

**RELATIONSHIP OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL
INTELLIGENCE AND WILL TO WIN AMONG ELITE AND
NON ELITE ATHLETES**

A

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Submitted by:-

Tanveer Ahmad

Regd. No 11512524

Supervised by:-

Dr. Neelam Sharma

LOVELY PROFESSIONAL UNIVERSITY

G.T. Road, Phagwara, Punjab (India)-144411

2016

DECLARATION

I do hereby declare that the dissertation entitled “*Relationship of Psychological Wellbeing with Emotional Intelligence and Will to Win among Elite and Non Elite Athletes*”. Submitted in partial fulfillment of the requirement for the award of the degree of master of philosophy in physical education is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma in any university.

Tanveer Ahmad

Regd. No. 11512524

School of Physical Education,

Lovely Professional University Phagwara (Punjab)

Date:- / /

CERTIFICATE

This is to certify that Mr. Tanveer Ahmad has completed his dissertation entitled *“Relationship of Psychological Well Being with Emotional Intelligence and Will to Win Among Elite and Non Elite Athletes”* under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma to any other university.

The dissertation is fit for the submission and the partial fulfillment of the requirements for the award of M.phil degree.

Dr. Neelam Sharma

Associate Professor

School of Physical Education

Lovely Professional University

(Punjab)

Date: / /

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ABSTRACT

The aim of the study was to find out the relationship of psychological wellbeing with emotional intelligence and will to win among elite and non-elite athletes. For the study 180 athletes of Elite and Non-Elite level were selected from the state of Punjab, (90 each from Elite and Non-Elite level of different games). Assessment of Psychological wellbeing was done by Psychological well being scale developed by Dr. Devendra Singh Sisodia and Ms. PoojaChoudhary. Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, SanjyotPethe and UpinderDhar and Assessment of Will to win was done by using Will to Win Scale developed by Anand Kumar. Pearson product moment correlation was applied to find the significant relationship among elite and non-elite athletes. The level of significance was set at 0.05. The findings revealed out a positive correlation of psychological well being with emotional intelligence among elite athletes, so null hypothesis were rejected. There exists a positive correlation of psychological well being and Emotional Intelligence among elite athletes of Softball, Athletics, Volleyball, Archery and Kabaddi respectively. There exists an insignificant relationship of psychological well being with Emotional Intelligence among elite athletes of Handball. The findings of present study shows insignificant relationship of psychological wellbeing with will to win among elite athletes, so null hypothesis was withheld. There exists an insignificant relationship of psychological well being with Will to Win among elite athletes of Softball, Athletics, Volleyball, Handball, Archery and Kabaddi respectively. The finding of the present study shows positive correlation of psychological wellbeing with emotional intelligence among non-elite athletes, thus rejecting the null hypothesis. There exists a positive correlation of psychological well being and Emotional Intelligence among non elite athletes of Softball, Athletics, Volleyball, Handball and Archery respectively. There exists an insignificant relationship of psychological well being with Emotional Intelligence among non elite athletes of Kabaddi. The finding of the present study also shows positive relation of psychological wellbeing with will to win among non-elite athletes, thus rejecting the null hypothesis. There exists an insignificant relationship of psychological well being with Will to Win among non elite athletes of Softball, Athletics, Volleyball, Handball, Archery and Kabaddi respectively.

Key Words:-Psychological wellbeing, Emotional intelligence, Will to win, Elite Athletes and Non elite Athletes.

TABLE OF CONTACT

	Declaration	i
	Certificate	ii
	Abstract	iii
	Acknowledgement	iv
	Table of contact	v
	List of table	vi
	List figure	vii
Chapter No.	Title	Page No.
Chapter I	Introduction of the problem	1-15
	1.1 Significance of the study	12-13
	1.2 Statement of the problem	13
	1.3 Objectives of the study	13
	1.4 Hypothesis	13
	1.5 Delimitation of the study	14
	1.6 Limitation of the study	14
	1.7 Definition of term	14-15
Chapter II	Review of related literature	16-26
Chapter III	Method and procedure	27-31
	3.1 Sampling Design	27
	3.2 The selection of subjects	28
	3.3 Selection of Variables	28
	3.4 Tools	29
	3.5 Reliability and Validity	29
	3.6 Administration of Test	30
	3.7 Collection of data	30
	3.8 Statistical technique	31
Chapter IV	Results and Discussion	32-50
Chapter V	Summery and Conclusion	51-53
	Bibliography	54-59
	Appendices	

LIST OF TABLE

Sr. no	Title	Page no.
1.	4.1 Correlation of psychological wellbeing with emotional intelligence among elite athletes.	32
2.	4.2 Correlation of psychological wellbeing with will to win among elite athletes.	34
3.	4.3 Correlation of psychological wellbeing with emotional intelligence among non-elite athletes.	35
4.	4.4 Correlation of psychological wellbeing with will to win among non-elite athletes.	36
5.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Softball	37
6.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Athletics	38
7.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Volleyball	39
8.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Handball	40
9.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Archery	41
10.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Elite Kabaddi	42
11.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Athletes Of Softball	43
12.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Athletes Of Athletics	44
13.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Athletes Of Volleyball	45
14.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Athletes Handball	46
15.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Athletes Of Archery	47
16.	Correlation Of Psychological Wellbeing With Emotional And Will To Win Among Non-Elite Kabaddi	48

LIST OF FIGURES

Sr. no	Title	Page
1.	4.1 The graphical representation of means of psychological wellbeing and emotional intelligence among elite athletes.	33
2.	4.2 The graphical representation of means of psychological wellbeing and will to win among elite athletes.	34
3.	4.3 The graphical representation of means of psychological wellbeing and emotional intelligence among non-elite athletes.	35
4.	4.4 The graphical representation of means of psychological wellbeing will to win among non-elite athletes.	36
5	4.5 The Graphical Representation Of Means Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Softball	37
6	4.6 The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes of Athletics	38
7	4.7The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Volleyball.	39
8	4.8The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Handball	40
9	4.9 The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Archery	41
10	4.10 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Elite Athletes of Kabaddi	42
11	4.11 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Softbal	43

12	4.12 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Athletics	44
13	4.13 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Volleyball	45
14	4.14 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Handball	46
15	4.15 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Archery	47
16	4.16 The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes of Kabaddi	48

CHAPTER I

INTRODUCTION

Sports and games are aggressive in nature and are intended for a particular age group. The participation in games and sports is particularly enjoyed by the capable, talented and God gifted youngsters. For playing the games it requires high level fitness. In order to be successful sports person need a best combination of physical, physiological as well as mental fitness. The most important factor in sports performance is to have the ability of a sports person to recognize and think the proper feeling need to perform at his best when required. Whatever might be the stage of strength, talent and understanding of the sports person, his performance in the face of rigid completion will be generally influenced by his aptitude to think the correct feeling and achieve a proper level of the emotional energy for performing at his hopefulness. Sports psychology is an outcome principle, method and technique of analysis, consideration and enhancement to maintain human sport or athletic behavior. Singh et al. (2015) stated that sports psychology, a branch of “sports and exercise science”, is defined as the scientific study of behavior of sportsmen. Athletes and coaches are likely looking for rewards of being compatible. It has actually headed to the growth of physical and proficient programs of the training. Numerous athletes and coaches are now aware about the significance of cognitive acquisition in games and sports, and they are laying extra stress for the growth of these skills. The significance of these skills plays a vital role not only for those who have a great thrust to win but is equally important for those athletes who want to increase their consistency in performance. Miley (1999) examined that “medical factors, biological and psychological factors” should be taken into consideration for physical and mental wellbeing. Stress has a great negative impact on physical illness, and a proper direction of stress is consequently needed for constituting proper health and welfare. It bids a bio-psychosocial approach underlining the complicated connection among psychological, cultural, social and biological factors. Standard of living is prolific reason for the intervention in psychological acts to sustain an appreciable level of health and wellbeing. Kumari (2016) stated that sports psychology research was once confined to business world only but there has been a diverse expansion of the concept “Emotional Intelligence”. It is still discovering its modes in rest of the fields of life like games and sports. Emotional intelligence is a comparatively novel concept that has come out from last decade. Keyed as the capability to

acknowledge and employ emotional conditions to modify purposive and behaviors. Emotional intelligence could be assessed by serial arguments of emotional conditions and the mode of handling them. Winning in sports is mostly linked with vim and wrath. More significantly people who are emotionally intelligent have great coordination between emotional states and requirements of the conditions. Whenever the conditions need great stimulation, emotional intelligent person has such capability and is always ready. In the same way if the conditions are peaceful, emotional intelligent people have goodness to relax themselves. An athlete that performs in the zone effectively regulates their emotions. Emotional intelligence plays a very important role in our emotional, social and personal life. By developing emotional intelligence in childhood stage, one can become a happier and more successful adult. During stressful and terrible situations emotionally intelligent people manage their emotions better and react with clearer, more rational minds and make better decisions. In difficult situations, transmitting positive emotion can help people cope with negative circumstances. Emotional intelligence moderates conflicts by promoting understanding and relationships. It also links strongly with concepts of love and spirituality. According to Singh (2015) “a mental and emotional state makes the differences between losing and winning”. Sports psychology has evolved and advanced to the point where its application has become a key component in the peak performance of athletes in many fields and in many levels of competitive activity. The most important positive point in sports person is when he has ability that he can overcome in a very difficult situation and give his best at the right time. Becker (1988) explains that the field of physical education is one of the “international disciplines”. The physical education is considered one of the most important fields in spreading love throughout the world. Peace in the world is minted through sports. In sports people of different cultural and religious backgrounds play together that develops harmony among the people belonging to different countries, boosts good relationship among various conflicting countries. Hauerback (1967) declared that Sports science plays an important role in “enhancing the performance of athletes”, through better understanding of knowledge and provides better teams along with better programmers. It also maintains proper health of people. There is competition in games and sports that needs high levels of fitness. The fitness can only increase through the sports training. Researchers found new scientific approaches of increasing performance. They found biomechanics through which performance can be enhanced. They paid much attention on the human movements and how the muscles can

generate more force and can be developed. By the help of this modern approach talent identification models are built by researchers. Roy (2013) described the “Games, Sports and Athletics are diverted between the participants and observers. It needs technique, skill and also physical exertion”. Sports needs much practice which enhances the performance and develops the body. Some sports activities are related with our daily activities like Hunting, Fishing, Jumping and some are related to military practices like Shooting, Jumping and Wrestling. Some sports activities arise due to the irregular hostilities in society. Games and sports both indoor and outdoor are not meant for competition only but are related with the human health. Games develop the personality, keeps physically healthy and mentality sound. The athletes learn how to cope up with the growing challenges and how to overcome from these barriers. Games being played in teams, needs team efforts that develops sense of cooperation among mates. Sports keep athletes away from stress. Ashe-Edmunds (2016) quoted that psychology had long been involved in “mental issues”, which has extended their efforts in “physical problems and illness”. Mental fitness in sports has given much emphasis. Mentally fit person can make right decisions in immense pressure, helps in keeping concentration in the game. Games and sports are embedded with ups and downs that need creativity and better coordination which only could be built when an athlete has better motor responses. Mental pressure could be reduced through visualization or engaging a person with joyful activates or through meditations. Brewer and Britton (2008) generally accepted that sports performance is not influenced by “physical factor but also by the psychological attributes”. Some athletes are mentally stronger than the other counter partners and the reason behind is the cooperation of players with others. There are various factors that play vital role in generating the difference which not only include training, as psychological aspects but psychological wellbeing, emotional intelligence and desire to win are crucially important. It is also believed that athletes who are self motivated, determined ambitious with high level of concentration keep coordination and balance in every challenging environment. Absence of these aspects makes it difficult for athletes to succeed as it effects in developing competing strategies. Patrick suggested that Mental Game Coaching is the segment of sports psychology that concentrates specifically on helping athletes break through the mental barriers that are keeping them from performing up to their peak potential. Cognitive skills are also responsible for the success of athletes in any competition .Training related to improving the mental abilities, helps to make the overall performance. Cognitive sports skills which in turn help athletes to touch its

peak point as it limits the wrong beliefs and widens the mind by adopting healthier philosophy behind his sport. Motor skills get negatively affected if the athlete had not gone through mental toughness training which makes them stressful during competition. Uncertain conditions can be properly handled if those athletes are envisioned to sports psychology. It is possible that the concentration of athletes gets diverted to useless areas, yet most of the players are able to concentrate on the game which is because of the confidence in them and the doubts which have been demolished by sports psychology. As it is said “doubt kills confidence” which is the core cognitive skill.

