

## A Comparative Study of Emotional Maturity among Football and Hockey Players

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### Abstract

The present study is a comparative study regarding emotional maturity among football and hockey players of Aurangabad District of Maharashtra State (India). In this study total 50 players were randomly selected as a sample in the present study. Emotional maturity test constructed by Dr. Mahesh Bhargava's and Dr. Yashvir singh (1991) was used for collection of data t-test method was used for statistical analysis of variable. It can be known by the analysis that Ho1 there is no significant difference between emotional maturity among hockey and football players

#### **KEYWORDS :-** Emotional Maturity, football player and hockey players

**Introduction:** - Emotions are the great motivating force throughout the span of human life; affecting aspirations, actions and thoughts of an individual. Our emotions have the potential to serve us a delicate and sophisticated guidance. Emotions are basic stuff out of which all motivation arises, it not only impel us to action but often serves as goal of action also. Woodworth (1945) defined Emotion as "a moved or "Stirred up" state of an organism. It is a stirred up state of feelings, i.e. the way it appears to an external behaviour." According to Hockenbury and Hockenberry (2007), "An emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response and a behavioural or expressive response".

Emotional maturity is the outcome of healthy emotional development. Emotionally matured person is one who is able to keep a lid to his emotions/feelings in a socially acceptable manner. It is the full scope of the individual's capacity and powers, and of his ability to use and enjoy them. Emotionally matured person is able to swings in moods and can suffer in silence. When he express emotion, he express with moderation, decently and in good order. An emotionally matured person is one who expresses his emotion in a proper manner at a right time. That is, emotional maturity means having proper emotions at proper time to express in proper form and in proper quality. According to Smitson (1974), emotional maturity is "a process in which the personality is continually striving for greater sense of emotional health, both intrapsychically and intra personally." Emotional Maturity is measure of one's capacity to creating a positive mental attitude. Emotional Maturity is defined as how well we are able to respond to situations, control of our emotions and behave in an adult manner when dealing with others.

#### **METHODOLOGY**

**Tools Use:** The tools used for the collection of data on Emotional Maturity Scale by Dr. Yashvir Singh and Dr. MaheshBhargava (1990), was consulted for collecting achievement scores.

**Sample:** In the present study 50 players of Aurangabad city of Maharashtra state in India constitute the sample. Out of 50 players, 25 were from (football) and 25 were from hockey. Stratified random sampling technique was used for the collection of data.

**Collection of data:** Emotional Maturity Scale (EMS; Singh and Bhargava, 1991) This scale measures a list of five broad factors of Emotional Immaturity-Emotional Unstability, Emotional regression, social maladjustment, personality disintegration, lack of independence. It is a self reporting five point scale. Items of the scale are in question form demanding information for each in either of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5,4,3,2,1 respectively. Therefore, the higher the score on the scale, greater the degree of the emotional immaturity and vice versa. The scale has total 48 items. There are 10 items per factor except the fifth factor which has 8 items. The highest possible score for the first 4 areas are 50 and the lowest is 10 while for the fifth factor the highest score is 40 and lowest is 8.(For all the first 4 factors the extremely unstable range from 10-20( for 5th factor-8- 16),moderately unstable from 21-30 (17-24), unstable from 31-40(25- 32), stable from 41-50(33-40)

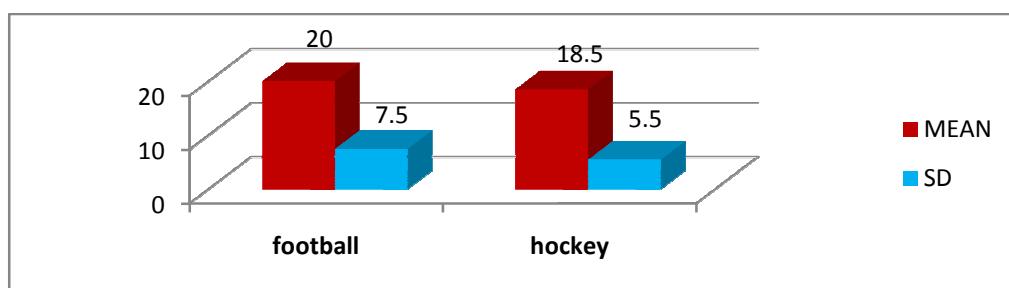
**Statistical technique:-** The present study utilized quantitative techniques that included descriptive statistics, such as means, standard deviations and t-test.

