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## Emotional intelligence, personality and mental health among sportsperson

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### ABSTRACT

*The present study was undertaken to investigate differences between emotional intelligence, personality, and mental health among sportspersons and non-sportspersons by Shivani Nishad under the supervision of Dr. Monika Gwalani. Sample of the study 100 sportspersons(50) and non-sportspersons(50). The hypothesis of the study is that there is a statistically significant difference in the measure of emotional intelligence, personality, and mental health among sportspersons and non-sportspersons. Pethe and Hyde's emotional intelligence test, Neo five-factor inventory, and Jagdish and Srivastava's mental health inventory used for the study. In order to assess the statistically significant difference between sportspersons and non-sportspersons on the measure of emotional intelligence, personality, and mental health by 't' test. There is a statistically significant difference in the sub-dimensions of measure of emotional intelligence which are- self-awareness, self-motivation, emotional stability, managing relations, and altruistic behavior. There is a statistically significant difference in the dimensions of the measure of personality which are- Extraversion, Openness, and Conscientiousness. There is also a statistically significant difference in the sub-dimension of the measure of mental health and they are- Positive Self-Evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes, and environmental-mastery. The implications of the outcome are that indulgence in physical activity makes a person physiologically fit and also psychologically and mentally fit. Physical activities are an easy, inexpensive, and appropriate strategy and approach that should be emphasized to increase mental health in adolescence. The results indicated that there is a higher level of emotional intelligence and mental health among the sportsperson than non-sportsperson also a statistically significant difference in dimensions of personality i.e. extraversion, openness, and conscientiousness.*

**Keywords:** Sportsperson, Emotional Stability, Mental Health, Physical Activity

### 1. INTRODUCTION

An activity involving work up and talent during which a personal or team competes against another or others for diversion is Sports. A sportsperson, conjointly notable as sportsmen or sportswomen is someone who is concerned in sports. it's going to mean somebody who is understood for the promotion of sport or athletic activities. Types of Sports: -

- Team sports: Team sports area unit most likely one among the foremost fashionable styles of sports everywhere the globe, and therefore the most famed and highest-paid athletes sometimes return from sports groups. Team sports embrace basketball, football, soccer, hockey, and volleyball.
- Individual sports: These area unit sports like lawn tennis, archery, athletics and running that area unit sometimes vie by one individual.
- Water sports: Water sports include swimming, surfing, wakeboarding, and diving.
- Extreme sports: The rise in quality of the skate culture and different extreme sports has light-emitting diode to their competition for fans of utmost sports. the foremost fashionable one is maybe the X-Games.

### 2. EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is that the space of psychological feature ability that facilitates social behaviour. The term was popularized in 1995 by man of science and behavioural person Dr. Daniel Goleman. in step with Goleman, emotional intelligence is that the largest single predictor of success within the geographic point.

## **Definitions**

**Mayer, Roberts and Barsade (2007)** stated that "Emotional intelligence concerns the ability to carry out accurate reasoning about emotions, and the ability to use emotions and emotional knowledge to enhance thought."

**Salovey and Mayer (1990)** defined that "The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions."

Five elements of Emotional Intelligence:

Goleman(1995) presented 5 dimensions of Emotional Intelligence. They are as follows –

**Self-awareness.** someone features a healthy sense of emotional cognizance if they perceive their own strengths and weaknesses, similarly as however their actions have an effect on others. someone with emotional cognizance is typically receptive to, and able to learn from, constructive criticism over one who does not have emotional cognizance.

**Self-regulation.** someone with a high emotional intelligence has the power to exercise restraint and management once expressing their emotions.

**Motivation.** individuals with high emotional intelligence area unit self-motivated, resilient and driven by an inner ambition instead of being influenced by outside forces, like cash or status.

**Empathy.** sympathetic person has compassion and is ready to attach with people on an emotional level, serving to them respond genuinely to different people's considerations.

**Social skills.** those who area unit showing emotion intelligent area unit able to build trust with people, and area unit able to quickly gain respect from the individuals they meet.

## **Personality**

Personality is defined as the characteristic set of behaviours, cognitions, and emotional patterns that evolve from biological and environmental factors.

## **Definitions**

According to **R.B. Cattell (1950)** "Personality is that which permits a prediction of what a person will do in a given situation."

