

**EMOTIONAL INTELLIGENCE AND SELF EFFICACY
AMONG CONTACT SPORTS PERSON AND NON CONTACT
SPORTS PERSONS**

A

Dissertation

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MASTER OF PHYSICAL EDUCATION**

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DECLARATION

I do hereby declare that the dissertation entitled “Emotional intelligence and self efficacy among contact and noncontact sport persons”, is submitted in partial fulfillment of the requirement for award of degree for Masters 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 award of any other degree or diploma of any other university.

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CERTIFICATE

I certify that Ms. Mahak has prepared her dissertation entitled “Emotional intelligence and self efficacy among contact and noncontact sport persons”, for the award of Masters in Physical Education degree of the “Lovely Professional University,” under my guidance. She has carried out the work at the Department of Physical Education, Lovely Professional University.

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ABSTRACT

The purpose of the study was to find the relationship and comparison of emotional intelligence and self efficacy among contact and non contact sportspersons. For the above purpose the researcher selected 180 contact sports person (90) and non contact sportsperson (90). Data was collected through emotional intelligence scale by Arun Kumar Singh and Shruti Narain (2014) and self efficacy scale by Arun Kumar Singh (2014). Pearson's Product Moment correlation coefficient was employed to analyze the data. Results showed a positive relationship among the self efficacy and emotional intelligence of contact and non contact sportspersons. Results also revealed the significant difference in self efficacy whereas a non significant difference was found in the variable of emotional intelligence.

PREFACE

I wish to express my sincere appreciation and gratitude to Dr. Pravin Kumar, HOD, Department of Physical Education, Lovely Professional University, Phagwara, (Punjab) for providing an opportunity to work on this study and the facilities extended to me in carrying out the same successfully.

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Ms. Mahak

TABLE OF CONTENTS

Content	Page No.	
Declaration	i	
Certificate	ii	
Abstract	iii	
Preface	iv	
Table of contents	v-vi	
List of Tables	vii	
List of Graphs	viii	
List of Abbreviations	ix	
CHAPTER – I	INTRODUCTION	1-10
	<ul style="list-style-type: none">• Explanation of the terms• Significance of the study• Statement of the Problem• Objectives of the Study• Hypothesis• Delimitations	 9 9 10 10 10 10
CHAPTER – II	REVIEW OF LITERATURE	11-16
CHAPTER – III	METHODOLOGY	17-30
	<ul style="list-style-type: none">• Design of the study• Tools• Collection of Data• Statistical Analysis	 17 17 18 18
CHAPTER – IV	ANALYSIS AND INTERPRETATION	19- 26

	AND DISCUSSION OF RESULTS	
	• Analysis of Data	19
	• Findings	19- 26
	• Discussion of the Findings	26
CHAPTER – V	CONCLUSION, RECOMMENDATIONS	27-29
	AND SUGGESTIONS	
	• Conclusions	28
	• Recommendations	29
	REFERNCES	30-32

LIST OF TABLES

Table no.	Description of Table	Page no.
4.1	Comparative analysis of Self Efficacy of Contact and Non Contact Sports persons	22
4.2	Comparative analysis of Emotional Intelligence of Contact And Non Contact Sports persons	24
4.3	Relationship of Emotional Intelligence and Self Efficacy Of Contact Sports person	26
4.4	Relationship of Emotional Intelligence and Self Efficacy Of Non Contact Sport Person	28

LIST OF GRAPHS

Graph no.	Description of Graph	Page no.
4.1	Comparative analysis of Self Efficacy of Contact and Non Contact Sports persons	23
4.2	Comparative analysis of Emotional Intelligence of Contact And Non Contact Sportspersons	25
4.3	Relationship of Emotional Intelligence and Self Efficacy Of Contact Sports persons	27
4.4	Relationship of Emotional Intelligence and Self Efficacy Of Non Contact Sport Person	29

LIST OF ABBREVIATIONS

Abbreviations used

SD

r.

SE

EI

Extended meaning

Standard Deviation

Relationship value

Self Efficacy

Emotional Intelligence

Chapter-I

Introduction

Game is all types of generally focused physical action which, through easygoing or sorted out support, expect to utilize, keep up or enhance physical capacity and aptitudes while giving amusement to members, and at times, observers. Sport is in the human life since the times immemorial. The origin of the sports is lost in the antiquity. It is quite certain that physical activity had been a part of life of even the primitive man for him it have been a basic necessity of life, more than fun and pleasure, his survival is based on it. Now a day's sports are only played for the purpose of recreation, recreation is the main motto behind the promotion of sports in today's man life.

Sports analysts and expert competitors have begun to assess the linkages in the middle of feelings and focused on doing execution, and specifically how directing and properly communicating the experience of feelings can encourage execution (Vallerand, 1983). It has been proposed that connected game brain research mediations ought to be established on a premise of hypothesis and exploration (Hardy, Jones, & Gould, 1996; Murphy & Tammen, 1998; Lane & Terry, 2000). A lot of examination exertion has focused on endeavoring to foresee execution from mental variables. Confirmations indicating connections between mental variables could be utilized to guide sport brain science intercession, and it has been recommended that game clinicians can improve execution by improving mental aptitudes (Murphy & Tammen, 1998). Sports psychology is dealing with psychological factor which are linked with the participation and performance in the sports there are many sports psychologist who are working with the different national level of athlete or coaches to increase the performance. Performance can be increased not only by the physical work out but also with the help of psychological factor. That's why various sports psychologist now are becoming the member of sports team. Now a day's most of the teams have sports psychologist. Psychologists are just like boosters. Sports psychologists now are becoming an important member of the team. Control over the psychological factor is an important factor for an athlete to win the edge. If an athlete knows how to make control over his emotion then almost at the starting of every match he has almost win half of the match only because of the control on athlete over his psychological factor. There are many psychological factors which affect the performance of an athlete. But the most widely used psychological factors are:-

Deliberation:- means concentration or you can say that the ability to maintain focus.

Self-efficacy:- means confidence or an individual belief on ones abilities.

Emotional intelligence:- means control or the ability of an individual to make control over his emotions.

Devotion:- means your loyalty towards your work.

Psychologist help in increasing the various factor such as nervousness or vitality administration, consideration and fixation control , centring, objective setting, symbolism, visualization, mental practice, self talk, group building, time administration/association. These are the variables on which brain research help a competitor to expand his execution. A lot of examination exertion has focused on endeavouring to foresee execution from mental variables. Sports psychology deals with the some component they are: - deals with the mental aspects of sports, use the principles of psychology in sports, science of psychology applied to sports, study of a person's behavior in sports, behavior means individual, individual means emotion. Regarding individual it is a very common saying that individual is an emotional fool. Control over the emotion is the need of individual. Emotion can make life awesome or can make worst. So a need is required to make control the emotions, especially in our physical education world. Physical performance of an athlete or a sport person is no longer dependent only on the physiological factor; there are some psychological factors which are responsible for the performance of an athlete. Sports psychology deals with the some component they are: - deals with the mental aspects of sports, use the principles of psychology in sports, science of psychology applied to sports, study of a person's behavior in sports, behavior means individual, individual means emotion. In recent years, coaches and sport researches are trying to find information about the emotional characteristics of elite athletes to enhance athletic performance and team efficiency in different level of competitions, especially in international and Olympic Games (Harald et al., 2007).

Emotions have essential role in human life. Anger, hatred, fear, anxiety, joy and etc. are part of emotions and feelings which human experience in specific conditions. Emotional experiences provide information about themselves and their environment to interact and adjust with it (Kennedy, eileen and Watson, 1999). Emotions prepare individual for rapid reactions and help him to present a suitable adjustment using a suitable cognitive approach and to manifest complex social behaviors (Salovey, 2002). Emotional intelligence is a set of

skills, talents and non-cognitive abilities which increases individual success ability in resisting against stresses and environmental conditions (Bar-On, 1997). Therefore, the important factor in emotional intelligence in success and directly influences variables related to person (e.g self-efficacy and self-confidence) (Mayer and Salovey, 1997). Goleman (1995) stated that individuals with higher emotional intelligence have more ability for feelings, control of emotions, arousing and exciting, recognizing feelings of others and regulating relations with others. Persons with higher emotional intelligence can better adjust with problems and challenges of life and control their emotions effectively, so they increase and improve self-efficacy in athletes (Golemn, 1998). One of the effective factors on athletes' performance and success in life and adjustment is self-efficacy (Narimani et.al, 2007).

