INTRODUCTION

The Kho-Kho game is an Indian sport commonly played in schools and colleges around the country. When it comes to Kho-Kho history, every Indian knows that the game was known to be played since the earliest of times. It is played on a rectangular court, between two teams of twelve players each, of which 9 take the field and 3 are reserves.

Kho-Kho is a great test of the participants’ physical fitness, strength, speed and stamina and dodging ability. No one has exact knowledge on Kho-Kho history or when the first game was played, though many historians say that it is actually a modified form of ‘Run Chase’. In the ancient era, a version of the Kho-Kho game was played on `raths` or chariots in Maharashtra. This was known as Rathera.

In ancient Kho-Kho history, there were no rigid rules and regulations for playing the game. The Kho-Kho rules were first framed in the early 1900's. A committee was formed at Gymkhana Poona in 1914 for framing the Kho-Kho rules and the first ever book of Kho-Kho rules was published from Gymkhana Baroda, in 1924.

According to the Kho-Kho game rules, each of the participating teams consists of twelve players, though only nine players take the field for a contest. After the toss, one team sits in a row down the middle of the court, with alternate members facing opposite directions. They are the chasers. The opposing team sends a player in the court as a dodger.

A chaser may only run in one direction and cannot cut across the central line. If a chaser needs to catch a dodger who is on the other side of the line, he/she needs to pass the chasing job to another team-mate. This is done by touching the back of a sitter facing the other way and shouting ‘Kho’.

The main aim of the chasing team is to tag all dodgers of the opposing team in the shortest time possible. This sport is managed by the Kho-Kho Federation of India, which was created in 1956-57 at Cuttack, Orissa to popularize the Kho-Kho game among the masses.
Emotional Intelligence and Performance:

In recent years, sports psychology research has seen the rise of a concept named emotional intelligence. But what is it, how can it help sports performance and how can we enhance our own emotional intelligence? Andy Lane explains.

Emotional intelligence is a relatively new concept that has emerged over the last decade, which to date has principally been studies in business settings (1). It is defined as 'the capacity to recognize and utilize emotional states to change intentions and behavior'. Emotional intelligence can be measured using pen and paper test (2); in such tests, the responses to statements such as 'When I experience a positive emotion, I know how to make it last' and 'I motivate myself by imagining a good outcome to tasks I take on' are recorded and assessed. Emotional intelligence can be summarized thus:

- The ability to recognize different emotional states;
- Assessing the effects of emotions on subsequent behavior
- The ability to switch into the best emotional state to manage a particular situation.

Not surprisingly many businesses have used emotional intelligence ratings as part of their selection processes, but the ability to recognize the emotional states in others in the sporting context is clearly desirable, and the skill raising the emotions of the team is a potentially priceless asset.

Emotional Intelligence in Sport:

Although emotional intelligence is still a relatively new term in sport, it certainly is not a new concept. For years we have marveled at how the great athletes are able to "switch themselves on" to create amazing performances with incredible consistency. We would describe them as being composed, mentally tough, having the right psychology, a great sports mind, emotionally controlled or simply determined or focused. Today we recognize these athletes as having high levels of competency in the area of emotional intelligence.

The Key to emotional intelligence is the ability to control your emotions and create peak performance on demand. If only we could teach our athletes to do this consistently! But, what if
we could? This article examines what emotional intelligence is and while wanting to develop this invaluable ability within your athletes is paramount, it isn't the first step. Most importantly, coaches require high levels of emotional intelligence as the first priority. (Future articles will continue this topic and focus on developing emotional intelligence in our athletes.

**Self Management and Emotional self control in Sport:**

The Self-Management quadrant contains the vital aspect of Emotional Self Control. Development of this competency is vital for both coaches and athletes. It is this competency which separates the star performers from those who technically can do the job but are inconsistent due to factors such as the moment carrying them away etc. Emotional Self Control in sport is the ability to control emotional impulses which lead to poor performance, to create emotions which lead to good performance and to be disciplined enough to know when to do either. For example, when watching your athlete perform poorly, as sometime happens, although it makes you frustrated, are you able to recognize this frustration (emotional self-awareness) and then are you able to adapt this emotion to a more productive one, before you begin interacting with your athlete. If you spend some time to consider, are you able to produce the type of emotional state which you know helps you to perform at your best. Do you know what state this is? This is an example of both emotional self-awareness and emotional self-control.

**Statement of the Problem:**

The purpose of the study will be to study the Emotional Intelligence and Enthusiasm of State Level Kho-Kho Players and National Players.

**Delimitations:**

1. The study was delimited to the male Kho-Kho players of India.
2. The study was further delimited to age ranging from 18 to 25 years.
3. The study was further confined to the following psychological variables.
4.

**Aim of the study:**

2) To Examine the Enthusiasm of State level Kho-Kho Players and National Level Kho-Kho players.

**Objective of the Study:**

1) To find out the Emotional intelligence of State level KhoKho Players and National Level KhoKho players.

2) To find out the Enthusiasm of State Level Kho-Kho Players and National Level Kho-Kho Players.

**Hypothesis:**

H:1 National Level Kho-Kho Players will be significantly high Self awareness than the State Level Kho-Kho Players.

H:2 There will be signification difference between National Level Kho-Kho Players and State Level Kho-Kho 0n Emotional intelligence Dimension of Empathy.

H:3 National Level Kho-Kho Players will be significantly High Self Motivation than the State Level Kho-Kho Players.

H:4 There will be significant different in between National Level Kho-Kho Players and State Level Kho-Kho Players on Emotional intelligence Dimension of Emotional Stability.

H:5 There will be No significant difference in between in National Level Kho-Kho Players and State Level Kho-Kho Players on Emotional intelligence Dimension of Managing Relations.

H:6 There will be No significant difference in between National Level KhoKho Players and State Level KhoKho Players Emotional intelligence Dimension of Integrity.

H:7 National Level KhoKho Players will be significantly high Self Development than the State Level KhoKho Players.
H:8 There will be significant difference in between National Level KhoKho Players and State Level KhoKho Players Emotional intelligence Dimension of Value Orientation.

H:9 There will be significant difference in between National Level KhoKho Players and State Level KhoKho Players Emotional intelligence Dimension of Commitment.

H:10 There will be No. significant difference in between National Level KhoKho Players and State Level KhoKho Players Emotional intelligence Dimension of Altruistic Behavior.

H:11 There will be significant different in between National Level KhoKho Players and State Level KhoKho Players Dimension of Enthusiasm.

**Definition of Term**

**Emotional Intelligence:**

Emotional intelligence is the innat potential to feel use communicate recognized remember describe identify learn from manage understand and explain emotions.

Emotional intelligence or EI, describes on ability or capacity to perceive, assess and manage the emotions of one’s self and others. Our EQ or emotional quotient is how one measures emotional intelligence.

**Enthusiasm:**

Geat excitement for or interest in a subject or cause.

A source or cause of great excitement or interest.

**Signification of the Study:**

1. The finding at this study may also in general assist the Emotional Intelligence and Enthusiasm at state level kho-kho players and national level players.
2. The study may give an opportunity and encouragement emotional intelligence and enthusiasm to conduct further studies on different aspects to kho-kho players.

3. The study may throw light on enthusiasm for kho-kho players in order to bring about optimum development of performance ability.