Educational
Administration
Theory and Practice

Exploring The Interplay Of Body Image And Emotional Intelligence In Individual And Team Sportspersons: A Contemporary Perspective

Soni[1*], Sanjay Kumar[2]

[1*][2]Deptt. Of Applied Psychology GJU S&T Hisar

ARTICLE INFO	ABSTRACT
	The primary objective of the present study was to compare individual and team sportspersons on body image and emotional intelligence and to correlate the body image and emotional intelligence was another goal of the study. There were 50 Individual sportspersons (Boxing and Wrestling) and 50 team sportspersons (Hockey and Handball) were selected as the sample from the various district of Haryana. The participants' ages varied from 18 to 25 years old. For the assessment of the body image 'Body Image Scale' developed by Dr. Rakesh Behmani (2018) and 'Mangal Emotional Intelligence Inventory' by SK Mangal (2011) for the assessment of emotional intelligence was used. Group statistics, t test and correlation were applied for the statistical analysis. And a significant difference observed between individual and team players on body image and no significant difference was found on emotional intelligence. It is observed that individual players exhibited more body image issues than team sportspersons. **Keywords**: Body Image, Emotional Intelligence, Individual Sports, Team Sportspersons.

Introduction

In the dynamic realm of sports, the interplay between body image perceptions and emotional intelligence represents a multifaceted nexus that profoundly influences athletes' psychological well-being, performance, and interpersonal dynamics. Body image, encapsulating individuals' perceptions and attitudes towards their physical appearance, intersects with emotional intelligence, the ability to perceive, understand, and manage emotions effectively, shaping athletes' experiences and interactions within individual and team sporting contexts. Understanding the intricate relationship between body image and emotional intelligence is pivotal for fostering athletes' holistic development and optimizing their athletic endeavors.

Body image concerns are pervasive among sportspersons, with implications spanning psychological, social, and performance-related domains (Petrie & Greenleaf, 2012). Athletes frequently navigate pressures to conform to idealized body standards, which can engender body dissatisfaction, disordered eating behaviors, and compromised mental health (Cash & Pruzinsky, 2002; Hausenblas et al., 2002). In the context of individual sports, where athletes' performances often hinge on aesthetic considerations alongside athletic prowess, body image perceptions may exert a profound impact on self-esteem, motivation, and competitive outcomes (Greenleaf & Petrie, 2010; Brewer et al., 2017). Conversely, in team sports, athletes operate within a collective framework wherein social comparison, team dynamics, and media influences may shape body image perceptions differently (Tiggemann & Slater, 2014; Mond et al., 2004).

Emotional intelligence, characterized by the ability to perceive, understand, and regulate one's emotions and those of others, emerges as a critical determinant of athletes' psychological resilience and interpersonal functioning (Mayer et al., 2016). Athletes with high emotional intelligence exhibit enhanced coping mechanisms, effective stress management skills, and adept interpersonal communication, facilitating cohesive team dynamics and optimal performance outcomes (Laborde et al., 2016). Moreover, emotional intelligence enables athletes to navigate the complexities of competitive sports environments, including setbacks, criticism, and high-pressure situations, with poise and adaptability (Lane & Terry, 2017).

Despite the burgeoning interest in body image and emotional intelligence within sport psychology literature, their intersection remains relatively unexplored. Recognizing the potential synergies and tensions between these constructs is paramount for advancing theoretical understanding and informing practical interventions aimed at promoting athletes' holistic well-being and performance. By elucidating the reciprocal influences between body image perceptions and emotional intelligence, this research aims to offer insights into the psychological mechanisms underlying athletes' experiences in both individual and team sports contexts.

Objectives of the study

1. To find out the significant difference between individual and team sportspersons on body image.
2. To find out significant difference between individual and team sportspersons on emotional intelligence.
3. To study the interrelationship of body image and emotional intelligence between individual and team sportspersons.

Hypothesis

● There would be no significant differences between individual and team sportspersons on body image and emotional intelligence.
● There would be a positive correlation between body image and emotional intelligence between individual and team sportspersons.

