

A Study of Emotional Maturity in Basketball Players: A Predictor and Quantification of Sport Performance

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Abstract

The present study was aimed to identify the role of Emotional Maturity in Basketball players. To obtain data, the investigator had selected Fifty (N=50) male inter-college level basketball players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study. They were further divided into (N=10) each playing position i.e. Point guard (n₁=10), Shooting guard (n₂=10), Small forward (n₃=10), Power forward (n₄=10) and Center (n₅=10). To measure the level of emotional maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargava's (1988) was administered. One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. Where F values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference. For testing the hypotheses, the level of significance was set at 0.05. Summarizing from the above findings we can say that insignificant differences were found among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) on the sub-variables of Emotional Maturity.

KEYWORDS: Emotional Maturity, Basketball Players

INTRODUCTION

For enhancing performance and maximizing health benefits of players in basketball sports psychological issues play a crucial role. Empirical evidence shows that mere participation in sports can prove to be psychological asset and also further helpful in lifelong activities regardless of whether the participation has been Competition oriented (Matsumoto & Konno, 2005, & Reilly, 1996). The game of basketball involves quick movements, running, jumping and many other unpredictable movements (Saha, 1996 & Tollerdel, 2007).

This game requires constant actions for physical and mental adaptations according to changing situations by the team and individual players. Emotional maturity is the ability to experience, understand and express one's own deepest feelings in the most appropriate and constructive ways. Frank (1963) remarked that, Emotional maturity can be understood in terms of ability which helps to bear tension and frustration. Further, the researchers revealed that emotional maturity is a useful and efficacy construct for use in applied situations such as during the performance (Lane, et al. 2007 & Meyer and Zizzi. 2007). One's desire to excel in a specific area, be it sport or any other endeavor is driven by one's emotions and this process is facilitated or hindered by an individual's positive or negative emotions. While considering the paramount importance of psychological variables with regard to basketball players the investigator focused to analyze the role of emotional maturity in performance of basketball players.

MATERIAL AND METHODS

To obtain data, the investigator had selected Fifty (N=50) male inter-college level basketball players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study. They were further divided into (N=10) each playing position i.e. Point guard (n₁=10), Shooting guard (n₂=10), Small forward (n₃=10), Power forward (n₄=10) and Center (n₅=10).

To measure the level of emotional maturity among subjects, emotional maturity scale constructed by Singh and Bhargava’s (1988) was administered.

STATISTICAL ANALYSIS

One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. Where F values were found significant, LSD (Least Significant Difference) Post-hoc test was applied to find out the direction and degree of difference. For testing the hypotheses, the level of significance was set at 0.05.

RESULTS

Table 1. Analysis of Variance (ANOVA) results among male Basketball Players with regard to Emotional Maturity on the sub-variable Emotional Unstability.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	32.920	4	7.480	.387	.987
Within Groups	1140.300	45	24.236		
Total	1169.120	49			

It can be ascertained from table-1 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Emotional Unstability among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .987 was found higher than the 0.05 level of significance (p>0.05).

Table 2. Analysis of Variance (ANOVA) results among male Basketball Players with regard to Emotional Maturity on the sub-variable Emotional Regression.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	26.800	4	4.950	.367	.876
Within Groups	916.700	45	22.593		
Total	924.500	49			

It is evident from table-2 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Emotional Regression among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .876 was found higher than the 0.05 level of significance (p>0.05).

Table 3. Analysis of Variance (ANOVA) results among male Basketball Players with regard to Emotional Maturity on the sub-variable Social Maladjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	57.320	4	14.830	.546	.657
Within Groups	1203.100	45	26.736		
Total	1270.420	49			

It can be observed from table-3 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Social Maladjustment among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .657 was found higher than the 0.05 level of significance ($p > 0.05$).

Table 4. Analysis of Variance (ANOVA) results among male Basketball Players with regard to Emotional Maturity on the sub-variable Personality Disintegration.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	33.880	4	7.970	.322	.879
Within Groups	1378.000	45	31.733		
Total	1438.880	49			

It can be seen from table-4 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Personality Disintegration among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .879 was found higher than the 0.05 level of significance ($p > 0.05$).

Table 5. Analysis of Variance (ANOVA) results among male Basketball Players with regard to Emotional Maturity on the sub-variable Lack of Independence.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	30.580	4	7.720	.445	.789
Within Groups	748.300	45	16.522		
Total	829.280	49			

The results of Analysis of Variance (ANOVA) in table-5 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Lack of Independence among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .789 was found higher than the 0.05 level of significance ($p > 0.05$).

Table 6. Analysis of Variance (ANOVA) results among male Basketball Players with regard to the variable Emotional Maturity.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	343.400	4	85.850	.265	.924
Within Groups	18898.600	45	418.591		
Total	19170.000	49			

It can be seen from table-6 that insignificant differences were found with regard to the variable Emotional Maturity among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) as the P-value (Sig.) .924 was found higher than the 0.05 level of significance ($p>0.05$).

PRACTICAL APPLICATION

The study will be considerably helpful to comprehend the level of emotional maturity existing among basketball players. The sports psychologists and coaches working with these areas will drive benefit from the findings of the present research and they can integrate emotional maturity variables in their training schedule from the very initial stages.

CONCLUSION

Summarizing from the above findings we can say that insignificant differences were found among basketball players (Point Guard, Shooting Guard, Small Forward, Power Forward and Center) on the sub-variables of Emotional Maturity.

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