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Relationship between Emotional Intelligence and Performance among Cricketers in Pakistan

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ABSTRACT

Relationship between Emotional Intelligence and Performance among Cricketers in Pakistan. Cricketers were administered Scale of Emotional intelligence and Test of Performance Strategies. Considering the ethical guidelines, permission was taken from the authors as well from the management of the Pakistan Cricket Board to conduct study on the international/domestic cricketers. Purposive sampling was used in the study, sample included 70 cricketers from National Cricket Academy and Model Town Green Cricket Club, Lahore. Results were calculated using spearman brown correlation (SPSS-21). The results showed that emotional intelligence had positive correlation with performance and its sub scales. Interpersonal skills are positively correlated with self-regard, assertiveness, empathy, flexibility, problem solving and stress tolerance. Performance is positively correlated with the variables of competition, skill, performance, routine, workout and visual. Experience and income from demographic variables revealed high performance. There were limitations like time constraints, tough schedules of the cricketers and not getting enough data from International cricketers. It was concluded that Emotional Intelligence plays significant contribution towards better performance of the cricketers.

KEY TERMS: Emotional Intelligence, Performance

INTRODUCTION

The stressful and competitive environment in sports requires tough demands from athletes[15] The term Emotional Intelligence(EI) has attracted a lot of researcher's attention during the last decade while athletes and coaches strive for high performance, they go through series of different emotions [4].Emotional intelligence focuses on recognizing and using of an individual own emotional state as well as the states of others to solve problems and regulating behaviour [22]. Emotional intelligence can therefore polish team interactions, and can hence bring betterment in the performance. [17]. [11] asserted that emotional intelligence accounts for 80-95% success in life in comparison to intelligence for 10 to 30 % [6]. Influence of trait emotional intelligence when they face stress of competition, tend to show high trait emotional intelligence, less stress was exhibited by male players in comparison to low trait of emotional intelligence [19]. The things that have been the reason for successful performance in sportsmen include psychological wellbeing of athletes, coaches, and sport psychologists [12].

History of Sports Psychology as a discipline

Sports psychology as a field has still a long way to go. First historical research with reference to sports psychology was conducted [10] performance of cyclists was noticed where they were given help socially. He concluded from this "milestone" research that healthy competition was able to get better performance out of the cyclists. Griffith developed the first laboratory in sports psychology at the University of Illinois in 1925, he was the one who examined nature of psycho motor skills, motor learning and its link amongst domains of personality and motor performances. Coleman, Griffith and Roberts are said to father of Sports Psychology in America [18]. There was another land mark in the history of sports psychology in 1960's with the publication of Problems Athletes have to face and how to cater them by Bruce [21]. Numerous professional sport psychology organizations emerged after 1960's. International society of sport Psychology was formed in 1965 which sponsors worldwide meetings and publishes the International Journal of Sport Psychology, first meeting was held in Rome. The aim of this organization was to give knowhow about sport psychology's trainings around the globe. A society was formed with the name of NASPSPA, it was formed in 1966, first meeting of this society was held before 1967 and it turned out to be the most contributing academic society having its emphasis on sport psychology[21].

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Emotional Intelligence

According to [22], EI is capability to predict, assess and transfer one's feelings; and can help a person in achieving his goals; the ability to comprehend feelings which are related to information and to can also manage feelings as to give strength to emotional and logical growth. The definition means that emotions and intelligence are linked with each other, Use of the emotions may lead an individual to act intelligently in different scenarios.

Emotional intelligence skills make a person capable to handle difficult situations and make them manage the daily life stress, it gives an individual different perspective to deal with and they behave differently from others who are of the traditional concept of intelligence, the perspectives help a person to know his own self and other people feelings in context of communication and relationship, day to day life and at work [25]. Individuals who have high emotional intelligence are better leaders and can have a persona to motivate their subordinates [5]. Researches have revealed emotionally intelligent people are also liable to their commitments and can maintain a relation of trust with their staff which also increase the effectiveness within the teams working under same organization [5].