According to **Allport (1961)** "Personality is the dynamic organisation within the individual of those psychological systems that determine his characteristics behaviour and thought."

The Five Factor Model was initially proposed by **Costa & McCrae** in the year 1992 and often describes the relation between an individual's personality and various behaviours.

Following area unit 5 temperament traits of an individual:

**Openness:** Individuals with openness to expertise area unit usually terribly active, have an incredible inclination towards creative thinking and aesthetics and hear their heart i.e. follow their inner feelings. Such people area unit usually hospitable new learnings, talent sets and experiences. people score high on openness area unit quite broadminded and fashionable in their outlook as compared to people who score low on a similar parameter. Such people area unit conservative, reluctant to changes and have a conventional approach in life.

**Conscientiousness:** As the name suggests, people with a Conscientiousness temperament attribute hear their conscience and act consequently. Such people area unit very cautious and non-indulgent. They ne'er perform any task hastily however turn over before acting. individuals with this temperament attribute area unit usually organized and have a tendency to become perfectionists within the long haul. Those who score high on conscientiousness area unit proactive, goal destined and non-indulgent. They attempt arduous to accomplish goals and objectives inside the stipulated timeframe. people who score less area unit very little set back and don't seem to be abundant goal destined.

**Extraversion and Introversion:** Extraversion refers to a state wherever people show a lot of concern towards what's happening outside. Such people love interacting with individuals around and area unit usually talkative. they are doing not like disbursement time alone however love being the centre of attraction of parties and social gatherings. Such people love going out, partying, meeting individuals and sometimes get bored after they area unit all by themselves. They admire the corporate of others and hate staying alone.

**Introversion,** on the opposite hand refers to a state once a personal is bothered solely along with his own life and zip else. Such people don't trouble concerning others and area unit rarely curious about what's happening around. they like staying back reception instead of going out and disbursement time with friends. Such people speak less and luxuriate in their own company. you'd ne'er realize them in conferences, clubs, parties or social get-togethers. they typically don't have several friends and have a tendency to admit few sure ones.

**Agreeableness:** Agreeableness may be a temperament attribute that teaches people to be adjusting in the majority things. Such people don't crib and face changes with a smile. They accommodate themselves to all or any things and area unit friendly and sort hearted. those who score high on agreeableness area unit able to facilitate others and flash their trillion-dollar smile whenever a

haul arises. people who score low on agreeableness on the opposite hand realize difficulties in adjusting with others and area unit very little unfriendly.

Neuroticism: Neuroticism may be a attribute wherever people area unit at risk of negative thoughts like anxiety, anger, envy, guilt then on. Such people area unit usually during a state of depression and don't the way to relish life. They continuously check out the negative sides of life and realize very troublesome to cope up with stress.

### **3. MENTAL HEALTH**

Mental health includes our emotional, psychological, and social well-being. It affects however we predict, feel, and act. It conjointly helps verify however we tend to handle stress, relate to others, and build decisions. mental state is very important at each stage of life, from childhood and adolescence through adulthood.

#### **Definitions**

**World Health Organisation** stated mental health as, "A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

**Wylleman et al (2015)** defined mental health in relation to athletes as, "a state of successful performance or mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity."

Over the course of life, if one expertise mental state issues, his/her thinking, mood, and behavior may be affected. several factors contribute to mental state issues, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health issues

Mental health issues may arise thanks to stress, loneliness, depression, anxiety, relationship issues, death of a dear, self-destructive thoughts, grief, addiction, ADHD, self-harm, various mood disorders. Therapists, psychiatrists, psychologists, social staff, nurse practitioners or physicians will facilitate manage mental state with treatments like medical aid, counselling, or medication.

#### **Characteristics of a Mentally Healthy Person**

1. A mentally healthy person has a capability to form changes.
2. A mentally healthy person features a sense of private value, feels worthy and vital.
3. A mentally healthy person solves his issues mostly by his own efforts and makes his own selections.
4. He features a sense of private security and feels secure during a cluster, shows understanding of different people's issues and motives.
5. A mentally healthy person features a sense of responsibility
6. He will offer and settle for love.
7. He lives during a world of reality instead of fantasy.
8. He shows emotional maturity in his behaviour, and develops a capability to tolerate frustration and disappointments in his daily activities.
9. A mentally healthy person features a sort of interests and customarily lives a well-balanced lifetime of work, rest and recreation.

