

## **A COMPARATIVE STUDY OF CREATIVITY AND EMOTIONAL INTELLIGENCE BETWEEN THE KORFBALL AND BASKETBALL PLAYERS**

**DR. PRAMODKUMAR SAHADEORAO BHALERAO**

Associate Professor

Degree College Of Physical Education

H.V.P.M. , Amravati [MS] INDIA

### **ABSTRACT**

*In the modern scientific age, in every field of human endeavor, systematic, objective of scientific procedure are followed in accordance with the principles based on the experience, understanding and application of scientific knowledge. The field of games and sports is no exception to this. For competitive games and sports or for selection of particular games and sports, has to consider the physical fitness and psychological parameters which plays dominant role at higher level of competition. Therefore researcher chooses the topic "A Comparative Study of Creativity and Emotional Intelligence between the Korfball and Basketball players". Twenty players of Korfball and twenty players of Basketball who has represented intercollegiate level at S.G.B. Amravati University Tournament were selected as subjects for this study. The subjects were only male players having age group of 18.28 years. Creativity Questionnaire (ICEDIP) and Emotional Intelligence Scale for sports persons (EISS). Findings of the data clearly showed that there was no significant differences in creativity and emotional intelligence between the Korfball and Basketball players.*

### **INTRODUCTION**

At the time of origin games and sports were a medium of recreation and fitness. But with the follow of time games and sports changed its definition. Now it's not only bound within physical aspects. As they marched toward professionalism from a medium of recreation and fitness same way its broaden from physical aspect to psychological aspects.

There are too many physical and psychological aspects which play vital role in our day to day life. Creativity and emotional intelligence. They provide us a base in order to discover, polish

and strengthen our creativity and emotional intelligence. These creativity and emotional intelligence lead us to the glory.

Korfball is a mixed gender team sport. A team consist of eight players, four female and four male. A team also includes a coach. It was founded in the Netherlands in 1902 by Nico Brockhuysen.

Two men and two women of each team are in one zone and the other are in the other zone. During the match they cannot switch zones, men and women play side-by-side, but duels are man to man and women to women. However, it is allowed far a player to switch among opponents whom he/she is defending as long as they are of the same gender.

Each team tries to score using tactics the rules prevent physical strength dominating the game. Blocking tackling and holding are not allowed, nor kicking or pushing the ball. Once a player has the ball one cannot dribble, run or walk with it, however one can move one foot as long the other remains on the same sport. Therefore tactical and efficient teamwork is required, because players need each other to keep the ball moving. A player may not attempt to score when defended, which occurs when the defender is in between the opponent and the basket is facing his/her opponent is at arm's length and attempting to block the ball.

Basketball is one of the most strenuous games and it demands a high degree of motor fitness as well as alert mind. It is the game which consist of strenuous vigorous, intense and continuous thrilling actions and therefore appeals to all energetic youths. It involves various skills like dribbling passing and shooting intercepting rebounding and so on. It is essentially a game of speed, power and endurance. The player anxious to do well must be prepared for systematic and persistent endurance under capable coaches.

Basketball skills are usually serial and continuous in nature in an actual game situation. A player may catch a pass dribble the ball around a screen, and then take a jump shot many times during a game. In addition the players does this under many varied environmental conditions. Shots are taken from different positions on the floor, against different types of defenses, and with different players acting as defenders. However this serial environment rarely appear as such on tests purported to estimate basketball skill.

#### **Statement of the Problem :**

The Korfball and Basketball are similar in nature in respect of physical and psychological aspects. Therefore the present study is undertaken as "A Comparative Study of Creativity and Emotional Intelligence between the Korfball and Basketball players".

#### **Aim of the Study :**

The main aim of the study was to compare the creativity and emotional intelligence between the Korfball and Basketball players.

### **Significance of the Study :**

1. The result of the study would help Coaches, Physical education teachers to understand the level of creativity and emotional intelligence of the Korfball and Basketball players.
2. It may also help to the trainers to solve emotional problems and improve the creativity.