Psychological well being

Psychological well-being actually deals with “positive view of persons self and life”. It is a versatile concept that almost touches each and every aspect of morale and gratification of life Lent (2004), moreover one is having comparatively high positive emotion and low negative emotions. It constitutes of a more moralistic perspective, having glimpse of a sybaritic perspective. Age, relationship status, employment status income and physical health are some of the coordinates of psychological well-being. Psychological well-being is regarded as the vital component of human being. It makes a person mentally sound, stable, promotes happiness, positive morale, insight performance and motivates the individual to attain goals throughout life. On the hand if ones psychological wellbeing is negative, essentially for a long period of time, that may lead to mental disorders like stress and depression that finally ends up into physiological problems and makes individual upset both externally and internally (Hiroeh, Appleby, 2001 and Liu, 2009).

Campbell (1976) stated psychological wellbeing as person’s existing state of affairs, morale, self-actualization, anxiety, fear and phobia which are the fundamental ingredients of psychological wellbeing. Sound mental health is regarded as significant to handle challenges of life. Joshi et al. (2008) indicates the experience of the individual determines the “psychological well being”. The other way to define it as state of feeling healthy, happy, having peace of mind, highly satisfied, relaxed and pleased. These emotions may be comprised of negative and positive states of mind as well and it also includes mental constraints like frustration, stress, and collapse etc. Religious beliefs have also framed some positive results on psychological wellbeing. Religious beliefs have direct relation with psychological well being and supplies all

the essential materials that are required to establish the relationship with respect to the involvement of various facets of religion involved in psychological wellbeing. Psychological wellbeing revolves around emotion and experiences of athletes in their day to day lives. According to Ryff and Keyes (1995) psychological well-being is mainly comprised of six areas, namely, personal growth, self-acceptance, purpose in life, autonomy, environmental mastery and positive relations, with others. It provides an abstract of psychological well-being and helps us to comprehend appropriately. It looks at the overall perception or mental acceptance of her situation and surroundings, so as in order to provide the person, safety, security, happiness and satisfaction in life. Psychological well-being takes into account complete perception or mental acceptance of one's condition and environment. Psychological well-being defines the mental health of the person. Shek (1992) defined psychological well-being as the "mentally sound person" who has plenty of positive health values like active adaptation to surrounding and unit of personality. Max (2014) cited that people having "eminent grades of psychological well-being" accounts substantial gratification with their life achievements and considerations, having a sensed comparative disappearance of stress and anxiety, are stable enough to address ongoing stresses, and can express extreme grades of pleasure and morale. The overwhelming conclusion from researches on the psychological outcomes of exercise tells us the conclusive statement from research psychological well being demos that the people who work out on regular basis inclined to have eminent grades of psychological well being that those who ignore. Despite having firm grounds, researchers care against attaining causal illations, scientists conclude that exercise leads to higher levels of psychological well-being. The objective of exercise is not restricted to only psychological well-being that is acquired through daily engagement in exercise but it is also responsible for one's potential for exercise that finally develops mechanism for personal growth and change. Sport scientists have a firm belief that psychological well being can only be achieved through daily participation in exercises which lessens anxiety, depression levels, higher morale, higher resistance to stress, moreover they have pessimistic attitude towards their life. Research also favors the theory that exercise could act as utile tool for conscious plan to heighten psychosocial performance as per the requirements that may spring up at the respective phases and levels of one's life. A good polished individual is compatible enough to be societal and to work individually, to enhance his competitiveness or collaboration as per the requirements and to increase his way of reception or assertiveness and to make him risk oriented. An individual

should stress in account to the safety of mental and physical health. Psychological well-being is an indispensable process which assures an individual's health and power of perception for his happy life. The concept of Psychological well-being is very much diverse and imminent variable that includes "emotional as well as mental components". Psychological well being is mainly comprised of six primal attributes; self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (Salami 2011). Psychological well-being is an important process which expresses one's "wellness" or perceiving one's life to be happy (John 2014).

Emotional intelligence

Emotional intelligence is highly important skill that numerous individuals have accounted for their "success". It is a dynamic yet particle concept. It is a band of knacks that adds in appropriate assessment reflection of feeling, the influential emotional regularization, and the usage of emotions to propel, plant and achieve the process involved in recognition, use, understanding and management of one's own and others emotional states. Emotional intelligence is very nearly ordinate with emotional literacy and can be explained as a band of non-mental abilities that shapes the individual capability to bring home the bacon in life. It involves the coordination of mind and heart (Kumari 2016).

Petrides and Furnham (2000), assertion of emotional intelligence is more substantial forecaster of improved "psychological adaptations and high morale", on the other hand low or negative emotional intelligence is substantially linked with depression, destructing and agitating conduct. Salovey & Mayer (1990) individuals assumed to be different in their "capabilities and capacities" of exercising effective control on their emotional lives. They are different and not equally skilled in recognizing, accepting and operating their emotional information. AT the moment such individual variation explained as difference in emotional intelligence, which plays a vital role in determining the level of psychological well-being. Hamachek (2000), emotional intelligence is firm forecaster of "cognitive wellness or psychological wellbeing". In various lives condition development of emotional intelligence derives a greater affect in inquiring the modes of addressing unlike life hindrances. Auto realization is a central tool of improved cognitive wellness. Individuals who realize and handle their feelings in purposeful styles, possess greater capabilities to minimize their psychometrics such as stress, trauma and other agitating

emotional ideas and cognitive well being troubles. These people are highly emotionally intelligent. Gardner (2006) found that intrapersonal rational troubles, weak response, stress, desolation, anxiety, less self morale, belligerent conducts , homicidal thinking's, drug and intoxicant ingestion appear to be importantly associated on pathetic emotional intelligence, nevertheless assertive immanently sound, higher gratification degree and greater felicity regarded to be because of eminent degree of emotional intelligence. Sparrow (2005) discussed emotional intelligence in his article. The association of “emotional intelligence with another mental indications”, conceptions and accesses came upon the connection of emotional intelligence with morale and assurance stage of an individual and also explained the connection of emotional intelligence in this way that with increment in emotional intelligence, self-esteem. Self-confidence and self-regard also runs parallel in the same directions as emotional intelligence. High emotional intelligence significantly associated with not only emotional and psychological health but with physical health also. Methew et al. (2002) mentioned emotionally intelligent people express their emotions in a meaningful way, therefore they acquire affirmative response from the society and people around them, which develops and improves person's confidence and enhance their self image. Emotional intelligent people have optimistic attitude towards self and society. They are nearly aware of their requirements and in what way and how to accomplish their requirements wisely without violating the norms of others. A person with high emotional intelligence possesses their self regard, they know that how people think themselves and how they manage their emotions in different disturbing and problematic situations effectively. Mamood and Gulzar (2014), “emotionally intelligent people follow their perceptions, behaviors and thinking patterns rather than their behavior and thinking follow their emotions”. This provides the basis of personal growth, self-motivation, self-awareness, relationship, management and empathy which ultimately enhance individual's life satisfaction and happiness. Emotions are basic building blocks of human psychological health. Emotions work as a binding force, to establish and grow a relationship with in self and between the people. Emotionally intelligent people adopt flexible patterns of life, which allows a person to adopt attitudinal changes, which protect a person to feel failure, neglected and development of depression. There is a stepwise structural change between emotional intelligence and life success. High emotional intelligence facilitates or pushes the person towards getting positive sense of self, which contribute developing high level of self-esteem. People who have high level

of self-esteem are more open and assertive to handle hardships more effectively and intelligently, which leads towards excellent performance and happy life.

John (2014) suggests, “emotional responses such as affinity, felicity, reverence, zestfulness, joyousness, delight, phobia, and stress amidst others that extends to psychological wellbeing or otherwise resides for a long time among adolescents and influences their disposition”. Therefore emotional intelligence in daily living is critical in bringing about mental health and psychological wellbeing in individual throughout life. Happy and emotionally intelligent people have sense of self esteem, which emphasizes the importance of individuality. They see themselves as more intelligent and better able to get along well with others than the average person. These people avoid all forms of destructive behaviors that challenge individual psychological wellbeing. Jahromi and Ghaleh (2014) “emotional intelligence and mental skills” are among the important personality traits which seem to be affect the athlete’s performance in stressful conditions such as the sports environments and prevent the interfering factors. The high emotional intelligence in person indicates how a person immediately applies his emotions appropriately in different situations and shows the emotional states proportional to situation, so that if the situation requires the high motivation, the emotional intelligence can enhance the athlete’s motivation. Low emotional intelligence will lead to the inconsistency behavior such as lack of commitment in practices and less effort. The mental skill is a set of state, plans and abilities which promote the mental welfare in addition to increasing the athlete’s better performance. Emotional skill help the people to be calm and positive while facing the external stimuli and properly manage the impulses.

Hein (2000) defined emotional intelligence as understanding by virtue of which an individual can differentiate “healthy feeling from that of unhealthy” one and also individual can turn pessimistic thoughts into optimistic ones. Mayeret et al. (2000) stated that emotional intelligence is the part of “social intelligence” which involves individual’s capability to master his or her own as well as others feelings and emotions, in order to distinguish between them and thus can use this information to monitor ones action and thinking. Emotional intelligence and will to win has given currently much emphasis not only to researchers but also to general consultants of sports and psychology. Emotional intelligence and will to win along with its related components had direct impact on different parameters like self-regulation and mind set

(Goalman 1998). Goleman (1999) described emotional intelligence as organizing one's own "feeling" in such a way that they get expressed properly and effectively, it also helps people to focus and work for the common goal efficiently. Petrides et al. (2004) suggested that the people with "high level of emotional intelligence" have likely aptitude for emotional insight and can respond positively with them.

Will to Win

Paul (1960) rightly remarked, "a winner never quite and quitters never win" that encompasses if one has wish to win definitely wins. It indicates that where there is will there is way. It is articulated by psychologists that the competence to work to the capacity is directly connected to will to win. The psychologists build up this construct is recognized to produce a state of readiness. The chief focus of the today's sports is on meaning, not only taking part in playing. Also the target set is not only to have joy, fun, fitness or to maintain Physical health. Will to win was found as the main cause in the dismissal performance of Indian players and athletes in international events. The instances where player lacking physical qualification still have won great competitions while having higher intensity of will to win and were creating great competitors. Kumar et al. (2009) Will to Win is defined as the extent to which a person "desire to reach some standards of excellence or defeat opponent". The will to win is worthless if you don't have will to prepare. Will or desire is attitude that makes skillful players are in competent through will be attitude a man can win every battle. Will to win can be defined through winning edge means need to strive for excellence not perfection. Will is the strength of sports person, its character, attribute, determination, unrecoverable decision and total perception of situation. The strong willed overcome the emotion and the weak wiled give it. Will is a deliberate of fixed desire or intention. It is an inclination to act without suggestion from others. Will is the determination of the mind coupled with all bodily resources, Strength, vitality, agility, speed and many more, which moves person forward for the achievement of victory. It is the type of determination which an athlete moves Do or Die and runs throws jumps or swing towards victory. This construct is called will to win. will to win can also mentioned as an athlete mind set his crystallized attitude, vast outlook gestalt like endeavor with which he wants excel. Feelings of the natural play always strive for victory as long as there is possible chance for winning and continue the game with the winning spirit till the end of last point without losing heart. The

winning mind, the desire to win feeling of the best and the unwillingness to lose are the great assists of an athlete. It boosts the keen determination to win or to excel. The will to win is accepted as the factor that makes great competitors. The player must have desire and courage to win. Unless he possesses this courage in mind he cannot win. Will to win is the attribute possessed by the athlete who trusts on their own abilities and judgment. Such athlete enter competitions certain in with keen determination, they will achieve the goal.