### **4. REVIEW OF LITERATURE**

**S. Yücel & N. Özdayi** (2019) compared the emotional intelligence levels and demographic attributes of students enrolled in different departments of Balıkesir University School of Physical Education and Sports during the 2018-2019 academic year. The study concluded emotional intelligence levels of the participants differ in the variable of age in the dimensions of using feelings, in the variable of department in the dimensions of evaluating one's own feelings and social skills, and finally a difference existed in the variable of age concerning life satisfaction. Moreover, no relation was ascertained between the emotional intelligence of the participants and their life satisfaction.

**MCoco et al** (2019) investigated the relationship between personality traits, self-efficacy, body image and psycho-physical well-being, in 145 athletically active young adults. Positive correlations were found between openness to experience and conscientiousness ( $p < 0.05$ ) in both males and females. Real image values and ideal image values were significantly related among them ( $p < 0.001$ ). In conclusion, we can affirm that personality traits can influence the idea of body image so much that it can go beyond the objective reality of self-image.

**S.Laborde et al** (2018) aimed: first, to introduce the reader to the role of emotional intelligence (EI) in sports and physical activity, and second, to have an intervention focus achieved through applied activities that enable the development of different dimensions of EI. In continuation, the role of EI is discussed within the sport performance domain, specifically in athletes, coaches, and officials, as well as its role in physical activity. Finally, an applied perspective of EI training in sport performance is presented, along with EI training through sports and physical activity. Such activities aim to contribute to the dissemination of EI training at school, which may have an important further impact on performance, society, and health policies.

**Utsik&RCengiz** (2018) investigated the relationship between the humor styles and personality of the students of Physical Education and Sports College. The findings of this research have been summarized below. No significant difference has been found between average scores of participating students' gender, personality and humor styles. In terms of age variable, the mean neuroticism scores of participants in the age range from 23 and above are significantly higher in comparison to participants in the age range 22 and below. Consequently, it has been determined that there is a relation between the five factor personality traits and students' humor styles, besides it has been raised significant differences on their five factor personality traits and humor styles according to variables of participants' age and class.

**AMalik&BMalik** (2018) assessed trait of personality among sport/non-sport persons and gender. The sample is of a scattered nature and a list of sport/non-sport persons is prepared from the different colleges of Uttarakhand state. The results show that the extrovert behaviour is higher in sports persons as compare to non-sport persons. Thus, sports persons are more extroverts than non-sport persons. Our study strongly indicated that male sport persons are more extroverts than male non-sport persons.

**Malipatil** (2018) aimed to assess and compare the personality traits (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability,) of competitive athletes in group game and Individual sports. The conclusion was drawn that group game sport person have possessed the high sociability personality traits comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

**Appaso & Ramchandra** (2018) conducted the study on emotional intelligence and sportsman personality among college students. The results revealed that, gender plays significant role in developing emotional intelligence and sportsman personality. There was no such difference found regarding area of living (Rural & Urban Area) in respect to sportsman personality.

**A. L. Daniel** (2018) assessed the prevalence of mental illness in student athletes and their help seeking behaviours. This study served to expand upon the current research on student athletes and mental illness in order to improve the support provided to this special student population. This study supports previous findings that student athletes have comparable rates of mental illness and seek help less than non-athlete peers.

**Solanki & Solanki** (2018) conducted to assess and compare the health-related quality of life in collegiate sportsmen and non-sportsmen. The result of the study indicates that there was significant difference obtained among male sports person and non-sports person on the sub-scale of general health. However, there were no significant difference among male sports person and non-sports person on the sub-scales of Physical Functioning scale, Role-Physical scale, Bodily Pain scale, Vitality scale, Social Functioning scale, Role-emotional scale, Mental Health scale.

**Foskett & Longstaff** (2018) aimed to measure the mental health of elite athletes in the United Kingdom. Findings indicate that screening elite athletes for career dissatisfaction may support the early detection of signs of anxiety/depression and/or distress. Emphasis should be placed on understanding and improving the mental health of elite athletes in the UK.

**Chouhan & Tripathi** (2018) aimed to find out a consistent pattern of difference in personality traits of sports persons and non-sports person. It is examined from this study that there is no significant difference in the four attributes of personality i.e. neuroticism, extroversion, conscientiousness, openness of sports and non-sports person. But a significance difference is found in the agreeableness of both the persons.

