



An Investigation into Emotional Maturity in Male Sports Participants and Non-Sports Participants: A Comparative Study

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Abstract: As emotions do play central role in the life of an individual, one is expected to have higher emotional maturity in order to lead a higher maturity in order to lead an effective life. It is also true that our behavior is constantly influenced by the emotional maturity level that we possess.

The purpose of the study was to examine the “emotional maturity” among different students. 100 Male subjects selected for this study out of which 50 male are Sports Person and 50 Male are Non Sports Person. Who are studying in various affiliated Colleges and Universities of Rajasthan State.

The age of all subjects was ranged between 20 to 24 years. To measure the level of Emotional Maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargav’s (1990) was administered. The obtained responses were scored and converted to standard (t) scores, further subjected to ‘z’ test to determine the significance of difference in Emotional Maturity among Male Sports Person and Non Sports persons.

Keywords:- Emotional maturity, sports person, non sports person.

Introduction:-

Sport is such an activity where in lot of physical effort is required. A physically fit person has always been found to be better. However, being physically fit is not enough. One has to be emotionally stable as will to perform better.

Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning according to **CHAM BEARLAIN (1960)**. An emotional mature person is one whose emotional life is well under control.

Rathee and Salh (2010) found that international players are significantly better in emotional maturity as compared to state player.

Singh (1990), “Emotional maturity is not only the effective determinant of Personality pattern but also helps to control the growth of an adolescent’s development.

Morris et al (2004) said it is a well recognized fact that sports and physical activity programs can provide an effective vehicle for the youth to develop at personal, social and emotional level.

According to **Kirkcaldy (1982), Margan(1980), Singer (1975) or Singh and Singh (2011)** various traits of the personality of sports person and non-sports person differ from each other. One of the few reliable findings shows that athletes are more emotionally mature, extroverted and less neurotic and they have a better decision-making capacity than non-athletes.

Resch (2010) conducted a study on the topic "The psychological factors affecting athletic performance." The physical and mental health complex is claimed as achievement of the XXI. Century, whereby also among the sportsmen and sportswomen, beside the somatic medicine, growing attention is devoted to the psyche as well. The sports psychiatry was dragged in and put into service to enhance performance after all biological weapons ran out of ammunition, and the long-awaited results still failed to come about. Moreover, despite the energy increasingly invested it was going from bad to worse. Among athletes many psychiatric disorders call attention, either by the high prevalence or by the development of a specific syndrome. Symptoms of depression (depression after the competition, depression following the failure at the competition), chronic stress, anxiety, fatigue syndrome of overtraining, enervation, sleep disturbances, eating problems, burnout, eating disorders (anorexia athletics, athlete tried), personality factors and the chemical addiction are all extremely important. The present study is the first to summarize the most crucial psychiatric disorders that may have great significance in the athlete population, in varying degrees according to the individual sports.

Movahedi A, Mojtahedi H, and Farazyani F. (2011) conducted a study to determine whether there was a significant difference in measure of socialization between visually impaired student-athletes and non-athletes. We compared the social skills of Iranian visually impaired student-athletes (n = 51) and visually impaired student non-athletes (n = 56) with ages ranging from 13 to 19 years enrolled in academic year 2009-2010. Socialization was measured with the Social Maturity Scale (Weitzman, 1949). The results indicate that the two examined groups differ in regards to socialization and that the visually impaired student-athletes scored significantly higher than the visually impaired student non-athletes on the socialization test, proving the notion that participation in sports results in better improvements in socializations. If officials and parents encourage sports participation in visually impaired individuals, they will have a better opportunity of having more social skills in life.

An emotionally mature person has the capacity to make an effective adjustment with himself, members of his family and his peers in college and the society.

AIM OF STUDY: -

Aim of Study to compares the emotional maturity level and its sub variables among the sports person male and non-sports person male.

HYPOTHESIS: -

H0: - It is hypothesized that there would be no significant difference between sports person and non-sports person (male) collegiate students of Rajasthan state on Emotional maturity and its sub variables.

H1: - It is hypothesized that there would be a significant difference between sports person and non-sports person (male) collegiate students of Rajasthan state on Emotional maturity and its sub variables.

METHODOLOGY: -**SAMPLE-**

The sample of the study consisted 100 subject (N=50 sports person and N=50 non-sports person) who were studding in different college and university of Rajasthan .The all subject was ranged between 20 to 24 years. Random sampling method was used.

VARIABLES: -

A) Independent variables

MALE: - 1) Sports person

2) Non-sports person

B) Dependent variables: -

Emotional maturity

TOOLS OF STUDY: -

Emotional Maturity Scale: - for measuring Emotional maturity of adolescents, a scale developed by Singh and Bhargav (1990) was used. The scale has five components VIZ, instability, emotional regression, social maladjustment, personality disintegration and lack independence. The scale consists of 10 items in each component expect for the component i.e. lack of independence which has 8 items. The responses are scored according to weight age of 5 to 1 (Very much to never).

STATICAL METHOD: -

Descriptive statistics (Mean, S.D., and Z test) used for analysis of the data 'z' test was applied to determine the significance of difference in mean scores on said variables between male sports person and non-sports person . The level of significance was set on 0.05.