Will to win is defined as the scope in which a person wants or shows desire to achieve the purpose at some standard of “brilliance or to win from challenger”. The will to win is valueless if you don’t have the will to get ready. Will or aspiration is an approach that makes competent players are in experienced through will be mind-set a person can be unbeaten every conflict. Will is the strong point of the sportsmen, its nature, and quality, strength of mind, unrecoverable decision and total assumption of situations. Will is the strength of mind attached with all bodily resources, liveliness, power, quickness, and pace with which a person progresses towards the destination for the accomplishment of success. When it involves being prospering, there is lot of thereto than want or desire. Success for the most part comes all the way down to fitting time and energy so once a chance arise, you are able to provide your best. (Allan 2015)

White (1959) related the will to win with the competitor and found this acts as a “driving force for an athlete” to put all his efforts, give his best and accomplish the activity successfully. Daino (1985) described as the “vehemence of desire” to knock down the counter partner or to overcome the performance standard in given sports. The sole reason which plays a vital role to make the great competitors is will to win. It has been examined those who lack in physical well being wins the match because of their positive approach to win. Good performance in sports is also achieved by possessing the determination of winning. This unique capability pushes one to perform and is directly linked to will to win. Individuals having low will to will demos that they are preparing for their failure. Gupta (2013) Will to win is the extreme behavior that “motivates and pushes” an individual to perform to his limits and overcome the opponent.

‘The desire to win’, ‘Feeling of the best’ and ‘the unwillingness to lose’ are some of the grand belongings of an athlete. It boosts the keen determination to win or to excel. The will to

win is accepted as the factor that makes great competitors. Instances in which players lacking physical fitness have won the competitions, which are the result of determination to win. A correct attitude towards winning is found always helpful in achieving high performance in sports. A through concentration on the task is made possible, which in turn increases the strength of incoming impulses and generates greater power that results in increased capacity and greater determination to win. Only great competitors are always being champion. A champion thinks like a champion, he is determined to succeed and thus can concentrate all of his conscious effort, physical, psychological towards achieving his best. Winning is the target point of each athlete and coach. This factor enjoys of tremendous importance in coaching philosophy. Most of coaches inculcate this quality in their trainees for optimum performance. The player must have the desire and courage to win. Unless he possesses this courage in his mind, he cannot win. 'Will to win' is the attribute possessed by the athletes who trust on their own abilities and judgment, are self reliant and assured. Such athletes enter competitions certain in with keen determination, they will achieve their goal. Installing confidence in an athlete's mind he can involve the athlete in imaginary to visualize a favorable scenario prior to competition. Bryant Paul (2013) truly mentioned, "A winner never quits and the quitters never win". That means if one has to desire to win then he surely win. It signifies that where there is a will, there is a way. Sports scientists have always expressed a great desire to know psychological aspect requisite for improving the standard of sports. The main thrust of modern sports now is on winning, not just participating and playing. The dismal performance of Indian players and athletes in the international events meets has been largely endorsed to the lack of will to win. Someone aggressive thinkers have called it 'the killing urge'. This is a highly disparaging, detestable and in some societies like ours, condemnable concept. Why should a sports person develop a killing urge, why a negative trait, a rivalry instead of cooperation and coexistence. It is thus desired to know how much will to win is possessed. Will to win is a mental drive to win a game or a battle or give the best performance, but there are some other aspects to give, who put the effect on the performance. Physical Fitness is the most important part of a sportsperson's life. For better performance, it is very necessary to know, what physical fitness is and what the components of it are. For success or failure in any sport, innate characteristics of sport persons are more important than the characteristics of that sport itself. Several psychologists believe that quality of sport performance and participation in sport are determined by personality Cox (2002). Psychological conditioning

of an athlete decidedly determines his “success or failure” in competition. In modern era of competition, the psychological preparation of the player is as much important as teaching the different skills of a game on the scientific lines. A sportsperson can perform optimally only when he/she is in a perfect state of physical, physiological, (Singh 2014).

1.1 Significance of the study

The knowledge in psychology on psychological aspects in sports & sports performance itself has taken a great leap over the last decades. Every record has broken down and performance has been almost doubled .Which is only due to focusing on multidimensional aspects of sports and sports performance. As human being is eternally the combination of body, mind and spirit. Increase in horizon of knowledge in mental and psychological aspects and its implication in sports. Sports person to dramatically improve sports performance which once dreamed of literature till date clearly reveled psychology and physical aspects goes hand in hand for improving sports performance. The present research work will increase horizon of knowledge on psychological aspects in sports & will help in bridging the gap between the knowledge of sports psychology and sports performance. The study will help in selecting the player for team game and further help the coaches, sports psychologists in understanding and developing mental training program. The aim of this study is also to offer insight to players, scouts, coaches and psychologists involved in the elite pathway process to reflect upon their talent fostering environment.

1.2 Statement of the problem: The problem of the study is entitled as “Relationship of Psychological wellbeing with Emotional Intelligence and will to win Among Elite and Non Elite Athletes”

1.3 Objectives

1. To study the relationship of psychological wellbeing with emotional intelligence and will to win among elite athletes
2. To study the relationship of psychological wellbeing with emotional intelligence and will to win among non-elite athletes.

1.4 Hypothesis

1. There exists significant relationship of psychological wellbeing with emotional intelligence and will to win among elite athletes
2. There exists significant relationship of psychological wellbeing with emotional intelligence and will to win among non elite athletes.

1.5 Delimitations

1. The study was delimited to elite and non-elite male athletes of both team and individual games.
2. The study was delimited to 180 samples(90 elite and 90 non elite) having age between 17 to 28 years
3. The study was delimited to the following 15 elite and non elite athletes of individual and team games respectively (i.e. Softball, Athletics, Volleyball, Handball, Archery, and Kabaddi).
4. The study was delimited on the psychological variables i.e.
 - i) Psychological wellbeing.
 - ii) Emotional Intelligence.
 - iii) Will to win.
5. The study was delimited to the elite and non elite athletes of Punjab state.

1.6 Limitations

Following factors were considered as the limitations of the study:

1. Different lifestyles, socio-economic background, daily routine of the players which were not under the control of research scholar were considered as a limitation of the study.
2. Emotional state of the players at the time of administration of the test was regarded as another limitation of the study.

3. The educational background of the players that might affect their ability of answering the questionnaire was also a limitation of the study.

1.7 Operational definitions of the terms

Psychological wellbeing: It is impressionable concept by which athlete feels about their everyday life activities by these feelings may variety from unconstructive mental state or psychological strains such as anxiety, frustration, depression, unhappiness, to a state which has been identified as positive mental health

Emotional Intelligence: Emotional intelligence means recognizing emotions and acting on them in a reflective and rational manner. It is the combination of emotional and social skills that influence the sports person to perceive and express themselves and maintain social relationship, cope with challenges and use emotional information in an effective and meaningful way.

Will to win: Will to win is state of readiness and it is also a desire in humans to beat opponent or to excel to give better performance in a given activity.

Elite Athletes: Elite athletes are those who are medalist in AIU or senior national level competitions

Non elite Athletes: Non elite athletes are those who have participated in AIU or senior national level competition

CHAPTER-II

REVIEWS OF RELATED LITERATURE

Reviews of proficient researchers can be profitable in providing supportive facts and suggestions. Keeping this in mind, the research scholar made an effort to go throughout the related literatures available in the internet libraries and journals.

The research scholar scanned the literature and research work, published so far here and abroad, on the related field and physical education and sports. Widespread studies concerning psychology and sports psychology is available in research journals. But comparatively very few studies are available regarding psychological wellbeing, emotional intelligence and will to win. The relative studies found from various sources which the scholar came across, are cited below:

Ghuman (2000) investigated on All India women players who have participated in All India women hockey tournament. 122 players both winner and runners were selected. 64 samples were selected from four runners teams and 48 position holders were also selected as sample. Will to win questionnaire of Shukla was used for data collection. The study finds that the position holders have higher score than who failed to achieve any position.

Kant (2001) studied on state level athletes and non-players to explore the competitive anxiety and will to win. The study reveals that the players were significantly different from non-players. The further suggested that intensity of will to win and competitive anxiety is managed positively among athletes may yield the higher level of performance.

Kaur (2002) assessed psychological levels of Indian handball players. Both male and female handball players were selected as sample according to purpose of study. The study was about to find the relationship between game performance and will to win. The data was collected from 130 male and 130 females' players of different levels. The questionnaire of Pezer and Brown was translated into Hindi version and was used to collect the data. On the basis of statistical technique the study finds that there is a significant difference between will to win and game performance in both and female players. Higher level of player has higher will to win as compared with low level players.

Singh (2003) conducted a study on the level of will to win among college, university, and state level athletes. Only male players were selected for the study who has won medals in college, university or in state level. The athletes move from the lower level of performance to higher

level of performance the will to win of these players also increases Study finds that level of performance goes higher from college to state the will to win of athletes also goes higher.

Kaur (2008) comparative study was conducted on 60 male rowers who had participated in (AIU) rowing championship. The samples were divided into two groups 30 players were of high achievers and 30 were of who were failed to achieve any position. The questionnaire of shukla and Kumar (1988) was used for data collection and locus of control by the questionnaire of sanjay vohra (1992)The study reveals that the high achievers have high level of will to win and high achiever also posses also locus of control. They believe on self and they have also control on their actions and take responsibility on their achievement. While as low achievers feel that they are controlled by others and they believe in chance.

Kumar et al., (2009) compared the emotional intelligence among student of different professional college and how the tendency to express forgiveness, purpose, and religiosity in a free-response essay relates to emotional intelligence and self-concept. The statistical analysis of data collected of 120 subjects is presented. The data were analyzed by applying one way analysis of variance to find out the significant difference if any between the mean of scores of four professional colleges (physical education, management, medical and IT) on the basis of emotional intelligence test. When the difference was found to be significant in LSD Post Hoc Test was completed to find out the significant difference between the group means. The 'F' ratios obtained were tasked for significance was .05. It is evident that there was mean difference in management, IT physical education, and medical. To be significant at 0.5 levels that value requires is 2.68. Whereas the calculated value are 4.44, 5.2, 6.1, 9.0. From this table are shows that management group emotional Intelligence is higher than 17 physical education and medical group. Hence the findings justify student of management being better emotional intelligence then the student of IT, physical education and medical. Management being better emotional intelligence then the student of IT, physical education and medical.

Choubey et al. (2009) studied the role of emotional intelligence in predicting stress and health and moderating role of emotional intelligence in stress-relationship of health was also examined. For this study 209 samples were selected which were hailed from various occupational groups

age range of these samples were 21 to 50 years were assessed on the self report measures of emotional intelligence, psychosocial stress, and physical and mental health. The outcome of the study find that the emotional intelligence has better health outcomes .The study also finds that emotional intelligence is linked lower levels of stress. Among the four measurements of emotional intelligence analyzed in the present research, the capacity to oversee feeling in self was found the best indicator of stress and in addition wellbeing. Findings reveals likewise uncovered that two segments of emotional intelligence, specifically, capacity to evaluate and express feelings and capacity to use feelings fundamentally directed the stress wellbeing relationship. Another vital perception was that the capacity to assess and express feeling, however, was found to antagonistically influence an individual's wellbeing, the findings of the directed relapse investigations recognized it as a positive asset in high stretch condition. They got findings have been talked about in the light of the accessible experimental proofs.

Lane et al., (2009) observed the relationships among self-report trait emotional intelligence and psychological skills. The 54 male athletes were selected as sample for the study and the data was collected through the valid questionnaires related to the study. Canonical correlation results found psychological skill used both in completion and practice have relation with perception of emotional (practice; canonical $R=.69$, $p<.001$; Competition: canonical $R=.67$, $p<.01$). Specifically, imagery, self-talk, and activation in both practice and competition were related with perceptions of the assessments other's emotions and the ability to regulate emotions. The direction of relationships showed that there was frequent use of psychological skills by individual possessing stronger perception of emotional intelligence .The study showed that future researchers should look in order to set connection by probing whether expanded mental aptitudes use is connected with upgraded passionate insight or the other way around.

Fatemeh (2010) investigated on athlete and non –athletes to find out emotional intelligence and its relationship with demographic variables. For this study 240 samples were selected among these 200 were athletes and rest of 40 were non-athletes. For the data collection emotional intelligence were used. The data was analyzed through Pearson correlation, ANNOVA and t-test. The outcome of the study finds that no significant difference was found among athletes and non-athletes. Significant difference was found($p <0.05$) between the age variables with emotional intelligence also with problem-solving, independent action, realism, interpersonal relationships,

responsibility and empathy components ($p < 0.01$). The people who have control on their emotions and have good understanding of themselves and their relationship with other people is more successful. Those people can deal with the stress easily and can enjoy more with daily stress to deal more easily and therefore health may enjoy. So sports participation should be increased and strengthened. Finally the study reveals the close relationship between emotional intelligence and physical activity.