Materials and Methods

Participants
The purposive sampling technique was used for data collection. The sample comprised 100 subjects out of which 50 were individual (Boxing, Wrestling) and 50 were team (Hocky,Handball) sportspersons of national level. The age range of the selected participants was 18 to 25. The data for the study was collected from various districts of Haryana.

Research Design
This study was quantitative in nature. A two-group design followed by a correlation research design was used.

Measurement of Body Image
Body Image Scale (BIS) developed by Ramesh Kumar& Rakesh Behmani (2018) will be used for the assessment of Body Image of the participants. This test consists total 28 items. The participants will rate each item on 5-point Likert scale. It will assess the participant's present feelings about their body. BIS scale range from 1(strongly agree) to 5 (strongly disagree). It can be administrated individually or on small group. BIS takes maximum 10 minutes for its completion.

Measurement of Emotional Intelligence
Dr. S.K. Mangal and Mrs. Shubhra Mangal's Inventory (2011) for Emotional Intelligence was used in the current study to assess the emotional intelligence of the participants. It has one hundred items. Each of its four halves contains 25 things. The participants had to choose between saying "yes" or "no." This test assesses four aspects of emotional intelligence: intrapersonal awareness, interpersonal awareness, intrapersonal management, and interpersonal management. This tool consists of 100 items, and for each statement, there are two possible answers: yes or no. The respondent must mark one of these options. The response that indicates the presence of emotional intelligence receives a mark of one, whereas the response that indicates the absence of emotional intelligence receives a mark of zero. Through the split half technique, which had a correlation co-efficient of 0.89, the K-R Formula method, which had a correlation co-efficient of 0.90, and the Test-Retest method, which had a correlation co-efficient of 0.92, the reliability of this inventory was determined. By using either a factorial technique or a criterion-related approach, the validity of this inventory was proven.

Procedure
Participants were approached individually or in small group to meet the objectives of the present research study. BIS, EEI as well as demographic sheet and consent form were delivered to the participants after their consent. All of the participants were instructed to respond each item, leaving no remark unanswered. After that responses were scored according to the manuals. The data was statistically analyzed to meet the the objectives of the study.

Statistically Analysis
From statistically analysis of the data we got following results-

Table-1 Group Statistics and Comparison of BIS and EEI between Individual and Team Sportspersons.

Variables	N	Mean	Std. Dev.	t	df	Sig (2 tailed)	
(WP) Individual Team	50 50	43.78 34.60	8.901 7.436	5.596	98 94.99	.000**	
(WFB) Individual Team	50 50	9.08 9.18	3.337 3.831	-.139	98 96.187	.890	
(SB) Individual Team	50 50	9.22 8.16	4.769 2.675	1.371	98 77.059	.174	
(BPD) Individual Team	50 50	25.34 22.12	3.094 2.946	5.329	98 97.764	.000**	
(HC) Individual Team	50 50	6.90 6.38	1.897 2.783	1.091	98 86.45	.278	
(EEI) Individual Team	50 50	61.38 60.68	11.047 8.645	.353	98 92.65	.725	

*Significant at the 0.05 level.
**Significant at the 0.01 level

Table-2 Interrelationship of Body Image and Emotional Intelligence)

Variables	WP	WFB	SB	BPD	HC	EEI
WP	1	.275**	.237*	.625**	.173	.076
WFB		1	.564**	.195	.577**	-.157
SB			1	-.018	.422**	-.063
BPD				1	.035	-.018
HC					1	-.318**
EEI						1

*Correlation is significant at the 0.01 level.
**Correlation is significant at the 0.05 level.

Results

Table-1 reveals the comparison of body image and emotional intelligence between individual and team sportspersons. And according to the results Individual sportsperson mean scores are higher than team sportspersons on weight perception and body part dissatisfaction sub variables of body image. So there is significant difference between individual and team sportspersons on the sub variable weight perception and body part dissatisfaction on 0.01 level. There is no significant difference between individual and team sportspersons on the sub variable wish for fit body, satisfaction with body, health conscious and emotional intelligence.