Psychological factor is seemed to like boost for an athlete to achieve the goal, that's why psychological training and conditioning becomes a part and parcel of the today's training schedule. Stress, anxiety, tension, aggression, self efficacy, Emotional intelligence etc there are various psychological factors which affect the performance of an athlete. Stress, anxiety and tension these are very common factor and we can easily recognize this factor among an athlete but there are also many other factors which effect the performance and we cannot easily recognize them such as self efficacy and emotional intelligence. These factors are like a bridge between an athlete and his success. The success of an athlete can be predicted by Self efficacy and Emotional intelligence.

Self efficacy is the faith that one can fruitfully execute in a given situation Bandura, (1986); Gist, (1987). Higher self-efficacy means higher persistence. Persons create and build up self perception of ability that income helpful to the goal they follow and to the control they are able to put into effect over the environment. These perceptions affect their motivation and performance; people with high efficacy attribute failure to effort and with low self efficacy may lead failure to ability (Pethe and Dhar, 1999). Individuals influence their own behavior through self-regulatory mechanism (Bandura,1986). These mechanisms include self observation, self evaluation, and self reaction. Self evaluation involves sub process of self concept, self esteem and values. Personalities are likely to connect in tasks in which they feel capable and secure and keep away from those in which they do not. A dependable judgment of the association among self efficacy, outcome expectation and information and skill is essential. An result anticipation is the extent to which people believe their action will lead to certain outcome. An efficacy expectation is the extent to which they consider they can

carry about demanding result. It is distinction among believing that something can occur and believe that one can make it occur (Bandura, 1977).

Self efficacy is an authoritative determiner of the choice that individual make than moreover probable outcomes or the definite skills and knowledge appropriate to the behavior in difficulty. The information and skill even the outcomes people have knowledgeable and expected might be precursor to and creator of their self efficacy philosophy, but the filtering effect of the created belief ultimately screens, redefines, distort or reshape following labours and new in order (Pajaras, 2002).

Secondly, self idea help decide the amount of exertion individuals will develop an action and to what extent they will continue on. The superior the sense of self efficacy, the better is the attempt spending and perseverance. This makes a sort of identity fulfilling forecast, as the tirelessness connected with high adequacy is liable to prompt expanded execution, which thusly raises the feeling of viability though the giving in connected with adequacy restrains the potential for enhancing self discernments. The impact of adequacy varies for people taking in an undertaking and for those performing secured abilities. Self-convictions influence human office is by affecting a singular's idea design and Emotional intelligence responses,' individuals with low viability may accept that things are harder than they truly are, a thing, which drives the anxiety and limited vision of how best to go about an issue. High viability, then again, may ingrain the sentiments of certainty and quietness in drawing closer of troublesome assignment. Nisbett and Ross (1980) contended that person consider profoundly held convictions important and even wire them with their own personality, so that it could be exceptionally hard to independent self from conviction. The last path in which self conviction influences conduct is by perceiving people as makers instead of basically foretellers of conduct. In short self-assurance breeds achievement that thus breeds all the more difficult execution; self-uncertainty breeds aversion, imperfection and inability to attempt.

Self efficacy may be controlled by putting four sorts of intercessions (a) Performance Accomplishments (b) Vicarious Experience (c) Verbal Persuasion and (d) Emotional excitement (Frustenburg and Rounds, 1995). Among these, Performance achievements, or genuine dominance experience, are the most persuasive source. Achievement has a tendency to rise self suffices and disappointment has a tendency to lower it. Past experience of achievement are credited to perpetual elements, for example, individual capacity on

reasonable level of undertaking trouble. Another wellspring of adequacy is vicarious experience, or introduction to the endeavours, achievement and disappointment of other. Simply viewing somebody additionally perform effectively on an undertaking may expand a singular's feeling of self efficacy concerning some assignment. Verbal or serial influence is the demonstration of verbally fortifying and empowering a person. Self-efficacy-belief in self ability- is referred to individual beliefs about ability for doing assignments in special conditions. In addition, the other type of self-efficacy refers to general belief of individual about abilities and potentials (Maddux, 2002). Self-efficacy has influence on selecting behavior, attempts and insistence and determines the manner of encountering with barriers and challenges. Self-efficacy means individual's perceived ability in conformity with specific conditions (Bandura, 1997). Individuals with weak self-efficacy have helplessness feelings and fail in exerting any influence and effect on events and conditions; therefore they believe that their attempts are useless and futile. It is not surprising that they are sad and worried and in encountering a problem, they quickly surround. Individuals with strong self-efficacy believe that they can manage their life events, are insistent, and their performance is at high level (Parvin and John 2001). Emotion controlling and understanding specific conditions in athletes is very important because sometimes lack of emotional control and self-efficacy influences all performance. Mirhashemi stated that there is a optimistic connection between emotional intelligence and self-efficacy feeling and individuals with high emotional intelligence are more efficient employees, in other words have high success in doing works. Therefore, when a person has required control on skills and performances, he will have high success feeling. So it could be said that individuals with high emotional intelligence and self-efficacy are successful in their work (Aghdamibaher et.al, 2009). Results of Zuskova et.al (2003) showed that successful athletes are talented for abilities and special talents in emotional intelligence which enables them for great works. Most studies about emotional intelligence in athlete and non-athlete indicates that emotional intelligence in athletes is higher than athletes (Tabesh 2006; Alian, 2007). Facts show that emotional intelligence and self-efficacy have important role in health, progress, improving efficacy and performance. Attention to emotional experiences of athletes and training programs as well as the ability to control negative mood and improving the psychological readiness with technical and tactical readiness is a major part of Olympic athletes and elite training session (Lane et al., 2001). When athletes try to achieve team goals and success in terms of psychological characteristics and their traits they experience new and uncertain conditions that disturb mental readiness and performance. On the other hand these features, particularly in major and international

competitions that result is favourable and wins or loses are optimal goals, takes on a particular nature (Peter et al., 2006). The consequences of diverse studies on Olympic competitors demonstrated that the reason of achievement of more than 50% of expert competitors is having ideal mental readiness for defying the nervousness and negative hassles in delicate rivalries (Andrew et al., 2006). Emotional intelligence states are seen as incongruent with those needed for ideal execution, this can prompt considerations and practices planned to manage them to wanted levels. Indeed Emotional intelligence insight is the capacity to peruse own and others feelings.

The impact of past execution encounters on Self efficacy convictions likewise relies on upon the apparent trouble of the execution, the exertion consumed, the measure of direction got, the transient example of achievement and disappointment, and the singular's origination of a specific "capacity" as an expertise that can be obtained versus an inalienable bent (Bandura, 1986; Lirgg, George, Chase, & Ferguson, 1996). Bandura has contended that execution achievements on troublesome assignments, errands endeavoured without outside help, and undertakings fulfilled with just periodic disappointments convey more prominent viability esteem than assignments that are effectively fulfilled, errands finished with outer help, or undertakings in which rehashed disappointments are knowledgeable about minimal indication of advancement. Mill operator (1993) discovered a negative relationship between high Self efficacy view of aggressive swimmers and their inspiration when they were given unchallenging objectives.

One specific method of displaying impact that has been proposed to upgrade one's feeling of adequacy and execution in game is self-demonstrating (Dowrick, 1991; Franks & Maile, 1991). Self-demonstrating comprises of the individual over and over watching the right or best parts of his or her own past execution, and utilizing that as a model for future execution (Dowrick & Dove, 1980). Bandura (1997) recommends that self-displaying influences execution through its effect on adequacy conviction. The little research in game on this theme is obscure (Singleton & Feltz, 1999; Winfrey & Weeks, 1993). Winfrey and Weeks (1993) discovered no impacts on Self efficacy or offset bar execution utilizing self-displaying tapes with female gymnasts. Be that as it may, they didn't quantify Self efficacy as per Bandura's suggested strategies and had a little example. Singleton and Feltz (1999), utilizing a 5-thing, expertise particular Self efficacy scale, found that university hockey players presented to a few weeks of self-displaying tapes demonstrated more noteworthy shooting exactness and higher Self efficacy for diversion execution contrasted with controls.

