general female players and general female non players. The result shows that significant difference was found between general female players and general female non players in case of Broad Jump.

By descriptive statistics

Table 13: Descriptive statistics of PUSH-UP scores

		Statistic	Std. Error
Mean		25.6600	1.10848
95% Confidence Interval for Mean	Lower Bound	23.4605	
	Upper Bound	27.8595	
5% Trimmed Mean		25.1556	
Median		23.0000	
Variance		122.873	
Std. Deviation		11.08482	
Minimum		10.00	
Maximum		53.00	
Range		43.00	
Interquartile Range		15.75	
Skewness		.657	.241
Kurtosis		-.563	.478

Table- 13 shows the descriptive statistics of Push-up scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

By Histogram with Normal curve By Q-Q plots

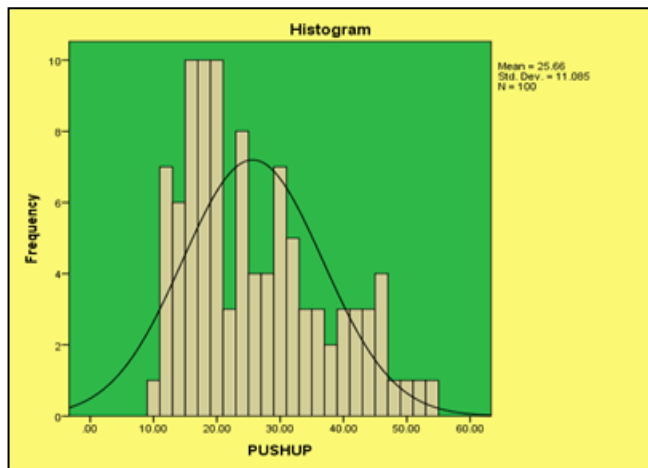


Fig 7: Histogram with normal curve of PUSH-UP scores

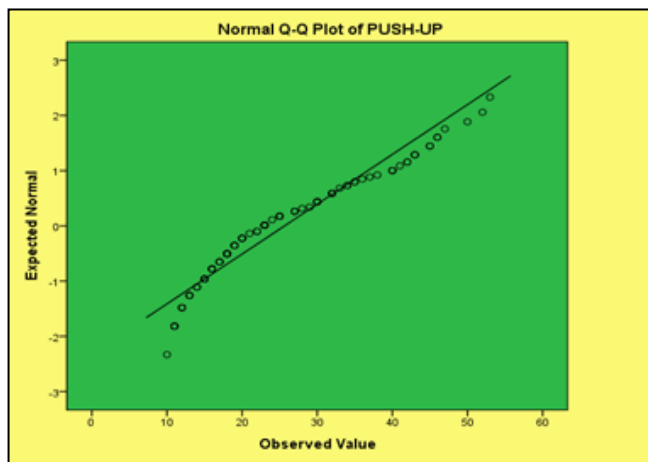


Fig 8: Q-Q plot of PUSH-UP

Figure 7 shows that normality is present regarding the Push-up with mean near to zero and standard deviation near to one with slight deviation.

Figure 8 PP plot of compare for Push-up between general female players and general female non players.

By Formal tests

Table 14: Results of formal tests to test the normality of PUSH-UP scores

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
PUSHUP	.135	100	.000	.932	100	.000

a. Lilliefors Significance Correction

Table 14 shows the formal tests to test normality of Push-up score. On the basis of this table significance correlation was found between general female players and general female non players in case of Push-up.

Table 15: Descriptive statistics of Push-Up between general female players and general female non players

Group Female		Statistic	Std. Error	
General Female Player	Mean	34.4600	1.22265	
	95% Confidence Interval for Mean	Lower Bound	32.0030	
		Upper Bound	36.9170	
	5% Trimmed Mean	34.2222		
	Median	32.5000		
	Variance	74.743		
	Std. Deviation	8.64542		
	Minimum	20.00		
	Maximum	53.00		
	Range	33.00		
	Interquartile Range	14.25		
	Skewness	.306	.337	
Kurtosis	-.803	.662		
General Female Non Player	Mean	16.8600	.55623	
	95% Confidence Interval for Mean	Lower Bound	15.7422	
		Upper Bound	17.9778	
	5% Trimmed Mean	16.7556		
	Median	17.0000		
	Variance	15.470		
	Std. Deviation	3.93317		
	Minimum	10.00		
	Maximum	25.00		
	Range	15.00		
	Interquartile Range	5.50		
	Skewness	.281	.337	
Kurtosis	-.494	.662		

Table- 15 shows the descriptive statistics of general female players & general female non players scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 16: Independent 't' test of PUSH-UP between general female players and general female non players

	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
PUSH-UP	13.103	98	.000	17.60000	1.34323

Table 12 shows the Push-up between general female players and general female non players. The result shows that significant difference was found between general female players and general female non players in case of Push-up.