### **Hypothesis :**

It was hypothesised that there would be no significant difference in creativity and emotional intelligence of the Korfball and Basketball players.

### **Delimitations :**

1. The study was delimited to the inter-collegiate level of Korfball and Basketball male players.
2. 20 players from each game were selected.
3. The age of the subject was ranging from 18 to 25 years.
4. The study was further delimited to the emotional intelligence and creativity.

### **Limitations :**

1. No specific motivational technique was employed during the test.
2. The response of the subjects were not under the control of research scholar.

### **Review of Literature**

**Li Lu and Wang**<sup>1</sup>- conducted a study to examine whether emotional intelligence (EI) was one of the possible underlying psychological mechanisms responsible for behaviour change that may be associated with the low levels of effectiveness of physical activity (PA) interventions. A total of 599 Taiwan college students were assessed utilizing health related physical fitness (HRPF) measurement and two questionnaires including the Bar-on Emotional Quotient Inventory (EQ-I) and the medical outcomes students 36 items. Short Form Health Survey (MOS SF-36) college participants who reported a recommended level of PA scored

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<sup>1</sup> Gladys Shuk-Fong Li Frank J.H. Lu, Amy Hsiu-Hua Wang, "Exploring the relationship of physical activity, emotional intelligence and health in Taiwan college students", *Journal of Exercise Science of Fitness*, Vol. 7, No. 1, 2009 pp. 55-63

significantly higher than their insufficient and inactive counter parts in EI and some measures of and health related quality of life (HRQL) and HRPF. The findings provide a basis for research aimed at determining the causal relationship between EI and PA.

**Tsaousis and Nikolaou<sup>2</sup>** - conducted a study to investigate the relationship of emotional intelligence (EI) characteristics such as perception, control, use and understanding of emotions with physical and physiological health. The findings confirmed both hypothesis and provided further support on the claims that there is a relationship between EI and health functioning.

**Mayer and Salovey<sup>3</sup>** - conducted a study on emotional intelligent people. They identify and compare several model to the way a person can intervene in mood construction and regulation at non, low and high conscious levels of experience. Finally, they connect their concept of emotionally intelligent regulations to its potential applications to personality and clinical psychology.

### **Sampling Procedure**

Simple random sampling method was employed for the selection of the subjects.

### **Criterion Measures**

To collect data pertaining to the present study of creativity and emotional intelligence were assessed by standard questionnaire and the score was noted down in numerical form.

### **Administration of Questionnaire**

#### **Creativity (ICEDIP)**

Purpose: To assess the creativity of the korfbal and basketball players.

Tool : Creativity questionnaire developed by Anne de A' Echevarria.

**Description** : The selected subjects were requested to assemble on Korfbal ground of Degree College of Physical Education, Amravati. After that the research scholar explained the purpose of the study and method how to fill up that questionnaire.

**Scoring** : The responses of the subjects were converted into numerical with the help of the scoring key.

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<sup>2</sup> Ioannis Tsaousis and Ioannis Nikolaou, "Exploring the relationship of emotional intelligence with physical and physiological health functioning", Stress and Health, Vol 21, Issue 2, pp.77-86

<sup>3</sup> Johan D. Mayer and Peter Salovey, "Emotional intelligence and the construction and regulation of feelings", Available online, 2 March 2005.

### Emotional Intelligence Scale for sports persons (EISS)

**Purpose :** To assess the emotional intelligence of the Korfball and Basketball players.

**Tool :** Questionnaire of emotional intelligence scale for sports person (EISS) 2005, by Rajitha Nenon A. and Dr. Jayshree Acharya.

**Description :** The selected subjects were requested to assemble at Korfball ground of Korfball ground of Degree College of Physical Education, Amravati. After that the research scholar explained the purpose of the study and method how to fill up that questionnaire.

