A Study of Emotional Maturity among District, State and National Level Hockey Players

Maman Paul
Department of Physiotherapy, Guru Nanak Dev University, Amritsar, Punjab, India

Abstract

The purpose of this study was to compare Emotional Maturity among district level, state level and national level Hockey Players. To obtain data, the investigators had selected Seventy Five (N=75), Female subjects between the age group of 12-28 years (Mean ± SD: Age 16.50±3.78 (yrs), Body Height 160.64±5.30 (cm), Body Mass 51.41±5.70 (kg)). For evaluating the levels of Emotional Maturity among subjects, Singh and Bhargava's (1988) Emotional Maturity Scale (EMS) was used. This scale consists of five parameters namely: (Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence). The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variables were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05. To conclude, it is significant to mention in relation to Emotional Unstability, Emotional Regression and Social Maladjustment that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically insignificant ($P > .05$). Furthermore, in relation to Personality Disintegration and Lack of Independence that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically significant ($P < .05$).

KEYWORDS: Emotional Maturity, Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration, Lack of Independence, Hockey Players

INTRODUCTION

Emotional maturity refers to "the ability of facilitating and guiding emotional tendencies to reach intended goals" (Yusoff, Rahim, Pa, Mey, Jaafar, & Esa, 2011). According to Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Chamberlain (1960) said that an 'emotionally matured' person is one whose emotional life is well under control. Hiremani et al. (1994) indicated that the destitute girls were emotionally unstable due to socio-cultural and parental deprivation. Mankad (1999) personality of emotionally matured and unmatured adolescents differs significantly.

Walter (1974) elaborates that emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra-personally.

MATERIAL AND METHODS

For the purpose of the present study, Seventy Five (N=75), Female subjects between the age group of 12-28 years (Mean ± SD: Age 16.50±3.78 (yrs), Body Height 160.64±5.30

(cm), Body Mass 51.41±5.70 (kg)) volunteered to participate in the study. All the subjects were informed about the objective and protocol of the study.

Table 1. Subject's Demographics of Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)).

Variable (s)	Sample Size (N=75)			
	Total N=75	District Level (N_1=35)	State Level (N_2=25)	National Level (N_3=15)
Age (yrs)	16.50±3.78	13.42±1.17	17.32±4.76	22.33±3.28
Body Height (cm)	160.64±5.30	155.77±3.49	164.4±1.73	165.73±1.22
Body Mass (kg)	51.41±5.70	46±3.16	55.2±1.5	57.76±1.41

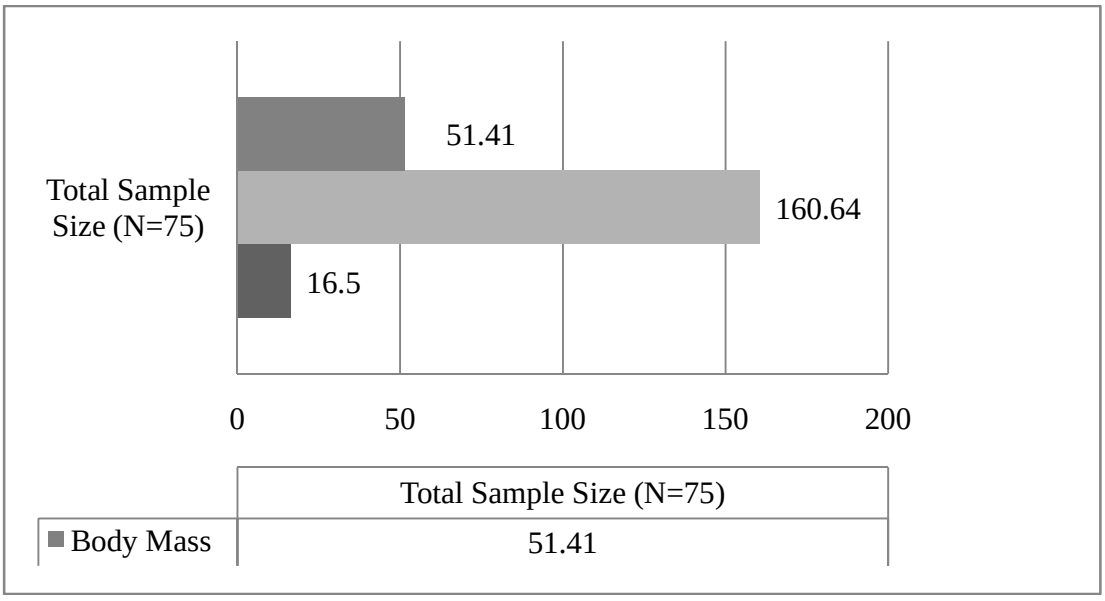

Figure 1. Subject's Demographics of Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15).

