



Study Of Emotional Maturity Among Athletes And Non-Athletes

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Abstract

Research Background: According to Psychologist, Maturity is a psychological term used to indicate how a person responds to the circumstances or environment in an appropriate manner. This response is generally learned rather than instinctive, and is not determined by one's age. An adequate description of emotional maturity must take account of the full scope of the individuals' capacity and powers, and of his ability to use and enjoy them.

Objectives: The study objective was, to compare the significant difference emotional maturity among athletes and non-athletes college students. Other hind side objective was, to significant difference in emotional maturity among male and female.

Procedure: The present study, one hundred twenty college students were selected from different colleges. Out of them, sixty students were selected from athletes, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty students were selected from non-athletes, in which thirty were selected from male and thirty were selected from female. The purposive sampling technique was used for the selection the sample. Their age range between was 18 to 24 years. In this study Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bhargava (2005) has been used.

Conclusions: It is concluded that, insignificant difference found in emotional maturity among the athletes and non-athletes college students. It means an athlete is not contributory factor for development of emotional maturity. Another concluded that, insignificant difference found in emotional maturity among the male and female college students. It means an gender difference is not contributory factor for development of emotional maturity.

Keywords: athletes and non-athletes, Emotional Maturity

➤ INTRODUCTION

Emotion is a state of special readiness for emergency action. Emotion is the complex psychological experience of an individual's state of mind as interacting with biochemical and environment influences. In human emotion fundamentally involves psychological arousal, expressive behavior and conscious experience. Emotion is associated with mood, temperament, personality and disposition and motivation. Emotional maturity should be regarded as relative, not final or absolute. The process of maturity emotionally is never complete, for a person in fairly good health mentally continues to grow more "mauler" in his attitude toward life and toward himself as long as he lives. Emotional maturity involves the kind of living that most richly and fully expresses what a person has in him at any level of his development. "Mature" emotional behavior at any level of growth is that which most fully reflects the fruits of healthy development in all the interacting aspects of the growing persons make up. An adequate description of emotional maturity must take account of the full scope of the individuals' capacity and powers, and of his ability to use and enjoy them. Maturity is a psychological term used to indicate how a person responds to the circumstances or environment in an appropriate manner. This response is generally learned rather than instinctive, and is not determined by one's age. Gesell (1961) proposed a theory that nearly all development is controlled by motivation and so is independent of practice or experience.

According to Walter D.Smitson (1974), "Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and interpersonally."

According to Crow and Crow (1974), "An emotion is an affective experience that accompanies generalizes inner adjustment and mental and psychologically stirred up states in an individual and that shows itself in his overt behavior." The present study objective was to compare the level of emotional maturity among the athletes and Non-athletes College Students.

➤ OBJECTIVES

1. To compare the significant difference emotional maturity among athletes and non-athletes college students.
2. To study the significant difference in emotional maturity among male and female.

➤ HYPOTHESIS

1. There would be no significant difference in emotional maturity among athletes and non-athletes college students.
2. There would be no significant difference in emotional maturity among male and female.

➤ **RESEARCH PROCEDURE**

1. Independent Variables

A) Type of Students

- 1. Athletes College Students
- 2. Non-athletes College Students

B) Type of Gender

- 1. Male Students
- 2. Female Students

2. Dependent Variables : Emotional Maturity

➤ **SELECTION OF THE SAMPLE:**

The present study, one hundred twenty college students were selected from different colleges. Out of them, sixty students were selected from athletes, in which thirty were selected from male athletes and thirty were selected from female athletes as well as in the same way sixty students were selected from non-athletes, in which thirty were selected from male and thirty were selected from female. The purposive sampling technique was used for the selection the sample. Their age range between was 18 to 24 years.

➤ **STUDY MATERIALS:**

➤ **Emotional Maturity scale:**

Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bhargava (2005). The reliability of the test by product moment correlation was 0.75. The internal consistency for emotional stability was 0.75, emotional progression was 0.63, social adjustment was 0.58, personality integration was 0.86 and independence was 0.42 respectively and the concurrent validity of the total test was 0.64 as given in the manual.