**Slingerland Van et al** (2018) examined the level and prevalence of mental health functioning (MHF) in intercollegiate student-athletes from 30 Canadian universities, and the impact of time of year, gender, alcohol use, living situation, year of study, and type of sport on MHF. An online survey completed in November 2015 (N = 388) and March 2016 (n = 110) revealed that overall, MHF levels were moderate to high, and more student-athletes were flourishing than languishing. MHF levels did not significantly differ across time based on gender, alcohol use, living situation, year of study, and type of sport. Eighteen percent reported a previous mental illness diagnosis and yet maintained moderate MHF across time. These findings support Keyes' (2002) dual-continua model, suggesting that the presence of mental illness does not automatically imply low levels of well-being and languishing. Nonetheless, those without a previous diagnosis were 3.18 times more likely to be flourishing at Time 1 (November 2015).

**JDeFreese&NBarczak** (2017) examined the associations among athlete perceptions of trait emotional intelligence, social interactions, burnout, and well-being. Although preliminary, the study results enhance the understanding of trait emotional intelligence as a potentially important contributor to outcomes of athlete psychological health when social interactions are considered. This study supports continued research on emotional intelligence in sport and informs the development of programs designed to positively affect the psychosocial experiences of competitive athletes.

**Yadav** (2017) conducted the comparative study of emotional intelligence between sport person and non-sport person of Bilaspur. The purpose of present study was to find out difference between sport person and non-sport person in their emotional intelligence. The results indicated that there is higher level of emotional intelligence among the sport person than non-sport person.

**Singh & Tiwari** (2017) conducted a comparative study of mental health of sport persons and non-sport persons of Punjab. The results have shown that there was a significant difference between Sports persons and non-Sports persons in term of mental health score arranged by mental health inventory questionnaire. The higher mean score of Sports persons (M= 144.95) on mental health variable than the non-Sports persons (M= 136.85) indicates that Sports persons report higher mental health indexed in shape of life.

**Singh & Bhardwaj** (2016) aimed to measure the emotional intelligence and adjustment of sports persons. The scores of emotional intelligence showed statistically significant positive correlations with all the four areas of adjustment such as home adjustment, health adjustment, social adjustment and emotional. The results have been discussed in the light of current theories of emotional intelligence and adjustment. The conclusions of the study have important theoretical and practical implications for the academicians, administrators, sportspersons, researchers of other professional associated with sports field and policy maker.

**CKang et al** (2016) The first purpose of this study was to elaborate upon existing critiques and return to the fundamental brand personality concept by re-examining personality trait theory (i.e., lexical approach) and the sport brand personality literature. Based on a conceptualisation of sport brand personality, the second purpose was to develop an instrument for measuring brand personality in sport based on the restricted definition that excludes non-human personality traits. The analysis identified five factors (i.e., Agreeableness, Extraversion/Emotionality, Openness, Conscientiousness, and Honesty) that closely resemble the structure of human personality models. This study identified that the lexical approach can provide a conceptual and methodological foundation when developing brand personality instruments.

**Mohmad** (2016) measured and compared the mental health and self-confidence between sports and non-sports persons of Buldana district of Maharashtra State, and to find the difference between mental health and self-confidence between sports and non-sports persons of Buldana District. The study was concluded that in Mental Health the sports persons are having sharp mind and they are doing exercise regularly so they were not feeling the mental fatigue easily and the non-sports persons would feel easily as they were not attached with games and sports.

**Joshi & Bhardwaj** (2016) aimed to understand the distribution of consciousness personality profile in terms of gender and domicile of the participants in individual and team games. The results of the present study evinced that sportspersons of team games scored higher on consciousness than did the sportspersons playing in individual games. The female participants showed relatively higher mean consciousness score in comparison to their male counterparts.