There was this Research on genius Taekwondo and Judo players by [7] which asserted that EI has a considerable impact on physical image and performances. Athletes who have the better EI and who can accept the responsibility of what went wrong about them and their teammates can show excellent performance.

Models of Emotional Intelligence

In definitions of EI considerable discrepancy exists, by means of both expressions and operationalization. Three models were proposed which are Ability model, mixed model and Trait model

Mixed Model Approach

[11] gave this model (1995). Five main constructs of Goleman model are given below

1. Self-awareness: Distinguish between emotions of oneself, strength, blemishes, motives, morals and objectives and in addition ability to perceive their effect on others while utilizing them.
2. Self-regulation: The ability to control or redirect an individual's problematic emotions, wishes and adjusting to evolving situations.
3. Social skills: Sorting out interpersonal relations in social settings.
4. Empathy: Putting oneself in other's shoe, to imagine in a same manner one goes through facing any tough situation.
5. Motivation: To achieve the purpose of accomplishment.

Each construct of EI with a set of emotional abilities is represented by [11]. Emotional abilities are not intrinsic abilities, yet very learned capacities that ought to be taken a shot at and might be produced to accomplish uncommon execution. It is guessed by [11] that people with innate EI competencies creates their potential for learning emotional skills.

[11] model was based on two measurement scales. The Emotional scale that is developed in 1999, known as Competency Inventory (ECI) and the other one is known as The Emotional and Social Competency Inventory was developed in 2007.

Emotional Intelligent Behavior in Sport

[13], established the Individual Zones of Optimal Functioning (IZOF) model and its basic purpose was to predict that individual athlete's performances have a link with their emotional conditions. He emphasized on the subjective emotional experiences of sportsmen which consisted of their emotions, feelings, mood and affect. The model explained that emotional-performance was related to the different patterns of the athletes. Healthy and unhealthy emotions were identified. Healthy emotions were the emotions that generated best performance and unhealthy emotions contributed in the negative performance of an individual. Different athletes showed uniqueness in these patterns [13].

Researches have revealed that healthy and unhealthy emotions in sports competitions are experienced in form of pleasure, rage, fear and joy. [14] Emotions have a significant effect on sport performance in either positive or negative manner. [13] asserted that players who played hockey at junior level accepted their positive as well as negative sentiments, they were also of the view that it has a connection with their performance. Emotions can affect the performance in positive or negative manner.

The emotions during sports competitions which can get poor results are fear and anger, and they are the leading causes of athletes who lose their temperament in a situation. Relevant [14].

Every sportsman has got unique abilities and they are connected to factors like regulation and management of emotions which plays an integral part in sports performance. The intention of the athlete should be to positively learn effective coping strategies during participation in a sport [16]. In this manner expression, management and

control of the different emotions experienced in sport, the sportsmen challenge his emotions to get better performance. When a sportsman cannot control his emotions during a performance, emotions experienced can have a considerable impact on the performance of a sportsmen.[16] If a sportsman can control his emotions during a competition, he can give optimal performance, and this is possible when emotional intelligence is applied.

LITERATURE REVIEW

A study was conducted to find out comparison of emotional intelligence and psychological skills and their relationship with experience among individual and team athletes in superior league by [23]. The focus of the study was to check differences between emotional intelligence and mental skills and their relationship with how much experience a sportsman has. Psychological skills of the participants were evaluated using [24] test of strategic performance (TOPS), emotional intelligence test was used to assess emotional intelligence. Significant results were found between Emotional intelligence sub scales however results did not show significant difference in self-awareness and empathy scales.