**Scoring :** Positive and negative items were recorded separately for each dimension. Items measuring particular dimension positively and as 'Strong agree', 'Agree', 'Undecided', 'Disagree' and 'Strongly Disagree' were given the scores of 5, 4, 3, 2, 1 respectively.

### Collection of Data :

Data was collected by administrating questionnaire of creativity and emotional intelligence scale for sports persons (EISS).

### Processing of Data :

To compare the creativity and intelligence between the Korfball and Basketball players t-test was used.

Table-1

Comparison of Means of Creativity Between the Korfball and Basketball Players

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Korfball	73.86	10.66	0.60	2.75	0.218 <sup>@</sup>
Basketball	73.26	9.68			

@ Not Significant at 0.05 level.

$t_{0.05(38)} = 2.025$

### GRAPH

Comparison of Means of Creativity Between the Korfball and Basketball Players

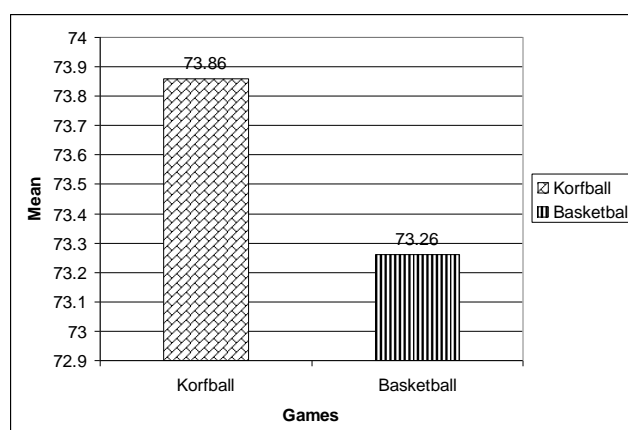


Table-2

Comparison of Means of Emotional Intelligence Between the Korfball and Basketball Players

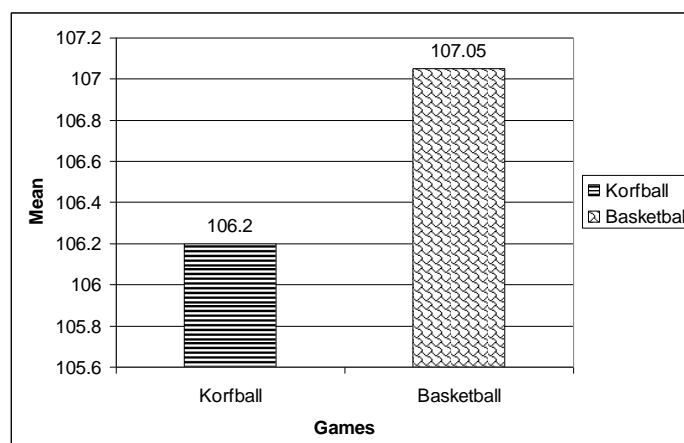
Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Korfball	106.2	8.81	0.95	2.84	0.334 <sup>@</sup>
Basketball	107.05	9.16			

@ Not Significant at 0.05 level.

$t_{0.05(38)} = 2.025$

GRAPH 2

Comparison of Means of Emotional Intelligence Between the Korfball and Basketball Players



### Discussion of Findings :

1. The findings of Table 1 revealed that there was no significant mean difference in creativity of the Korfball and Basketball players.
2. The finding of Table 2 revealed that there was no significant mean difference in emotional intelligence of the Korfball and Basketball players.

## Conclusion :

On the basis of finding following conclusions were drawn.

1. There was no significant difference in creativity of the Korfball and Basketball players, as t-value to be significant at 0.05 level with 38 degree of freedom was 2.025 whereas calculated t-value was 0.218.
2. There was no significant difference in emotional intelligence of the Korfball and Basketball players, because the obtained t-value of 0.334 is lesser than the tabulated t-value of 2.025 needed to be significant at 0.05 level.

## Recommendations

1. The similar study may also conduct on the different games and level of players.
2. A similar study may be conducted on trained athlete of State or National level.

## REFERENCES

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