IMPACT OF SUPERSTITIOUS BEHAVIOR AND EMOTIONAL INTELLIGENCE ON BEHAVIOUR OF INTER UNIVERSITY LEVEL PLAYERS

[1]GAGANPREET KAUR, [2].SIMRANJIT SINGH, [3].TAJINDER SINGH, [4]MANOHAR LAL,

[1]Ph.D. scholar, [2,3]Student, [4]Professor, Department of Physical Education, Lovely Professional University, Punjab, India.
Email- Preet4312@gmail.com,

Abstract - The present study was conducted to assess the impact of Superstition Behavior and Emotional Intelligence on Behavior of Inter university level players. The results of study show that superstitious behavior in-significant with aggression and anxiety but with decision making is significant. The second correlation with emotional intelligence shows in-significant relation with anxiety and significant relation towards aggressions and decision making.

Keywords - Superstitious Behavior, Emotional Intelligence, Aggression, Anxiety and Decision Making.

I. INTRODUCTION

Superstition in sport has been outlined as "actions thatare repetitive, formal, sequential, and distinct from technical performance and that the athletes believe to be powerful in dominant luck or alternative external factors. Superstitious behavior usuallyleads to response to uncontrollable reinforcement. Superstitious behaviors and rituals in sport arecompletely different from pre performance routines. Pre performance routines are learned, behavioral, and psychological featurewayson purposeutilized by athletes to facilitate physical performance. Also, superstitions typicallyprovide no logical progression to facilitate talent performance.

II. METHODOLOGY

Objective of the study was to find out the effect of the superstitious behavior on selected behavior components of the all India Inter university players and effect of emotional intelligence on decision making selected behavior components of all India Inter university level players. Descriptive statistic method was used in this study to find and precise information. In this study the investigator used the purposive random technique for collect the data. The objective of the study was found out the effect of the Superstations and Emotional intelligence on aggression, anxiety and decision making. a sample of 100 sportspersons (40 males and 50 females) selected from all India Inter university medalist in 2015 to 2017). The total five standardized tools 1.) Superstations scale 2.) Emotional intelligence scale 3.)Sports Aggression inventory 3.) Sports competition anxiety inventory and last is decision making questionnaire were used by the investigator to find out the effect of superstations and emotional intelligence on aggression, anxiety and decision making. Level of significance of study is 0.5 level. Multiple co-relation used as the statically technique.

III. RESULT AND DISCUSSION

The findings pertaining to descriptive statistic and relationship through product moment method of co-relation for various psychological variables of hundred university level players have been presented in following table-:

Table-1: Descriptive statistic of Inter university level players in relation to Superstitious behavior, Aggression, Anxiety and Decision making

Data	Superstitious Behavior	Emotional Intelligence	Aggression	Anxiety	Decision Making
Number	100	100	100	100	100
Minimum	43.00	119.00	8.00	14.00	52.00
Maximum	98.00	165.00	25.00	38.00	111.00
Mean	72.370	1.456	17.310	25.920	94.480
Standard Error	1.255	.752	.425	.610	1.182
Standard Deviation	12.557	7.528	4.253	6.102	11.824
Skewness	-.269	-.613	-.513	.065	-1.325

Standard Error	.241	.241	.241	.241	.241
Kurtosis	-.550	1.049	-.753	-1.049	1.965
Standard Error	.478	.478	.478	.478	.478

Table-(1) indicates the descriptive statistic of all India Inter university level players in relation to Superstitious Behavior, Emotional Intelligence, Aggression, Anxiety, and Decision Making, which show that the mean of Superstitious Behavior, Emotional Intelligence, Aggression, Anxiety, and Decision Making were found to be 72.370 ± 1.25, 1.456± .75, 17.310± .42, 25.920± .61 and 94.480± 1.18 respectively. Similarly, standard deviations were 12.55, 7.52, 4.25, 6.10 and 11.82 to the same.

Table-2: Relationship of superstitious behavior with aggression, anxiety and decision making

Variables		Aggression	Anxiety	Decision making
Superstitious Behaviour	Pear. Correlation	-.016	-.056	.193*
	Sig.1tailed	.437	.291	.027
	Numbers	100	100	100

Co-relation is significant 0.05 levels

Indicates the value of Pearson's product moment co-relation among Superstitious Behavior, Aggression, Anxiety and Decision Making, Which showed existence of significant relationship of superstitious behavior with Decision Making as the calculated R-value .193 was greater than the tabulated value-(.164) at 0.05 level of significance. But Aggression and Anxiety showed negative relationship with Superstitious Behavior is the calculated r- value -.016 and -.056 was less than the tabulated r value () at the same level of significance.

