



Effect of Youth Sport Participation on Emotional Intelligence: The Study Based on the Sabaragamuwa University of Sri Lanka

K.P.S. Fernando¹, S. Sriharan², D. C. Wijayasekara³

^{1,2}Department of Sport Sciences and Physical Education, Sabaragamuwa University of Sri Lanka

³Department of Public Administration, Uva Wellassa University of Sri Lanka

Abstract-

The study was conducted to overlook the relationship between youth sports participation and Emotional Intelligence. This study was based on the undergraduates (2017/2018) in Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka. Life Effectiveness Questionnaire (LEQ) was used for measuring an individual's Emotional Intelligence and previous youth sports participations of participants.

In this study, the Descriptive survey Research Method was applied, and one hundred and thirty-nine (139) members who were in 20-25 age category were selected by using Stratified Simple and Random Sampling Methods. Data were collected by using Life Effectiveness Questionnaire (LEQ) developed by Neill and his colleagues (Neill, 2008). The test results were analyzed by the average values of LEQ results. Data were statically treated by using Minitab 17 Software and Two Sample t-test used to analyzed data.

The results showed that there is a significant difference in emotional intelligence between sports participation and Non- Sports participation ($P < 0.05$). The mean score of sports participation and Non- sports participation were 151.32 and 146.78 respectively. According to the analysis there is a significant different between sports participation and Non- sports participation on Emotional Intelligence competency. It was indicated by the P- value (0.05).

According to the findings of this study it can be revealed that who participated in youth sports have higher Emotional Intelligence than students who are not involved in youth sports. This study provide a valuable clue to further studies in the field of youth sports participation and the development of Emotional Intelligence competence.

Key words– Emotional Intelligence, Sports Participation

1. Introduction

The emotional intelligence of modern concepts, which have a clear influence and are important in the life of each person their way of thinking, relationships and emotions, is between feelings and thinking or between mind and heart, and the role of emotions in the brain becomes clearly influential thinking. Emotional intelligence is an important role and task of humans in cooperative manner. This helps to reduce and can create a more comfortable and celebrative way. Through participating sports, workshops and seminars that can help redirect thought patterns and behaviors and change them for the better. People need to be aware of their emotions because uncontrolled emotions can affect the dynamic and culture of the environment. (Gujral, H. K., & Ahuja, J. A. Y. A., 2011)

The importance of sports for people and societies is clear and definite, their social, political, and psychological aspects have been studied and special attention has been paid to the link with mental health. There are many studies on the beneficial effects on sports and its relationship to physical happiness (Biddle, 1993). Youth sports (British English) or youth athletics (American English) is any sports event where competitor younger than adult age, weather children or adolescents. Youth sports includes school sports at primary and secondary level as well as sport played outside the education system whether informally or organized. Understanding the participation of youth sports, especially long- term engagement, is of interest to coaches, parents and educators because of the potential psychological and physical benefits of athletes (Smith, A. L., 2003).

The objective of this study is to study the effects of emotional intelligence on youth sports participation in undergraduates and the study is based on the undergraduates (2017/2018) in Faculty of Applied Sciences of Sabaragamuwa University of Sri Lanka.

The youth phase is one of the most important stages of the child. According to Bringuier & Piaget (1989), this is a formal operational phase. They explore the reasons in every emotion. In order to reconcile their emotions and discipline, their energies in the right direction in sports can be a better option. Researchers are trying to figure out what impact youth participation has on emotional intelligence. This study would benefit all students, from students from universities, who encourage each student to attend at least one sport, and the school should devote more time to their participation in the sport. According to this study, the government can implement programs to improve student motivation to participate in sport.

Literature Review

The construct for emotional intelligence has been extensively researched and applied in various fields, including psychology, psychiatry, economics, education, medicine, sports science and computer science. Many correlation studies provide information about variables associated with emotional intelligence. For example, Meta analyzes have summarized relationship between higher emotional intelligence and better mental and physical health in numerous studies (Extremera, N., & Fernández-Berrocal, P., 2006; Vandervoort, D. J. 2006; Schutte et. al, 2007). Building of results of correlation research systematic experimental research is being developed on the results of interventions designed to increase emotional intelligence and those associated with higher emotional intelligence.

