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**Zamirullah Khan**  
Professor, Aligarh Muslim  
University, Aligarh, Uttar  
Pradesh, India

**Anwar Ali**  
Research Scholar, Aligarh  
Muslim University, Aligarh,  
Uttar Pradesh, India

**Naseem Ahmad**  
Assistant Professor, Mumtaz  
P.G. College, Lucknow, Uttar  
Pradesh, India

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## Study of emotional maturity among kabaddi and handball players of sports authority of India

**Zamirullah Khan, Anwar Ali and Naseem Ahmad**

### Abstract

The purpose of this study was to compare emotional maturity among Kabaddi and Handball players of the Sports authority of India, western centre Gandhinagar (Guj). For this study Ninety Eight (N=98) males and females player, out of which Kabaddi players (N= 29 male and N= 20 female), and Handball players (N= 29 male and N= 20 female) were randomly selected as a subjects. The questionnaire of Emotional Maturity scale (1977) was constructed and standardized by Yashvir Singh and Mahesh Bhargava and used to collect player responses on sub scale of emotional maturity. The data were analyzed by applying descriptive statistic i.e., mean, standard deviation & t-test. The level of significance was set at 0.05. The results revealed that significant differences on the sub-variable of Social Maladjustment among Kabaddi and Handball players.

**Keywords:** Kabaddi, handball, emotional maturity, SAI

### Introduction

Emotional maturity refers to that stage of individual in which the individual is able to face reality and deal with it, is interested in giving and receiving love, is able to learn from his experiences and is able to accept frustration and hostility in a constructive manner. In the present circumstances, youth are facing difficulties in life which give rise to many psychosomatic problems such as anxiety, tension, frustration and emotional upsets in day to day life. So, the study of emotional life is now emerging as a descriptive science, comparable with anatomy (Kamalpreet Kaur).

Lohithakshan P. M. (2002) [22], he explained that the emotional instability is an indication of emotional immaturity, as emotionally unstable response is characterized by the lack of agreement between the emotional response and the provoking stimulus.

Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra personally. Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning.

Another Author Chamberlain (1980) [4], reported that an emotionally matured person is one whose emotional life is well under control.

Charles, E. Skinner. (1949) [5], an emotionally matured person is the one who is able to keep a lid on his feelings. He can suffer in silence; he can bide his time in spite of present discomfort. He is not subject to swings in mood, he is not volatile. When he does express emotion, he does so with moderation, decency and in good order.

RS Woodworth (1945) [29], defined emotions, as a moved or a stirred up state of an individual. It is a stirred up state of feeling that is the way it appears to the individual himself. It is a disturbed muscular and glandular activity that is the way it appears to an external observer.

Subbarayan, & Visvanathan. (2011) [37], their study on emotional maturity among college students revealed that the emotional maturity of college students is extremely unstable. Rathee, & Salh. (2010) [27], found that the international players are significantly better in emotional maturity as compared to state level players. Aleen & Sheema (2005) [1], found that there is a significant difference between the mean scores of male and female students on emotional stability. Female students are less emotionally stable compared to male students.

Alka Mankad (1999) [2, 17], observed that personality of emotionally matured and un-matured adolescents differ significantly other researchers also found similar study that the characteristic

**Correspondence**  
**Zamirullah Khan**  
Professor, Aligarh Muslim  
University, Aligarh, Uttar  
Pradesh, India

behavior of the female is more sober, well-behaved, shy and reserved as compared to boys Gupta and Poonam (1989) [11]. Hiremani *et al.* (1994) [12] examined that the destitute girls were emotionally unstable due to socio-cultural and parental deprivation.

**Definition of terms**

Emotion may be defined as the stimulated up condition of organism involving internal and external changes in body.

Maturity is a firm sense of reality, in which a person acts responsibly. The concept ‘Mature’ emotional behavior of any level is that which reflects the fruits of normal emotional development.

The present researchers wanted to examine emotional maturity among Kabaddi and Handball males and female and also find out any possible difference between male and female Kabaddi and Handball players. The study might help the players and coach to analyze the level of emotional maturity and their sub variables. The knowledge of the emotional maturity and sub variable will help the coaches to handle the players of the team in a better way. The study aim would help to prepare the psychological training program, according to the level of the players. The purpose of this study was compared emotional maturity between Kabaddi and Handball players of Western centre of Sports authority of India, Gandhinagar, (Guj) India.

**Methodology**

**Sample**

The sample of the present study was drawn from STC players

of Sports authority of India Western centre at Gandhinagar (Guj). To obtain data for this study, selected Ninety Eight (N = 98) males and females player, out of which Kabaddi players (N= 29 male and N= 20 female), and Handball players (N= 29 male and N= 20 female) were randomly selected from STC SAINSWC Gandhinagar. Their age ranged between 13-18 years.