**Cowden** (2016) examined the interrelationships between mental toughness (MT) and two constructs also linked to athletic performance, emotional intelligence (EI) and coping effectiveness. The findings suggest that EI may be an important mechanism through which mentally tough responses and outcomes are generated. Furthermore, although EI is associated with coping effectiveness, it is the attributes of MT that account for the superior coping effectiveness reported among athletes high in EI. Future research could explore whether MT may be developed through intervention programs that target EI, along with the influence of such programs on athletes coping effectiveness

**Rice et al** (2016) intended to measure the mental health of elite athletes. The findings suggested that elite athletes experience a broadly comparable risk of high-prevalence mental disorders (i.e. anxiety, depression) relative to the general population. Evidence regarding other mental health domains (i.e. eating disorders, substance use, stress and coping) is less consistent. These results are prefaced, however, by the outcome of the quality assessment of the included studies, which demonstrated that relatively few studies (25 %) were well reported or methodologically rigorous.

**Singh** (2015) conducted a study of emotional stability among players and non-players of Chandigarh schools. The study revealed that the National players had exhibited better than their counterparts at inter-school level and non-players. Also, it was found that the male players had demonstrated better than their counterpart female players.

**M. Karamipour et al** (2015) conducted the study to check the role of resilience and hardiness in mental health of athletes and non-athletes and compares the two groups. The findings revealed the importance and essentiality of hardiness and resilience in predicting mental health of the athletes and non-athletes. The research results indicated that the athletes had a higher rate of resilience, hardiness and mental health than those of the non-athlete group.

**E. Kaier et al** (2015) assessed college athletes' personal and perceived public mental illness stigma and compared this to nonathlete students. Results indicated that athletes reported greater perceived public stigma than personal stigma. Athletes reported significantly higher levels of stigma compared to nonathlete peers. Accordingly, athletes may benefit from education that can reduce the stigma of mental illness and reduce prejudices toward those who are seeking treatment.

**FDorak** (2015) The purpose of this study was to examine the relationship and interaction between personality traits and sportspersonship orientations according to gender differences. The revised version of Eysenck's Personality Questionnaire. The results of this study revealed that female athletes obtained higher scores when compared to males in extraversion-concern and respect for social conventions, respect for rules and officials and commitment towards sport participation subscales. In conclusion, the results of this study indicated that there was a significant relationship between personality subscales and sportspersonship orientation. In addition, personality subscales significantly affected sportspersonship orientations according to gender.

**Kanniyanet al** (2015) analysed the personality traits between sedentary males and sports males. The results of the study show significant differences on different personality traits including aggressiveness, realism, apprehension, radicalism, and control. In most of the personality traits, sports persons showed moderately high scores compared to that of non-sports persons.

**FPasandet al** (2013) conducted the comparative study of emotional intelligence and its subscales between athletes and non-athletes based on some demographic variables. Results showed that there was a significant difference in emotional intelligence score between athletes and non-athletes. Also, this difference was seen in mixed scales of intrapersonal intelligence, adaptability and general mood.

In addition to above cases, athletes acquire higher scores in subscales of problem solving, happiness, optimism, assertiveness, flexibility and self-regard than non-athletes.

**Shrivastava et al (2010)** examined the cognitive, affective and conative aspects of personality contributing in high level sports performance. The results of the discriminant analysis indicate that the two groups of players were significantly different in their cognitive style, attribution style, and sensation seeking personality dimensions discriminant function.

## 5. RATIONALE

The purpose of this study is to investigate the Emotional Intelligence, Personality traits and Mental Health of the sportspersons. According to review of literature many studies have been conducted on sportspersons and many outcomes came across like, sportspersons are more stable emotionally, they're more social. All the three variables are very important to be studied on sportspersons because physical pressure as well as mental pressure may also affects the performances of the players. Like all other people sportspersons also face many stressful situations, traumatic experience and relationship problems. And we need to know all those criteria which are affecting the performance as well as his/her daily life of a sportsperson.

## 6. PROBLEM

The present study was done to assess significance difference between sportsperson and non-sportsperson on the measures of emotional intelligence, personality and mental health.

## 7. OBJECTIVES

- To measure the statistically significant difference of sportspersons and non-sportspersons emotional intelligence.
- To measure the statistically significant difference of sportspersons and non-sportspersons on personality.
- To measure the statistically significant difference of sportspersons and non-sportspersons on mental health.

## 8. HYPOTHESES

H<sub>(a)</sub>: There will be a statistically significant difference on the measure of emotional intelligence between sportsperson and non-sportsperson.

H<sub>(a)</sub>: There will be a statistically significant difference on the measure of personality between sportsperson and non-sportsperson.

H<sub>(a)</sub>: There will be a statistically significant difference on the measure of mental health between sportsperson and non-sportsperson.