Table-3: Relationship of Emotional Intelligence with aggression, anxiety and decision making

Variables		Aggression	Anxiety	Decision making
Emotional Intelligence	Pear correlation	.058	-.157	.055
	Sig.1tailed	282	.059	.294
	Numbers	100	100	100

Co-relation is significant 0.05 levels

Critical value of coefficient of co-relation (98df) required to be significant at 0.05 level=.164

Indicates the value of Pearson's product moment co-relation among Emotional Intelligence, Aggression, Anxiety and Decision Making, Which showed existence of significant relationship of Emotional Intelligence with Decision Making as the calculated r-value .055 was greater than the tabulated value-() at 0.05 level of significance. Aggression also showed positive relationship with emotional intelligence is the calculated .058 but Anxiety showed negative relationship with Emotional Intelligence is the calculated r- value -.157 was less than the tabulated r value () at the same level of significance.

DISCUSSION OF FINDINGS

The first objective was to locate relationship of Superstitious Behavior with Aggression, Anxiety and decision making, so to test the hypothesis Pearson product moment. Co-relation was computed. Result revealed a negative co-relation between Superstitious Behavior and aggression. The possible reason for this could be the level of the player who was all medalists in their respective games and when a team on athlete is winning the game the level of aggression caused by frustration remains low as their ultimate goal of winning the competition is achieved. The finding co-relate with that of ("Dollered",Dooab, Miller, mowerer and sears) similarly by the athlete were superstitious their superstition kept on getting reinforced by their winning which is confirmed by Skinner" theory of operant conditioning. Where the behavior of pigeons has symbolled of strengthened right before the reinforcement. Thus the hypothesis that there would be insignificant effect of superstitious behavior on aggression is not rejected.

The second objective was to find out the effect of superstitious behavior on anxiety of All India Inter university level players result reveled negative co-relation. The reason cited for this finding is that not only superstition gives people a sense a control in uncertain or chaotic situation. But also it creates directly observable performance improvement (Lysamm, Damisch, Barbara, Stoberock and Thomas Mussweiler 2010). In other words when it comes to task outcome depends on our performance, believing that some other power in helping us actually does help us not because are believe them enhance are

confidence. Literature suggests that sports events provide considerable uncertainty which raises the uncertainty anxiety level of the athletes. One of the major causes of anxiety is the fear of unknown or too much focus on the outcomes of the result but it also arises from low self-efficacy and self-beliefs. But as increased superstition improves these factors significantly the more the superstition less will be the anxiety experience by the athlete. There for hypothesis that there would be an in-significant effect of superstitious behavior on Anxiety is not rejected.

Another objective was to establish relationship between superstitions behavior and Decision making. The outcome suggested that there was a significant relationship between superstitious behavior and decision making. The possible reason could be cited from a theory suggesting superstitious behavior and decision making are complimentary in the sense that the former can be used as a mean to cope with the uncertainty associated with the latter. The complimentary aspect suggests that superstitious fulfils the main functions of:

Providing an additional source of informational and reducing uncertainty induced Anxiety (Tsang, Erick, 2004). Further decision making process is marked not only by Anxiety but also with a dilemma of choosing one option from available many perhaps superstitions proves decisive in giving preference to one option out of many as superstitions helps in strengthening faith and beliefs which is ultimate responsible for making decision. Thus the hypothesis that there would be a significant impact of superstitious behavior on decision making is not rejected.

The second objective was to find out the effect of emotional intelligence on aggression. The findings suggested positive relationship between emotional intelligence and aggression. Which was in contrast with the finding of Sancho, Salguero and Berrocal 2014 where it was stated that there is negative relation between emotional intelligence and aggression. But in sports situations where teams games are involved some studies suggest that athletes consort with team sports develop emotional intelligence as they train in a group. And the qualities of empathy, compassion, are nurtured. Also certain levels of aggression in necessary for sports performance as athletes who are aware of their emotions are able to channelize their aggression in competitive settings in a better manner. The famous incident of head but is the classical example of how an unaggressive and laidback player can be effected by aggression.

The next objective was locating the effect of emotional intelligence on anxiety. Result showed negative co-relation between emotional intelligence and anxiety. The findings are intoned with that of (Lizeretti 2014) where he quoted that people with anxiety disorder have low emotional intelligence. As the player had higher emotional intelligence they were more aware of their emotions. As the players were competing at all India level for quite some time they experienced less anxiety. Players shown generally suffer more Anxiety before, during and after the competition than participants in sports. Thus the hypothesis that there would be a significant relation of emotional intelligence with anxiety is rejected.

Another objective was to locate the effect of emotional intelligence on decision making. Result showed positive co-relation between emotional intelligence and decision making this relationship can be explained throw a study cited in the journal of psychological science. Which propound that in highly emotional intelligence people the Anxiety related to Decision Making was blocked which supported them while taking decisions and vice-a-versa for people having low emotional intelligence. The findings corroborates with the findings of the scholars on relation between emotional intelligence and anxiety which reflect negative relationship.

An article published in “Huffington” post states that people who are emotional by intelligent don’t remove all emotions from thesis decision making. But they remove emotions that are not required while a making decision (“Cote” 2013).Similarly individual who can well identify and distinguish their emotions have better decision making as they are able in controlling biasness. Induce by those feelings which positively contribute in decision making. The hypothesis that there would be significant impact on emotional intelligence and decision making is thus not rejected.Generally, athletes in individual games had shown more anxiety before, during and after competition than athletes or players in team games.

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