



## Emotional Maturity in Female Sports Persons

\* Dr. Kulreet Singh Dhillon

\* Assistant professor, LHRM College of Education, Talwandi Bhangarian, Moga

### 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 effective life. It is also true that our behavior is constantly influenced by the emotional maturity level that we possess. In view of this, an attempt is made in present study to find out whether there is a significant difference in the emotional maturity of female sports persons at graduate and post graduate level. The scale emotional maturity (Singh and Bhargav, 1994) was administered on the selected sample of two hundred (N=200) female sportspersons (N=100 graduate level females and N=100 Post graduate level females). Along with responses to the above scale, some personal data information was also collected from the sample. The obtained responses were scored and converted to standard (T) scores, further subjected to 't' test to determine the significance of difference in emotional maturity among female sportspersons at graduate and post graduate level respectively. The results revealed significant differences in emotional maturity (and its various dimensions emotional instability, emotional regression, personality disintegration, lack of independence) between graduate female sportspersons and post graduate female sportspersons.*

**Keywords :** Emotional maturity, SportsPersons, Graduates

### Introduction:

Education is a man making process. It enriches an individual's personality with vivid experiences which provide him with wider understanding of both inner and the outer world. Educational environment of an individual influences the mental equilibrium. Maintenance of emotions is the end product of the education. In the present scenario, youth is facing difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in the day-to-day life. Emotional Maturity is a measure of one's capacity to create in a positive mental attitude. Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning. According to Chamberlain (1960), an emotionally mature person is one whose emotional life is well under control.

Emotions are aroused by circumstances. A mature person views life experience as learning tools and, when they are positive, he enjoys them thoroughly. When they are negative, he accepts personal responsibility and learns from them to improve in his life. But the immature person feels dejected when things do not go as expected. Rathee and Salh (2010) found that International players are significantly better in emotional maturity as compared to state players. Alka Mankad (1999) observed that personality of emotionally mature and immature adolescents differ significantly. When frustrated, an immature person looks for someone to blame and attack people; mature people attack problems. The mature person uses his anger as an energy source and, when frustrated, doubles his efforts to find solutions to his problems. Keeping in the mind the above statements, the investigator studied the emotional maturity among female sportspersons at graduate and post graduate level.

### Objective of the study:

To study levels of emotional maturity among Female sports persons studying at graduate level and at Post graduate level.

### Hypotheses:

1) There is significant difference in levels of emotional ma-

turity among Female sports persons studying at graduate level and at Post graduate level.

2) There is significant difference between female sports graduates and female post graduates on the variable of emotional maturity.

### Sample:

A sample of two hundred (N=200) female sportspersons (N=100 graduate level females and N=100 Post graduate level females) was taken from Punjab for the study.

### Tools:

**Emotional Maturity Scale:** For measuring emotional maturity of adolescents, a scale developed by Singh and Bhargav (1984) 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 except 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). Higher the score on the scale, lesser is the degree of emotional maturity and vice versa.

### Statistical Technique used:

Descriptive analysis- Mean, and Standard Deviation was computed. Inferential statistics such as 't' test was applied to determine the significance of difference in mean scores on said variables between graduate and post graduate female sportspersons. The level of significance was set at 0.01.

### Results and Discussion:

Table 1 shows mean values, standard deviation, and t-values with regard graduate level female sportspersons and post graduate level female sportspersons. The post graduate level sports persons with mean score 87.09 are moderately stable emotionally and the graduate level sports person with mean score 105.6 are emotionally unstable further, the t value 7.32 is higher than the table value 2.59 and hence found significant at 0.01 level of significance. The results thus indicate that Post graduate sports person possess significantly higher degree of emotional stability than

their counter parts. Therefore, Hypothesis 1 is accepted.

TABLE 1

Sr. no.	level	N	Mean	S.D	t-value
1.	Post graduate	100	87.09	13.24	7.32*
2.	Graduate	100	105.6	19.93	

\*significant at 0.01 level

Further, dimension wise analysis of emotional maturity of two levels was done and results are indicated in Table 2

TABLE 2

Dimensions	level	N	M	S.D	T-Value
Emotional Instability	Post graduate	100	17.32	5.36	4.35*
	Graduate	100	21.31	6.10	
Emotional Regression	Post graduate	100	19.12	6.97	3.22*
	Graduate	100	22.30	5.95	
Personal Disintegration	Post graduate	100	19.8	5.79	0.69
	Graduate	100	19.49	5.58	
Lack of independence	Post graduate	100	16.85	5.29	3.38*
	Graduate	100	21.27	4.88	

\* Significant at 0.01 level.

Table 2 indicates a clear and significant differences in emotional maturity of female sports persons of graduate and post graduate level .In three dimensions out of four, post graduate sportspersons possess higher degree of emotional maturity as compared to female sportspersons at graduate level.

On the dimension of Emotional instability, the female sportsperson at post graduate level have mean score of 17.32 where as the female sports persons at graduate level have a

mean score of 21.32 with t-value 4.35(significant at 0.01 level) indicating that Post graduate level female sportspersons possess significantly higher emotional stability as compared to graduate level female sportspersons.

In the area of Emotional regression, the female sportsperson at post graduate level have mean score of 19.12 where as the female sports persons at graduate level have a mean score of 22.30 with t-value 3.22 (significant at 0.01 level) indicating that graduate level female sportspersons are more emotionally regressive as compared to post graduate level female sportspersons.

In the area of Lack of Independence, the female sportsperson at postgraduate level have mean score of 16.85 where as the female sports persons at graduate level have a mean score of 21.27 with t-value 3.38 (significant at 0.01 level) indicating that Post graduate level female sportspersons are more independent as compared to graduate level female sportspersons.

On the dimension of Personality disintegration the two levels do not differ significantly. Thus, Hypothesis 2 is partially accepted.

**Conclusion:**

1. Female sportspersons at Post graduate level are found to be moderate emotionally stable.
2. Female sportspersons at graduate level are found to be emotionally unstable.
3. Female sportspersons at Post graduate level possess significantly higher emotional maturity as compared to female sportspersons at graduate level. Out of the five dimensions of emotional maturity Female sportspersons at Post graduate level are significantly more mature on three dimensions namely, Emotional Instability, Emotional regression and Lack of independence.

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