RESULT AND DISCUSSION: -

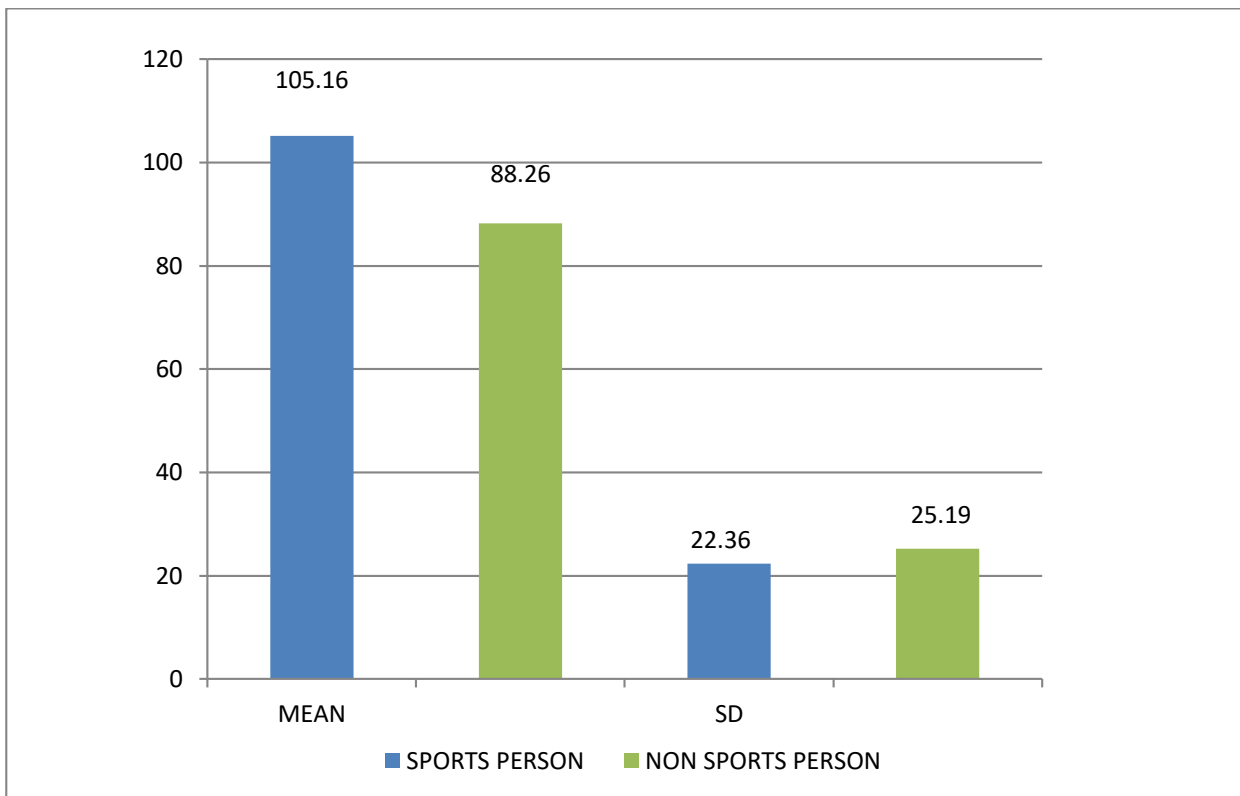
Table No.1 Showing mean, S.D., and Z value of Emotional Maturity of male sports person and non-sports person.

TABLE NO. 1

STATUS OF MALE	Mean	SD	N	Z VALUE
SPORTS PERSON	105.16	22.36	50	3.51
NON-SPORTS PERSON	88.26	25.19	50	

- Make a figure No. 1 showing mean and SD of male sports person and non-sports person.

Figure No. 1



According to the table mean and SD of male sports person was 105.16 And 22.36 Respectively. Another mean and SD of male non-sports person was 88.26 and 25.29 Respectively. 'z' test was applied. 'z' test value is 3.51 Which is significant at 0.05 level. So, the alternative hypothesis is accepted.

The present study aimed to investigate the difference in emotional maturity between male sports persons and male non-sports persons. The study hypothesized that there would be a either significant difference or no difference between the two groups of students on emotional maturity and its sub-variables. The study results revealed a statistically significant difference in emotional maturity between the two groups of students, suggesting that male sports persons have higher emotional maturity scores compared to male non-sports persons.

The finding that male sports persons have higher emotional maturity scores compared to male non-sports persons is consistent with previous research that has linked sports participation with emotional and psychological well-being. The positive impact of sports participation on emotional maturity may be due to a range of factors such as increased self-esteem, sense of purpose, and social support. These factors may contribute to the development of emotional maturity in male sports persons, leading to higher emotional maturity scores.

However, it is important to note that the present study only measured emotional maturity and did not explore the underlying mechanisms that may be responsible for the observed difference. Therefore, further research is needed to better understand the relationship between sports participation and emotional maturity, and to determine the specific factors that contribute to the development of emotional maturity in male sports persons.

Moreover, the present study has several limitations that must be acknowledged. Firstly, the study sample consisted of male collegiate students from Rajasthan state, which limits the generalizability of the study findings to other populations. Secondly, the study only measured emotional maturity using a single instrument, which may limit the validity of the study findings. Future research may benefit from

the use of multiple measures of emotional maturity to obtain a more comprehensive understanding of the construct.

In conclusion, the present study provides evidence for a relationship between sports participation and emotional maturity among male collegiate students. The findings suggest that male sports persons have higher emotional maturity scores compared to male non-sports persons. These findings may have important implications for sports training and counseling for emotional development among male students. Further research is needed to confirm and understand this relationship further

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