SELECTION OF TOOLS

Emotional Maturity Scale (EMS)

For evaluating the levels of Emotional Maturity among subjects, (Singh and Bhargava's, 1988) Emotional Maturity Scale (EMS) was used. This scale consists of five parameters namely:

i. Emotional Unstability
ii. Emotional Regression
iii. Social Maladjustment
iv. Personality Disintegration
v. Lack of Independence

STATISTICAL ANALYSIS

The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05.

RESULTS

Table 2. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Emotional Unstability.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	80.084	2	40.042	1.582	.213
Within Groups	1822.103	72	25.307		
Total	1902.187	74			

Table 3. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Emotional Regression.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	83.208	2	41.604	1.669	.196
Within Groups	1794.579	72	24.925		
Total	1877.787	74			

Table 4. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Social Maladjustment.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	38.804	2	19.402	.896	.413
Within Groups	1558.316	72	21.643		
Total	1597.120	74			

1. It is evident from Table-2 that results of Analysis of Variance (ANOVA) among Hockey Players with regards to Emotional Unstability were found statistically insignificant (P > .05).
2. It is evident from Table-3 that results of Analysis of Variance (ANOVA) among Hockey Players with regards to Emotional Regression were found statistically insignificant (P > .05).
3. It is evident from Table-4 that results of Analysis of Variance (ANOVA) among Hockey Players with regards to Social Maladjustment were found statistically insignificant (P > .05).

Table 5. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Personality Disintegration.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	132.084	2	66.042	3.368	.040
Within Groups	1411.703	72	19.607		
Total	1543.787	74			

1. It is evident from Table-5 that results of Analysis of Variance (ANOVA) among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Personality Disintegration were found statistically significant ($P < .05$). Since the obtained F-value was found significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-6.

Table 6. Analysis of post-hoc test among Field Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Personality Disintegration.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
District (14.4500)	**State**	-.68333	.813
	National	-3.55000*	.016
State (15.1333)	**District**	.68333	.813
	National	-2.86667	.083
National (18.0000)	**District**	3.55000*	.016
	State	2.86667	.083

1. A glance at Table-6 showed that the mean value of District group was 14.4500 whereas State had mean value as 15.1333 and the mean difference between both the groups was found .68333. This shows that the State group had demonstrated significantly better on Personality Disintegration than their counterpart's District group.
2. The mean value of District group was 14.4500 whereas National had mean value as 18.0000 and the mean difference between both the groups was found 3.55000. This shows that the National group had demonstrated significantly better on Personality Disintegration than their counterpart's District group.
3. The mean value of State group was 15.1333 whereas National had mean value as 18.0000 and the mean difference between both the groups was found 2.86667. This shows that the National group had demonstrated significantly better on Personality Disintegration than their counterpart's 15.1333 group.

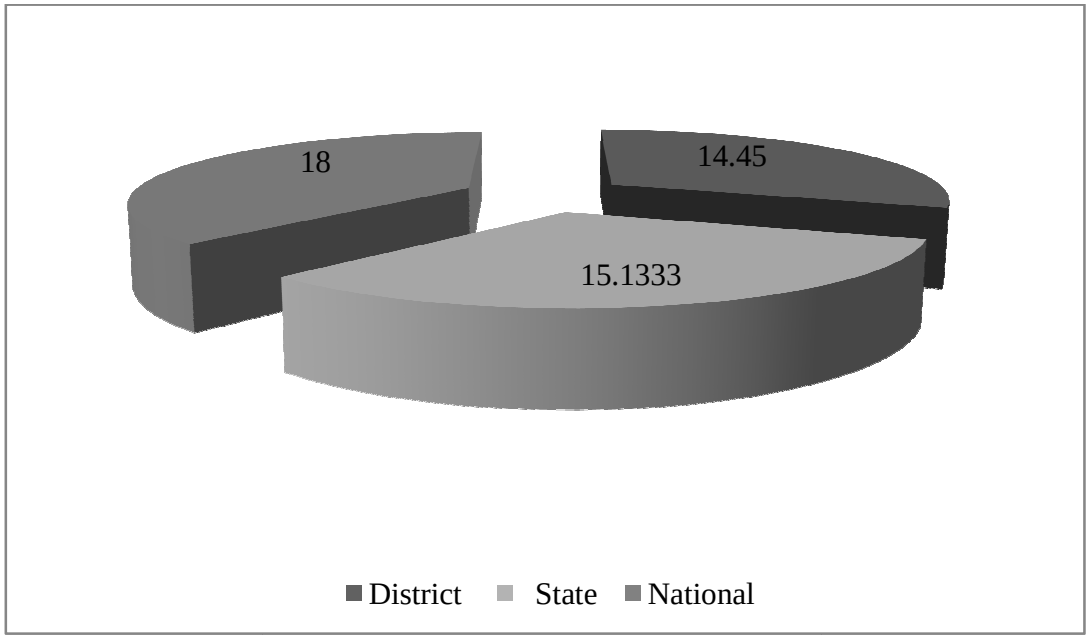

Figure 2. Graphical representation of mean scores of Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Personality Disintegration.

