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Comparative Study of Social Maturity Among Non-Sports Women and Sports Women

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KEYWORDS :

INTRODUCTION

Social maturity is used to measure how well a person fits into the actions and expectations of the society. A person is said to be socially mature if he is skilled, self directed and has ability to take stress, communicate, cooperate, tolerate and openness to change. Social maturity is very essential for proper adjustment in the society and is very important aspect on which the future of the child depend. Socially mature individual has the capability to make adjustment with himself and with his environments and circumstances.

Riddle (1969) investigated a study entitled, "The Relationship between Physical Education Activity Preference, Social-Economic Status and Personality Needs of Freshmen and Sophomore College for Women". Analysis of variance was worked out and no significant differences were noticed between the personality needs, physical activities and social maturity of both the groups on any of their areas. Lashley (1972) carried out an investigation entitled, "A Comparative Study of Negro and Causcosion Junior High School boys on Selected Factor of Personality, Socio-Economic Status and Physical Fitness". It was concluded that there was a significant positive relationship between the personality characteristics and the level of physical fitness of Negro of Causcosions junior high school for boys. He also found some significant differences between personality characteristics of Negro of Causcosions junior high school boys on social maturity. Marron (1973) carried out an investigation entitled, "Reference Group Theory and Social Maturity." The results indicate that : (a) social maturity is related to the number of reference groups reported by cadets the more reported, the more maturity; (b) social maturity is related to the type of experience had with reference groups the more perceived threat, the less maturity; (c) the number of reference groups and the type of experience perceived interact with one another but in as yet an undetermined fashion; (d) resignations seem to be more a function of the number of reference groups than the indices of social maturity. Persky (1973) conducted and investigation entitled "A Comparative Study of Development Problems and Adverse Environment as Related to the Race and Socio-Economic Status of Children in Selected New York City Schools" This study had shown comparative lower SES children and middle white SES children and indicated no significant differences between them. It further supported the researcher's hypothesis by showing that social maturity and not race was directly related to poor health. Hays (1977) conducted an investigation entitled, "Social Class of University Wrestlers" He found that the success level of university wrestling teams which belonged to the middle class environment did not appear to be related to the social class composition of the teams. Becker (1978) carried out investigation entitled, "An Approach to Developing Personal and Social Maturity". The article describes an adaptation for nine deaf 14-year-old students of "The Magical Circle", an approach to affective education which focuses on personal maturity, Competency and constructive social interactions. Poston (1978) conducted an investigation entitled, "Social Class of Women Collegiate Swimmers" The collegiate swimming teams were very similar in regard to their social class composition of the team members. The swimmers who qualified for the national championship were predominantly from the upper middle class. Moreover, all teams were predominantly composed of upper-middle class swimmers. Best (1982) had made an investigation entitled, "The Athletic Environment of the High School. A Description of Socio-Psychological Differences between Male Athletes and Non-Athletes". His study indicated that white athletes were more mature than black athletes. Lata (1985) studies the "Impact of Parental Attitude on Emotional, Social and Educational Adjustment of Normal and Handicapped Students". She found that normal boys and handicapped girls showed better emotional adjustment as compared to normal girls and handicapped boys. Puranik (1985) conducted an investigation entitled, "A Study of Relationship of Social Maturity of Pupils with Organization Climate in Schools of Banglore City". The major findings were the social maturity of female students was higher than that of male students. In the social maturity, autonomous climate, private management and unaided schools were found to be most conductive factor. Sabapathy (1986) carried out an investigation entitled, "A Study of Relationship of Manifest Anxiety, Emotional Maturity and Social Maturity of Standard Xth of their Academic Achievement" and found relation between anxiety, emotional maturity, social maturity and academic achievement of students. Emotional maturity was positively and significantly related to achievement in individual subject and also on total academic achievement. Khatib and Hashim (1988) carried out an investigation entitled, "The Socialization Process of Elite Male Iraqui Athletes into Sports Roles." and studies 60 male elite athletes who participated in Iraqui National Teams in variety of sporting events. They found that elite male athletes received greater influence from peers in terms of their interests. He was also found relationship between participation and social maturity during childhood and current participation in sports. Parents influenced was found non-significantly on the athletes participation in sports. Angenent and Man (1989) carried out an investigation entitled, "Intelligence, Gender, Social Maturity and School Readiness in Dutch First-Graders." Results indicated that school readiness is related to intelligence and sex but not to social maturity. The latter was found to be associated with sex of subject and intelligence. Sodhi (1993) carried out an investigation entitled, "Impact of Depression on the Adjustment Pattern of Social Maturity of Adolescents at 2 Stage" He was found that adjustment of the majority of them was quite less at home and also school with regard to their social maturity. Gill and Singh (1996) conducted an investigation entitled, "A Comparative Study of Psycho-Motor Ability of Athletes" These groups were found to be similar to each other in the social parameters and no statistically significant difference was notice amongst them. Fumiko and Histoshi (2006) Carried out an investigation entitled, "Study on the Social Maturity, Self-Perception and Associated Factor, Including Motor Coordination, of Children with Attention Deficit Hyperactivity Disorder." The results of the study suggested that most of the subjects had some degree of motor problem and delay of social maturity. They also suggested an association between social maturity and static dynamic balance, which was one of the indices of motor coordination.

METHODOLOGY

For obtaining the data for the present study, the investigator had to sought permission and cooperation from various colleges. They approached the principals, lecturers in physical education to sought their permission to obtain data for the study. The test was administered to the subjects at a place where there was minimum disturbance. The instruction for filing up the questionnaire and the procedure for making their responses were read out and explained to the subjects the subjects were asked to record their sincere responses. The doubt, if any, was removed by the investigator. After the comple-

tion of the test, the response sheet were collected from the subjects.

