Motivation of Spanish University Students Regarding Practice of Physical activity and Sport
Ana Pavon Lores
Unit of Investigation in Physical Education and Sports, University of Murcia
Juan Antonio Moreno Murica*
University Miguel Hernandez of Elche, Spain
Melchor Gutierrez
University of Valencia, Spain
Alvaro Sicilia
University of Almeria, Spain

In this study sports participation motivation was examined on a sample of 801 Spanish university students of Murcia, Valencia and Almería. They completed the “Questionnaire of Attitudes, Motivations and Interests concerning Physical Activities” (CAMIAF). The analysis of the data shows that students who lacked sports qualifications identified more with the reasons related to physical fitness and personal image, whereas the students with some sport qualifications are those most interested in competition, personal capability, adventure, hedonism and social relationships. Moreover, a progressive descent of the interest for competition and a growing bias toward healthy aspects of exercise was noticeable among the senior students. Most of the interviewed university students reported that the University should promote sport-health and that Physical Education is an important aspect of an academic institution and a society.

*Correspondence concerning this article should be addressed to Juan Antonio Moreno Murcia, Grupo de Investigación en Comportamiento Motor, Universidad Miguel Hernández de Elche, Edificio Torrevaillo, Avenida de la Universidad, s/n 03202 Elche (Alicante) E-mail: j.moreno@umh.es
Emotional Intelligence as Predictor of Managerial Effectiveness

Saima Yousuf*
Garrison Post Graduate College for Women, Lahore

Iftikhar Ahmad
Department of Psychology, GC University, Lahore, Pakistan

There is a tremendous impact of emotional intelligence (EI) on the rapidly changing corporate world. A strong relationship between EI and work success has been observed using both, the Trait based as well as the Ability based models of emotional intelligence. This investigation follows the trait model, which takes emotional intelligence as a personality facet. Sales, marketing and customer service officers (Male = 55, Females = 45) in cellular telecom organizations of Lahore were tested for managerial effectiveness in relation to their personality traits and emotional intelligence. An adapted version of Self Report Emotional Intelligence Test (SREIT), 16 PF Questionnaire, and Managerial Assessment Profile (MAP) were administered to the participants. Demographic variables: gender, age and job experience were also analyzed. Emotional intelligence was significantly related with social boldness and emotional stability as expected demonstrating EI as a personality facet. It strongly correlated with managerial self assessment as well. No gender differences were found on these measures. EI scores significantly predicted managerial effectiveness. Path analysis revealed EI as a mediating variable between emotional stability trait and managerial effectiveness as well as between age and job-experience. Also, EI followed by emotional stability depicted greater causal effect on managerial effectiveness than other variables of the study.

*Correspondence concerning this article should be addressed to Saima Yousuf, Lecturer, Garrison Post Graduate College for Women, Lahore Cantt. Or via E-mail: romessakahish@yahoo.com
The Effect of Rhythmic Quranic Recitation on Depression

Shabbir Ahmad Rana*
Department of Psychology, GC University, Lahore, Pakistan

Adrian Charles North
Department of Psychology, Leicester University, UK

This study investigated the effect of rhythmic recitation of Quranic verses on depression. 175 hospitalized Pakistanis suffering from psychotic depression were divided into seven groups. All received the same drugs and attended the same psychotherapy sessions, but the participants of six experimental groups were also subjected to six other different treatments, including religious music, for 60 minutes daily over 30 days. The Beck Depression Inventory, Hospital Depression Scale, and Hospital Anxiety Scale were administered to measure participants’ level of depression and anxiety at the start and end of the study. In addition, doctor’s reports were also obtained concerning each participant’s symptoms. The results indicated that the level of depression decreased in all the seven groups, but the level decreased most significantly among participants who also listened to the Quranic verses. The implication of the study rests in highlighting the positive effect of rhythmic Quranic recitation on psychotic depression among Muslims, which may contribute to the further development of cost-effective health promotion procedures in both Islamic nations themselves and multi-cultural Western nations.

*Correspondence concerning this article should be addressed to Dr. Shabbir Ahmad Rana, Department of Psychology, GC University Lahore. Tel: 0321-4824602. E-mail: shabbirrana786@hotmail.com
Female Students’ Experience of Social Violence against them and their Parents’ awareness of this Mistreatment

Nasir Mahmood*, Nabila Malook and Asma Riaz
Institute of Education and Research, University of the Punjab, Lahore, Pakistan

This study is aimed at finding the extent of social violence experienced by school going girls in age group of 13-15+ years, parents’ awareness about the experience of social violence as explained by their daughters and comparison of students’ experience and parents’ awareness. Three factors i.e. physical violence, emotional violence, and bullying were identified for their social relevance to education. Data was collected from 300 persons (150 students and any one of their parent). The students were in grade 8, 9 & 10 of government schools. Questionnaires consisting of 18 and 17 statements covering all three factors were used for data collection from students and parents respectively. The mean score of students on different factors showed all students were experiencing social violence with varying degree of intensity. More than 85% of the girls were subject to average degree of social violence with 11% reporting high degree of social violence against them. Parents were generally aware of the social mistreatment of their daughters but had noticeable difference in recognizing the extent of the violence indicating low level of interaction and trust between parents and daughters.

*Correspondence concerning this article should be addressed to Dr. Nasir Mahmood, Assistant Professor, Department of Research and Evaluation, Institute of Education and Research, University of the Punjab, Lahore. E-mail: mahsir1@yahoo.com, mahsir@ier.pu.edu.pk
Test Anxiety in Students: Semester vs. Annual System

Rafia Rafiq*, Saima Ghazal and Yasmin N. Farooqi
Department of Applied Psychology University of the Punjab,
Lahore, Pakistan

The primary objective of the study was to compare test anxiety in students studying in semester system with those of annual system. It was hypothesized that test anxiety would be different in students under the two types of educational systems. The difference in test anxiety was investigated with a Cross sectional research design. The sample comprised of 60 male students from Law College; University of the Punjab, 30 studying under semester system, and 30 from annual system. Systematic random sampling technique was used to draw the sample. Spielberger’s theory of state trait anxiety, served as theoretical model for this research. Self constructed questionnaires based on the construct of state and trait anxiety were constructed, after a pilot study had been conducted for identification of test anxiety indicators, through a semi structured interview from the students. Scores on the questionnaire were used as a measure of anxiety. Cronbach’s alpha revealed reliability for the state and trait anxiety questionnaires to be $\alpha = 0.84$ and $\alpha = 0.54$ respectively. Content validity was determined in the light of Spielberger’s state trait anxiety theory (Spielberger, 1980). Results indicate no significant difference in anxiety among students studying under the two educational systems. Implications for implementation of semester system are being discussed.

*Correspondence concerning this article should be addressed to Rafia Rafique, Lecturer, Department of Psychology and Applied Psychology, University of the Punjab, Quaid-e-Azam Campus, Lahore, Pakistan.

E-mail rafiawaqar@hotmail.com