### Variables

**Independent variable:** -Sportsperson and non-sportsperson.

**Dependent variable:** -emotional intelligence, personality and mental health.

### Inclusive criteria

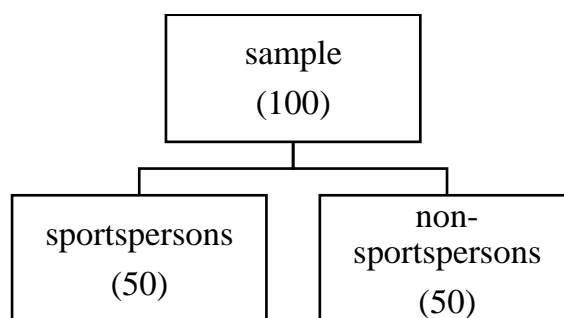
Sample for sportsperson was selected on the basis of outdoor sports activities.

The age range for sample (sportsperson and non-sportsperson) was 18-24 years.

### Exclusive criteria

Sample was not selected on the basis of Gender.

## 9. METHODOLOGY



A total sample of 100 was selected. 50 of sportspersons and 50 of non-sportspersons. The sample was selected from Kanpur, Jagran college of Arts, science and Commerce. The age range of sample was 18-24 years.

### **Tools used**

Emotional intelligence test constructed by Anukool Hyde, SanjyotPethe and Upinder Dhar (2011). The tool contains 34 statements and 10 factors, which are- Self-awareness, Empathy, Self-motivation, Emotional-stability, Managing-relations, Integrity, Self-development, Value- orientation, Commitment and Altruistic behaviour.

NEO-five factor Inventory constructed by Paul T. Costa and Robert R. McCrae (1989). The tool contains 60 items and 5 sub-dimensions, they are- Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

Mental health Inventory constructed by Dr. Jagdish and Dr. Srivastava. The tool contains 54 items and 6 sub-dimensions, which are- Positive self- evaluation, Perception of Reality, Integration of Personality, Autonomy, Group oriented attitudes and Environmental Mastery.

**10. STATISTICAL ANALYSIS**

In order to assess statistically significant difference between sportspersons and non-sportspersons on the measure of emotional intelligence, personality and mental health by ‘t’ test.

**11. RESULT TABLES**

**Table 1: Emotional Intelligence measured among sportsperson and non-sportsperson using t-test.**

FACTORS	Sportsperson			Non-sportsperson			‘t’ value
	N	Mean	S.D.	N	Mean	S.D.	
Self-Awareness	50	14.84	2.31	50	12.68	1.81	5.19**
Empathy	50	14.58	3.09	50	13.58	2.65	1.73
Self-motivation	50	15.62	2.83	50	12.7	1.73	6.16**
Emotional Stability	50	14.80	2.29	50	13.06	2.03	4.01**
Managing Relations	50	14.50	2.25	50	13.28	1.76	3.01**
Integrity	50	11.78	1.63	50	11.96	1.72	0.53
Self-Development	50	6.68	1.31	50	6.32	1.61	1.22
Value Orientation	50	6.50	1.55	50	6.36	1.56	0.44
Commitment	50	6.14	1.42	50	5.98	1.49	0.54
Altruistic Behaviour	50	6.58	1.60	50	5.88	1.43	2.29*
Over All	50	112.02	7.17	50	101.82	5.35	8.05**

\*\*P<0.01 \*P<0.05

Table 1 shows comparison of Emotional Intelligence factors between sportsperson and non-sportsperson. On Self-awareness factor, highly significant difference was found among sportsperson (M=14.84, SD=2.31) and non-sportsperson (M=12.68, SD=1.81);  $t_{(df)}=5.19$ . There was statistically significant difference on Self-Motivation factor, between sportsperson (M=15.62, SD=2.83) and non-sportsperson (M=12.7, SD=1.73);  $t_{(df)}=6.16$ . The factor, Emotional stability has also shown significant difference among sportsperson (M=14.80, SD=2.29) and non-sportsperson (M=13.06, SD=2.03);  $t_{(df)}=4.01$ . On Managing relations factor, sportsperson (M=14.50, SD=2.25) and non-sportsperson (M=13.28, SD=1.76);  $t_{(df)}=3.01$  have shown statistically significant difference. On factor Altruistic behaviour, there was significant difference among sportsperson (M=6.58, SD=1.60) and non-sportsperson (M=5.88, SD=1.43);  $t_{(df)}=2.29$ . There was significant difference on over all Emotional Intelligence among sportsperson (M=112.02, SD=7.17) and non-sportsperson (M=101.82, SD=5.35);  $t_{(df)}=8.05$ .