Convincing strategies are broadly utilized by mentors, chiefs, folks, and companions in endeavoring to impact a competitor's self-impression of viability. These procedures incorporate verbal influence, evaluative criticism, desires by others, self-talk, positive symbolism, and other psychological techniques. Self efficacy convictions taking into account influential sources are additionally prone to be weaker than those in light of one's achievements, as per the hypothesis. Nonetheless, Bandura (1997) shows that the crippling impacts of persuasory data are more capable than the empowering impacts. People have a tendency to abstain from testing exercises.

Emotional intelligence has its establish in the idea of "social insight" that was initially distinguished by Thorndike (1920). Thorndike (1920) defined social knowledge as "the capacity to comprehend and oversee men and ladies, young men and young ladies – to act astutely in human relations" .were among the soonest to propose the idea of "Emotional intelligence insight" to speak to the capacity of individuals to manage the Emotional insight feelings Salovey and Mayer (1990). They characterized it as "the subset of social knowledge that includes the capacity to screen one's own and others' sentiments and feelings, to segregate among them and to utilize this data to guide one's reasoning and activity". In another definition by Bar-On (1997), Emotional intelligence knowledge is characterized as "an exhibit of non-intellectual capacities, abilities, and aptitudes that impact one's capacity to succeed in adapting to natural requests and weights" (p. 14). Schutte and Malouff (1999) contended that Goleman's (1995) perspective of the versatile way of Emotional intelligence is pleasantly seen by this idea that intellectual insight may help people pick up admission to instructive settings, however that Emotional intelligence insight will decide how effective they are inside these setting. Emotional intelligence means knowing about ones emotions and managing emotions. Emotional intelligence is basically based upon the five domains they are mentioned under the following heads:-

1. Self awareness:- means knowing ones emotions
2. managing emotions:- ability of handling emotions
3. motivating oneself:- emotion in service to achieve objective
4. understanding:- recognize emotion in other
5. management relations: - skill in handling emotion in others

Emotional intelligence is often defined as, one's tendency to recognize, evaluate and handle emotional state of his own and others' as well, therefore be able to use this information to accomplish certain objectives. (Choudary, 2010), another basic definition of this important construct in human resource management, referred to, emotional intelligence as the designated ability to utilize the emotional condition of an individual, group or own-self to achieve a certain goal or a set of goals or objectives (Fox & Spector, 2000). This concept could be pointed out, as the ability to appreciate the emotions and identify the likely outcomes of them and finally via this knowledge, the individual or a group control others and attain goals (Prati, Douglas, Ferris, Ammeter, & Buckley, 2003)

The self-efficacy develop is a standout amongst the most compelling mental develops thought to influence accomplishment efforts in game (Feltz, 1988). Gould and partners discovered that Self efficacy and group viability were boss among that components that United states Olympic competitors answered to impact their execution at the Nagano Olympic diversions (Gould, Greenleaf, Lauer, & Chung, 1999). Bandura (1977, 1986, 1997) characterized Self efficacy as the conviction one has in having the capacity to execute a particular undertaking effectively with a specific end goal to acquire a certain result (e.g., smugness or mentor acknowledgment). Since the first production of the Self efficacy idea (Bandura, 1977), there have been more than 60 examination articles distributed on Self efficacy related particularly to game execution (Moritz, Feltz, Mack, & Fahrback, in press). This section gives a diagram of the self efficacy idea and its estimation, a survey of pertinent research on competitors, athletic groups, and mentors, and future bearings for exploration in this field.

The concept of self-efficacy has attracted much attention as well as emotional intelligence a significant measure for understanding and predicting human behaviour and its assumed consequences. Bandura who presented the idea of Self efficacy characterized it as "confidence in one's abilities to compose and execute the approaches needed to deliver given achievements" Bandura (1997). Bandura introduced Self efficacy as a component of behavioral change and self-regulation in his social intellectual hypothesis. Passionate Self efficacy is stamped by the capacity to oversee feelings inside, as opposed to remotely. More youthful youngsters will regularly "showcase" their feelings by tossing fits and shouting to express their disappointment; or by moving and spinning around to express their pleasure. Conversely, teenagers who have created Emotional intelligence Self efficacy will adapt to their feelings inside by reassuring and calming themselves, saluting themselves, and/or critical thinking a troublesome circumstance. Also, passionate Self efficacy is shown by

communicating feelings in a way that is socially adequate and proper to the situation. At long last, Emotional intelligence Self efficacy includes taking responsibility for sentiments and comprehension that feelings don't reflect target actualities. At the end of the day, sentiments speak to an individual and subjective experience that outcome from a subjective translation of occasions. Consequently, everybody is in charge they could call their own passionate reactions on the grounds that every individual has their own particular novel, subjective translation of their general surroundings. (Angela and Zupanick,2014).

Analysis of the relationship between the level of Self efficacy of the player with the ball in b-ball, different execution markers, and individual interest of the adolescent player in rivalry, with the objective of having the capacity to make introductory qualities that assistance to characterize amusement styles and frameworks that are adjusted to the attributes of the young player. To assess the levels of self-viability, a poll was regulated to 187 players from the under-16 age classification. From an aggregate of diversions, the accompanying variables identified with the individual execution of the player were examined: a) focuses scored; b) shot endeavors and shots made of 1, 2, and 3 focuses; c) adequacy rate of 1, 2, and 3-point shots; d) bounce back made; and e) individual fouls got. Concerning cooperation, the accompanying variables were dissected: f) minutes played; g) aggregate time of ball ownership; h) number of ball belonging; i) number of passes got; and j) number of hostile stages in which the player partakes. The outcomes demonstrate that the execution and cooperation variables accurately group 74.2% when separating between players with high and low levels of self efficacy. The players with abnormal amounts of Self efficacy exhibited higher values in the diverse execution and investment variables than the players with low levels of self-viability. (Ortega et. al. 2009)

An investigation was undertaken the relationship between emotional intelligence and communication skills with burnout in Iranian international table tennis coaches. The population in this research included all coaches holding degree in the field of international table tennis coaching in Iran being 150 people in which the whole population was used as the statistic samples. Collected data from all three questionnaires named Shrink Sybrya .Emotional Intelligence (1986), Barton J. Communication Skills (1990) and Meslech burnout (1996) were used. Data were analyzed using descriptive statistics and correlations between variables ($\alpha \leq 0.05$). The results showed that there is a significant negative correlation between emotional intelligence and the prevalence of burnout in male and female teachers. Significant negative correlation was observed among communication skills with the intensity

of burnout in female coaches. Between emotional intelligence and communication skills, the most predictive variable for burnout is emotional intelligence. Between the subscales of the EI, the best subscales for predicting the frequency of burnout is sympathy. (Dasht,2013).

Explanation of the Terms

Emotional Intelligence: Emotional Intelligence is athlete's ability to fitting assessment and considers feelings that trigger the right reaction in a troublesome position.

Self Efficacy: Self efficacy is the conviction that one can effectively perform in a given circumstance.

Contact Sports: Sports event in which bodily contact is allowed like Boxing, Judo and wrestling.

Non Contact Sports: Sports event in which bodily contact is not allowed like Softball, Athletics and weight lifting.

