

A study of emotional intelligence and mental depression of physical education and engineering students

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Abstract

For the purpose of the present study total 160 subjects by using Random Sample survey were selected from G.G.V. Bilaspur (C.G.). Among them 80 male students were selected from Department of Physical Education and 80 male students were selected from Institute of Technology. Age range of the students was 19 to 23 years and mean of the age was 21.125 ± 1.452 . The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) has been used in the present study. Mental depression was measured by the mental depression test constructed by Prof. L. N. Dubey (1993). To know the nature of data mean and S.D. used and to compare the Emotional Intelligence and Mental Depression between physical education and engineering student's independent t-test was applied. To know the relationship of Emotional Intelligence with Mental Depression coefficient of correlation was used. The level of significance was set at 0.05 level. Data was analyzed by using SPSS 16.0 version software. The mean and SD of physical education students is 81.522 and 3.615 & the mean and SD of engineering students is 70.849 and 3.917 t-value is 17.909 that shows the significance difference between physical education and engineering students in comparison to Emotional Intelligence. The mean and SD of physical education students is 13.551 and 2.437 & the mean and SD of engineering students is 9.435 and 2.33, t-value is 11.462 that shows the significance difference between physical education and engineering students in comparison to Mental Depression.

The Mean and SD of Score of Emotional Intelligence of the students is 76.186 and 6.50, The Mean and SD of Score of Mental Depression of the students is 11.493 and 3.064, the correlation value is .543 that shows significance relationship of Emotional Intelligence with the Mental Depression of the students.

Keywords: Emotional Intelligence, Mental Depression, Physical Education students, engineering students

1. Introduction

In the area of sports psychology research is extremely multifaceted marvels. Enthusiastic insight of competitors has drawn more consideration and developed exceptionally fascinating variable of sports psychology, logically understanding passionate knowledge may lead a valuable life. Golman, (1995) has guaranteed it to be vital in making improvement in life that to further in a sorted out gathering. Individuals having more elevated amount of enthusiastic knowledge are better set to deal with their issue with intelligence. Golman, (1995) and Sarani, (1999) assured that Emotional Intelligence is decidedly identified with scholarly accomplishments, word related achievement and fulfillment, passionate wellbeing and modification.

Mental depression and Emotional Intelligence is the most important factors that influence day to day life performance of the individual. It may be positive or negative depending on the situation that can affect the performance of individual. Boyatzis Rechar, Golman, Daniel Kenneth rapidly depicted a model of excited knowledge in light of the abilities that empower individuals to show shrewd utilization of their feelings in overseeing themselves and working adequately with others. The history and enhancement in addition preparatory factual results, of another test in view of this model are accounted for. Mental depression is the optimum state of aggressiveness and anxiety that is predictor of poor performance of individual. The suggestions for execution in work settings and an incorporated identity guess are said in accentuating the significance of bunch of abilities in

foreseeing execution and making connections to all levels of the human mind. Emotional Intelligence is the intense feeling that comes during competition, game situations and any other surprised condition. Numerous exploration contemplates in the brain research of game men and ladies concentrated independently not demonstrated much intrigue and has been not centered around the cooperation of games and physical exercises, which assumes a noteworthy part in deciding the identity elements of the players, which could assume a critical part in their execution. Despite more men having a place with various stratum of games calling are entering the games field each year and offering the trees to their partners it was felt important to ponder the a passionate insight of soccer players who are taking an interest and non-partaking in games.

Depression is an exceptionally regular mental remedial condition and cause authentic dysfunctional behavior commonly set apart by pitiful or on edge emotions a man can encounter. An awesome number of studies proposed that activity preparing may diminish depressive indications in nonclinical and clinical populace (Blumenthal *et al.* 1989; Dilonzo *et al.* 1999; Roth and Holmes 1987; King *et al.* 1993) [1].

Generally in college understudies periodically feel pitiful or restless however these feelings as a rule pass quality inside several days, where untreated sorrow lost for quite a while, meddles with every day exercises and is a great deal more than simply being "somewhat down" or "feeling blue." It is in the brain as well as is experienced all through the body. Physical activity and sports provides a platform to control their

emotions and manage Depression level of students.

2. Objectives of the study

1. To find out difference between physical education and engineering students in relation to Emotional Intelligence and Mental Depression.
2. To find out relationship of Emotional Intelligence with Mental Depression.

3. Hypothesis of the study

1. It was hypothesized that there will be no significance difference between physical education and engineering students in relation to Emotional Intelligence and Mental Depression.
2. It was hypothesized that there will be no significance relationship of Emotional Intelligence with Mental Depression.

4. Methodology

Selection of Subjects

For the purpose of the present study total 160 subjects by using Random Sample survey were selected from G.G.V. Bilaspur (C.G.). Among them 80 male students were selected from Department of Physical Education and 80 male students were selected from Institute of Technology. Age range of the

students was 19 to 23 years and mean of the age was 21.125±1.452.

5. Collection pf Data

The Emotional Intelligence Scale developed by Thimgujam and Ram (1999) has been used in the present study. The questionnaire was distributed to the students and important instructions were given by researcher. Scoring has been done on the basis of responses given by subject. If feeling strongly agree would be awarded 1, for agreeing 2, for undecided 3, for disagree 4 and finally for strongly disagreeing 5 would be awarded to the respondents. Mental depression was measured by the mental depression test constructed by Prof. L. N. Dubey (1993) [6].

6. Statistical Analysis

To know the nature of data mean and S.D. used and to compare the Emotional Intelligence and Mental Depression between physical education and engineering student’s independent t-test was applied. To know the relationship of Emotional Intelligence with Mental Depression Pearson product moment correlation was used. The level of significance was set at 0.05 level. Data was analyzed by using SPSS 16.0 version software.

