

## **Methodology**

### **Selections of subjects**

The number of sample (n= 300) will be selected for the study. All the subjects will be west zonal intervarsity level cricketers. Out of which 100 will be batsmen, 100 spin bowlers and 100 fast bowlers? Their ages will be ranging from 18 to 25 years.

### **Selection of the test items**

1. **Emotional intelligence** questionnaire developed by **Phillip L. Hun Saker. 2001** which contain 25 items with five subfactors viz. Self-awareness, Managing emotions, motivating oneself Empathy, Social skill.
2. **Aggression questionnaire** which contain 30 items devised by **Anand Kumar Shukla and Prem Anand.**
3. **Athletic Burnout questionnaire** which contain 15 items devised by **Raedeke (1997; Raedeke & Smith, 2001)**. It consists of three subfactors viz.

1. RA = reduced sense of accomplishment

2. E = emotional/physical exhaustion

3. D = devaluation

4. **Stress Vulnerability Scale** which contain 15 items devised by **L.H. Miller and A.D. Smith**

### **Emotional intelligence**

#### **Purpose of the questionnaire**

To measure the level of emotional intelligence. This questionnaire provides an indication of your emotional intelligence

#### **Description of the test items**

Emotional intelligence questionnaire developed by Phillip L. Hun Saker. (2001) which contain 25 items with five subfactors viz.

1. Self-awareness

2. Managing emotions

3. Motivating oneself
4. Empathy
5. Social skill

### **Scoring of the questionnaire**

Sum your responses to the 25 questions to obtain your overall emotional intelligence score.

### **Aggression questionnaire**

#### **Purpose of the questionnaire**

To measure the level of Aggression

#### **Description of the test items**

The aggression questionnaire was distributed to the hockey players after the competition. The directions were read by the researcher at a dictation speed to enable them to the required. This inventory consists of 25 items in which 13 items are “YES” and rest 12 are keyed “NO

#### **Scoring of the questionnaire**

For each item score was “1” the maximum score may be 25 and minimum score may be 0. scores obtained by each statement was added up which represent one’s total score on aggression. This inventory consists of 25 items in which 13 items are “YES” and rest 12 are keyed “NO” the statement.

### **Athletic Burnout questionnaire**

#### **Purpose of the questionnaire**

To measure athletes' level of burnout

#### **Description of the test items**

Athletic Burnout questionnaire contain 15 items devised by Raedeke (1997; Raedeke & Smith, 2001). 15 items intended to quantify the athlete burnout syndrome according to its key characteristics of reduced accomplishment, sport devaluation, and emotional/physical exhaustion (Eklund & Cresswell, 2007). The stem for each item is “How often do you feel this way?” Each response is scored on a 5-point Likert scale with “almost never” (1), “rarely” (2), “sometimes” (3), “frequently” (4), “almost always” (5) representing all possible responses. Raedeke and Smith (2001) as well as Cresswell and Eklund (2006) have demonstrated both reliability and validity

for the ABQ as they have administered the questionnaire to athletes both in and out of North America (see summary of these results in Eklund & Cresswell, 2007).

### **Scoring of the questionnaire**

RA = reduced sense of accomplishment

E = emotional/physical exhaustion

D = devaluation

**Note: items 1 and 14 are reverse scored**

### **Stress Vulnerability Scale-**

#### **Purpose of the questionnaire**

To measure the level of Stress Vulnerability

#### **Description of the test items**

This stress vulnerability questionnaire was developed by two psychologists at Boston University Medical Center, L.H. Miller and A.D. Smith, and is reproduced by the SCI Noble Counseling Center of Caldwell, Ohio.

#### **Scoring of the questionnaire**

Scores will range from 20 to 100. If your score is less than 50, you are not vulnerable to stress at this time. Any score over 50 indicates vulnerability to stress. Evaluate the reasons for the stress and identify strategies for dealing with it. Periodically monitor your progress toward reducing stress. A score between 70 and 95 indicates a serious vulnerability to stress. Drastic lifestyle changes may be necessary to avoid the detrimental effects of stress. A score over 95 indicates extreme vulnerability to stress. Intervention and assistance from outside sources such as counselors may be necessary.

### **Administration of the test items (questionnaires)**

The research scholar personally meets the coaches and the player and explained them clearly the purpose of the study along with how the questionnaire will have to be filled up. After making sure that the subjects are clearly understood the procedure how to fill up the questionnaire, they will be asked to score the answer. All the items of the questionnaires (**Emotional intelligence,**

**Aggression questionnaire, Athletic Burnout questionnaire, Stress Vulnerability Scale)** must to be answered by the subjects.

### **Statistical technique**

In order to examine the hypothesis of the study descriptive statistics such as mean and standard deviation will be used. One-way analysis of variance will be to test the significance of difference of the mean of batsmen, fast and spin bowlers. The mean difference will be tested at the .05 level of significance. LSD post hoc test will be applied to determine the paired mean difference.