

## ANALYSIS OF EMOTIONAL COMPETENCE AMONG MALE ADOLESCENTS

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### ABSTRACT

*The present study was conducted to examine emotional competence among male successful, unsuccessful and non-athlete adolescents. Total three hundred (N=300) male adolescents, which includes one hundred (n=100) successful athletes, one hundred (n=100) unsuccessful athletes and one hundred (n=100) non-athlete adolescents were selected to act as subjects. The successful athletes were those who won medals in the inter-school tournaments whereas unsuccessful athletes were those who had just participated but failed to won medals in inter-school tournaments and non-athletes were those who did not participate in any inter-school tournaments. Random sampling technique was applied to select the subjects studying at various Government schools of Chandigarh. Emotional competence was measured by applying the Emotional Competence, Revised Scale prepared by Sharma, H. C., and Bharadwaj, R. L. The one way Analysis of Variance (ANOVA) was applied to find out the significance of differences among male successful, unsuccessful and non-athlete adolescents. The level of significance was set at 0.05. Results showed significant differences on the sub-variables; adequate depth of feeling, ability to function with emotions, ability to cope with problem emotions and on the variable emotional competence (total). Unsuccessful athletes had possessed significantly better adequate depth of feeling and ability to function with emotions as compared to their counterpart successful and non-athlete adolescents. Similarly, successful athletes demonstrated significantly better on the sub-variable ability to cope with problems, emotions and on the variable emotional competence (total) than their counterpart male unsuccessful and non-athlete adolescents. However, insignificant differences were noticed on the sub-variables; adequate expression and control of emotions, enhancement of positive emotions among male successful, unsuccessful and non-athlete adolescents.*