A study was carried out on Life satisfaction and emotional intelligence of participants/nonparticipants in outdoor sports: Turkey case [1]. The study aimed to define the relation between Life Satisfaction (LS) and Emotional Intelligence (EI) of the athletes. Sports participants and the non-participants of outdoor sports (NPOS), the difference of Life satisfaction and Emotional intelligence with respect to the gender, marital status, education level and age was assessed. Sample consisted of sports participants (n=1181) and non-sports participants (n=538). Data was collected through electronic questionnaire form. Positive relation of sports participants was found with LS. EI showed positive correlation with LS.

A comparison study was conducted between indoor and outdoor sports by [2]. The focus of the study was to find cognitive or psychological differences during the match or practice, it was to check difference of indoor sports with outdoor sports. They gave a try to find the reasons which can differentiate a good performance from a bad one in some football game and indoor gymnastics. 60 students from different universities participated where 20 out of them played football and 20 were gymnasts who were from indoor sports. Tools used in the study were emotional intelligence questionnaire (EIQ16). The EIQ16 assesses 16 emotional competencies. Difference was found in self-analysis.

Rationale of Research

After searching literature, it was found that emotional intelligence has a relationship with successful performance. Previously not more researches are done in Pakistan on Cricketers. Not much work has been done in field of sports in Pakistan. It was found that there have been researches in other sports with relation to emotional intelligence but not many studies have been done on cricketers. It has relation with other sports, emotional intelligence might contribute towards successful performance of cricketers in Pakistan. With Cricket the most widely sport followed, this study can be an enhancement in the literature in Pakistan.

Objectives

The current study aims to find out the role of Emotional intelligence performance of domestic/international cricketers. To highlight how significantly emotional intelligence can contribute in the better performance of the cricketers.

Hypotheses

- There is likelihood to be a significant relationship among variables of Emotional intelligence and performance in cricketers.

METHOD

Research Design

Cross sectional research design was used in this study as participants from different age groups were administered at the same progression of time.

Sample and Sampling Strategy

The sample was determined through g power analysis with medium effect and it consisted of 70 openers, middle order batsmen and bowlers including International test cricketer's as well domestic cricketers. The purposive sampling technique was used in the study.

Instruments

Permission was taken from author as per the ethical requirement of APA guidelines. After taking the permission, following instruments were used.

Emotional Intelligence scale

Emotional Intelligence (SEI) developed by [3], has 56 items with ten well defined sub scales. SEI evaluates self-regard, assertiveness, interpersonal skills, emotional self-awareness, empathy, flexibility, impulse control, problem solving, optimism and stress tolerance. This instrument was made on 4-point Likert format with 1=never true, 2=true sometimes, 3=more often true and 4 as always true. Ten items needed reverse coding 7,9,13,17,26,30,42,47,48 and 49. Cronbach's alpha coefficient for scale of emotional intelligence is alpha=.95 and split half reliability is.92. The computed alpha value of this scale is .88. Reliability coefficient for present study came out to be on the higher side which is .85.

Test of Performance Strategies

Tops were used to measure the performance of cricketers. The Test of Performance Strategies consists of a 68-item self-report instrument that assesses the frequency with which psychological skills are used in practice. It has six sub scales in total which are competition that assesses individual's performance in the tournaments, skill which checks out the specific element of a sports performance, performance assesses execution of a skill in a competition, routine assesses the preparation a sportsman had to undergo before going into the competition, workout where practice sessions are done in a structured environment to work on various elements of the sports and the last sub scale is visualization, imagery and rehearsal where sportsman pictures aspect of the performance in mind. Tool consists of a Likert scale (i.e., 1 = never to 5 = always). [24] found strong psychometric properties for the test i.e. coronach alphas of subscales ranged from 0.66 to 0.81. With one exception (the practice activation subscale at .56).

Statistical procedures and results are calculated on Statistical Package for Social Sciences -21 (Spss- 21). To find relationship between variables Correlation analysis was run. Linear regression was done for prediction among variables, independent sample t-test was done to compute differences of married and single cricketers.