Significance of Study

Numerous mentors and clinician all through the world accept that future records will be broken basically due to expanded thoughtfulness regarding the mental parameters of the human identity; comprehension of the mental and behavioral parts of the competitors will give helpful data and rules which may be useful to mentors and competitors. Games and sports make uncommon open doors for the investigation of the emotions of the competitors in games occasions. Competitor is an amazing depiction of the unpredictable association between the psyche and the body that intrigue sports clinicians now and again. Research in the field of mental qualities like self viability and Emotional intelligence in competitors are of crucial criticalness to get the data required by the games coach and mentors who are stacked with the obligation regarding determination, guiding furthermore preparing of competitors for the opposition. Emotional intelligence is a mainstream build related to business, training, wellbeing and all the more as of late game. Emotional intelligence insight is gainful for execution. Various qualities related to Emotional intelligence knowledge incorporate, mindfulness, self regulation, inspiration, sympathy, and social aptitudes. Research in the field of mental attributes like self efficacy in competitor are of essential essentialness to get the data required by the games mentor and mentors who are stacked with the obligation with the choice , advising furthermore preparing of the competitors for the opposition. The

consequences of the present study ought to support parents, mentors and educators to fuse aptitudes and capacities connected with Emotional intelligence in their educational module, classroom teachings and games exercises. In this manner there is chance to improve their performance. The study might accommodating to the mentors and games coaches for the usage of suitable mental arrangement systems amid preparing period to expand the execution by expanding Emotional intelligence insight.

Statement of the Problem

The purpose of the study was to ascertain the relationship and to compare the emotional intelligence of contact and non contact sports persons. Thus to fulfil the purpose the study was stated as: Emotional Intelligence and Self Efficacy among Contact and Non Contact Sports Persons.

Objectives of the study

- To compare the emotional intelligence between contact and non contact sports person.
- To find out the difference in self efficacy between contact and non contact sports person.
- To find out the relationship among the emotional intelligence and self efficacy of contact sports person and non contact sports person.

Hypotheses

- There is a positive relationship in emotional intelligence among contact and non contact sports person.
- There is a positive relationship in self efficacy between contact and non contact sports person.
- A positive relationship of emotional intelligence and self efficacy will be found among contact and non contact sports person.

Delimitations

- The study was delimited to 180 All India University level sports persons only.
- The study was delimited to male and female players from contact and non contact game players from different universities of Punjab.
- The study was further delimited to following contact and non contact games:-
 - Contact sports comprises of Boxing, Judo, Wrestling.

- Non Contact Sports comprises of Softball, Athletics, and Weight lifting.
- The study was delimited to Emotional Intelligence and Self efficacy.
- There will be 15 male and female each for all games means 180 players of both contact and non contact sports person.

Chapter-II

Review of Related Literature

An outline of the works of perceived powers and of past examination gives proof what is now known and what is still obscure and untested. Since compelling examination is based upon past information, this stride serves to dispense with the duplication of what has been done and give valuable theory and accommodating proposals for critical examination. A cautious survey of exploration diaries, books, expositions, proposition and different wellsprings of data on the issue to be explored is one of the imperative strides in the arranging of any examination study

Moritz et.al (2000) inspected the relationship between Self efficacy and execution in game. In view of 45 studies (102 relationships), the normal relationship between Self efficacy and game execution was seen to be 0.38. Results showed that the most imperative mediator was concordance, in this manner highlighting the significance of coordinating the Self efficacy and execution measures. Extra arbitrators inspected by them incorporated the sorts of Self efficacy measures, the sorts of execution measures, the nature of the undertaking, and the season of evaluations. These variables represented more or less 44% of the fluctuation in the Self efficacy execution relationship. Weinberg and Yukelson, Jackson (1980) have led a progression of examinations testing Self efficacy expectation in a rival and found that high Self efficacy subjects persevere altogether more in an aversive strong perseverance undertaking than low Self efficacy subjects.

Lowther et.al (2002) investigated connections between mental abilities, self-viability, and execution among soccer players partaking in the Amputee World Cup. Players finished the Test of Performance Strategies (Thomas, Hardy, & Nelson, 1999). One hour prior to rivalry, members finished a two-thing Self efficacy measure intended to evaluate trust in achieving execution objectives for every rival. Members finished a two-thing self-referenced execution measure inside an hour of rivalry. Results showed Self efficacy indicated corresponding associations with execution. A few mental aptitudes identified with Self efficacy and execution. Unwinding abilities utilized as a part of preparing and rivalry were connected with high Self efficacy and fruitful execution. Future exploration ought to explore the adequacy of connected game brain science intercessions intended to upgrade Self efficacy through expanding the use of mental aptitudes in preparing and rivalry.

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Adeyemo and Adeleye (2008) explored passionate insight, religiosity and Self efficacy as indicators of mental prosperity among auxiliary school youths. The study made utilization of stratified irregular examining in selecting 292 youths from ten (10) optional schools in Ogbomoso, Oyo State, Nigeria. The specimen age ran between 13 -20 years. Four instruments were utilized, to be specific: General Self-Efficacy Scale, Well-being Manifestation Measurement Scale; The Wong and Law Emotional Intelligence Scale (WLEIS); and Religiosity Scale. Information examination included the utilization of different relapse and Pearson Product Moment relationship. The outcomes demonstrated that the three autonomous variables as a piece were powerful in anticipating mental prosperity of teenagers. On the premise of the discovering, it was proposed that instructors ought to attempt to show basics of passionate insight to the understudies while school advisors and analysts ought to create projects to cultivate Emotional intelligence knowledge and self-viability.

Singh et.al. (2009) explored the impact of the mental quality Self efficacy on the games execution of the male and female competitors in the age gathering of 13 to 19 yrs from the schools of Punjab and Chandigarh. The subjects embodied 200 competitors from the controls of Cricket, Kho-Kho, Volleyball, Softball and Athletics. Out of them 100 fit in with Inter-School level and 100 to School National level. The information was gathered utilizing Self efficacy Questionnaire grew by Bandura (1977). The outcomes were drawn utilizing 2x2 ANOVA which demonstrated that School National Level competitors were fundamentally better on seen physical capacity and Self efficacy than the School District Level competitors.

Ortega et.al.(2009) broke down the relationship between the level of Self efficacy of the player with the ball in b-ball, different execution markers, and individual investment of the adolescent player in rivalry, with the objective of having the capacity to create introductory qualities that assistance to characterize amusement styles and frameworks that are adjusted to the attributes of the young player. So as to assess the levels of self-viability, a survey was directed to 187 players from the under-16 age class. From an aggregate of 22 recreations, the accompanying variables identified with the individual execution of the player were investigated: a) focuses scored; b) shot endeavors and shots made of 1, 2, and 3 focuses; c) adequacy rate of 1, 2, and 3-point shots; d) bounce back made; and e) individual fouls got. With respect to support, the accompanying variables were broke down: f) minutes played; g) aggregate time of ball ownership; h) number of ball belonging; i) number of passes got; and j) number of hostile stages in which the player partakes. The outcomes demonstrate that the execution and support variables effectively characterize 74.2% when separating between players with high and low levels of self efficacy. The players with abnormal amounts of Self efficacy exhibited higher values in the distinctive execution and support variables than the players with low levels of self-adequacy.

Rastegar & Memarpour (2009) endeavored to evaluate EI and its relationship to Self efficacy (one critical conviction that seems to have imperative consequences for instructor and understudy results) among Iranian EFL educators. We estimated that if instructors build up their EI, this will expand their levels of Self efficacy and the other way around. What's more, EFL educator contrasts on EI and Self efficacy convictions were additionally analyzed as for sex, age, and instructing background. The instruments for information accumulation were Emotional Intelligence Scale (EIS) (Schutte et al., 1998) and Teacher Sense of Efficacy Scale (TSES) (Tschannen-Moran and Woolfolk Hoy, 2001). The outcomes got through utilizing Pearson Product-Moment Correlation demonstrated that there was a positive noteworthy connection between seen EI and Self efficacy ($r = 0.5$). Utilizing t-test and ANOVA, the specialists found that there was no noteworthy contrast among EFL educators with distinctive sexual orientations, ages and showing encounters concerning their EI and self-adequacy.

