



MANAGING RELATION AND INTEGRITY IN INDIVIDUAL AND TEAM SPORTS

DR. YESHWANT PATIL

Principal, APWS College, Kampti, Nagpur

Abstract: The objective of the study is to compare the **Managing Relation and Integrity in Individual and Team Sports**. Total 100 players of Individual sports and 100 team sports were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level. Team Sports was found to have got more managing relations emotional intelligence as compared to Individual sports which means the Individual sports incur significantly less self managing relations emotional intelligence.

INTRODUCTION

A strong coach-athlete relationship is important not only for the athlete's growth as a positive, ethical and moral person, but for the team's performance as a whole. It's all about your ability to get the best out of others ... your ability to inspire and influence them, your ability to communicate and build bonds with them, and your ability to help them change, grow, develop, and resolve conflict. Relationship Management includes the identification, analysis, and management of relationships with people inside and outside of your team as well as their development through feedback and **coaching**. It also incorporates your ability to communicate, persuade, and lead others, whilst being direct and honest without alienating people. (<http://www.free-management-ebooks.com/faqpp/developing-05.htm>). Relationship Management includes the identification, analysis, and management of relationships with people inside and outside of your team. It is the aspect of your EQ that enables you to succeed in inspiring other people and helping them to reach their full potential. Relationships are very important part of our lives, and often give us meaning, purpose, positive emotions, and contribute to an individual's sense of well-being, self-esteem and security. Meanwhile, integrity means that you live in accordance to your deepest values, you're honest with everyone, and you always keep your word. Integrity is a highly valued trait, especially in leaders. When you live with integrity, you're more likely to be considered for **important promotions and leadership positions**. A **team sport** is an activity in which a group of individuals, on the same **team**, work together to accomplish an ultimate goal which is usually to win. ... Some **team sports** are practiced between opposing **teams**, where the players interact directly and simultaneously between them to achieve an objective. individual sports **boxing, wrestling, golf, fencing, martial arts, tennis, ice skating, skiing, rodeo events** and much more. Several sports have both team and individual components, such as track and swimming

METHODS

A **team sport** includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared. An individual sport is **a sport in which participants compete as individuals**. However, team competitions in individual sports also occur. Total 100 players of different sports discipline and 100 students who are not playing any other games were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Instructions were given to the individuals and team players before filling these questionnaires by the researcher. The demographic information was collected through respondents in the form of different descriptive tests. Data was collected individually through a questionnaire from 100 individual sport and 100 **team sport** by contacting individuals and team players at the venue of Inter-collegiate tournament -2019-20. The collected data was analyzed as a whole. The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, T-test analysis, was considered

Table -1

Mean Scores, standard deviation and t-ratio of managing relations Individual sports and Team Sports

Dimension	Players	Number	Mean	S.Ds	T-ratio
Managing relations	Individual sports	100	23.65	4.56	3.23*
	Team Sports	100	26.23	6.12	

*Significant at 0.05 level of confidence.

Table 1 shows that the mean scores, standard deviation and t-ratio of the managing relation of Individual sports and Team Sports they have obtained the mean value of 30.54 and 32.11 respectively which are given in table 1 reveals that the significant difference was found out in (t=4.08, P < 0.05) Individual sports and Team Sports . Team Sports was found to have got more managing relations emotional intelligence as compared to Individual sports which means the Individual sports incur significantly less self managing relations emotional intelligence. This may be due to the differences of nature of game.