Keeping in view the ethical guidelines of a research project, the permission for using the Emotional intelligence, competitive anxiety and Performance strategies were taken from the author. Permissions from the regulating body of cricketers i.e. Pakistan Cricket Board was also taken prior before data collection. Cricketers were asked for written consent on whether they voluntarily want to take part in the project, they shall be free to withdraw from the research at any time they want. Cricketers needing psychological assistance were provided with counselling sessions after permission from Pakistan Cricket Board. The information will be used only for the study purpose Cricketers were ensured about the confidentiality of their responses.

Procedure

Permission was taken from the authors to use tools for the administration on cricketers. To assess Emotional intelligence of the cricketers, Scale of Emotional Intelligence [3] was used and to measure the Performance strategies used by cricketers. Test of Performance Strategies by [24] was used. After taking permission from the Authors, permission was also taken from National Cricket Academy of Pakistan Cricket Board and a local club of Lahore for the data collection. In the next phase, data was collected from National Cricket Academy Lahore and Model Town Green Cricket Club. Cricketers were asked for informed consent. Confidentiality was assured to them, they were informed about all their rights as a participant of the research and were given full freedom to withdraw from the study. Following data collection, results were synthesized using SPSS-21 (Statistical Package for Social Sciences-21), Independent sample t-test and Pearson product moment correlation analysis was run to calculate the results.

RESULTS

The research was done to see whether high emotional intelligence predicts high performance in domestic/international cricketers. Permission to use tools was taken from the respective authors. Permission from the owners of clubs was also taken. Data was collected from National cricket academy, Lahore and Model town green cricket club, Lahore. Data was collected from the players and they were given the authority to withdraw from the study at any point without telling any reason, they were also intimated that the results will be shared with officials of Pakistan cricket board. Informed consent was signed and they were ensured that their data will be solely used for the research purpose. Results of the study are synthesized and interpreted.

Table 1: Frequencies and Percentages of the Demographic characteristics of the sample

Characteristics of Participants		Frequencies (f)	Percentages (%)
Age			
	12 to 19	5	7.1
	20 to 25	32	45.7
	26 to 50	33	47.1
Marital Status			
	Married	28	40
	Single	42	60
Education			
	Under Matric	1	1.4
	Matric	17	24.3
	Intermediate	30	42.9
	Graduation	16	22.9
	Masters	6	8.6
Socio Economic Status			
	up to 30,000	27	38.6
	up to 50,000	14	20
	up to 100,000	17	24.3
	up to 150,000	4	5.7
	up to 200,000	4	5.7
	above 200,000	4	5.7
Experience			
	2 to 5 years	8	11.4
	5 to 10 years	33	47.1
	10 to 15 years	19	27.1
	15 to 20 years	6	8.6
	more than 20 years	4	5.7
Category			
	Batsman	24	34.3
	Bowler	24	34.3
	All-rounder	19	27.1
	Wicketkeeper	3	4.3

The results were synthesized by using (SPSS 21). Results are bifurcated into three major domains i.e. demographics, descriptive and inferential statistics. Table 1 outlines the demographic characteristics of the sample whereas the table 2 outline the descriptive characteristics of the sample. The participant's age ranges from 15 years to 50 years. The mean age of the sample came out to be 28.07 years. 42 participants (60%) were single whereas 28 (40%) of the participants were married. Education wise only 1 participant (1.4%) was under matric. 17(24 %) of the participants were matriculate. 30 (42.9%) were educated up to intermediate. 16(22.9%) of them were graduate and 6 (8.6%) of them were educated up to master's level. Socio economic wise cricketers were divided by the contracts which were given to them by Pakistan Cricket Board from domestic level. 27(38.6%) of the participants were getting 30,000 Rupees monthly. 14 (20%) of the participants were getting 50,000 Rupees monthly. 17 (24.3%) participants were earning 100,000 Rupees monthly whereas 4 (5.7%) participants were getting up to 150,000, up to 200,000 and above 200,000 Rupees respectively. Experience wise 8(11.4%) participants belonged to amateur level of 2 to 5 years, 33 (47.1%) participants belonged to rookie experience level of 5 to 10 years, 19 (27.1%), 6(8.6%) and 4 (5.7%) participants belonged to professional categories of 10 to 15, 15 to 20 and above 20 years of experience categories respectively. 24 (34.3%) participants were batsman and bowlers.19 (27.1%) participants were all-rounders and 3 (4.3%) of the participants were wicketkeepers.