Table 7. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Lack of Independence.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	94.088	2	47.044	3.181	.047
Within Groups	1064.659	72	14.787		
Total	1158.747	74			

1. It is evident from Table-7 that results of Analysis of Variance (ANOVA) among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Lack of Independence were found statistically significant ($P < .05$). Since the obtained F-value was found significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-8.

Table 8: Analysis of post-hoc test among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Lack of Independence.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
District (16.7429)	**State**	-2.53714*	.048
	National	-1.19048	.607
State (19.2800)	**District**	2.53714*	.048
	National	1.34667	.565
National (17.9333)	**District**	1.19048	.607
	State	-1.34667	.565

1. A glance at Table-8 showed that the mean value of District was 16.7429 whereas State group had mean value as 19.2800 and the mean difference between both the groups was found 2.53714. This shows that the State group had demonstrated significantly better on Lack of Independence than their counterpart's District group.
2. The mean value of District group was 16.7429 whereas National had mean value as 17.9333 and the mean difference between both the groups was found 1.19048. This shows that the National group had demonstrated significantly better on Lack of Independence than their counterpart's District group.
3. The mean value of State group was 19.2800 whereas National had mean value as 17.9333 and the mean difference between both the groups was found 1.34667. This shows that the State Level group had demonstrated significantly better on Lack of Independence than their counterpart's 17.9333 group.

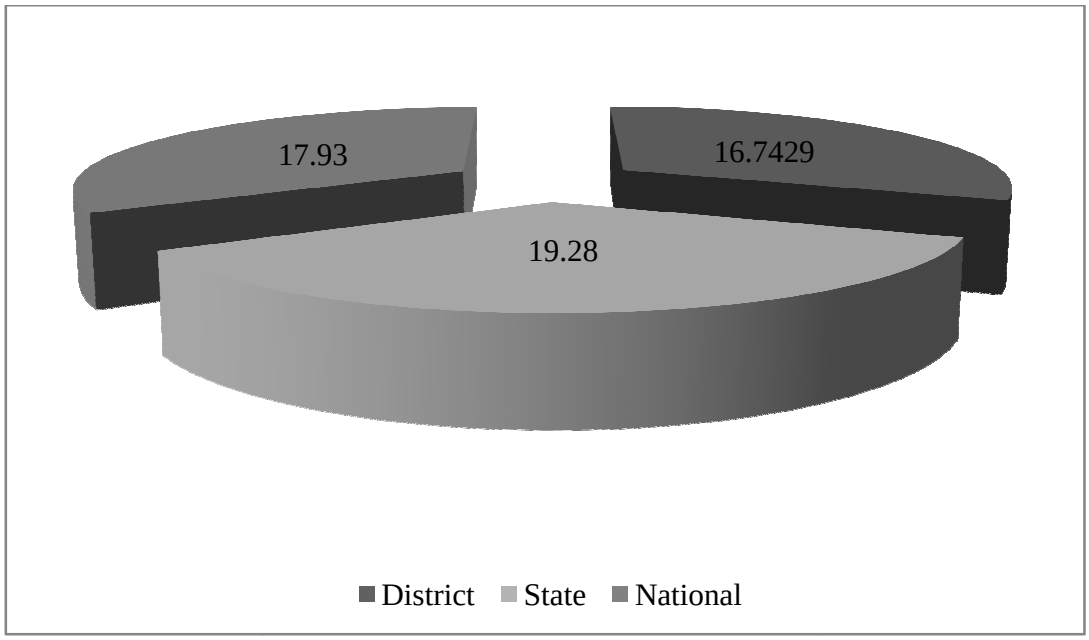

Figure 3. Graphical representation of mean scores Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Lack of Independence.

Table 9. Analysis of variance (ANOVA) results among Hockey Players (N=75) (i.e., District Level (N_1=35), State Level (N_2=25) and National Level (N_3=15)) with regards to Emotional Maturity.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	401.535	2	200.768	1.123	.331
Within Groups	12872.011	72	178.778		
Total	13273.547	74			

1. It is evident from Table-9 that results of Analysis of Variance (ANOVA) among Hockey Players with regards to Emotional Maturity were found statistically insignificant (P > .05).

CONCLUSIONS

To conclude, it is significant to mention in relation to Emotional Unstability, Emotional Regression and Social Maladjustment that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically insignificant (P > .05).

Furthermore, in relation to Personality Disintegration and Lack of Independence that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically significant (P < .05).

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