**Procedure**

Emotional Maturity Scale (1977) was used to collect the data. Descriptive statistics were used for statistical treatment and interpretation of the data.

**Description of the Test**

This questionnaire of emotional maturity consist 48 questions and five sub categories:

- (1) Emotional instability (EI)
- (2) Emotional Regression (ER)
- (3) Social mal-adjustment (SA)
- (4) Personality disintegration (PD)
- (5) Lack of independence. (LI)

The test-retest reliability has been estimated at 0.75 and validity against the adjustment inventory.

**Results and Discussions**

The data was statically analyzed and is presented in this chapter. Mean deviation, Standard deviation and t-test were measured which resulted as:-

**Table 1:** Comparison of mean scores of Kabaddi and Handball male players

Factor	Kabaddi Male Player		Handball Male Player		t-test
	Mean	SD	Mean	SD	
Emotional Instability	29.53	5.89	27.25	5.75	0.86
Emotional Regression	28.26	6.27	26.44	6.04	1.39
Social mal-adjustment	22.34	5.14	24.68	6.89	2.51*
Personality Disintegration	20.88	5.85	21.92	6.27	1.46
Lack of Independence	17.18	4.47	18.87	4.25	1.57
Total Emotional Maturity	119.35	23.02	110.52	22.28	1.15

\*Significant at 0.05 level, t > 1.98 (df = 98)

From the table 1 reveals that the obtain t-value 0.86 which is no significant at 0.05 level of confidence with df=98. The value is much lesser than table value 1.98. Hence, it is concluded that there is no significant difference among Kabaddi and Handball players on emotional instability.

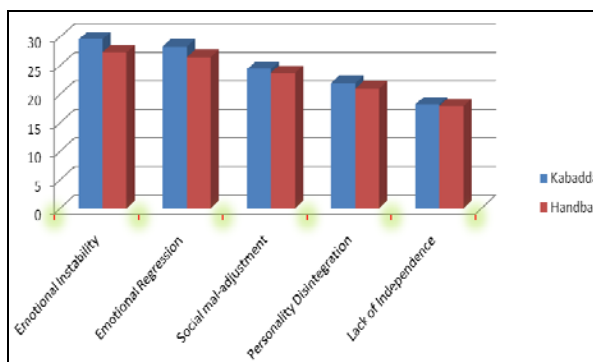
Table 1 shows that the obtain t-value 1.39 which is no significant at 0.05 level with df=98. The calculated t- value 1.39 is lesser than the table value 1.98. Further, it is concluded that there is no significant difference in relation with emotional regression of Kabaddi and Handball male players.

Table 1 also shows that the obtain t-test value 2.51 which is significant at 0.05 level with df=98. The value is greater than table value 1.98. Hence, it concluded that there is significant difference on social maladjustment variable among Kabaddi and Handball male players.

In addition the obtain t-value 1.46 is lesser than table value 1.98 at 0.05 level of confidence with df=98. Furthermore, it is concluded that there is significant difference on Personality Disintegration among Kabaddi and Handball male players.

Table 1 also reveals that the obtain t- value 1.57 which is no significant at 0.05 level with df =98. The t-value 1.57 is lesser

than the table value 1.98. Hence, it is concluded that there is no significant differences among male players of Kabaddi and Handball on lack of independence variable.



**Fig 1:** Graphical representation of Emotional maturity of Kabaddi & Handball male players

**Table 2:** Comparison of mean scores of Kabaddi and Handball female players

Factor	Kabaddi Female Player		Handball Female Player		t-test
	Mean	SD	Mean	SD	
Emotional Instability	24.78	6.19	25.36	6.42	0.67
Emotional Regression	23.12	5.65	25.37	6.24	1.78
Social maladjustment	21.80	5.14	23.54	5.32	3.34*
Personality Disintegration	18.58	5.25	20.87	6.68	1.05
Lack of Independence	16.23	4.87	17.59	4.76	1.47
Total Emotional Maturity	109.45	24.62	107.43	26.62	1.65

\*Significant at 0.05 level,  $t > 1.98$  (df = 98)

From the table 2, it is evident that the obtain t-value is 0.67 which is no significant at 0.05 level with df=98. Since the value is lesser than table value 1.98. Hence, it is concluded that there is no significant difference among Kabaddi and Handball female players on the variable of emotional instability.