Table 2

Descriptive Statistics and Results of Independent Sample T-Test for Mean Differences in Responses of Married and Single Participants on Sub Scales of Emotional intelligence, Test of performance strategies and Sports competition anxiety Test.

	Married		Single				95% CI		Cohen's d
	M	SD	M	SD	t (70)	P	LL	UL	
Measures									
Scale of Emotional Intelligence	117.25	13.10	110.40	15.33	1.99	0.05	0.00	13.68	0.48
Interpersonal Skill	13.11	2.60	11.50	3.16	2.32	0.02	0.22	2.99	0.55

Note: CI= confidence interval; LL= lower limit; UL= upper limit

Independent Sample t- test was done to compute the difference in responses on the scales of Emotional Intelligence and Test of Performance Strategies between Married and Single Cricketers. The above table depicts that mean score obtained by Married participants on scale of emotional intelligence and interpersonal skills was significantly high as compared to single participants. Difference in scale of emotional intelligence was highly significant in married participants (M=117.25, SD= 13.10); t (70) =1.99, p<0.05 two tailed, 95%, d=0.44. Significant mean differences were also observed in married participants as compared to single participants in interpersonal skills i.e. (M=13.11, SD=2.60) t (70) =2.32, p< 0.05, two tailed, 95%, d= 0.55.

Table 3

Pearson Product Moment Correlation, Mean and Standard Deviation between scores of Emotional Intelligence test and its sub scales and Test of Performance Strategies and its sub scales.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
SEI		--	.69**	.58**	.79**	.43**	.69**	.42**	.76**	.74**	.63**	.66**	-.19	-.22	-.10	-.02	-.23	.12	-.28*
I-SKILLS			--	.36**	.43**	.03	.46**	.15	.51**	.50**	.31**	.39**	-.17	-.20	-.07	.03	-.32**	.07	-.11
S-REGARD				--	.31**	.17	.45**	.45**	.28*	.32**	.22	.33**	-.21	-.25*	.01	-.20	-.17	-.04	-.22
ASSERTIVENESS				.	--	.47**	.53**	.31**	.48**	.45**	.57**	.50**	-.04	.05	-.17	.02	-.13	.07	-.04
E-AWARENESS						--	.31**	.06	.26*	.20	.19	.21	-.04	-.13	-.02	.05	-.02	.05	-.09
EMPATHY							--	.20	.49**	.42**	.25*	.33**	-.13	-.06	-.11	-.02	-.19	.04	-.22
I-CONTROL								--	.23	.12	.24*	.12	.04	-.09	.09	-.03	.15	.04	-.00
FLEXIBILITY									--	.68**	.50**	.45**	-.18	-.26*	-.12	.02	-.17	.18	-.32**
P-SOLVING										--	.45**	.54**	-.29*	-.30*	-.12	.01	-.32**	.07	-.34**
S-TOLERANCE											--	.40**	-.01	-.04	-.01	.04	-.03	.25*	-.23
OPT												--	-.15	-.19	-.03	-.05	-.14	.11	-.25*
TOPS													--	.81**	.71**	.79**	.81**	.37**	.47**
COMPETITION														--	.327**	.512**	.653**	.027	.434**
SKILL															--	.58**	.46**	.43**	.11
PERFORMANCE																--	.54**	.44**	.30*
ROUTINE																	--	.17	.42**
WORKOUT																		--	-.23
VISUAL																			--
M	15.00	113.14	12.14	11.79	14.81	11.26	9.23	12.03	9.74	9.44	11.39	9.83	234.07	87.36	24.34	30.99	33.61	10.67	17.79
SD	2.93	14.77	3.03	2.13	2.85	1.84	2.07	1.93	2.13	2.45	1.91	1.88	22.68	8.78	4.28	3.93	4.16	2.93	3.15