Table-2 shows the interrelationship between sub variables of body image and emotional intelligence between individual and team sportspersons. The results show that emotional intelligence is significantly negative correlated at 0.05 level with only health consciousness sub variable of body image among individual and team sportspersons. And the weight perception (WP) sub variable of body image is significantly positively correlated with wish for fit body, satisfaction with body and body part dissatisfaction sub variable of body image. Wish for fit body is significantly positively correlated with sub variable satisfaction with body and health consciousness on 0.05 level. Satisfaction with body (SB) sub variable is also significantly positively correlated with sub variable health consciousness (HC) at 0.05 level. Body part dissatisfaction sub variable is not significantly correlated with any sub variable or variable.

Discussion

The purpose of the present study was to compare individual and team sportspersons on body image and emotional intelligence. And as the results of the study indicate that there is significant difference between individual and team sportspersons on the sub variables weight perception and body part dissatisfaction of body image. It means individual players faces more body image issues than team sportspersons. Individual sportspersons perceive their weight negatively either high or low and they feel more dissatisfaction about their body parts as compare to team sportspersons. There is no review of literature available regarding this study in previous researches because earlier studies have focused on comparing elite, sub-elite, non-elite, and non-athlete groups and men and women were the subjects of earlier studies, which focused on gender difference in

the body image issues in sportspersons. But according to the researcher there may be several explanation for which individual sportspersons face more body image issues like individual sportspersons often face more scrutiny as they compete alone, with all attention focused solely on them. This can amplify self-consciousness about physical appearance. The pressure to perform at peak levels in individual sports can lead to heightened self-awareness including body image. Individual sports stars are often portrayed in media with a focus on their physical appearance leading to unrealistic body standard.

The second objective of our study was to find out significant difference on emotional intelligence between individual and team sportspersons. And according the result of our study there is no significant difference between the individual and team sportspersons on emotional intelligence. The result of our study is consistent with the study of Kajbafnezhad, H et al. (2011). They also found no significant difference on emotional intelligence between individual and team players. This may be due to both individual and team sportspersons often receive similar training and coaching in areas such as communication, conflict, resolution and understanding emotions. This consistent focus on emotional intelligence development can lead to comparable levels of emotional intelligence across both groups.

The third objective of our study was to find out interrelationship of body image and emotional intelligence in individual and team sportspersons. And the results of our study indicate that there is significant positive correlation between sub variable weight perception, wish for fit body, satisfaction with body and body part dissatisfaction. It means those sportspersons who perceive their weight in positive way or have positive body image regarding their weight they also have positive body image regarding their fit body, satisfaction with body and body part dissatisfaction. So those individuals who are aware of their weight tend to have a greater motivation or aspiration to improve their physical fitness and achieve a body shape they perceive as more desirable. The results also depicts that emotional intelligence is significantly negative correlated at 0.05 level with health consciousness sub variable of body image among individual and team sportspersons. It means those sportspersons who score high on emotional intelligence they score low on health conscious. Low score on health conscious means positive body image regarding health. So it means those sportspersons who manage better their emotions they have less worry and concerns about their health.

Conclusion

- There is significant difference on sub variable Weight Perception (WP) and Body Part Dissatisfaction (BPD) of body image between individual and team sportspersons.
- There is no significant difference on sub variable wish for fit body (WFB), satisfaction with body(SB) and Health consciousness of body image between individual and team sportspersons.
- There is no significant difference on emotional intelligence between individual and team sportspersons.
- There is significant positive correlation between weight perception, wish for fit body, satisfaction with body and body part dissatisfaction between individual and team players.
- There is significant positive correlation between wish for fit body, satisfaction with body and health consciousness between individual and team players.
- There is significant positive correlation between satisfaction with body and health consciousness between individual and team players.
- There is significant negative correlation between health consciousness and emotional intelligence between individual and team players.

Limitations of the study

- This study's conclusion are based on a convenience sample of players from 3-34 districts of Haryana, therefore the sample doesn't represent the entire population well.
- Sample size could be increased in further studies.
- Our study is based on self-reported data, which is prone to biases.
- Some other variable along with social support would also be taken for extensive work

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