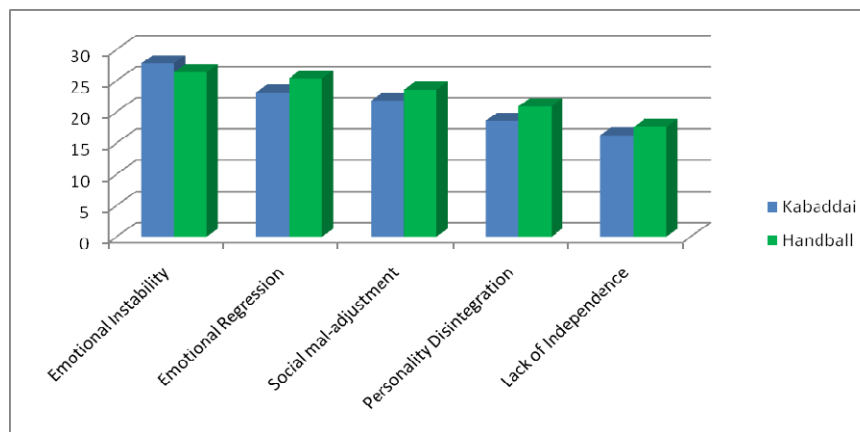
Table 2, it is show that the obtain t-value is 1.78 which is no significant at 0.05 level with df = 98. Since the value is much lesser than table value 1.98. It may be said that there is no difference in relation with emotional regression among Kabaddi female & Handball female players.

Table 2, it is apparent that the obtain t-value is 3.34 which is significant at 0.05 level with df=98. Since the value is greater

than table value 1.98. Hence, it concluded that there is significant difference among Kabaddi and Handball female players in relation with social maladjustment.

In addition to obtain t- value is 1.05 which is no significant at 0.05 level with df=98. The calculated t-value is lesser than table value 1.98. Furthermore, it is concluded that there is no significant difference among Kabaddi and Handball female players.

Table 2, reveals that the obtain t-value is 1.47 which is no significant at 0.05 level of confidence with df=98. The t- value is lesser than the table value 1.98. Hence, it is concluded that there is no significant difference among Kabaddi and Handball female players.



**Fig 1:** Graphical representation of Emotional maturity of Kabaddi & Handball female players

**Discussion**

It is evident from findings of both tables that significant differences observed between Kabaddi and Handball male & female players on the sub-variable of social maladjustment. The Kabaddi players have higher mean score than the Handball players. Which is also supported by the Singh, D., Kaur, S., & Dureja, G. (2012) [31], who observed that sportspersons had higher mean scored as compared to non-sportspersons and also examined that the female players had higher mean score as compared to female non-sports players. The result might be due to the males enjoyed certain privileges in the erstwhile norms of Indian society like freedom of movement, interaction and exchange of thoughts. And also the findings with regard to emotional maturity of sub-variables; emotional instability, emotional regression, personality disintegration, and lack of independence found no significant differences between Kabaddi and Handball players. It might be due to the fact that the Kabaddi players have better physical strength, muscles endurance, power and emotional health which might have exposed them to better emotional maturity than the Handball players. Result in this study is also in line with the findings of Aleen and Sheema, (2005) [1], who in their research work proved that significant differences between the

mean score of male and female students on emotional stability and also reported that females had less emotionally stable as compared to their counterpart. This result is supported by the kaur (2001) [16, 18], as their finding showed that there was no significant difference on emotional maturity between boys and girls. The results might be due to the fact that Kabaddi players both sexes have more social as they have more social interaction, more stable as they face more challenges in their lives, feeling more independent which enabled them to become more emotionally stable and led them to perform better on emotional maturity as compared to their Handball both sexes.

**Conclusion**

The study showed that there was significant difference between Kabaddi and Handball players in their sub variable of social maladjustment. Other hand, on the basis of findings, it is concluded that Kabaddi and Handball have performed no significant difference between Kabaddi and Handball players in relation with sub variables; emotional instability, emotional regression, personality disintegration, lack of independence. This clearly reveals that Kabaddi and Handball players whether they are male or female required similar quantity of emotional maturity as they involve themselves for various

training and tournaments. Kabaddi players have high emotional maturity it means that they are more social, interaction with others, and most of the seniors' Kabaddi players, playing in Pro Kabaddi which is also inspirations of their juniors, it helpful to perform well. They are more easily amalgamation with game, coaches and players because due to good hold on emotional maturity. Singh, Dalwinder, Kaur, Simerjeet., & Dureja, Gaurav. (2012)<sup>[31]</sup> indicted that a mature person views life experience as learning experiences and, when they are positive, he enjoys and revels in life. When they are negative, he accepts personal responsibility and is confident and can learn from them to improve his life.

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