David et al. (2011) examined the effect of emotional intelligence training and its development on EI scores of individual cricketers. 24 players appearing the South African National Cricket Academy were introduced to an intervention group emotional intelligence training and development intervention program or no intervention (control group). In 2007 and 2008, an experiment was done with different players of different ages. The emotional intelligence was measured after and before intervention using the salvoes, Meyers and Caruso emotional intelligence test (MSCEIT). In 2007, the baseline total emotional intelligence score and post intervention total emotional intelligence score for both cases were seen and it was shown that 84.9 was baseline total emotional intelligence score for intervention group and 96.6 was for the post intervention total EI score, thus providing a relative increase of 13.7%. When control group was considered, it was found that 81.8 were baseline total emotional intelligence score for control group and 83.4 were post intervention total emotional intelligence score, as a result giving a 2 % relative increase. In 2008, it come to know that 89.4 and 101.7 were baseline total emotional intelligence score for intervention group and post intervention emotional intelligence score respectively, providing 13.8% relative increase, while as for control group it was clear that 87.4 and 84.8 were baseline total emotional intelligence score for control group and post intervention total emotional intelligence score respectively, giving 3.1 % of relative rise. 14.5 % (95% CI: 11.9 to 17.2%) of percentage change is found to be in total emotional intelligence score over these two years and is sufficiently, demonstrating emotional intelligence training and development may pay to increasing the profile of individual cricketers.

Sylvain et al. (2011) emotional intelligence has received very less concentration in sports till date but sports performance is directly linked with emotion. The aim of the study is to find out the influence of trait emotional intelligence when the players are in the stress of competition. 30 male handball players were selected for the study (age = 22.5 years; SD = 1.7) were exposed to a competition-like stressor in the laboratory consisting of 20 min of negative imagery coupled with the sound of a crowd hissing. Trait Emotional Intelligence Questionnaire, and mental stress indicator, the low-frequency/high-frequency (LF/HF) ratio, was measured from the variability of their heart rate were used for data collection. The statistical technique ANNOVA showed a significant Time of Measurement \times Trait EI interaction, $F(1, 28) = 6.036$, $p = .020$, $\eta_p^2 = .18$ signifies that high trait emotional intelligence athletes shows a lower increase of stress compared to their low trait emotional intelligence counterparts. Through its influence on the LF/HF ratio, the study finds that the trait emotional intelligence benefits athletes to overcome from the stress in better way

Hade et al. (2011) compared psychological skills with emotional intelligence and athletic success motivation both in team and individual sports. 400 samples were selected for the study 247 from individual and 153 samples were selected from team games. Random multistage sampling method was used. The data was collected through the psychological skills questionnaire Ottawa-3, Bar-On emotional intelligence inventory and perception of sport success questionnaire was also used. The Manova statistical technique finds significant difference between 2 groups namely individual and team sports. The results show no significant difference among psychological skills and motivation of athletic success both in individual and team groups with respect to overall emotional intelligence.

Gasem et al. (2011) scrutinized the relationship between sport orientation and emotional intelligence among male university students. For this study 181 students were selected as a sample age group (18 to 30 years). Random sampling technique was used. Emotional intelligence and Sport orientation questionnaire were used to obtain the data from samples. The findings of the study reveals that sports orientations and emotional intelligence have positive correlation. Competitiveness and goal setting have also positive correlation with emotional intelligence both in individual and team athletes, but study also finds no correlation between win orientation and emotional intelligence and emotional intelligence and win orientation have no significant level in

team and individual. The outcome other study finds that the sports orientation and emotional intelligence have no significant difference both in team and individual athletes.

Crombie et al. (2011) investigated the effect of emotional intelligence training and development on the emotional intelligence profile scores of individual cricketer's. Intervention and non-intervention groups were randomized by selecting twenty four players to attend the South African National Cricket Academy. For the study, experimental design followed the scheme of making different partners. Using Mayer, Salovey & Caruso (MSCEIT) emotional intelligence test of every player was measured pre and post intervention. It was found that for intervention group total emotional intelligence score base line was 84.9 and for post intervention, it was 96.6. Thus having relative increment of 13.7% after intervention. By comparison it was analyzed that total emotional intelligence score baseline was 81.8 for intervention group while as for post intervention group it was 83.4, consequently giving 2% increment in emotional intelligence. Similarly in 2008 experiment revealed that baseline of total emotional intelligence in case of intervention group was 89.4 and for post intervention group, base line score counted to be 101.7 giving the increment of 13.8%. However by comparison, total emotional intelligence of control group was having a 87.4 base line score and post intervention was having 84.8 base line score, giving a 3.1% increment in total emotional intelligence. This experimental study revealed that in both years percentage change in estimated intervention effect in emotional intelligence is 14.5% (95% CI: 11.9 to 17.2%) and is significant, showing that trainings of Emotional intelligence and development may have influence in increasing the Emotional intelligence profile of individual cricketers.

Hadi et al. (2011) compared the psychological skills, entire emotional intelligence and athletic success motivation among individual sports and team. In this research 400 samples of male athletes were selected among these athletes (153 team and 247 individuals were selected through randomly multi stage sampling methods. The psychological skill questionnaire Ottawa-3, were completed by the subjects and for emotional intelligence sport success questionnaire of emotional intelligence was used to collect data. For analysis of data Mean standard deviation and manova statistical methods were implemented. The study revealed that the significant difference was found through (manova) between the two groups (team sports and individual) in terms of motivation of athletic success and psychological skills. And the significant difference was not

found in between two groups of team sport and individual with respect to overall emotion intelligence.

Wag et al. (2012) underwrote to a growing theoretical body of literature in concern with the role of emotional intelligence capabilities and emotion maintaining strategies in generating optimally working in sport organizations. 21 participants were selected through semi structured interview which includes coaches, national performance directors, chief executive officers and athletes and they represent 5 national sport organizations. The abilities like key motion i.e. processing, comprehending and identifying and handling emotions. They were linked with the use of specific experience and expressions regulation strategies example back tracking , forward tracking , suppression, reappraisal and impulse control were recognized and giving important perceptions into how these emotions, abilities may be developed within the sports. These emotional abilities initiated us to be extremely contextualized and were observed to make influence through socio-cultural norms present within organization on regulation of strategy selection. On the basis of these finds, the study showed to developing emotion abilities will be effective in enabling organizational functioning by supporting Individuals to perceive process comprehended and govern emotions intelligently.

Ugoani (2013) investigated ascertain imperative role of emotional intelligence on psychological wellbeing among 385 adolescent's participants. The collection of data was done through questionnaire and personal interview was also conducted .ANNOVA raveled that emotional intelligence influence psychological well being among adolescents. It includes emotional reactions like happiness, Tenderness, love, zest, joy. Elation, pleasure, anxiety, fears etc. Leads to psychological wellbeing, therefore emotional intelligence in daily living has detrimental effect on mental health and psychological wellbeing.

Sushil (2014) investigated intention behind the study was to find the relationship between personality and intelligence with subjective well-being of football players for this study 40 male football players were selected who had at least participated in intercollegiate of K.U.K and C.D.L.U sirsa or at least they have participated in inter district Tournament of Haryana. The data was collected through the questionnaires. The duration of 20 minutes were given to each student to fill the questionnaire. The data was computed through the Mean, S.D and t-test were also used to analyze the data. The study reveals that the low well-being group has more 'N' traits when

compared to high well-being group. The average score of low well-being group is higher than that of high well-being group. The outcome of the study shows that the intelligence of high well-being group have not significant difference from low well-being group and it also showed that low well-being is significantly different from high well-being group on the basis of personality.

Eduardo et al. (2014) tested a theoretical model which explains the psychological well-being of the subjects of athletic physical activities. 422 physically active participants were selected as a sample for the study. All the students were from university level. Both male and female students were selected. 240 male and 182 female students were selected as at the mean age of 21.47 years. Only those students were selected which at least do two times physical activity per week. The data were collected through habitual physical activity questionnaire. The result revealed that the individuals possessing higher levels of mastery approach are more likely to fulfill their basic psychological needs with exercise and can enhance their satisfaction with life. It became also one of the outcomes of the study that there were no significant relationships found in between the performance approach goal and rest of the variables

Mehmood (2014) investigated the relationship of emotional intelligence with a self-esteem and depression among adolescents. 182 samples were selected from both male and female having age of 12 to 18 years for this study and mixed sampling technique were used to select the samples. Data was collect through questionnaires. In order to find the relationship of emotional intelligence with depression and self-esteem among adolescents, a technique called as Pearson coefficient of correlation was implemented. The outcome of the study revealed that there is positive relationship between self-esteem and emotional intelligence and negative relation with depression.

Bal et al. (2014) investigated relation between emotional intelligence of Male Hockey Players along with the variable will to win, advances in physical Education, 2014. The study examined emotional intelligence and will to win the level among Male Hockey player. It was find out that both emotional intelligence and will to win are important determinant for is giving out the peak performance by the male hockey players. The result for this study was 90 male hockey players were selected as a sample the age group of subjects was 19 to 25 years. These samples were dividing into three groups. Defenders, mid fielders and Attackers each group thirty in number. The emotional intelligence scale were used to collect the data and will win Questioner were used.

The statically techniques technique .ANNOVA was used to compare the different positions of players. The outcome of study revealed significant difference, from different positions, on the basis of variable will to win between male hockey players. The mid fielder players have higher level of will to win compared to their counterpart attacker and defenders. There was a significant difference between variable will and win among male hockey players from different playing positions. The midfielder players had higher level of will to win as compared to their counterpart attacker and defender. Emotional intelligence and will to win has been studied by very limited researches. It seems initiative that the level of one's emotional intelligence and will to win state to their performance and behavior of sports field. Limited research has studied emotional intelligence and will to win.

Singh (2014) investigated locus of control and will to win between inter collage level male basketball and volleyball players. Study was conducted by taking sample of about 40 players in which 20 players belonged to volleyball and other 20 belonged to basket ball. Players were of age ranging from 18 to 25 years who participants were of inter collage competitions of Guru Nanak dev university, Amritsar, Punjab, India. Participants volunteered in this study were made aware of aim and methodology to be used in this study. Data was collected by questionnaires framed by Kumar and Shukla in 1998. Independent sample T test was performed to access difference between basketball and volley ball players. The level of significance was set at 0.05. The study showed statistically significant differences between basketball and volleyball players with regard to will to win but insignificant differences with regard to locus of control.

Baljinder (2014) observed role played by the emotional intelligence in the performance of players of basketball. During investigation about sixty female intercollegiate level basketball players were selected to act as subjects, corresponding to an age of 19 to 25 years. Selection of subjects was done using purposive sampling technique and groups were created from selected subjects. About three groups were framed I.e. N1=20; national, N2=20; state, and N3=20; District. After this when all groups were given knowledge about objective and protocol of this study, subjects provided their agreement and voluntarily offered to participate in this study. Emotional intelligence scale designed by Hyde et al. was used to examine the level of emotional intelligence among subjects of all groups. From the results, a significant difference was found among subjects belonging to different groups, on the basis of self-awareness and integrity. It was

seen that self-awareness among subjects belonging to district level have better and sufficiently good in comparison to female basketball players belonging to national and state level. In addition to this, there was better integrity exhibited by female basketball players included in national level than those subjects which are under state and district level. But there was no such difference found among these subjects when sub-parameters like empathy, emotional stability, and self-development, managing relations, value orientation, self-motivations, altruistic behavior and commitment.

Singh et al. (2015) investigated aggression and will to win among handball and volleyball players of university players. For this study total 40 samples were collected 20 from each group. Data was collected through questionnaires. Questionnaire of aggression developed by Anand Kumar & P.S. Shukla and for will to win questionnaire developed by Anand Kumar & P.S. Shukla (1998). Interpretation of data was assessed through by using independent sample test. The study reveals that the significant difference was found between handball and volley ball player in regards with aggression and will to win.