**Table-2 Personality measured among sportsperson and non-sportsperson using t-test**

FACTORS	Sportsperson			Non-sportsperson			‘t’ value
	N	Mean	S.D.	N	Mean	S.D.	
Neuroticism	50	13.24	3.88	50	14.80	5.01	1.73
Extraversion	50	30.40	5.17	50	24.88	3.79	6.07**
Openness	50	27.96	4.32	50	25.04	2.49	4.13**
Agreeableness	50	31.80	3.56	50	30.28	4.09	1.98
Conscientiousness	50	34.88	3.96	50	32.26	3.62	3.44**

\*\*P<0.01 \*P<0.05

Table 2 shows comparison of personality factors between sportsperson and non-sportsperson. On Extraversion factor, highly significant difference was found among sportsperson (M=30.40, SD=5.17) and non-sportsperson (M=24.88, SD=3.79);  $t_{(df)}=6.07$ . There was statistically significant difference on Openness factor, between sportsperson (M=27.96, SD=4.32) and non-sportsperson (M=25.04, SD=2.49);  $t_{(df)}=4.13$ . The factor, Conscientiousness has also shown significant difference among sportsperson (M=34.88, SD=3.96) and non-sportsperson (M=32.26, SD=3.62);  $t_{(df)}=3.44$ .

**Table-3 Mental health measured among sportsperson and non-sportsperson using t-test**

FACTORS	Sportsperson			Non-sportsperson			‘t’ value
	N	Mean	S.D.	N	Mean	S.D.	
Positive Self-Evaluation	50	36.44	2.44	50	29.55	3.26	11.96**
Perception of Reality	50	28.75	2.46	50	27.52	2.69	2.37*
Integration of Personality	50	31.15	10.31	50	34.35	3.09	2.09*
Autonomy	50	21.50	2.04	50	19.15	3.01	4.58**
Group Oriented Attitudes	50	38.36	3.33	50	34.73	3.53	5.27**
Environmental Mastery	50	34.90	2.31	50	30.02	3.10	8.89**

Over All	50	191.12	9.92	50	175.33	7.86	8.81**
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\*\*P<0.01 \*P<0.05

Table 3 shows comparison of factors of mental health between sportsperson and non-sportsperson. On Positive Self-Evaluation factor, highly significant difference was found among sportsperson (M=36.44, SD=2.44) and non-sportsperson (M=29.55, SD=3.26);  $t_{(df)}=11.96$ . There was statistically significant difference on Perception of Reality factor, between sportsperson (M=28.75, SD=2.46) and non-sportsperson (M=27.52, SD=2.69);  $t_{(df)}=2.37$ . The factor, Integration of Personality has also shown significant difference among sportsperson (M=31.15, SD=10.31) and non-sportsperson (M=34.35, SD=3.09);  $t_{(df)}=2.09$ . On Autonomy factor, sportsperson (M=21.50, SD=2.04) and non-sportsperson (M=19.15, SD=3.01);  $t_{(df)}=4.58$  have shown statistically significant difference. On factor Group Oriented Attitudes, there was significant difference among sportsperson (M=38.36, SD=3.33) and non-sportsperson (M=34.73, SD=3.53);  $t_{(df)}=5.27$ . There was significant difference between the scores of sportspersons (M=34.90, SD=2.31) and non-sportsperson (M=30.02, SD=3.10);  $t_{(df)}=8.89$  on Environmental Mastery factor. The total score of Mental Health also have significant difference among sportsperson (M=191.12, SD=9.92) and non-sportsperson (M=175.33, SD=7.86);  $t_{(df)}=8.81$ .