Table 2

Mean Scores, standard deviation and t-ratio of integrity of Individual sports and Team Sports

Dimension	Players	Number	Mean	S.Ds	T-ratio
Integrity	Individual sports	100	23.98	3.67	1.43NS
	Team Sports	100	23.98	3.45	

NS= Not Significant

Table 2 shows that the mean scores, standard deviation and t-ratio of the integrity emotional intelligence scale of Individual sports and Team Sports they have obtained the mean value of 23.98 and 23.98 respectively which are given in table 2 reveals that the no significant difference was found out in (t=1.90) of Individual sports and Team Sports

DISCUSSION

The findings of the study reveals that the significant difference was found out in (t=4.08, P < 0.05) Individual sports and Team Sports . Team Sports was found to have got more managing relations emotional intelligence as compared to Individual sports which means the Individual sports incur significantly less self managing relations emotional intelligence. This may be due to the differences of nature of game. Managing Relationship is an ability to be aware of the emotions of those people your interact with and along with your own emotions build a strong working relationship. Relationship Management is all about your interpersonal communication skills. Genuine relationships between athletes and coaches generate more trust, better communication and a winning attitude. An open line of communication helps everyone be more honest with one another, which leads to stronger training, athletic progress and personal growth (Gels,2017) Relationships are the foundation of coaching and even though a relationship is a two-way street, it's the coach's responsibility to pursue a real relationship with their athletes. Coaches hold a place of respect and authority, but still feel reachable enough for athletes to open up and view their coach as a role model or mentor (Gels,2017). strong relationships and a holistic approach to coaching, young athletes will develop as people and play better as a team. Sports can also help build relationships with family, whether it's encouraging your siblings to join a rec league with you, playing tennis with your spouse, or simply throwing a baseball with your child. Working together as a team can put new perspectives and value on familial relationships, plus it's a good way to air out any potential grievances (<https://blastmotion.com/blog/sports-on-relationships/#gref>). There's a sense of belonging that comes with playing **sports as part of a team**, as well as a significant boost in self-esteem. It's where many important social skills are learned, including acceptance of others, support of our peers, and the value of competition([https://blastmotion.com > blog > sports-on-relationships](https://blastmotion.com/blog/sports-on-relationships)).

However, integrity the quality of moral consistency, honesty, and truthfulness with oneself and others. Honesty with patients, full disclosure when reporting information for a study and providing complete representation of all facts during research work are critical to a psychologist maintaining professional integrity. A psychologist should never lie,



cheat, steal or commit fraud. A sport has integrity to the extent that the constraints that the competitors face in the means they can use to achieve a given end are coherent.

REFERENCES

- Chaturvedi and Chander (2010) **Development of emotional stability scale**. *Ind Psychiatry J.* Jan-Jun; 19(1): 37–40.
- Cottrell, S. (2003). *Skills for success: The personal development planning handbook*. Basingstoke: Palgrave Macmillan.
- Gels J (2017). The Importance of a Strong Coach-Athlete Relationship. <https://www.nfhs.org/articles/the-importance-of-a-strong-coach-athlete-relationship/>
- Jackson, S.A., & Csikszentmihalyi, M. (1999). *Flow in sports: The keys to optimal experiences and performances*. Champaign, IL: Human Kinetics.
- Karageorghis, C. I. & Terry, P. C. (2011). *Inside sport psychology*, Champaign, IL: Human Kinetics.
- Tjan, A. K. (2012). How leaders become self aware. Retrieved October 2, 2013 from, <http://blogs.hbr.org/2012/07/how-leaders-become-self-aware/>.
- Li Y. Construct of emotional stability and its moderating effects between proximal organizational conflicts and individual outcomes. AOM Conference. Paper, Under revision. 2005 [[Google Scholar](#)].
- Smithson WB. *Psychological adjustment: Current concepts and applications*. New York: McGraw Hill Book Company; 1974.
- The Effects of Sports on Relationships (2016)**. <https://blastmotion.com/blog/sports-on-relationships/#gref>
- Thorndike RL, Hagen EP. *Measurement and Evaluation in Psychology and Education*. New Delhi: Wiley Eastern Limited; 1979.
- Vallerand, R.J. Gawin, L.I and Halliwell, W.R. (1983) "Effects of Zerosun competition on children"s intrinsic motivation and perceived competence". *Journal of social Psychology*, Vol. 126, No. 4pp 465-470