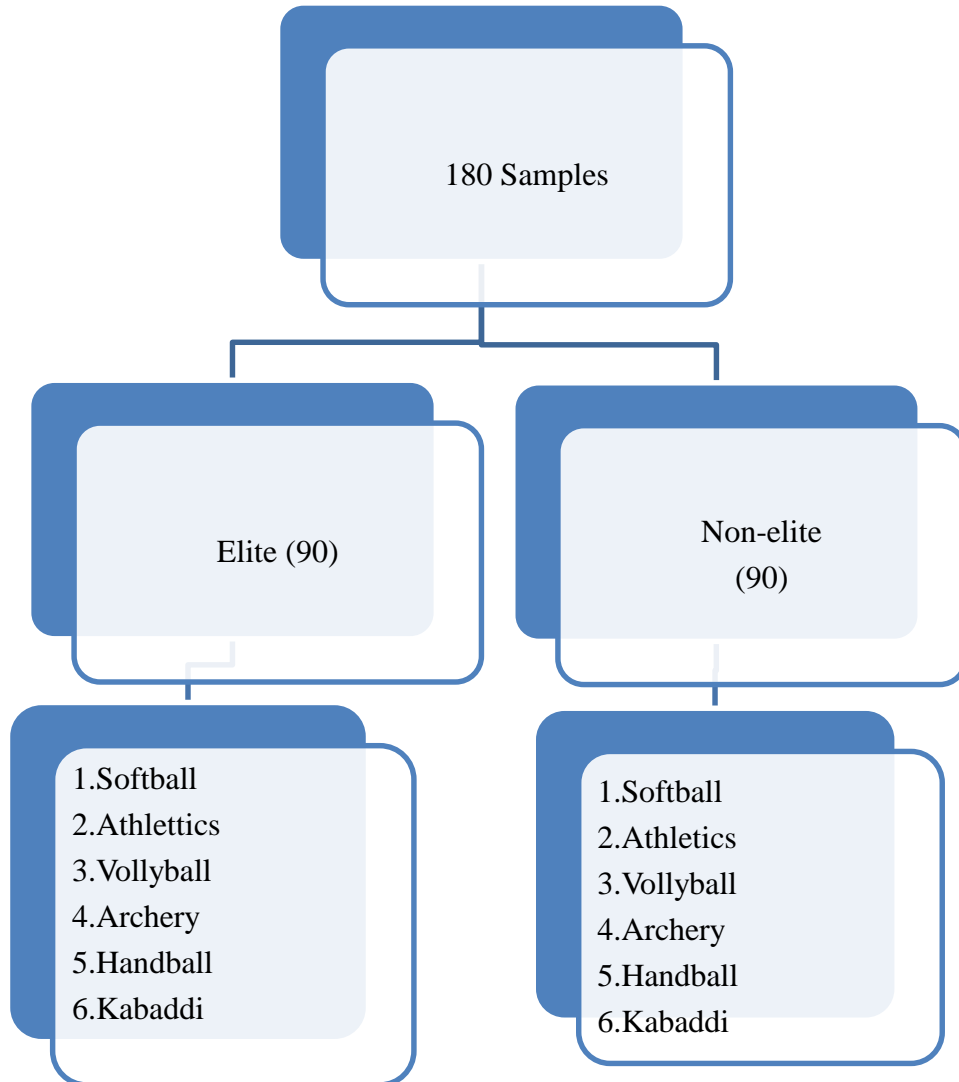
Singh (2015) studied the emotional intelligence and will to win level among basketball players intercollegiate basketball players. 50 female basketball players were selected as a sample of Guru Nanak Dev University Amritsar, Punjab for study. Purposive sampling technique was used to achieve the purpose of study. Emotional intelligence and will to win questionnaire was applied to collect the data and (ANNOVA) was used to find the intra-group difference. The study revealed that the significant difference was found among female basketball players on sub-variables of emotional intelligence. The insignificant difference was also found among female basketball players on sub- variables of will to win.

CHAPTER-III

METHOD &PROCEDURE

In this chapter selection of subjects, selection of variables, criterion measures, selection of tools/questionnaires, administration of questionnaires, collection of data & statistical techniques employed for analyzing the data has been discussed.

3.1 Sampling Design



3.2 Selection of Subjects

A total of 180 athletes of Elite and Non-Elite level were selected for the study from the state of Punjab, A total 180 samples were selected for the study, 90 samples were elite

level athletes 90 were non elite athletes. The selection of the samples were equally proportioned in various individual and team games i.e. 15 elite athletes from various individual games and 15 elite athletes from various team games respectively with age ranging between 18-28 years, from the state of Punjab.

Table- I

List of Universities Selected for Sampling

S.No.	Name of University
1.	Lovely Professional University,Phagwara
2.	Guru Nanak Dev University. Amritsar
3	Punjabi University, Patiala.

3.3 Selection of Variables

In the present study the variables of psychological aspects were not only relevant but also closely related to the study and its purpose. Therefore, based on literary evidence, correspondence with the experts and keeping the feasibility aspect in mind, following variables were found appropriate for this study:

1. Psychological wellbeing
2. Emotional Intelligence
3. Will to win

3.4 Criterion Measures/Tools

The criterion measures adopted for the study were as follows:

- Assessment of psychological wellbeing was done by using a scale of psychological well being scale developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary in 2012.
- Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar in (2002).
- Assessment of Will to win was done by using Will to Win Scale developed by Anand Kumar in (1988).

Selection and Description of the Tools/Questionnaires

The tools used in this study for the collection of the data were selected because they were found to be most reliable and have been used in the profession of physical education and sports throughout the world. The reliability and validity as given in the manuals of the respective scales are as under:

Table-II

3.5 Reliability and Validity of Various Tests

S.No.	Variables	Test	Reliability	Validity
1.	Psychological Well being	Psychological Well being scale	0.86	0.70
2.	Emotional Intelligence	Emotional intelligence scale	0.88	0.93
3.	Will to win	Will to win Scale	0.92	0.72

3.6 Administration of Questionnaires

Administration of Test of Psychological Well Being

The respondents were given the questionnaire of psychological wellbeing and for every question they have to response by putting tick among five alternative answers which were mentioned on the questionnaire. Among these five alternative answers no was right or wrong the subject were free to give response on their own will they had to attempt the entire questionnaire. The items were arranged as: 1. strongly Agree 2. Agree 3. Uncertain 4. Disagree 5. Strongly Disagree.

Scoring: - The scoring pattern for the questionnaire was; 1. strongly Agree- 5 points. 2. Agree- 4 points. 3. Uncertain- 3 points 4. Disagree- 2 points 5. Strongly Disagree- 1 point.

Administration of Emotional Intelligence Scale:

The respondents were given the questionnaire and for every statement they had to express their views by making tick (√) on any among the five alternatives. There was no right and wrong answer; they had to give responses on all the items. The items were arranged as: 1. strongly Agree 2. Agree 3. Uncertain 4. Disagree 5. Strongly Disagree.

Scoring: - The scoring pattern for the questionnaire was; 1. strongly Agree- 5 points. 2. Agree- 4 points. 3. Uncertain- 3 points 4. Disagree- 2 points 5. Strongly Disagree- 1 point.

Administration of Will to Win:

The will to win questionnaire consist of 14 questions in which the responses were feed in Yes/No. The subjects were asked to tick one of response from each question which they feel in these conditions. The questions were regarding win, lose and their performance related.

Scoring:-The scoring pattern of will to win questionnaire was only in Yes/No

3.7 Collection of Data

Data for the study was collected from 90 samples from both elite and non-elite athletes (90) athletes of Elite level and Non-Elite levels) by using the questionnaires which were related to the study. The coaches and the athletes showed great zeal and enthusiasm with full support and professionalism. For convincing the respondents it was foretold the related benefits of this study. Their confidence in the ambiguity of their response was promised.

3.8 Statistical Techniques

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation. Further, in order to determine the inter relationship between psychological well being, emotional intelligence and will to win, Pearson Product moment correlation (P.M.C.C) was applied. The results were tested at 0.05 level of significance. On the bases of findings, results were made.

CHAPTER IV

ANALYSIS AND INTERPRETATION OF DATA

The statistical analysis and interpretation of the data has been presented in this chapter. The data conducted to various psychological variables had been analyzed by using the descriptive statistics i.e. mean, standard deviation. Further Pearson product moment correlation was used to determine the correlation between psychological wellbeing, Emotional intelligence and will to win.

Level of Significance

The level of significance was set at 0.05, which was considered appropriate for the purpose of the study.

Findings of the Study

The findings pertaining to descriptive statistics, Pearson product moment correlation was used to find out the relationship of psychological well being with Emotional intelligence and will to win among Elite and Non Elite Athletes.

Descriptive Statistics of elite athletes

Table 4.1

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL INTELLIGENCE AMONG ELITE ATHLETES

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	90	188.58	20.37	89	.647**	.000
Emotional intelligence	90	133.32	14.97			

** Correlation significant at the 0.01 level (2-tailed)

* Correlation significant at the 0.05 level (2-tailed)

Table: 4.1 shows the relationship of psychological wellbeing with emotional intelligence among elite athletes. The mean value of psychological wellbeing and emotional intelligence was found to be 188.58 and 133.32 and S.D is 20.37 and 14.97 respectively. The p-value .000 is statically significant at 0.01 level of significance. The correlation value (r-value) .647** shows a positive correlation of psychological well being and emotional intelligence between elite athletes. Thus the null hypothesis was rejected.

The Graphical Representation Of Means Of Psychological Wellbeing And Emotional Intelligence Among Elite Athletes In Fig. 4.1

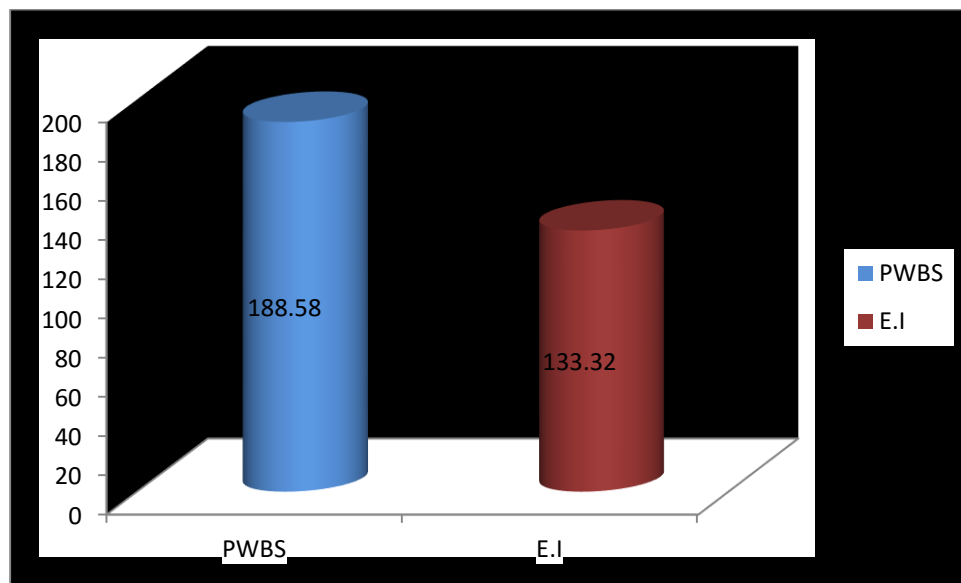


Table 4.2

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH WILL TO WIN AMONG ELITE ATHLETES

Variables	N	Mean	Std.Deviation	Df	Correlation	Sig. (2-tailed)

Psychological wellbeing	90	188.58	20.37	89	.036	.739
Will to win	90	8.40	1.98			

Table: 4.2 shows the relationship of psychological wellbeing with will to win among elite athletes. The mean value of psychological wellbeing and will to win was found to be 188.58 and 8.40 S.D is 20.37 and 1.98 respectively. The p-value .739 is statically insignificant at 0.01 level of significance. . The correlation value (r-value) .036 shows no correlation of psychological well being with will to win among elite athletes. Thus the null hypothesis is withheld.