Bal et al. (2011) examination was to figure out whether there are intellectual mental components utilized as a part of rivalry and preparing which separate competitors partaking

in an open and shut expertise sport. Moreover, variables segregating effective from less fruitful members in the open ability game of football and the shut aptitude game of aerobic were recognized. A sum of 40 between varsity competitors (n = 20; footballers) from open-ability and (n = 20; gymnasts) from shut aptitude games finished the Emotional intelligence insight poll (EIQ16). The EIQ16 measures 16 Emotional intelligence capabilities covering the capacity to precisely see feelings in one-self as well as other people, use feelings to encourage considering, comprehend passionate implications, and oversee feelings. Understudy's t-test for autonomous information was utilized to survey the between-gathering contrasts. The level of $p \leq 0.05$ was viewed as noteworthy. The outcomes uncovered noteworthy contrast in self-examination, investigation of others, self-statement ($p = 0.0274$), reasoning ($p = 0.0189$), judgment ($p = 0.0010$), critical thinking ($p = 0.0310$), unpredictability ($p = 0.0036$), moves ($p = 0.0013$), openness ($p = 0.0061$), discretion ($p = 0.0562$) and others ($p = 0.0490$) ($p < 0.05$) among open-expertise and shut ability competitors. Results further showed no huge contrast in the in-separation ($p = 0.1789$), affectability ($p = 0.0761$), side effects results and observing ($p = 0.2258$) ($p > 0.05$).

Besharat, (2011) examined the effects of self-confidence and sport self-efficacy on the relationship between competitive anxiety and sport performance in a sample of Iranian athletes. A total of two hundred and fortysix volunteer athletes (149 males, 97 females) were included in this study. All participants were asked to complete Multidimensional Competitive Anxiety Questionnaire and Sport Self-Efficacy Scale. To measure the athletes' sport performance, their coaches were asked to complete the Sport Achievement Scale. The results revealed that self-confidence and sport self-efficacy moderated the relationship between competitive anxiety and sport performance. Analysis of the data revealed that moderating effects of self-confidence for the association of cognitive and somatic dimensions of competitive anxiety with sport performance were partial. On the other hand, the moderating effects of sport self-efficacy for the association of cognitive and somatic dimensions of competitive anxiety with sport performance were full.

Soflu et.al. (2011) took a study between passionate insight and mental abilities and their association with the experience of individual and group activity fields' competitors in super alliance of Golestan Township. With a specific end goal to assess mental abilities of subjects, we utilized Thomas' test of key execution (TOPS) that measures 8 smaller scale scales, for assessing Emotional intelligence insight, we utilized Emotional intelligence test which

measures taken after small scale scales, in the wake of gathering the information and utilizing (K-S) test and making sure of information characteristic dissemination, we utilized expressive measurements (mean and standard deviation) and autonomous t test and Pearson's connection coefficient. The outcomes showed that there is a huge contrast among these small scale scales: self talk, mental imaging and negative considering, among group and individual game competitors. Additionally in Emotional intelligence small scale scales, there is noteworthy contrast in taking after smaller scale scales: self administration, self inspiration and social aptitudes, however no huge distinction was seen in mindfulness and compassion smaller scale scales.

Abdolvahavi et. al, (2012) discovered the relationship between Emotional intelligence knowledge and Self efficacy in commonsense courses among physical instruction educators. 124 male and 76 female physical instruction instructors were arbitrarily chosen. Bar-on Emotional and Self- viability work Questionnaires were utilized to assess the instructors' disposition. Pearson relationship coefficient was utilized to examine the two by two connections between variables at $p < 0.05$ level. The outcomes exhibited a huge relationship between passionate mindfulness, sympathy, and self- adequacy in principle courses. Showing physical instruction educators concerning segments of passionate insight was huge.

Kurt April (2012) explored if there was a likeness between the EI of first class business officials and tip top games group mentors. A further point was to explore if EI can be utilized as a measure to separate between a world class and normal gathering of pioneers in the games and business situations. We drew closer this study by selecting a self-report measure of EI, (The Trait Emotional Intelligence Questionnaire) and a specimen gathering of thirty eight (38) applicants comprising of tip top mentors, world class administrators, normal mentors, or normal officials. The example gathering finished the poll namelessly permitting the quantitative information to be assembled and dissected. Examination uncovered that there is a comparability between the EI of first class mentors and administrators, and in the middle of tip top and normal officials. Minor contrasts were noted between the tip top and normal mentors. The outcomes demonstrate that there are transparencies between the two situations and that the games group pioneers are like business pioneers. Be that as it may, alert needs to be taken when figuring out whether EI can be utilized as a marker to separate in the middle of tip top and normal pioneers.

Ahmadizadeh et.al. (2013) thought about the Self-Efficacy and passionate insight in the middle of dynamic and inert young men/young ladies understudies. This examination was illustrative overview and was finished by field study. Measurable populace included entire young men/young ladies understudies of Ahwaz Shahid Chamran college in 2011-2012 instructive year (N=9775). Sampling system was grouped haphazardly, and 370 subjects were chosen. Instrument for social affair information were 1) poll of individual qualities and 2) Emotional intelligence knowledge survey of Schutte et.al (1998) which incorporates three components (assessment and introduction of fervor, energy regulation, and utilizing energy) and General Self-Efficacy Inventory(1983). The survey dependability was measured through Cronbach ($\alpha=0.82$, $\alpha=0.77$). To break down information we utilized graphic and inferential insights routines (multi-variable fluctuation investigation). Results demonstrated a noteworthy distinction between Emotional intelligence in dynamic and idle understudies, which Emotional intelligence insight of dynamic understudies was more than inert understudies. Additionally, there was a critical distinction between Self-Efficacy of dynamic and idle (understudies), which Self-Efficacy of dynamic understudies was more than dormant understudies. As per finding of this study it is prescribed to powers of game in college which give careful consideration to game movement among understudies, which prompting change of Self-Efficacy and passionate insight.

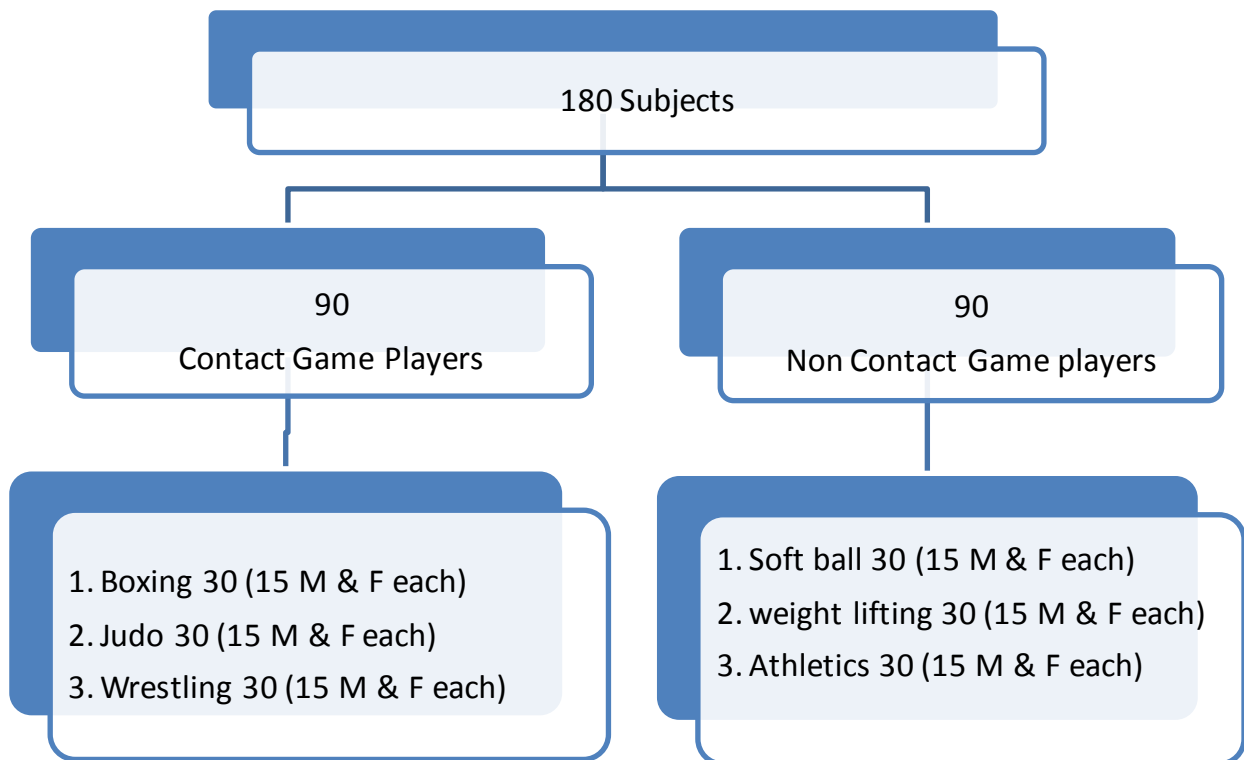
Dasht et.al. (2013) examined the relationship between Emotional intelligence insight and relational abilities with burnout in Iranian global table tennis mentors. The populace in this exploration incorporated all mentors holding Degree in the field of worldwide table tennis guiding in Iran being 150 individuals in which the entire populace was utilized as the measurement tests. Gathered information from each of the three surveys named Shrink Sybrya .Emotional Intelligence (1986), Barton J. Relational abilities (1990) and Meslech burnout (1996) were utilized. Information were dissected utilizing unmistakable measurements and connections between variables ($\alpha \leq 0.05$). The outcomes demonstrated that there is a critical negative relationship between Emotional intelligence insight and the pervasiveness of burnout in male and female teachers. Significant negative connection was seen among relational abilities with the power of burnout in female mentors. Between Emotional intelligence and relational abilities, the most prescient variable for burnout is Emotional intelligence insight. Between the subscales of the EI, the best subscales for foreseeing the frequency of burnout is sensitive.

