



ORIGINAL RESEARCH PAPER

Physical Education

AN ANALYSIS OF EMOTION REGULATION AMONG TEAM AND INDIVIDUAL SPORTS

KEY WORDS: Emotion Regulation, Team Sports, Individual Sports

Dr. Sameer Kumar Yadav*

Assistant Professor, LNIPE, Gwalior. *Corresponding Author

ABSTRACT

The purpose of the present study was to analyze the emotion regulation of male participants of team and individual sport and selected variable of the study was assessed by using the Emotion Regulation Questionnaire developed by Gross, J.J., & John, O.P. (2003). The questionnaire was described to the subjects and detail information regarding the administration procedure was explained to the subject. Testing protocol was adopted to ensure the authentic data collection. After the acquisition of the data, independent sample T-test was administered as a statistical technique to find out the significance difference among the male individual and team sports players. Finding of the study showed no significant difference on emotion regulation among male participants of individual and team sports.

INTRODUCTION

Physical activity is no longer prioritized as the major success component in today's sports scene. In a sport setting, participants must find the motivation to set and work towards long-term goals. Athletes must regularly manage the stress of rigorous training and competitive pressure, which includes recognizing and controlling their own emotions as well as those of others (such as rivals, teammates, coaches, officials, and fans). Sport and exercise psychology experts have shown that athletes who do better on emotional quotient tests are more successful.

One way to conceptualize emotional regulation is to control the emotions one feels, when and how they are experienced. The capacity to use emotional regulation strategies adaptively to control emotional responses in an effort to meet personal goals as well as the needs of the situation is referred to as emotional regulation. Emotion regulation is defined as the cognizance and comprehension of emotion, acceptance of emotions, and the ability to refrain from acting impulsively and instead behave so that one may achieve desired goals when feeling negative emotions. Although research on emotional control and sports involvement is not very substantial, there are a few studies that do exist. Emotional management tactics are frequently used by athletes when participating in sports. An examination of Olympic athletes' emotional control techniques indicated that they select particular emotion control techniques to adhere to the "professional" behavioral requirements of their organization and techniques that might assist them achieve better performance results. There are times in sports when the long-term advantages of an unpleasant feeling exceed the immediate advantages of a good mood; for instance, runners frequently think that negative emotions like anger and worry could improve their performance. As a result, negative emotions may be advantageous for athletes, who will manage them correctly. Athletes who participated in team sports were conscious of their feelings and how they may affect their teammates. Athletes claim that they control their emotions so as not to negatively affect their teammates (Kellye, 2016).

The modern world is increasingly more active and exhibits more demands on humanity, which may tire people's capacity to manage the circumstances and occasionally even adversities they confront. The modern era has also brought about a great deal of change and evolution to the world of sports at a continuous and rigorous pace, making it crucial for the athlete to be as mentally prepared as they are physically and strategically. To facilitate this, it is necessary for an athlete to be able to control their emotions and feelings rationally, being able to control one's emotions according to the situation at hand and behave accordingly, as well as a strong will. An athlete with strong emotional control exhibits socially acceptable behaviors at all times, including whether they experience setbacks, excel, or triumph over rivals. Emotional

control is a component of psychological wellness. When an athlete is a member of a team sport, emotion regulation plays a crucial role since it gives them the inclination to be sensitive to their own and others' emotions and to act in ways that are comfortable to those around them. Numerous studies show a strong correlation between mental toughness and an individual's ability to control their emotions. The present study was conceptualized to discover the significant difference between the team and individual players on a chosen variable of emotion regulation while keeping in mind the importance of emotional regulation in sports. Therefore, it was hypothesized that there would be no significance difference between male players of team and individual sports.

METHODOLOGY

Purposive sample was employed in the current study, which included 40 male players from each squad and 40 male players individually. The selected players were all West Zone Intersports level competitors in their respective sports from LNIPE, Gwalior, and their ages varied from 18 to 25. The emotion regulation questionnaire (ERQ), created by Gross and John in 2003, was given to the participants to complete. It is a self-report questionnaire with ten items meant to gauge an athlete's capacity for emotional management. Each question asks subjects to respond on a 7-point scale. The data were subjected to t-test using SPSS 20 statistical software, with a significance level of 0.05. The Shapiro-Wilk test of normality was performed to examine the normality and coefficient distribution of the two groups.

RESULTS

Finding of the present study was revealed in the following tables.

Table 1 Emotional regulation among team and individual sport players

Variables	Team sports		Individual sports		T (80)	p	Cohen's d
	M	SD	M	SD			
Cognitive reappraisal	33.4	5.58	33.0	5.08	-0.57	0.58	0.12
Expressive suppression	21.5	5.69	19.6	5.45	0.67	0.56	0.13

It was evident from the table 1 that there was no statistically significant difference between team sport athletes (M=33.4, SD=5.58) and individual sport athletes (M=33.0, SD=5.08) in terms of cognitive reappraisal (t(80)=-0.57, p=0.58, Cohen's d=0.12). On the evaluation of expressive suppression, there was no discernible difference between team sport athletes (M=21.5, SD=5.69) and individual sport athletes (M=19.6, SD=5.45) (t(80)=0.67, p=0.56, Cohen's d=0.13).

Table 2 Test of normality of team and individual sport athletes

Variables	Shapiro-Wilk		
	Statistics	df	Sig.
Cognitive reappraisal	.966	78	.031
Expressive suppression	.978	78	.174

When the data were put through a test to see if they were normally distributed, it was discovered that the data obtained for the subscale of cognitive reappraisal ($p=.0310.05$) was not. However, it was discovered that the data collected in relation to expressive suppression ($p=.174>0.05$) was regularly distributed. According to the study's findings, there was no discernible difference between cognitive reappraisal and expressive suppression among male athletes who participated in both solo and team sports. The findings imply that an individual athlete's level of emotion regulation is roughly equivalent to that of a team sport athlete, and vice versa, which provides insight for the future design of interventions, programmes, exercises, studies, research, etc. that take into account the differences in levels, perceptions, and capacities of emotion regulation between team and individual sport athletes. The results imply that future studies might make the assumption that there is no appreciable difference in the degree of emotion control between athletes participating in solo and team sports. Further research may close the gap between the known and unknown beaches since the difference is not tracked and analyzed in accordance with any specific sport or game.

Conclusion

According to the study's findings, there was no discernible difference in how well male athletes controlled their emotions in team versus solo sports. The capacity to rationally control one's own emotions was discovered to be about equally inherent in both groups, supporting the prediction that there wouldn't be a significant difference in the emotional regulation of male team and solo players, therefore the hypothesized conceptualized that there would be no significance difference among male team and individual players on emotional regulation was accepted.

REFERENCES

1. Akelaitis, A., & Malinauskas, R. (2018). The expression of emotional skills among individual and team sports male athletes. *Pedagogics, Psychology, Medical-Biological Problems of Physical Training and Sports*, 22, 62.
2. Gross, J. J. (2011). *Handbook of Emotion Regulation, First Edition*. Guilford Press.
3. Gross, J. J., Richards, J. M., & John, O. P. (2006). Emotion Regulation in Everyday Life. In *Emotion regulation in couples and families: Pathways to dysfunction and health* (pp. 13–35). American Psychological Association.
4. Kohn, Kellye, (2016) "Athletic Identity and Emotional Regulation in Adolescents" MastersTheses.2496.<https://thekeep.eiu.edu/theses/2496>