The Graphical Representation of Means of Psychological Wellbeing and Will to Win Among Elite Athletes in Fig. 4.2

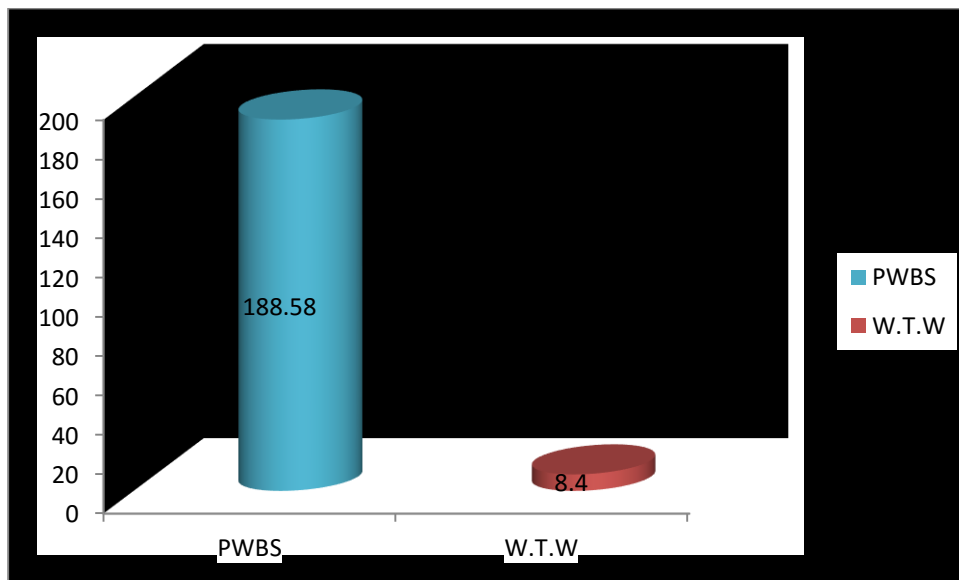


Table 4.3

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL INTELLIGENCE AMONG NON-ELITE ATHLETES

Variables	N	Mean	Std.Deviation	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	90	168.61	25.74	89	.692**	.000
Emotional intelligence	90	121.36	17.69			

Table: 4.3 shows the relationship of psychological wellbeing with emotional intelligence among non-elite athletes. The mean value of psychological wellbeing and emotional intelligence was found to be 168.61 and 121.36 and S.D is 25.74 and 17.69 respectively. The p-value .000 is statically significant at 0.05 level of significance, thus clearly indicating a positive relationship of Psychological well being with emotional intelligence. The r-value .692** shows a positive correlation between Psychological well being and emotional intelligence among Non Elite athletes. Thus the null hypothesis was rejected.

The Graphical Representation of Means of Psychological Wellbeing and Emotional Intelligence among Non-Elite Athletes in Fig. 4.3

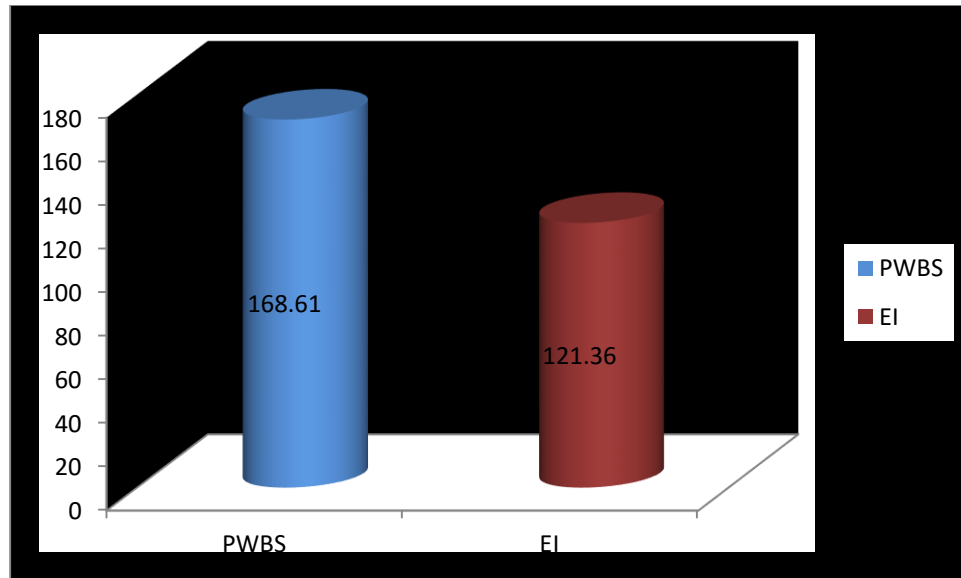


Table 4.4

**CORRELATION OF PSYCHOLOGICAL WELLBEING WITH WILL TO WIN
AMONG NON-ELITE ATHLETES**

Variables	N	Mean	Std.Deviations	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	90	168.61	25.74	89	.228*	.031
Will to win	90	7.50	1.76			

Table: 4.4 shows the relationship of psychological wellbeing with will to win among non elite athletes. The mean value of psychological wellbeing and will to win was found to be 168.61 and 7.50, and S.D is 25.74 and 1.76 respectively. The p-value .031 is significant at 0.05 level of significance thus clearly displaying a positive relationship of psychological wellbeing with will to win among non elite athletes. The r-value .228* points out a positive correlation of

Psychological well being with will to win among non elite athletes. Thus the null hypothesis was rejected.

The Graphical Representation of Means of Psychological Wellbeing Will To Win Among Non-Elite Athletes in Fig. 4.4

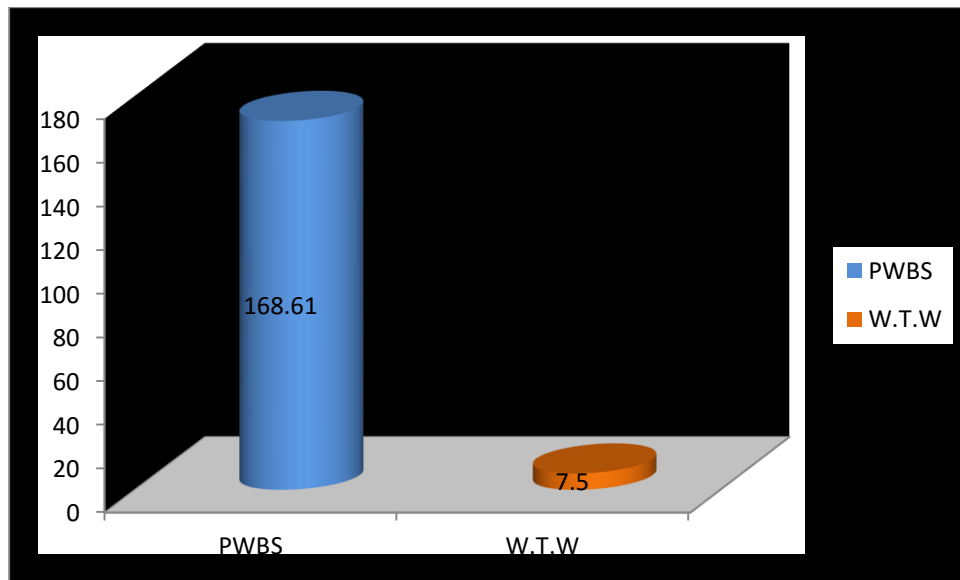


TABLE 4.5

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG ELITE ATHLETES OF SOFTBALL

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	196.00	19.43	14	.845**	.000
Emotional intelligence	15	132.46	17.30			
Will to win	15	7.6	2.02		-.311	.260

Table.4.5 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in Softball Elite athletes 196.00, 132.46, 7.6 and SD 19.43, 17.30, 2.02 . A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .845**, and a insignificant relationship was found between Psychological well being and will to win in elite softball athletes

The Graphical Representation Of Means Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Softball Fig. 4.5

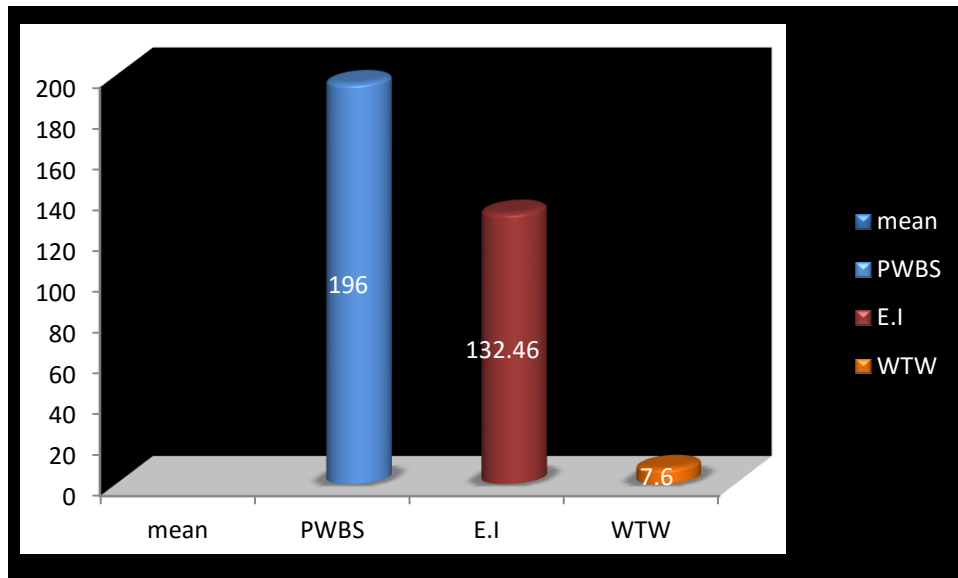


TABLE 4.6

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG ELITE ATHLETES OF ATHLETICS

Variables	N	Mean	Std.Deviation	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	183.40	21.46	14	.660**	.007
Emotional	15	135.20	13.1			

Variables	N	Mean	Std.Deviation	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	193.40	19.59	14	.696**	.004
Emotional intelligence	15	138.33	13.18			
Will to win	15	9.60	1.18		-.063	.822

Table.4.7 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in Elite athletes of Volleyball. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was found to be .696**, and a insignificant relationship was found between Psychological well being and will to win in elite athletes of Volleyball as the p-value .063 was greater at 0.05 level of significance.

The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Volleyball. 4.7

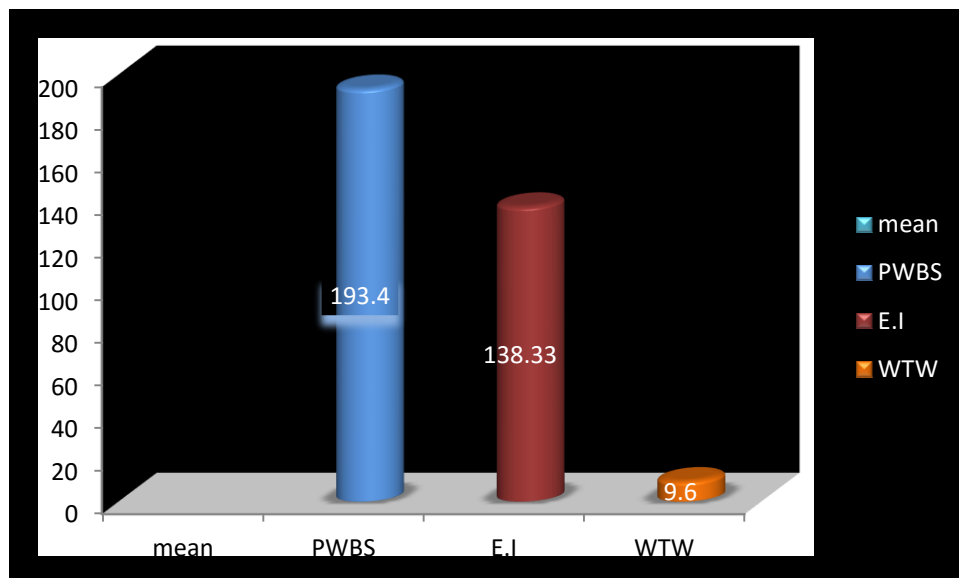


TABLE 4.8

**CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND
WILL TO WIN AMONG ELITE ATHLETES OF HANDBALL**

Variables	N	Mean	Std.Deviation	Df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	193.53	19.1	14		
Emotional intelligence	15	139.20	15.30		.499	.058
Will to win	15	8.1	2.50		.059	.833

Table.4.8 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in handball Elite athletes. A insignificant relationship was found of Psychological well being with emotional intelligence as the p-value .058 was found to be greater at 0.05 level of significance. The relationship of Psychological well being with will to win was also found to be insignificant as the p-value .0833 was greater at 0.05 level of significance.