Chapter-III

Method and Procedure

Design of the study

This research was a descriptive survey with a field study. 180 male and female subjects were selected as a sample of the study with purposive sampling technique from different universities of Punjab. The subjects was from 18-28 years of age and at least played at inter college level in contact and non contact sports.



Tools

Self Efficacy: Self efficacy Scale By (Dr. Arun Kumar Singh and Dr. Shruti Narrain, 2014)

Emotional Intelligence: Emotional Intelligence Scale by (Dr. Arun Kumar Singh and Dr. Shruti Narrain, 2014)

Collection of data

Subjects were oriented with the need and value of the study. The researcher approached various venues of All India Universities level of competitions. Subjects were given information about the scales. Translation was done wherever required. They were instructed to fill the questionnaire patiently and truly.

Statistical Analysis

Software SPSS(Ver.16) was used to analyze the collected data mean standard deviation and pearson product movement correlation was performed to see the whether any significant relationship exit among contact and non contact sports person.

Chapter- IV

Analysis and Interpretation of the Results

The previous chapters covered the introduction of the problem, review of the related literature, hypotheses, method, procedure and statistical techniques employed etc. In this chapter the analysis of data, findings, and discussion of findings has been described.

Analysis of Data

Pearsons product moment correlation coefficient was used to find out the relationship of selected psychological variables of contact and non contact sportspersons.

A comparative analysis of selected psychological variables of contact and non contact sportspersons were statistically analysed by applying 't' test.

Findings

Mean and standard deviation of the selected psychological variables of contact and non contact sportspersons were statistically computed. The results have been depicted in Table No. 4.1, 4.2, 4.3 and Table No. 4.4.

Table no. 4.1

Comparative analysis of Self Efficacy of Contact and Non Contact Sportspersons

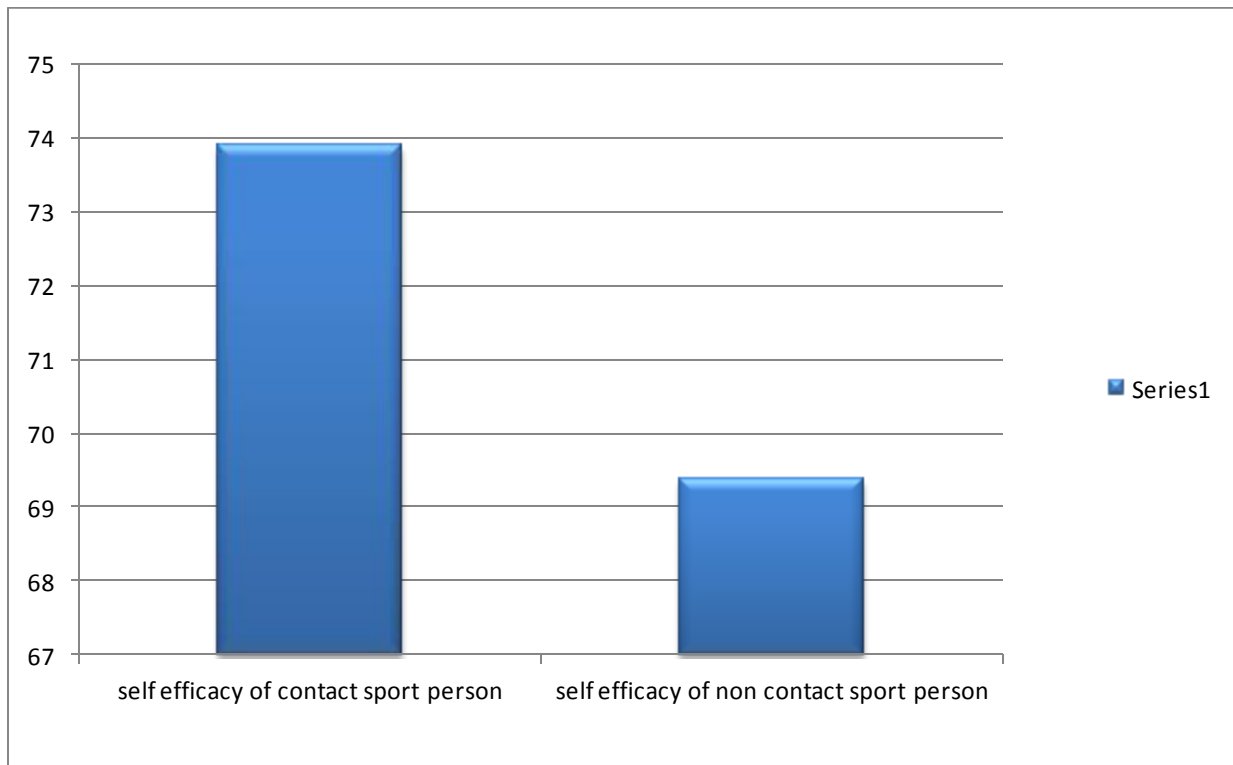
Group	Number	Mean	S.D.		't' value
Contact Sportspersons	90	73.90	9.22	178	3.03
Non Contact Sportspersons	90	59.37	10.69		

Tabulated 't' value at 0.05 level is 1.97

The table 4.1 indicates that mean and standard deviation values with regard to contact sportspersons on the Self efficacy variable were recorded 73.90 and 9.22 respectively where as in case of non contact sportsperson the same were recorded as 59.37 and 10.69 respectively. Which shows a significant difference between Contact and Non Contact Sports persons the variable of self efficacy at 0.05 level of significance as the obtained 't' value 3.03 in this was greater than the tabulated 't' value of 1.97. so the hypothesis which states that there will be a significant difference in self efficacy between contact sports person and non contact sports person is accepted.

Graph No. 4.1

Comparative Analysis of Self efficacy of Contact and Non Contact Sports persons



The above graph shows that there exit a significant difference between the contact and non contact sport person the variable of self efficacy. So after the comparative analysis of self efficacy of contact and non contact sports persons, there exit a significant difference between both of them.