Results -

**TABLE - 1**

**EMOTIONAL UN-STABILITY:**

GROUP	MEAN	SD	t-TEST
football players	20	7.5	0.79
hockey players	18.5	5.5	

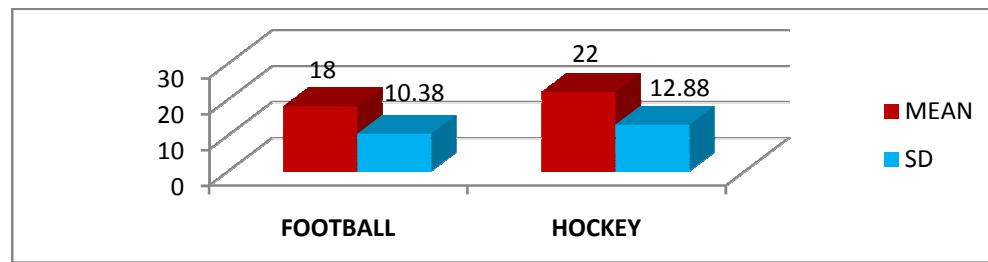


It is seen in above table that mean score of football players of emotional un-stability is 20 (SD 7.5) and mean score of hockey players is 18.5 (SD 5.5) and mean difference 1.5 and t-test value is 0.79 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football players are more emotional mature than hockey players.

**TABLE-2**

**EMOTIONAL REGRESSION:**

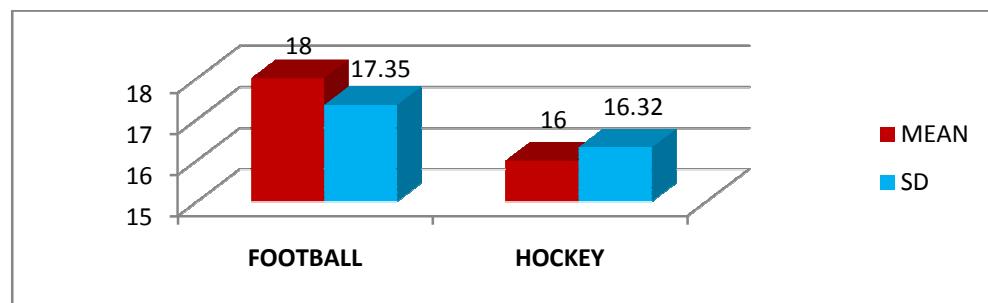
GROUP	MEAN	SD	t-TEST
football players	18	10.38	0.59
Hockey players	22	12.88	



It is seen in above table that mean score of football players of emotional regression is 18 (SD 10.38) and mean score of hockey players is 22 (SD 12.88) and mean difference -4 and t-test value is 0.59 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football players are more emotional mature than hockey players.

**TABLE-3**  
SOCIAL MAL-ADJUSTMENT:

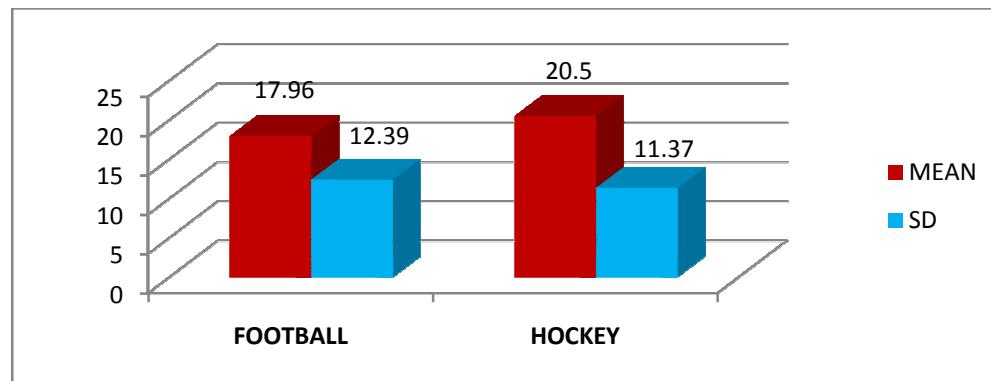
GROUP	MEAN	SD	t-TEST
football players	18	17.35	0.41
hockey players	16	16.32	



It is seen in above table that mean score of football players of social mal-adjustment is 18 (SD 17.35) and mean score of hockey players is 16 (SD 16.32) and mean difference 2 and t-test value is 0.41 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football players are more emotional mature than hockey players.