7. Result and Findings

Table 1: Comparative table of Emotional Intelligence between Physical Education and Engineering students

	N	Mean	Std. Error of Mean	SD	t-value	Sig.
Physical Education Students	80	81.522	.404	3.615	17.909*	.000
Engineering Students	80	70.849	.437	3.917		

Table-1 shows Descriptive and comparative table of Emotional intelligence that shows significance deference was exists between physical education and engineering students

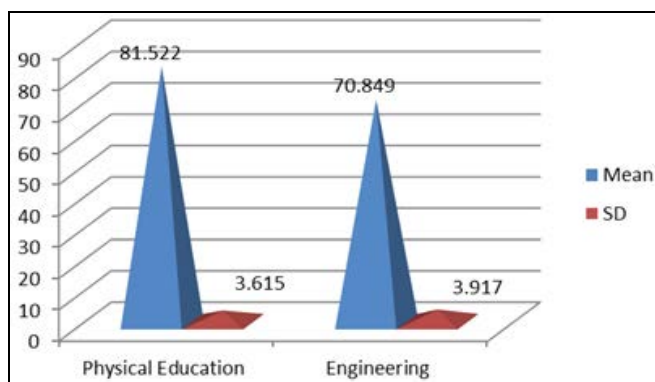


Fig 1: Graphical representation of significance difference between physical education and Engineering students in relation to Emotional

physical education and engineering students

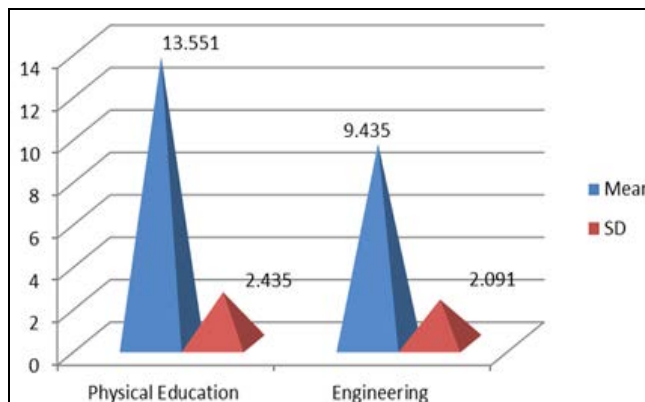


Fig 2: Graphical representation of significance difference between physical education and Engineering students in relation to Mental Depression

Table 2: Comparative table of Mental Depression between Physical Education and Engineering students

	N	Mean	Std. of Mean	SD	t-value	Sig.
Physical Education Students	80	13.551	.272	2.437	11.462*	.000
I.T. Students	80	9.435	.233	2.091		

Table-2 Shows descriptive and comparative table of Mental Difference that shows significance difference exists between

Table 3: Relationship of Emotional Intelligence with the Mental Depression of the students

	N	Mean	S.D.	Correlation	Sig.
Emotional Intelligence	160	76.186	6.540	.543*	.000
Mental Depression	160	11.493	3.064		

Table-3 shows the significant relationship of Emotional Intelligence with the Mental Depression of the students

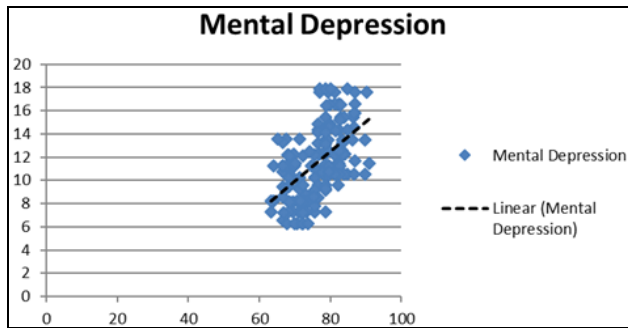


Fig 3: Graphical representation of significance relationship of Emotional Intelligence with the Mental Depression

8. Discussion

The result of the study shows the significance difference was found between physical education and engineering students the probable reason is physical education students who engage in physical activity and sports, they always avoid negative feelings and never taking stress and on the other hand the students who appear in engineering course taking so much stress and tension in their education and working conditions. In the aspect of psychological parameters the life style of engineering students is so stressful and no enjoyment in their daily life schedule in comparison to physical education students life style. The study reveals that participation in sports activities maintains the Emotional Intelligence and depression of the sportsperson. So this is an important factor that should include physical activity and sports in our day to day life and also we should promote the students to participate in sports so that they can keep their emotional intelligence and mental depression balanced and can be able to take the critical decisions. It was observed that the training schedule of the physical education students included physical activity, mental imagery, training, meditation & yoga, psychological toughness training, reduces the work load and psychological problems of the students by getting special training regarding social atmosphere, economical conditions, family support, Nutrition, facility given by teachers and coaches etc.

The result of the present study also shows that a significant positive relationship of Emotional Intelligence and Mental Depression of the students exists. The Emotional Intelligence and Mental Depression both are different in nature there should be a negative relationship between both variables. The probable reason of this result of this study may be the sample selected by the researcher associated with different disciplines (physical education and engineering).

9. Conclusion

On the basis of findings by the analysis of data the following conclusions may be drawn

- Significant difference was observed between physical education and engineering students in relation to Emotional Intelligence.
- Significant difference was observed between physical education and engineering students in relation to mental depression.
- Significant relationship was found between Emotional Intelligence and Mental Depression of the students.

Initially it was hypothesized that there would be no significant difference between physical education and engineering students in relation to Emotional Intelligence and Mental

Depression is not accepted. It was also hypothesized that there will be no significant relationship between Emotional Intelligence and Mental Depression of the students is not accepted at 0.05 level.

10. References

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