*p<0.05, **p<0.01

Note: SEI= Scale of Emotional Intelligence, TOPS= Test of Performance Strategies, I SKILLS=Interpersonal Skills, S-REGARD=Self Regard, E-SELF AWARENESS=Emotional Self Awareness, I-CONTROL=Impulse Control, S-TOLERANCE=Stress Tolerance

Correlation analysis was run to find out the correlation between variables of Emotional Intelligence scale and its sub scales and Test of Performance Strategies and its sub scales.

The table is showing a positive correlation between emotional intelligence and interpersonal skills which is a sub scale of emotional intelligence, which means increase in emotional intelligence will give rise to interpersonal skills of an individual as well.

The table is also showing a positive relationship among sub scales of emotional intelligence: s-regard, assertiveness, emotional self-awareness, empathy, impulse- control, flexibility, problem solving, and stress tolerance. This means that if the emotional intelligence of a person is increasing than, self-regard, assertiveness, emotional self-awareness, empathy, impulse control, flexibility, problem solving, and stress tolerance will increase as well.

Table shows that interpersonal skills is positively correlated with self-regard, assertiveness, empathy, flexibility, problem solving and stress tolerance which means that higher the emotional intelligence would be, greater self-regard, assertiveness, flexibility, problem solving and stress tolerance a person will have.

Table is showing a negative correlation between interpersonal skills and performance of an individual which mean that the higher the interpersonal skills of an individuals, lower the performance of an individual.

Results also reveal that self-regard has positive correlation with assertiveness, empathy, impulse control and flexibility which means that if self-is high, assertiveness, empathy, impulse control and flexibility will also be high.

Table shows that self-regard has a negative correlation with test of performance strategies that means if the individual has high self-regard he will be low on performance. Results indicate a positive correlation between sub scales of assertiveness, emotional self-awareness, empathy, impulse control, flexibility, problem solving and stress tolerance which reveals that cricketers with assertive skills, emotional self-awareness, empathy, impulse control, flexibility, problem solving, and stress tolerance will tend to perform better.

Results reveal a positive correlation between emotional self-awareness and empathy, emotional self-awareness and flexibility. This means that the individual with high emotional self-awareness will have empathy and flexibility as well.

Table shows that there is a positive correlation between empathy and flexibility, problem-solving, stress tolerance and optimism. This shows that participants with high empathy will also have more flexibility, problem solving, stress tolerance and optimism as well.

Table shows that there will be a positive correlation between impulse control and stress tolerance that means the better the impulse control the more he will have stress tolerance.

Table shows that there will be a positive correlation between the variables of problem solving with flexibility, stress tolerance and optimism that means the higher the problem-solving skills are, more the flexible, more stress tolerance and with more optimism.

Problem solving will have positive correlation with stress tolerance and optimism that means high problem-solving skills will lead to stress tolerance and optimism as well. Problem solving will have negative correlation with test of performance strategies competition and visual that means high problem solving will lead them to less performance strategies, competition and visual imagery in sports as well.

Table shows that the stress tolerance will have positive correlation with optimism and routine as well, that means the more the stress tolerance, and likelihood of optimism along with following the routine will increase as well.

Optimism is negatively correlated with visual performance that means more optimism will decrease the visual performance of an athlete.

Table shows that the test of performance strategies will have positive correlation among the variables of competition, skill, performance, routine, workout and visual. This depicts that the athletes having better strategies will also have better competition, skill, performance, routine, workout and visual performance as well.