2. Research Methodology Overviews

This research has done through survey type method. The survey type included questionnaire and formal discussions. Descriptive research is used to describe characteristics of a population a phenomenon being studied and it is a scientific method which involves observing and describing the behavior of a subject without influencing it any way.

2.1 Sampling Method

The stratified random sampling method was used to select the subject from undergraduates who were in academic year 2017/2018 of faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka. Out of the 280 undergraduates 139 (50%) undergraduates were selected for this study.

2.2 Data collection Methods

Knowledge about Life Effectiveness Questionnaire (LEQ)

LEQ has been developed over the 15 years period and approximately tested 5000 individuals. For three primary reasons was used life effectiveness questionnaire. (1) LEQ had been used previously to assess emotional intelligence competency(2) LEQ had was simple to fill out for the study population (3) LEQ responses were easy for researcher to tabulate into meaningful result (Neill, 2008).

3. Data Analysis and Discussion

3.1 Youth sport participation

According to the Figure 01, out of the entire population in this study, 50.36% represents youth sports participants (n = 70). Among this youth sport population Thirty four (34) and thirty six (36) are representing males and females respectively. Sixty nine (n= 69) people among the total population had never participated in youth sports. As a percentage the above amount is 49.64%. Among these population twenty nine (29) and forty (40) represent male and female respectively

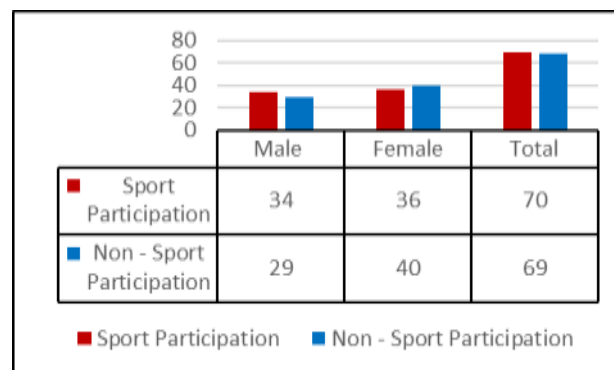


Figure 01- Total amount of sport participation & Non-participation (source; research data)

3.2 Sport participants & Non-Sport participants wise analysis by LEQ scores

Table 01 and Figure 01 shows a comparison of LEQ values for youth sports participants and non- sports participants. Vitality Questionnaire scores as undergraduates who were in academic year 2017/2018 Faculty of Applied Sciences who did not participate in youth sports average score was 146.78. And also 151.32 average score had who participated in youth sport. LEQ Mean score difference was 4.54, between youth sport participants and non-sport participants.

Type of participant	Number of participant	Mean score of LEQ	St. Dev	P. value
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Participants in youth sports	70	151.32	0.167	0.004
Non- Sports participants	69	146.78	0.761	

Table 01- type of participant by LEQ (source; research data)

Table 01 shows an average score of the 151.32 for undergraduates who participated in youth sports and 146.78 an average score for undergraduates who did not participate in youth sports. When comparing mean score value of participants in youth sports LEQ they had higher LEQ score level than who did not participate in youth sports. So it was indicated by the P- value (0.05) which was 0.004 that there was a significant difference between mean values of LEQ score.

According to the above analysis, who had participated in youth sports have higher emotional intelligence level than who did not participate in youth sports. Accordingly, there is positive impact on emotional intelligence for participants those who participated in Youth Sports.

4. Conclusion and Recommendations

Based on the results, some conclusions can be drawn to answer the research questions of this study. The undergraduates who participated in youth sports had a higher emotional intelligence, measured by the LEQ, than undergraduates who did not participate in youth sports. All of these results seem to support the theory that participation in youth sports has appositive effect on emotional intelligence. Finally this study has provided preliminary confirmations that there is a link between the development of emotional intelligence and sports participation.

This study comes with a strong recommendation where all students in schools and colleges must focus on sports participation not only academic achievement to gain greater success in emotional intelligence.

Researchers believes that future researchers who would be able to increase their dataset and prove the validity of their test or measurement equipment may be able to find outcomes that could statically prove the effect of participation in sport on development or development the achievement of emotional in intelligence.

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