Table 4.2

**Comparative analysis of Emotional Intelligence of Contact and Non Contact
Sportspersons**

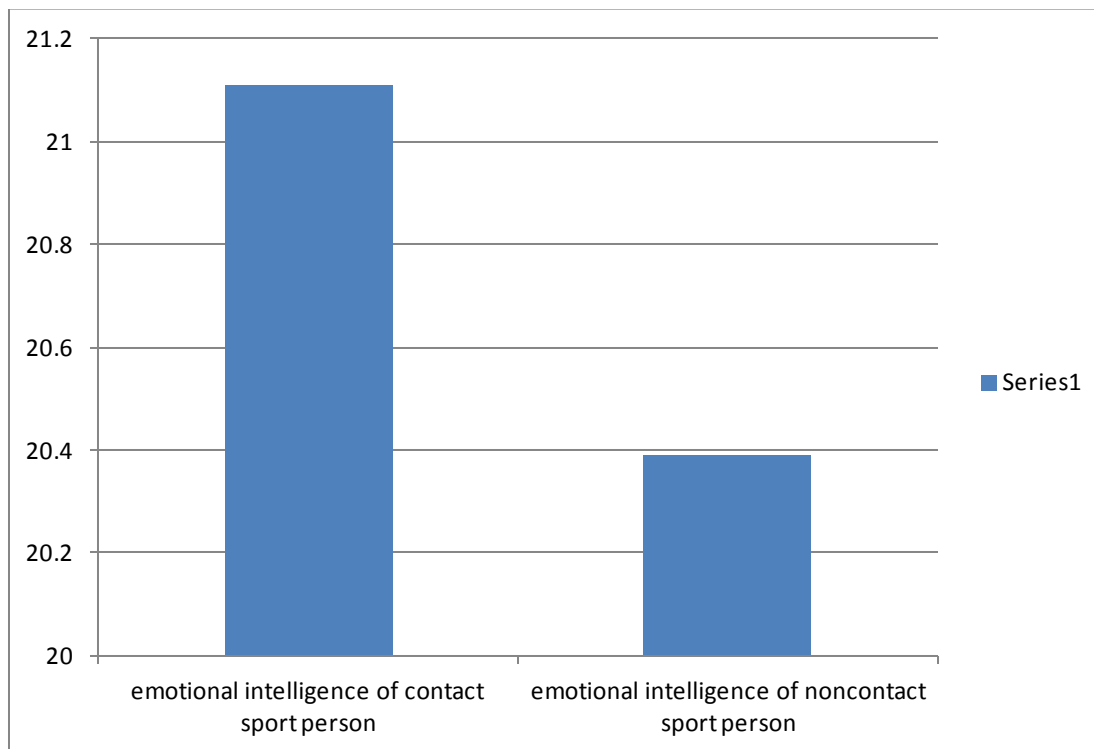
Group	Number	Mean	S.D.		't' value
Contact Sportspersons	90	21.11	4.42	178	0.92
Non Contact Sportspersons	90	20.38	5.97		

Tabulated 't' value at 0.05 level is 1.97

The table 4.1 indicates that mean and standard deviation values with regard to contact sportspersons on the emotional intelligence variable were recorded 21.11 and 4.42 respectively where as in case of non contact sports person the same were recorded as 20.38 and 5.97 respectively. Which shows a non significant difference between Contact and Non Contact Sports persons the variable of emotional intelligence at 0.05 level of significance as the obtained 't' value 0.92 in this was lower than the tabulated 't' value of 1.97. so the hypothesis which states that there will be a significant difference in emotional intelligence among contact sports person and non contact sports person is rejected.

Graph No. 4.2

Comparative Analysis of Emotional Intelligence of Contact and Non Contact Sportspersons



The above graph shows that there is a significant difference between the contact and non-contact sport person on the variable of Emotional intelligence. So after the comparative analysis of Emotional intelligence of contact and non-contact sports persons, there is a significant difference between both of them.

Table 4.3

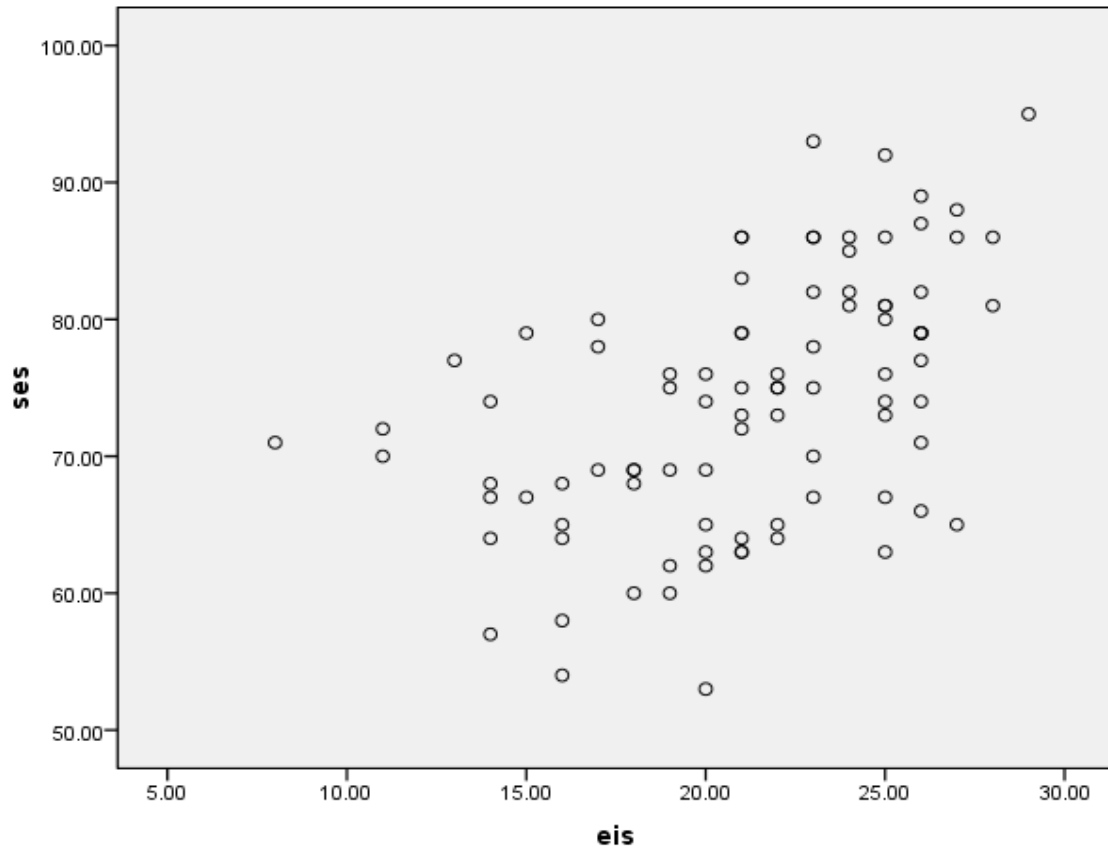
Relationship of Emotional Intelligence and Self Efficacy of Contact Sports person

Group	Number	Mean	S.D.	r' value
Emotional Intelligence	90	21.11	4.42	.49
Self Efficacy	90	73.90	9.22	

The table no. 4.3 reveals the significance of self efficacy and emotional intelligence variables between among contact sportsperson. The table shows calculated mean of self efficacy and emotional intelligence i.e. 73.90 and 21.11, and the standard deviation is 9.22 and 4.42 respectively. The calculated r value is .49 which shows a strong positive relationship between self efficacy and emotional intelligence of contact sportsperson. So the hypothesis, which states that a significant relationship of emotional intelligence and self efficacy will be found among contact sports person, is accepted.