**The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And
Will To Win Among Elite Athletes Of Handball Fig. 4.8**

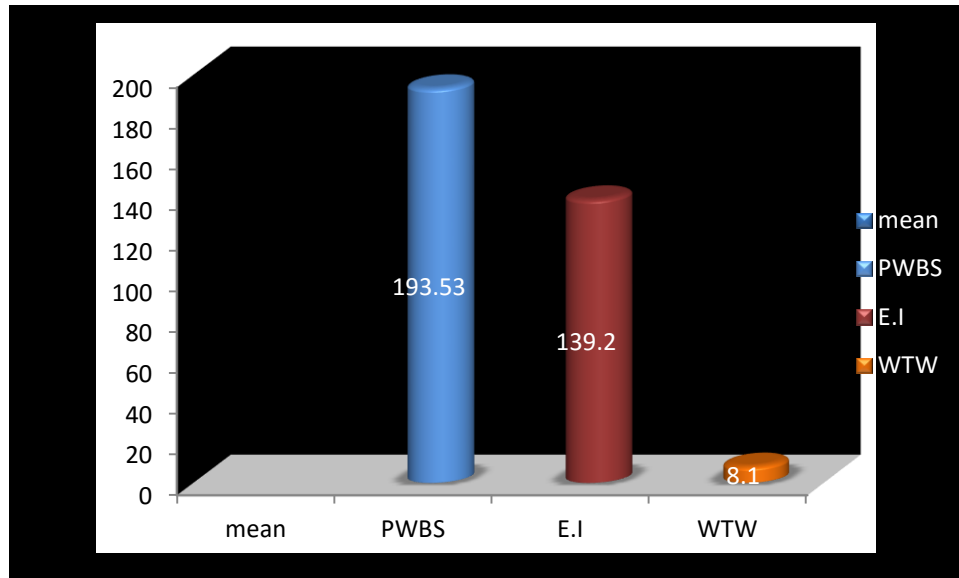


TABLE 4.9

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG ELITE ATHLETES OF ARCHERY

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	187.06	12.60	14	.627*	.012
Emotional intelligence	15	128.20	14.88			
Will to win	15	7.73	1.70		-.115	.683

Table.4.9 no shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in archery Elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .627*,

and a insignificant relationship was found between Psychological well being and will to win in elite athletes of Archery as the p-value .063 was greater at 0.05 level of significance.

The Graphical Representation Of Means Of Psychological Wellbeing With Emotional And Will To Win Among Elite Athletes Of Archery Fig. 4.9

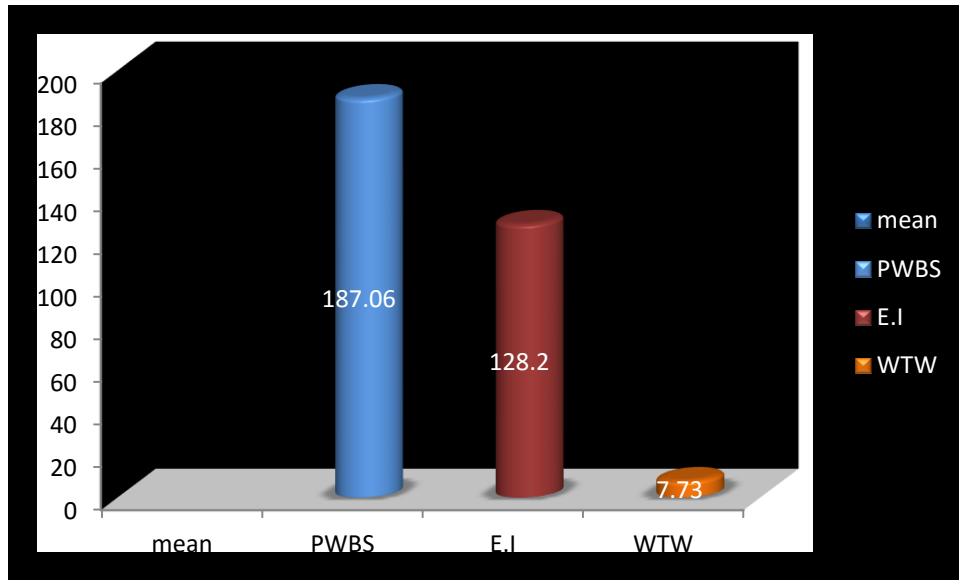


TABLE 4.10

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG ELITE ATHLETES ELITE KABADDI

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	178.13	25.12	14	.644**	.010
Emotional intelligence	15	126.53	13.34			
Will to win	15	8.1	1.45		.319	.246

Table.4.10 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in Kabaddi Elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .644**, and a insignificant relationship was found between Psychological well being and will to win in elite athletes elite Kabaddi as the p-value .246 was greater at 0.05 level of significance.

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Elite Athletes of Kabaddi in Fig. 4.10

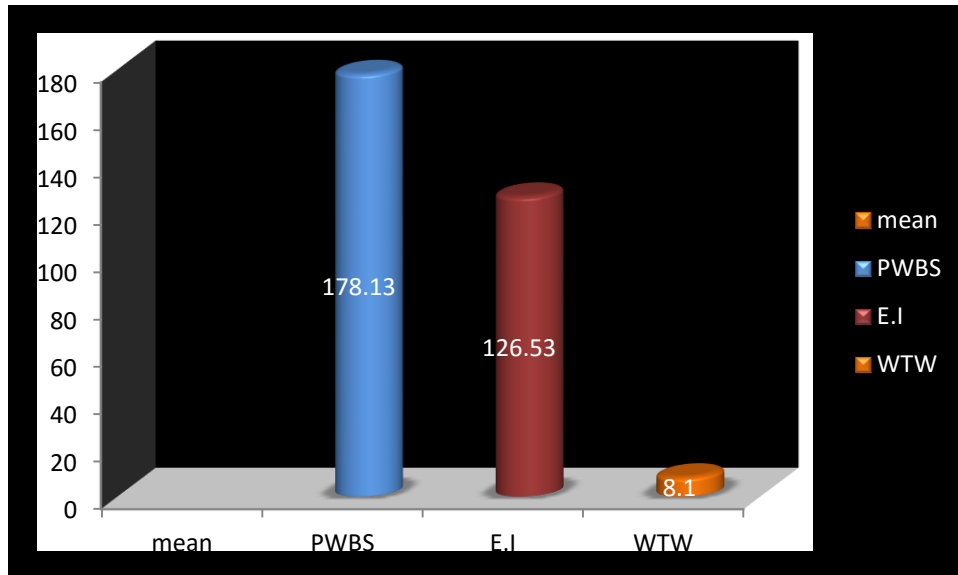


TABLE 4.11

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG NON-ELITE ATHLETES OF SOFTBALL

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	168.26	24.81	14	.888**	.000
Emotional	15	127.20	17.33			

intelligence					-.193	.490
Will to win	15	7.6	1.53			

Table.4.11 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in Softball non- elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .888**, and a insignificant relationship was found between Psychological well being and will to win in elite softball athletes as the p-value .490 was greater at 0.05 level of significance.

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Softball Fig. 4.11

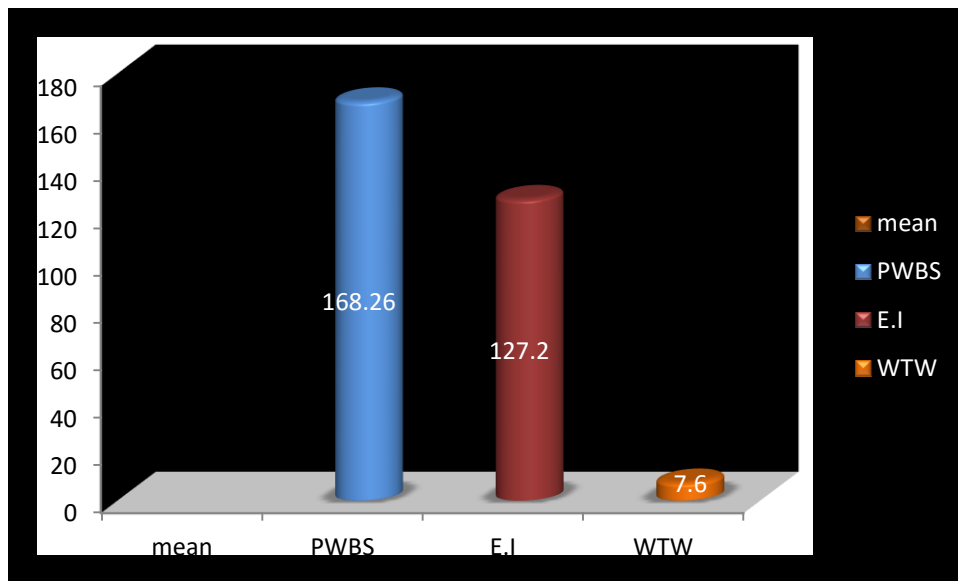


TABLE 4.12

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG NON-ELITE ATHLETES OF ATHLETICS

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	172.00	14.17	14	.201	.0473
Emotional intelligence	15	121.73	12.41			
Will to win	15	7.26	1.38		.338	.218

Table.4.12 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win among non-elite athletes athletics. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .201, and a insignificant relationship was found between Psychological well being and will to win among non-elite athletes of athletics as the p-value .218 was greater at 0.05 level of significance..

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Athletics Fig. 4.12

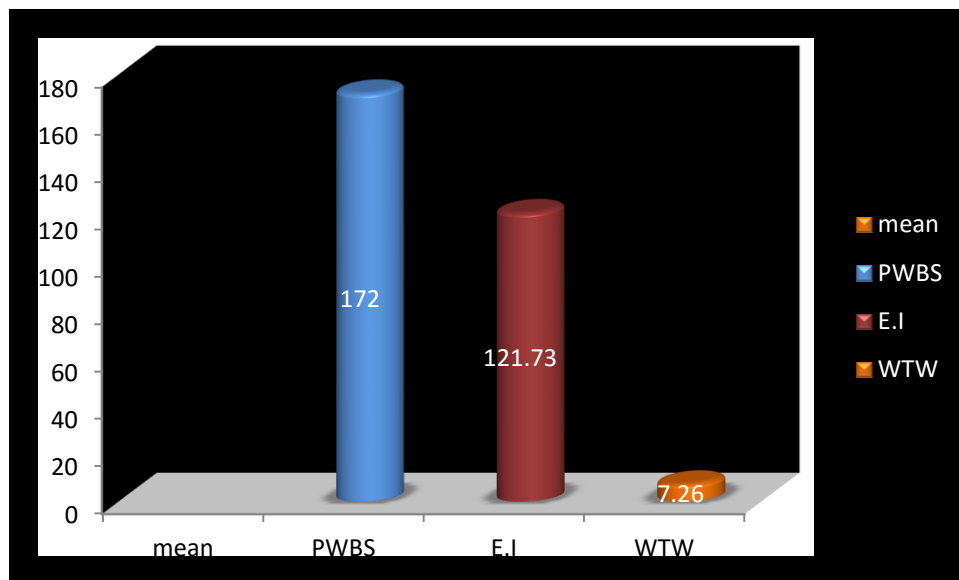


TABLE 4.13

**CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND
WILL TO WIN AMONG NON-ELITE ATHLETES OF VOLLEYBALL**

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	163.86	27.98	14	.716**	.003
Emotional intelligence	15	117.66	21.68			
Will to win	15	7.20	2.07		.003	.596

Table.4.12 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in volleyball non- elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .716, and a insignificant relationship was found between Psychological well being and will to win in elite softball athletes as the p-value .596 was greater at 0.05 level of significance..

**The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence
and Will To Win Among Non-Elite Athletes Of Volleyball Fig. 4.13**

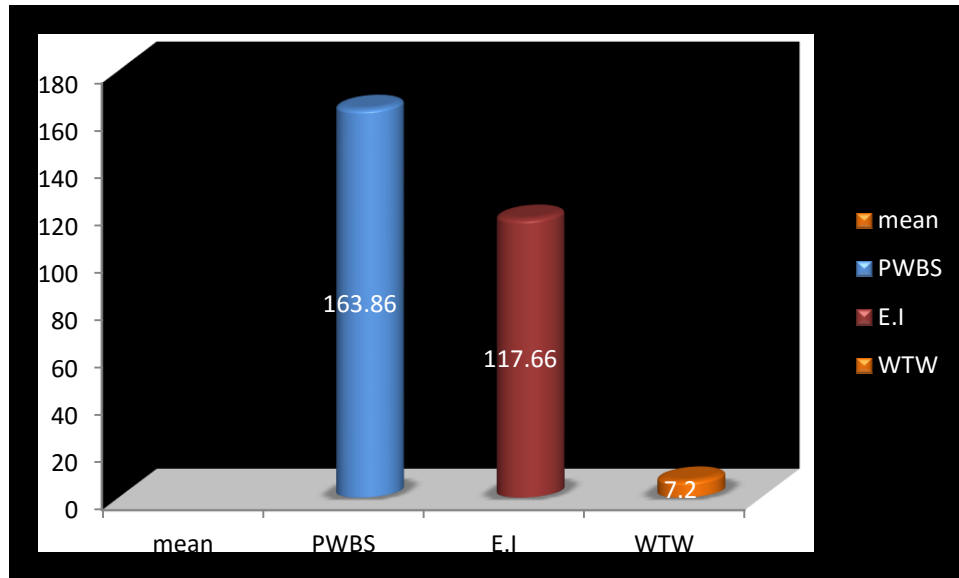


TABLE 4.14

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG NON-ELITE ATHLETES HANDBALL

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	166.40	33.53	14	.904**	.000
Emotional intelligence	15	120.33	19.44			.110
Will to win	15	7.8	1.65			

Table.4.13 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in handball non- elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .904**, and a insignificant relationship was found between Psychological well being and will to win in elite softball athletes as the p-value .110 was greater at 0.05 level of significance..