Table 3 reveals that the competition will have positive correlation with skill, performance, routine and visual performance that shows if the individual has better competition skills, his skill, performance, routine and visual performance will increase as well.

Table shows that skill will have positive correlation with, performance, routine and workout that means that participants with high skill will show high performance, will have better routine and workout as well.

Table shows that performance will have positive correlation with routine, workout and visual performance, this depicts that higher the performance, better the routine, workout and visual performance will be.

Table 3 also is showing that routine will have a positive correlation with visual performance that means better routine will lead to better visual imagery exercise as well.

DISCUSSION

The study aimed to find out relationship between Emotional intelligence and performance in Domestic/International cricketers. Permission to use the tools from their respective authors was taken. Emotional intelligence was assessed through Scale of emotional intelligence [3]. The computed alpha value of this scale was .88. Reliability coefficient for present study was high as .85. Test of performance strategies by [24] was used to assess performance of the cricketers, reliability of the scale was strong, the reliabilities of the subscales ranged from 0.66 to 0.81, with one exception (the practice activation subscale at .56). Data was collected from National cricket academy, Lahore and Model town green cricket club, Lahore. Participants were approached and were informed about their rights. Results of the research were computed synthesized using SPSS (Statistical package for social sciences).

Independent sample t-Test revealed that married cricketers scored higher in Scale of emotional intelligence as compared to single participants, in this regard there was a study done on the relationship between emotional

intelligence and marital status in sample of college students by [20], they aimed to investigate relationship between Emotional intelligence, happiness and marital status of shahed's university students. 240 participants (110 single and 130 married) were randomly selected. The emotional quotient was administered and their marital status were also investigated. Married individuals scored higher as compared to the single individuals in self-regard, empathy, responsibility, impulse control, self-actualization and reality testing. In the present study the results are in line with the literature as the married cricketers have scored more on Emotional intelligence as compared to the single cricketers. In the same manner Interpersonal skills which is the sub scale of emotional intelligence was higher in married cricketers as compared to the single cricketers. Results of independent sample t-test are in line with the literature.

Hypotheses states that emotional intelligence will have positive relationship with performance in cricketers. A study was found specifically in line with the sport of cricket in South Africa, the topic of the study was Emotional Intelligence Scores Predict Team Sports Performance in a National Cricket Competition, and it was done by [8]. Six cricket teams were assessed over two seasons for emotional intelligence in the context of their performance. MSCEIT ability test and averages of the players during the season were used as measures to assess performance and it was correlated with team sports performance measure, Results showed that emotional intelligence was a significant predictor with 61% improvement in the table points at the end of the season.

In the demographics, Visualization (sub scale of Test of Performance Strategies) experience showed positive relationship with performance, Scale of Emotional Intelligence and Its Sub Scales. This can be related to a previous study in which determinants of emotional intelligence, experience had positive relation with emotional intelligence. [9] insisted that EI had a positive correlation with experience, more the experience of an employee, higher the EI will be. There is a positive relationship between EI, age and job experience, investigated by [11]. A study carried out by Mayer et al. (1999) infers that if EI is considered be a standard intelligence, it will increase with the age.

Conclusion

The aim of the current study was to find out relationship between emotional intelligence and performance in cricketers. Independent sample t-test showed differences between married and single cricketers and that married individuals scored high on emotionally intelligence and had better interpersonal skills as compared to the single cricketers. This research is a gate way for the new researchers in Pakistan to work in the line of sports psychology as there is still a long way to go. Psychology can help sportsmen cope up with their issues on field and off the field as well.

Recommendations

- This study can be extended to more set of samples to make it more representative of the true population. Randomized sampling technique and larger sample will facilitate generalization of the results.
- The study can be done on cricketers at under- 19 level which might help cricketers identify on how they can polish their skills through emotionally intelligent behaviour.

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