By descriptive statistics

Table 17: Descriptive statistics of SIT-UP scores

		Statistic	Std. Error
Mean		35.6400	1.44736
95% Confidence Interval for Mean	Lower Bound	32.7681	
	Upper Bound	38.5119	
5% Trimmed Mean		34.7333	
Median		31.5000	
Variance		209.485	
Std. Deviation		14.47361	
Minimum		15.00	
Maximum		84.00	
Range		69.00	
Interquartile Range		16.50	
Skewness		1.083	.241
Kurtosis		.630	.478

Table- 13 shows the descriptive statistics of Sit-up scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

By Histogram with Normal curve By Q-Q plots

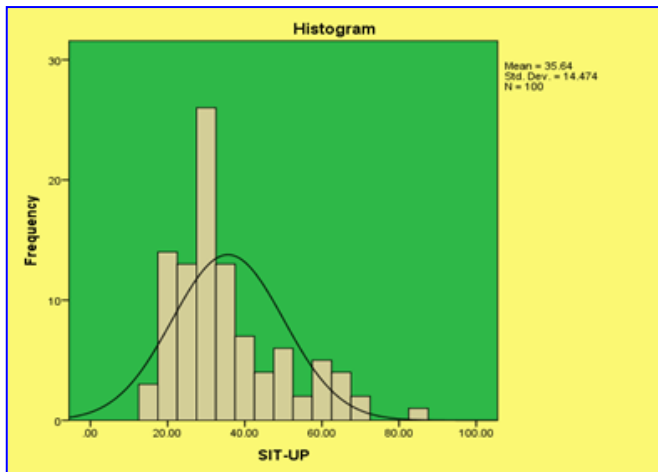


Fig 9: Histogram with normal curve of SIT-UP scores

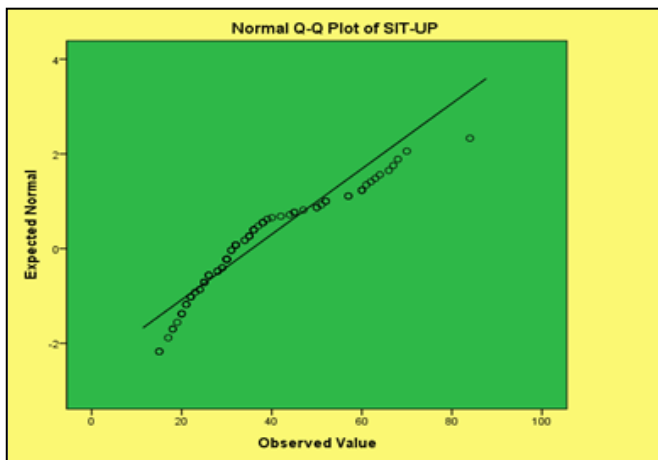


Fig 10: Q-Q plot of SIT-UP

Figure 9 shows that normality is present regarding the Sit-up with mean near to zero and standard deviation near to one with slight deviation.

Figure 10 PP plot of compare for Sit-up between general female players and general female non players.

By Formal tests

Table 18: Results of formal tests to test the normality of SIT-UP scores

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
SITUP	.170	100	.000	.900	100	.000

a. Lilliefors Significance Correction

Table 18 shows the formal tests to test normality of Sit-up score. On the basis of this table significance correlation was found between general female players and general female non players in case of Sit-up.

Table 19: Descriptive statistics of SIT-UP between general female players and general female non players

Group Female		Statistic	Std. Error	
General Female Player	Mean	44.4600	2.10911	
	95% Confidence Interval for Mean	Lower Bound	40.2216	
		Upper Bound	48.6984	
	5% Trimmed Mean	44.0000		
	Median	39.5000		
	Variance	222.417		
	Std. Deviation	14.91364		
	Minimum	21.00		
	Maximum	84.00		
	Range	63.00		
	Interquartile Range	26.75		
	Skewness	.525	.337	
Kurtosis	-.591	.662		
General Female Non Player	Mean	26.8200	.91727	
	95% Confidence Interval for Mean	Lower Bound	24.9767	
		Upper Bound	28.6633	
	5% Trimmed Mean	26.7444		
	Median	25.5000		
	Variance	42.069		
	Std. Deviation	6.48606		
	Minimum	15.00		
	Maximum	42.00		
	Range	27.00		
	Interquartile Range	10.00		
	Skewness	.214	.337	
Kurtosis	-.607	.662		

Table- 19 shows the descriptive statistics of general female players & general female non players scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 20: Independent 't' test of SIT-UP between general female players and general female non players

Variable	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
SIT-UP	7.670	98	.000	17.64000	2.29994

Table 20 shows the Sit-up between general female players and general female non players. The result shows that significant difference was found between general female players and general female non players in case of Sit-up.