## 12. DISCUSSION

The aim of the research was to assess emotional intelligence, personality and mental health among sportspersons and non-sportspersons. Self-awareness is significantly higher in sportspersons than non-sportspersons similar were the findings of the comparative study conducted by Zamanian et al (2011) showed that the subscales of problem solving, emotional self-awareness, interpersonal relationship, optimism and self-regard were significantly higher in athletes than non-athletes which implicate that sportspersons have more clear perception of their personality, including strengths and weaknesses. Self-motivation is significantly higher in sportspersons than non-sportspersons similar were resulted by the study of A. Mouratidis & A. Michou (2011) showed that the self and controlled motivation of the sportspersons is higher in comparison of non-sportspersons. Emotional stability is significantly higher in sportspersons than non-sportspersons similar were the results of the study of S. Dalbara & S. Agyajit (2013) indicated that the differences between sportspersons and non-sportspersons were found on the trait of emotional stability where the difference was significant and the sportspersons were found to be better on this trait which means that the ability to remain stable and calm even in tough situation is higher in sportspersons. Managing relations is significantly higher in sportspersons than non-sportspersons somewhat similar were the findings of S. Castellano (2014) conducted the study on relationships of sportspersons which depicted that there is no negative results of managing relations in sportspersons and they can manage their personal and professional life more easily. Altruistic behavior is significantly higher in sportspersons than non-sportspersons similar were the findings of the comparative study conducted S. Dutt (2014) showed that the altruistic behaviour is higher in sportspersons than non-sportspersons which depicts that sportspersons are more helping and involves doing for others without any expectation of reward. Extraversion & Conscientiousness is significantly higher in sportspersons than non-sportspersons similar results were depicted by the study of G. Ilyasi & H.M. Salehian (2011) with findings of the extraversion, openness and conscientiousness is higher in sportspersons in comparison with non-sportspersons which says sportspersons are more social and tend to be more efficient and organised. Openness is significantly higher in sportspersons than non-sportspersons similar studies conducted by M. Rana (2017) showed that sportspersons are higher on the scale of openness than non-sportspersons depicts that sportspersons are more open to new ideas and curious. Positive self-evaluation is significantly higher in sportspersons than non-sportspersons but contradictory were the findings of Bashir Mudasir & Sandeep Kumari (2016) showed that the positive self-evaluation is higher in non-sportspersons than sportspersons. Perception of reality is significantly higher in the sportspersons than non-sportspersons similar findings N. Mascaret, & J.L. Falconetti (2016) showed that sportspersons have higher level of perception of reality than non-sportsperson. Autonomy is significantly higher in sportspersons than non-sportsperson similar results were depicted by the study of Comille T Bandura (2018) with the findings of high autonomy, authentic leadership and commitments in athletes is high. Overall mental health is significantly higher in sportspersons than non-sportsperson similar findings of V. Bakhshalipour (2016) conducted the comparative study on mental health of sportspersons and non-sportspersons which depicted that physical activities as an easy, inexpensive, and appropriate strategy and approach should be emphasized to increase mental health in an individual.

## 13. CONCLUSION

The aim of the current study was to assess the emotional intelligence, personality and mental health among sportspersons and non-sportsperson. The independent variable in the study is sportspersons and non-sportspersons & the dependent variable in the study is emotional intelligence, personality and mental health. The total sample was selected is of 100 people of 18-24 years age. Out of them 50 were sportspersons and 50 were non-sportspersons. Tools used for the study are- Emotional Intelligence test constructed by Dr. Anukool Hyde, Dr. Sanjot Pethe and Dr. Upinder Dhar (2011) and contains 34 statements. NEO five factor inventory constructed by Paul T. Costa and Robert R. McCrae (1989) contains 60 items. Mental Health Inventory constructed by Dr. Jagdish and Dr. Shrivastava and contains 54 items. There is statistically significant difference on the sub-dimensions of measure of emotional intelligence which are- self-awareness, self-motivation, emotional stability, managing relations and altruistic behaviour. There is a statistically significant difference on the sub-dimensions of the measure of personality which are- Extraversion, Openness and Conscientiousness. There is also a statistically significant difference on the sub-dimension of the measure of mental health and they are- Positive Self-Evaluation, perception of reality, integration of personality, autonomy, group-oriented attitudes and environmental mastery. The implications of the outcome are that indulgent in physical activity not only makes a person physiologically fit but also psychologically and mentally fit. Physical activities are an easy, inexpensive, and appropriate strategy and approach should be emphasized to increase mental health in adolescence. Also, this study needs to be further proceeded in the direction of gender differentiation which helps more in understanding the importance of physical sports activities on the basis of differences in between male and female.

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