Graph No. 4.3

Relationship of Emotional Intelligence and Self efficacy of Contact Sport Person



The graph shows mean of self efficacy and emotional intelligence. The calculated r value shows strong positive relationship between Self-efficacy and Emotional intelligence of contact sports person. So the hypothesis, which states that a significant relationship of emotional intelligence and self efficacy will be found among contact sports person, is accepted

Table no. 4.4

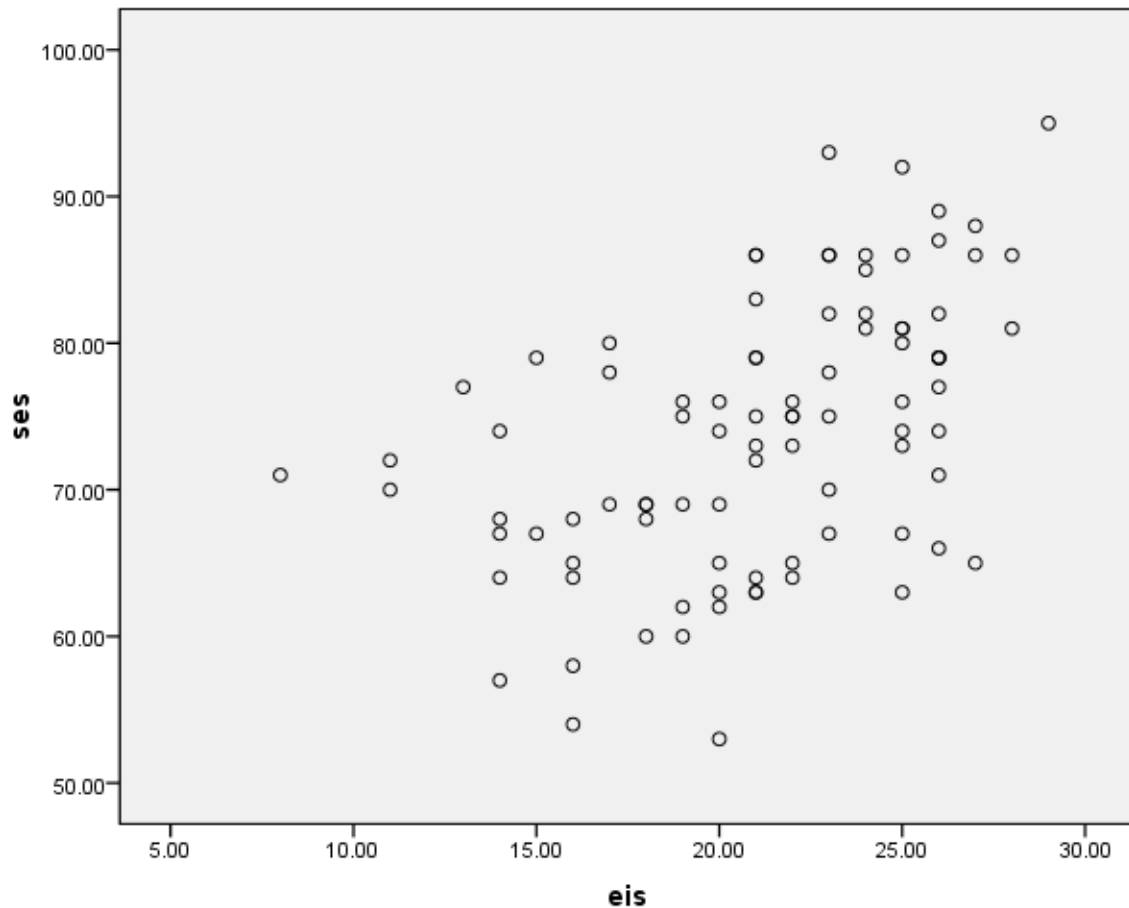
Relationship of Emotional Intelligence and Self Efficacy of Non Contact Sport Person

Group	Number	Mean	S.D.	r' value
Emotional Intelligence	90	20.38	5.97	.37
Self Efficacy	90	69.37	10.69	

The perusal of table no. 4.4 reveals the significance of self efficacy and emotional intelligence variables between non contact sportsperson. The table shows calculated mean of self efficacy and emotional intelligence i.e. 69.37 and 20.38, and the standard deviation is 10.69 and 5.97 respectively. The calculated r value is .37 which shows moderate positive relationship between Self-efficacy and Emotional intelligence of non contact sportsperson. So the hypothesis, which states that a significant relationship of emotional intelligence and self efficacy will be found among non contact sportsperson, is accepted.

Graph No. 4.4

Relationship of emotional intelligence and self efficacy of non contact sport person



The graph shows mean of self efficacy and emotional intelligence. The calculated r value shows moderate positive relationship between Self-efficacy and Emotional intelligence of non contact sportsperson. So the hypothesis, which states that a significant relationship of emotional intelligence and self efficacy will be found among non contact sportsperson, is accepted.

DISCUSSION OF THE FINDINGS

The study showed a strong positive relationship between self efficacy and emotional intelligence among contact sportsperson and a moderate positive relationship between self-efficacy and emotional intelligence of non contact sport person. Which shows that emotional intelligence do have an impact on the self efficacy. More the emotional intelligence betters the self efficacy. It is very much clear that self efficacy is an important factor to get success. While conducting comparative analysis of contact and noncontact sportspersons on the variable of self efficacy the contact sportspersons exceeded. There was a significant difference of self efficacy among contact and non sportspersons. Whereas on the variable of

emotional intelligence slight difference in mean values were found amongst the contact and non contact sportspersons but the difference was not significant. Contact sports persons had better self efficacy than non contact and even in emotional intelligence variable contact sportspersons exceeded.

Chapter – V

Summary, Conclusion and Implications

Sports Psychologist and expert competitors have begun to assess the linkages in the middle of feelings and focused wearing execution, and specifically how directing and fittingly communicating the experience of feelings can encourage execution (Vallerand, 1983). It has been proposed that connected game brain science intercessions ought to be established on a premise of hypothesis and examination (Hardy, Jones, & Gould, 1996; Murphy & Tammen, 1998; Lane & Terry, 2000). A lot of examination exertion has focused on endeavoring to anticipate execution from mental variables. Proof indicating connections between mental variables could be utilized to guide sport brain research mediations, and it has been recommended that game analysts can upgrade execution by improving mental abilities (Murphy & Tammen, 1998). Sports brain science is managing mental component which are connected with the support and execution in the games there are numerous games clinician who are working with the distinctive national level of competitor or mentors to expand the execution. Execution can be expanded by the physical work out as well as with the assistance of mental variable. That is the reason different games clinician now is turning into the individual from games group. Presently a day's the vast majority of the group have sports clinician. Analysts are much the same as sponsors. Sports clinicians now are turning into a critical individual from the group. Control over the mental element is an essential component for a competitor to win the edge. In the event that a competitor how to make control over his feeling then very nearly at the beginning of each match he has just about win 50% of the match simply because of the control on competitor over his mental element, on which he has make control. There are numerous mental variables which influence the execution of a competitor. Anyway, the most broadly utilized mental variable are:- Deliberation:- implies focus or you can say that the capacity to look after core interest, Self-adequacy:- implies certainty or an individual conviction on ones capacities, Emotional insight:- means control or the capacity of a person to make control over his feelings, and Devotion:- implies your faithfulness towards your work.

Thus the purpose of the study was to compare and assess the relationship of self efficacy and emotional intelligence among contact and non contact sportspersons. Ninety contact sportspersons and ninety non contact sportspersons were selected as the sample of the study: contact sportsperson consists of – Wrestling (15 female and 15 male), Judo (15 female

and 15male) and Boxing (15 female and 15 male) and non contact sportsperson- Weight lifting (15female and 15 male), athletic (15female and 15 male) and baseball (15female and 15male). The necessary data was collected through self efficacy scale and Emotional intelligence scale.

In order to analyse the score of selected psychological parameters descriptive analysis was used. Further to find out significant comparison and relationship between the scores of subjects on selected psychological parameters of contact and non contact sportspersons, the 't' test and Pearson product moment relationship coefficient was employed for testing of the hypothesis, the level of significance was set at 0.05 level.

Conclusions

1. Contact sportsperson were significantly better than non contact sportspersons on Self efficacy variable.
2. Contact sportspersons were found to be slightly better than non contact sports persons but the difference was not significant.
3. Contact sports persons had strong positive relationship of self efficacy and emotional intelligence.
4. Non contact sportspersons had moderate positive relationship of self efficacy and emotional intelligence.

Recommendations

1. Similar study can be conducted on all the games.
2. Similar study can be carried out in the different level of participation.
3. Similar study can be conducted by involving psychological, sociological and functional variable components.
4. Similar study can be conducted on large number of subjects.

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