By descriptive statistics

Table 21: Descriptive statistics of BEEP Test scores

		Statistic	Std. Error
Mean		5.6303	.37779
95% Confidence Interval for Mean	Lower Bound	4.8807	
	Upper Bound	6.3799	
5% Trimmed Mean		5.4270	
Median		4.5300	
Variance		14.273	
Std. Deviation		3.77792	
Minimum		1.01	
Maximum		16.09	
Range		15.08	
Interquartile Range		5.97	
Skewness		.655	.241
Kurtosis		-.593	.478

Table- 21 shows the descriptive statistics of Beep Test scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

By Histogram with Normal curve By Q-Q plots

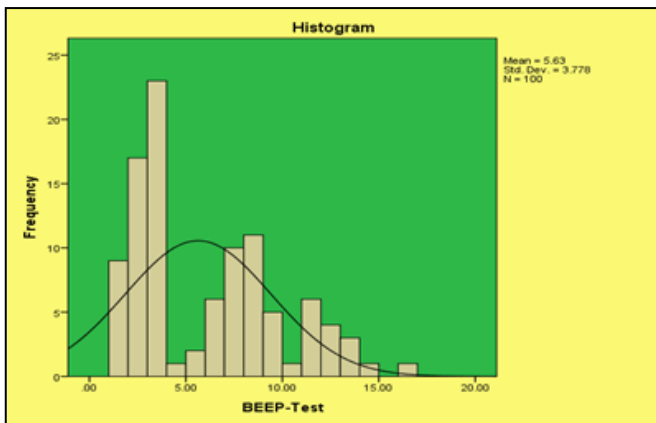


Fig 11: Histogram with normal curve of BEEP Test scores

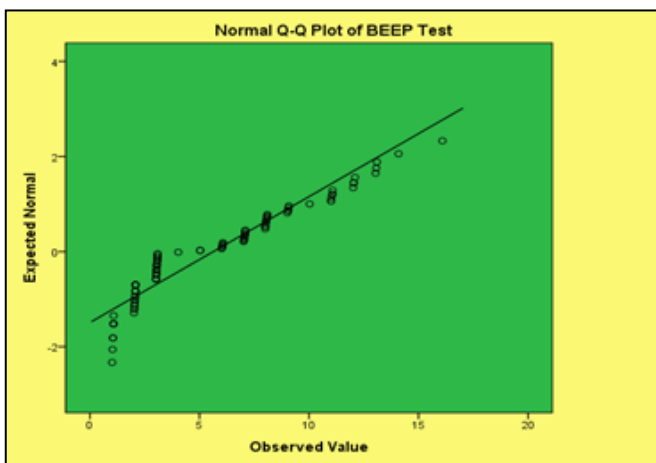


Fig 12: Q-Q plot of BEEP Test

Figure 11 shows that normality is present regarding the Beep Test with mean near to zero and standard deviation near to one with slight deviation.

Figure 12 PP plot of compare for Beep Test between general female players and general female non players.

By Formal tests

Table 22: Results of formal tests to test the normality of BEEP Test scores

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
BEEP Test	.239	100	.000	.901	100	.000

a. Lilliefors Significance Correction

Table 22 shows the formal tests to test normality of Beep Test score. On the basis of this table significance correlation was found between general female players and general female non players in case of Beep Test.

Table 23: Descriptive statistics of BEEP Test between general female players and general female-non players

Group Female		Statistic	Std. Error	
General Female Player	Mean	8.8890	.36168	
	95% Confidence Interval for Mean	Lower Bound	8.1622	
		Upper Bound	9.6158	
	5% Trimmed Mean	8.7701		
	Median	8.0450		
	Variance	6.540		
	Std. Deviation	2.55744		
	Minimum	5.03		
	Maximum	16.09		
	Range	11.06		
	Interquartile Range	3.98		
	Skewness	.762	.337	
	Kurtosis	-.053	.662	
General Female Non Player	Mean	2.3716	.11176	
	95% Confidence Interval for Mean	Lower Bound	2.1470	
		Upper Bound	2.5962	
	5% Trimmed Mean	2.3856		
	Median	2.0800		
	Variance	.624		
	Std. Deviation	.79023		
	Minimum	1.01		
	Maximum	4.03		
	Range	3.02		
	Interquartile Range	1.02		
	Skewness	-.403	.337	
	Kurtosis	-.848	.662	

Table- 23 shows the descriptive statistics of general female players & general female non players scores obtained mean, 95% Confidence Interval for Mean, 5% Trimmed Mean, Median, Variance, standard deviation, Minimum, Maximum, Range, Interquartile Range, Skewness, and kurtosis were respectively.

Table 24: Independent 't' test of BEEP Test between general female players and general female non players

	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
BEEP Test	17.217	98	.000	6.51740	.37855

Table 24 shows the Beep Test between general female players and general female non players. The result shows that significant difference was found between general female players and general female non players in case of Beep Test.

Findings and Conclusion

The result shows that significant difference was found between general female players and general female non players in case of sports emotional intelligence, Broad Jump, Push-up Sit-up and Beep Test. In case of Self-concept, no significant difference was found between general female players and general female non players. Results indicate that the subjects life style and daily activities may be affected in his/her life routine.

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