OBJECTIVE OF THE STUDY

1. To compare the social maturity of college non-sports women and sports women.

SELECTION OF THE SAMPLE

Subjects for data collection were drawn from the various Government Colleges of Chandigarh. The sample consisted of 100 female non-sports women and sports women in the age group of 18 to 24 years, representing different inter-college competitions in session 2007-08.

SELECTION OF TEST

For collecting the data with regard to the social maturity scale prepared by Dr. Nalini Rao (1986) was used to achieve the objectives of the study the following sociological variable was selected.

1. Social maturity

a) **Personal Adequacy**
b) **Inter-Personal Adequacy**
c) **Social Adequacy**

STATISTICAL ANALYSIS

The data obtained from the questionnaire used up by the subjects was subject to statistical analysis on computer. The values such as Mean, S.D and t-values were got worked out to find out the differences between the non-sports and sports women belonging to various government colleges of Chandigarh.

RESULTS AND DISCUSSION

Results

The descriptive values such as Mean, SD and t-values were calculated regarding differences between non-sports women and sports women on all sub variables and the some have been presented below:

Table - 1
Comparison of non-sports women and sports women in different aspects of social maturity scale.

S.No.	Area of Comparison	Non-Sports Person				Sports Person				t-values
		n	Mean	S.D	Std. Err.	n	Mean	S.D	Std. Err.	
1.	Personal Adequacy	50	75.82	8.78	1.24	50	91.60	12.47	1.76	7.31**
2.	Inter-Personal Adequacy	50	79.22	6.34	0.89	50	92.62	11.62	1.64	7.15**
3.	Social Adequacy	50	86.42	10.09	1.42	50	88.10	13.59	1.92	.702
4.	Social Maturity	50	243.40	20.49	2.89	50	274.16	30.23	4.27	5.955**

**Significant at 0.01 level t>2.63 (df.98)

DISCUSSION

The results in Table-1 regarding the variable of ***Personal Adequacy*** revealed significant differences between the College Non-Sports Women and College Women at 0.01 level as the t-value being 7.31. It was the College sports women, who were found to be significantly better on the variable of personal adequacy (with mean score of 91.60) as compared to the College Non-Sports Women (mean score 75.82). It might be attributed to the fact that the total impact of the psychological and sociological types of atmosphere in the playground was exceptionally more mature and these girls must be directly and indirectly mixing up with other players and coaches, which might have developed their behaviour in such a way that the College Sports Women are more socially mature than College Non-Sports Women.

On the variable ***Inter-Personal Adequacy,*** the results in Table-1 revealed that there were significant differences between college Non-Sports Women and College Sports Women at 0.01 level as the t-value being 7.15. On the variable of Inter-Personal Adequacy, the College Sports Women were found to be significantly better as compared to their College Non-Sports Women. The students of different disciplines often go to the ground for practice and mix up with each other. It might influenced all the players, that is why College Sports Women are more mature than College Non-Sports Women.

From the results regarding variable ***Social Adequacy*** in Table-1 it can be seen that there were non significant differences among the College Non-Sports Women and College Sports Women. As the College Sports women were having little higher mean score of 88.10 as compared to 86.42 for the College Non-Sports Women, both the groups of the college had similar development on the variable of Social Adequacy. It could also be said that both the groups had developed similar type of behaviour towards of Social Adequacy.

On the variable ***Total Social Maturity,*** the results in Table-1 revealed that there were significant differences among College Non-Sports Women and College Sports Women at 0.01 level with t-value at 5.955. The College Sports Women with higher mean score of 274.16 was found to have higher Total Social Maturity as compared to College Non-Sports Women which had lower mean score of 243.40. It might be due to the fact that the participation in sport can be invigorating and personally empowering experience for women. Being an athlete, especially a skilled athlete, can change the way a women sees herself. It can make her feel physically stronger, more competent, and more in control of her life as an independent individual. The College Sports Women found to be more socially mature as compared to the College Non-Sports Women.

The findings of the investigation, however accept the findings of Singh (2001) who has reported that the participants in the sports had developed better social maturity than non-participants in all the five groups of comparison i.e. total group, amongst males, amongst females, between male participants and non-participants and between females of participants and non-participants. In the same way also did see eye to age with the findings of Norbert (1971) who has also reported in an investigation that youth who had played sports had higher scores on social maturity. Sports participants of white collar background had more developed social maturity as compared to the white-collar non-participants.

The findings of the investigation, however, rejected the findings of Mohini (1993) who did an experimental study and reported that players were socially more mature than non-players. In the same way it also did see eye to age with the findings of Gautam (1988) who has also reported in an investigation that players were socially more mature than non-players. The findings of the investigation, however, accept the findings of Singh (1995) Social maturity of Indian athletes and conducted that high performance were better in adjustment as compared to low level performer. The findings of the investigation, however, rejected findings of (Singh, 1999) as he compared the champion and non-champion boxers on their intelligence, personality, will to win and Social Maturity and found that on the variable of Social Maturity champions were significantly better developed than non-champion in different sports.

CONCLUSION

1. The comparison of college sports women and college non-sports women did indicate that the Personal Adequacy, Inter-Personal Adequacy and Social Maturity aspect of the college sports women was better developed than the college non-sports women.
2. The comparison of college sports women and non sports women did indicate that social adequacy were no significant differences.

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