**TABLE-4**  
PERSONALITY DISINTEGRATION:

GROUP	MEAN	SD	t-TEST
football players	17.96	12.39	0.74
hockey players	20.5	11.37	

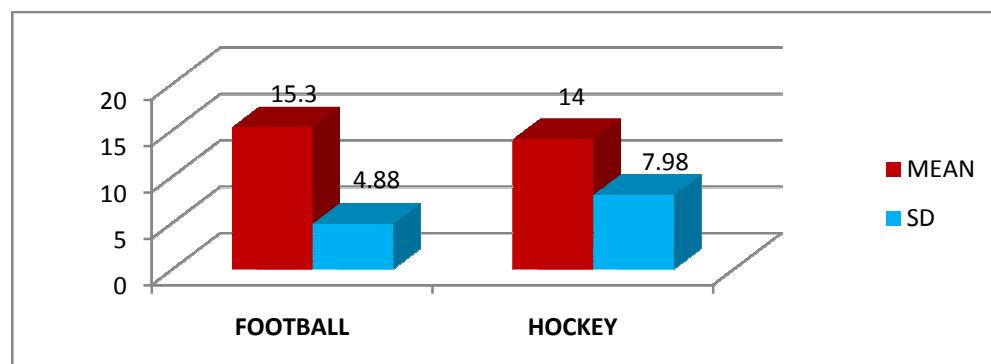


It is seen in above table that mean score of football players of personality disintegration is 17.96 (SD 12.39) and mean score of hockey players is 20.5 (SD 11.37) and mean difference -2.54 and t-test value is 0.74 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football players are more emotional mature than hockey players.

**TABLE-5**

LACK OF INDEPENDENCE:

GROUP	MEAN	SD	t-TEST
football players	15.3	4.88	
Hockey players	14	7.98	0.68



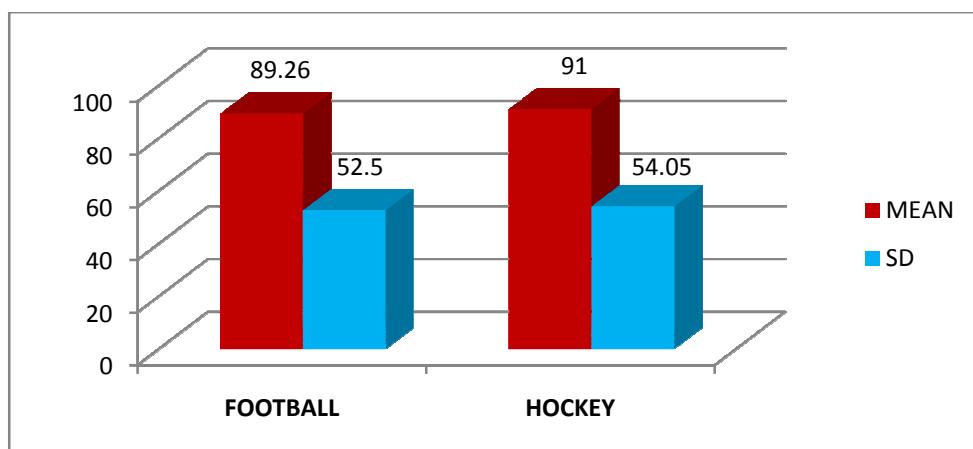
It is seen in above table that mean score of football players of lack of independence is 15.3 (SD 4.88) and mean score of hockey players is 14 (SD 7.98) and mean difference 1.3 and t-test value is 0.68 which is statistically in significant at the 0.5 level of confidence. Therefore, we can say that football players are more emotional mature than hockey players.

**TABLE-6**

**COMPARISION OF MEAN SCORES OF ALL TESTS BETWEEN FOOTBALL AND HOCKEY PLAYERS:**

GROUP	MEAN	SD
football players	89.26	52.5

hokey players	91	54.05
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It is seen in above table that mean score of football players is 89.26 (SD 52.5) and mean score of hockey players is 91 (SD 54.5) and mean difference 1.74. Therefore, we can say that football players are more emotional mature than hockey players.

### Discussion

The concept of emotional maturity has not received a great deal of explicit attention in the literature. The most outstanding mark of emotional maturity, according to cole (1944) is ability to bear tension. Other marks are indifference toward certain kinds of stimuli that affect the child or adolescent and he develops moodiness and sentimentality. Besides, emotionally mature person persists the capacity for fun, and recreation. He enjoys both play and responsibility activities and keeps them in proper balance. According to fred McKinney "The characteristics of an emotionally mature are hero sexuality, appreciation of attitude and behaviour of others, tendency to adopt the attitudes and habits of others and capacity to delay his own responses".

### Conclusion

The present study aimed to investigate the difference of emotional maturity among football and hockey players. The result of the study shows that the among hockey players and football players is insignificant .It is concluded that football players are likely moderately stable than hockey players in this study mostly football players are unstable.

### References

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