

## **An Analysis of Emotion Regulation among Team and Individual Sports**

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### **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 one motion regulation among male participants of individual and team sports.

**Keywords**-Emotion Regulation, Team Sports, Individual Sports

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### **Introduction**

In today's sports environment, physical exercise is no longer seen as the primary success factor. In a sporting environment, athletes need to discover the will to establish and pursue long-term objectives. Athletes have to constantly learn to recognize and control their own emotions as well as those of others (fans, coaches, teammates, opponents, and officials) in order to cope with the stress of intense training and competition pressure. Experts in sport and exercise psychology have demonstrated that athletes who score higher on emotional quotient tests have higher levels of achievement. Controlling one's emotions, including when and how they are felt, is one approach to think about emotional regulation. Emotional regulation is the ability to adaptively apply emotional regulation techniques to manage emotional reactions in an effort to satisfy situational demands as well as personal goals. The capacity to recognize and understand emotions, accept them, and control one's behavior to avoid behaving impulsively and instead act in a way that will help one accomplish desired goals in the face of bad feelings is known as emotion regulation. Few studies have been done on the relationship between emotional regulation and participation in sports, despite the paucity of study in this area. Athletes commonly employ emotional intelligence strategies when playing sports. An analysis of the emotional regulation strategies used by Olympic athletes revealed that they choose certain strategies to comply with the "professional" behavioral standards of their association and strategies that may help them perform at a higher level. 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 getting busier and puts more expectations on individuals, which can make it harder for people to deal with the situations and sometimes even the adversities that they face. Athletes must be psychologically as well as physically and tactically prepared because the present period has brought about a great lot of change and progress to the world of sports at a continual and hard pace. An athlete has to have a strong will, the ability to regulate their emotions and feelings logically, and the ability to manage their emotions in relation to the current circumstances in order to enable this. Athletes who possess good emotional control always behave in a way that is acceptable to others, regardless of their success or failures. Among the elements of psychological wellbeing is emotional regulation. Emotion control is important for athletes who play team sports because it makes them more likely to respond in ways that suit others around them and to be sensitive to their own and others' feelings. A person's capacity to regulate their emotions and mental toughness are strongly correlated, according to several studies. 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 Intervarsity 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-Walk 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 ( $p=.031 < 0.05$ ) 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.

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