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Handball Fig. 4.14

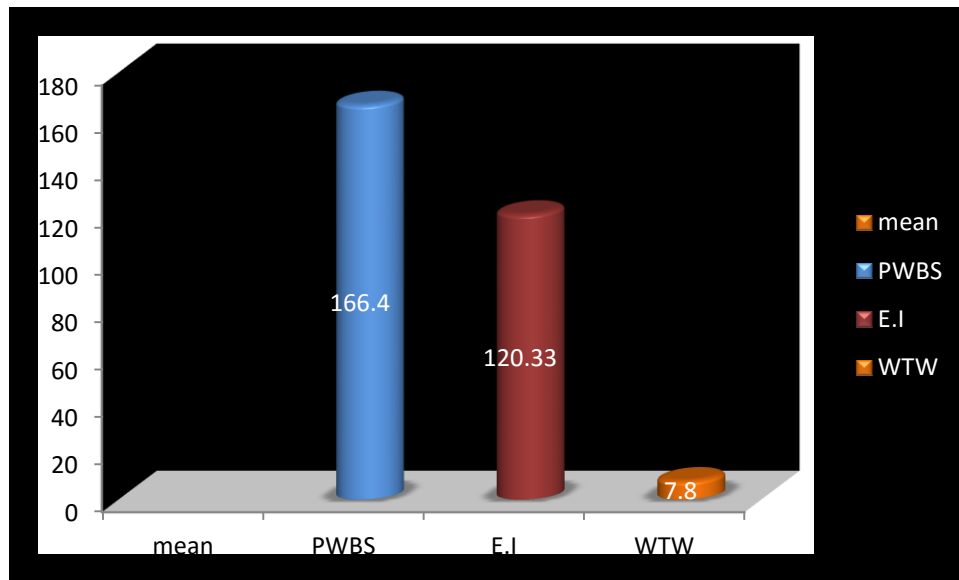


TABLE 4.15

CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG NON-ELITE ATHLETES OF ARCHERY

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	168.73	23.84	14	.823**	.000
Emotional intelligence	15	118.46	15.32			
Will to win	15	7.70	2.10		.323	.240

Table.4.14 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in archery non-elite athletes. A positive correlation was found between Psychological well being and emotional intelligence as the r-value was founded .823**, and a insignificant relationship was found between Psychological well being and will to win in elite softball athletes as the p-value .240 was greater at 0.05 level of significance..

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Archery Fig. 4.15

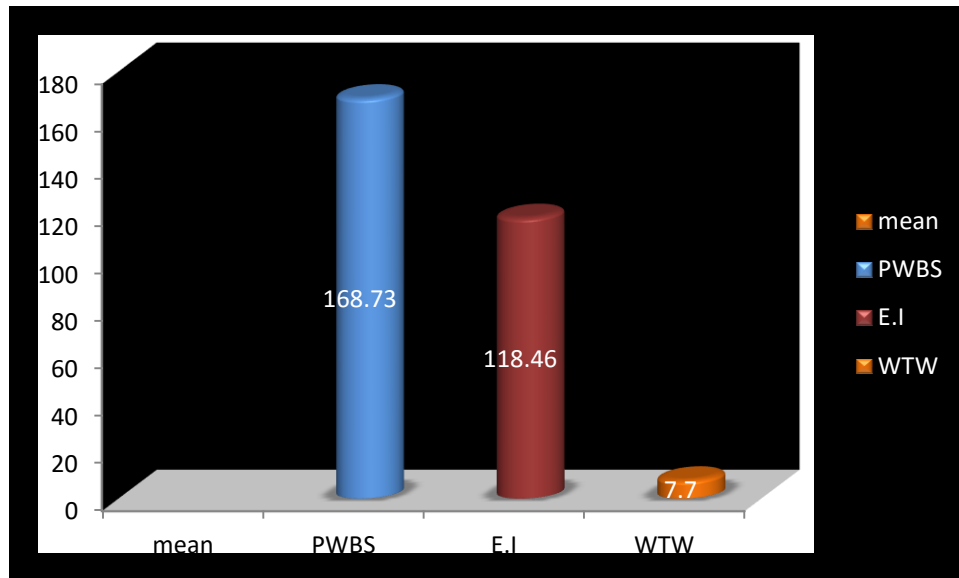


TABLE 4.16

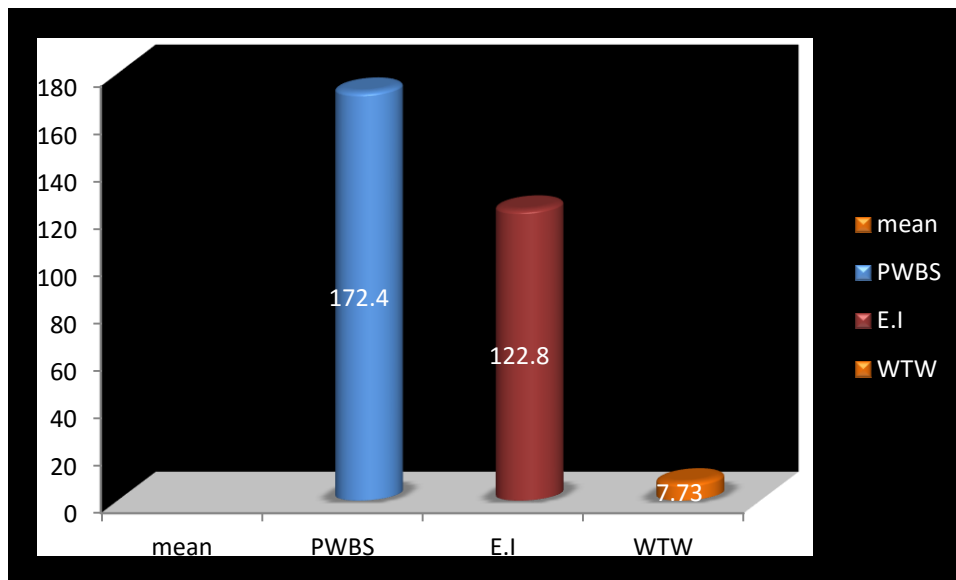
CORRELATION OF PSYCHOLOGICAL WELLBEING WITH EMOTIONAL AND WILL TO WIN AMONG NON-ELITE KABADDI

Variables	N	Mean	Std.Deviation	df	Correlation	Sig. (2-tailed)
Psychological wellbeing	15	172.40	29.38	14	.406	.133
Emotional intelligence	15	122.80	19.72		.301	.276

Will to win	15	7.73	1.83			
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Table.4.15 shows the mean and standard deviation values of Psychological well being, Emotional intelligence and Will to win in handball Elite athletes. A insignificant relationship was found of Psychological well being with emotional intelligence as the p-value .133 was found to be greater at 0.05 level of significance. The relationship of Psychological well being with will to win was also found to be insignificant as the p-value.276 was greater at 0.05 level of significance.

The Graphical Representation of Means of Psychological Wellbeing, Emotional Intelligence and Will To Win Among Non-Elite Athletes Of Kabaddi Fig. 4.16



Discussion

The scholar examined the relationship of Psychological wellbeing with Emotional intelligence and will to win among elite and non-elite athletes In order to test hypotheses for establishing relationships Pearson’s’ Product Moment Correlation was computed with the help of SPSS 17.0 version.

The mean value of psychological wellbeing, Emotional intelligence and will to win is 188.58, 133.32 and 8.40 respectively among elite athletes and the mean value of psychological wellbeing, Emotional intelligence and will to win is 168.61, 121.36, and 7.50 respectively among non-elite athletes. The first objective of the study was to find out the relationship of psychological wellbeing with emotional intelligence and will to win among elite athletes. Pearson product moment correlation was used to find out the relationship of psychological wellbeing with emotional intelligence and will to win among elite and non elite athletes respectively. The result of the study shows the positive correlation between psychological wellbeing with emotional intelligence and insignificant relationship of psychological wellbeing with will to win among elite athletes. The second objective of the study was to find out the relationship of psychological wellbeing with emotional intelligence and will to win among non-elite athletes. The result of the study also revealed a positive correlation of psychological wellbeing with emotional intelligence and will to win among non-elite athletes.

Discussion of Hypotheses

As per findings of the study and on the basis of an elaborated discussion of these findings, the hypotheses set earlier to be tested are discussed below:

- The first hypothesis that there would be positive relationship of psychological wellbeing with emotional intelligence was accepted among elite athletes and there would be positive relationship of psychological wellbeing with will to win among elite athletes was not accepted, as the findings of the study revealed positive relation of psychological wellbeing with emotional intelligence and insignificant relationship of psychological wellbeing with will to win among elite athletes.
- The second hypothesis that there would be significant relationship of psychological wellbeing with emotional intelligence and will to win among non-elite athletes was accepted .The results revealed positive relation of psychological well being with emotional intelligence among non-elite athletes and also shows positive relation of psychological wellbeing with will to win among non-elite athletes

CHAPTER 5

SUMMARY CONCLUSION AND RECOMNDATION

The purpose of the study was to find out the relationship of psychological wellbeing with emotional intelligence and will to win among elite and non elite athletes.

- It was hypothesized that there exist significant relationship of psychological wellbeing with emotional intelligence and will to win among elite athletes.
- It was hypothesized that there exist significant relationship of psychological wellbeing with emotional intelligence and will to win among non elite athletes.

A total of 180 university level athletes, 90 each from elite group and 90 from non non-elite group of different games and their age ranging between 18-28 years, from the universities of Punjab were selected randomly for the study.

Following were the variables proposed for the study:

- 1 .Psychological wellbeing
2. Emotional Intelligence
3. Will to win

The criterion measures adopted for the study were as follows:

- Assessment of psychological wellbeing was done by using a scale of psychological well being scale developed by Dr. Devendra Singh Sisodia and Ms.Pooja Choudhary.
- Assessment of Emotional Intelligence was done by using Emotional Intelligence Scale developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar.
- Assessment of Will to win was done by using Will to Win Scale developed by Anand Kumar.

Data was collected using the relevant questionnaires. 180 university level athletes, 90 each from elite group and 90 from non non-elite group of different games a, from the universities of Punjab were selected randomly for the study The subjects falling under elite and non- elite categories and were visited on pre-decided days.

The data was analyzed by applying Descriptive Statistics i.e. Mean, Standard Deviation. Further, in order to determine the inter relationship of psychological wellbeing with emotional intelligence and will to win; Pearson product movement correlation was applied.

The level of significance was set at 0.05 levels, which was considered appropriate for the purpose of the study.

Conclusions

On the basis of the analysis of data and findings of the study, following conclusions were drawn:-

1. There exists positive relationship of psychological well being with emotional intelligence among elite athletes.
2. There exists insignificants relationship of psychological well being with will to win among elite athletes.
3. There exists positive relationship of psychological well being with emotional intelligence among non-elite athletes.
4. There exists positive relationship of psychological well being with will to win among non elite athletes.

Recommendations

Research is never ending process. Every investigator after completing his piece of research inevitably become aware of areas in which further research is needed and naturally feels motivated to indicate area which may be taken up for research by other investigators. The investigator purpose following suggestions for further research; the present study was conducted with the sample of 180 of elite and non-elite athletes of Punjab. It is suggested that further research should be conducted on large sample size for its more appropriate generalizations of finding.

1. The study may be repeated on international level players to measure their psychological characteristics.

2. Coaches should take into consideration the psychological pre requisites of game in talent identification and development.
3. The study may be conducted on professional and amateur players.
4. Similar study can be done on sportsmen and non-sportsmen.
5. Performance based analysis of the athletes can be done using the same variables.
6. Co-relational studies can be conducted by taking other psychological attributes along with the variables taken up in the study.
7. Psycho-physiological studies can be conducted using the same variables with other performance based variables.
8. The study may be conducted on different psychological parameters.
9. Study can be conducted on different races.
10. Similar study can be done on individual and team games.

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