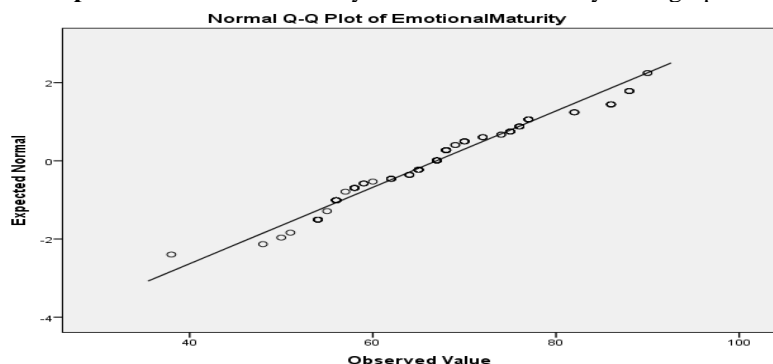
STATISTICAL ANALYSIS AND RESULTS

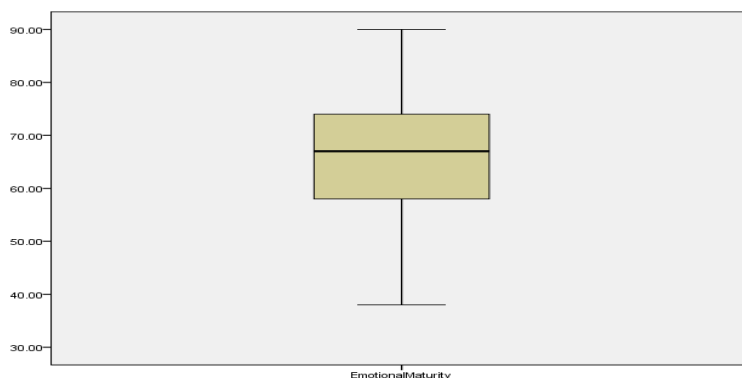
Table No. 1. Assessing normality of dependent variable emotional maturity

Descriptive Statistics		Statistic	Std. Error	
Emotional Maturity	Mean	66.9417	0.93465	
	95% Confidence Interval for Mean	Lower Bound	65.0910	
		Upper Bound	68.7924	
	5% Trimmed Mean	66.7222		
	Median	67.0000		
	Variance	104.829		
	Std. Deviation	10.23858		
	Minimum	38.00		
	Maximum	90.00		
	Range	52.00		
	Interquartile Range	16.00		
	Skewness	0.304	0.221	
	Kurtosis	-0.076	0.438	

Above table indicates that the trimmed mean score (66.7222) is very close to simple mean (66.9417). Hence, we confidently explain that our simple mean is not affected extreme scores, and indicates that there is not a single outlier in our data (Sheridan, J. Coakes, 2006). The Skewness value is Positive. The positive values for Skewness indicate a positive skew, while kurtosis value is negative. The negative values for kurtosis indicate a distribution that is negatively.

Graph No:1: Shown normality of emotional maturity from graphs.





Above is a Q-Q and box a plot indicates of depended variable of emotional maturity among the athletes and Non-athletes of college students. The shapes of the distribution are considered normal.

Table No. 2. Descriptive statistics of dependent variable emotional Maturity

Dependent Variable: Emotional Maturity				
Types of Students	Types of Gender	Mean	S. D.	N
Athletes Students	Male Students	66.5667	9.90187	30
	Female Students	65.7000	7.68855	30
	Total	66.1333	8.79997	60
Non-athletes Students	Male Students	66.4667	11.93873	30
	Female Students	69.0333	11.13393	30
	Total	67.7500	11.51804	60
Total	Male Students	66.5167	10.87446	60
	Female Students	67.3667	9.63392	60
	Total	66.9417	10.23858	120

Table:3: Summary of ANOVA of the dependent variable emotional Maturity

Source	Sum of Squares	df	Mean Square	F	Sig.	Partial Squared	Eta
Type of Students	78.408	1	78.408	0.740	0.391	0.006	
Type of Gender	21.675	1	21.675	0.205	0.652	0.002	
Type of Students X Type of Gender	88.408	1	88.408	0.835	0.363	0.007	
Error	12286.100	116	105.915				
Total	550217.000	120					
Corrected Total	12474.592	119					

Significant Level, $df(1,116) ---- 0.05 = 3.92 \quad 0.01 = 6.84$

The above table indicates a two-way ANOVA was conducted that examined the effect of type of students (Athletes and Non-Athletes Students) and gender (Male and Female Students) on individual’s emotional Maturity. Our dependent variable, emotional maturity, was normally distributed for the groups formed by the combination of the type of students and gender.

The main effects analysis showed that for type of students (Athletes and Non-Athletes Students) is not significant, $F(1,116) = 0.740, P > 0.05$. There is insignificant difference found in emotional maturity among the athletes and non-athletes college students. So, hypothesis no.1: There would be no significant difference in emotional maturity among athletes and non-athletes college students is accepted. The athletes and non-athletes college students have found equal on their level of emotional maturity. It means an athlete is not contributory factor for development of emotional maturity.

The main effects analysis showed that for type of gender (Male and Female Students) is insignificant, $F(1,116) = 0.205, P > 0.05$. There is insignificant difference found in emotional maturity among the male and female college students. So, hypothesis no.2: There would be no significant difference in emotional maturity among male and female is accepted. The male and female college students have found equal on their emotional. It means an gender difference is not contributory factor for development of emotional maturity.

There is insignificant interaction between the effects of type of students (Athletes and Non-Athletes Students) and gender (Male and Female Students) on individuals emotional maturity, $F(1,116) = 0.835, P > 0.05$. There is no significant

interaction found among type of students and type of gender in terms of emotional maturity of college students in Athletes and Non-Athletes as well as male and female.

➤ **CONCLUSIONS**

1. There is insignificant difference found in emotional maturity among the athletes and non-athletes college students. The athletes and non-athletes college students have found equal on their level of emotional maturity. It means an athlete is not contributory factor for development of emotional maturity.
2. There is insignificant difference found in emotional maturity among the male and female college students. The male and female college students have found equal on their emotional. It means an gender difference is not contributory factor for development of emotional maturity.

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