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Emotional maturity between individual and team sports: An observational study

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Abstract

Study Aim: The aim of the study was to determine the differences of Emotional Maturity between Individual and Team Sports.

Material and Methods: Sixty-eight (N=68) male subjects, between the age group of 18 to 25 years from Guru Nanak Dev University, Amritsar, Punjab, India participated in this observational research study. Observational research design was utilized for the purpose of this study. This is an exploratory study that has employed method of data collection and analysis quantitatively.

Statistical Analysis: Independent samples t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. The level of significance for assessing the hypotheses was set at 0.05.

Results: Insignificant differences were found between Individual Sports and Team Sports on the sub-variables, Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration & Independence. The means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to variable, Emotional Maturity.

Keywords: Individual sports, team sports, emotional maturity, emotional stability, emotional progression, social adjustment, personality integration, independence

Introduction

Emotional maturity and resilience are important psychological factors that can influence an athlete's performance and overall well-being^[1]. Emotions can influence cognitions, including perception. For instance, individual tend to perceive stimuli in line with their emotion. Thus, an overly anxious basketball player may be attuned to information in keeping with his/her anxiety than to other types of information. Since focusing on cues consistent with one's emotion may exacerbate that emotion, this athlete may become even more anxious as a function of focusing on the crowd^[2]. Any athlete can benefit greatly from emotional maturity. Only those athletes are successful who are able to manage their emotions while also making the most of the energy that comes along with them^[3, 4]. In sports psychology, the role of positive and negative emotions in performance is very well documented. The real art of performing well in sports is controlling both positive as well as negative emotions. Plenty of research on emotional maturity has been done in the area of sports psychology^[5]. In sport, athletes seem to engage in various strategies to regulate their own emotions and the emotions of their teammates, often with the aim to enhance performance and relationship outcomes^[6]. Despite an increase in research exploring the types of strategies that athletes use to regulate the emotions of their teammates and their motives for engaging in such actions, it is unknown whether these interpersonal emotion regulation efforts are associated with emotions and performance. Research among adolescent athletes indicates that efforts to regulate others' emotions are associated with their own enjoyment and commitment in sport^[7]. Second, much of the existing literature on interpersonal emotion regulation in sport has focused exclusively on actions between teammates to regulate one another's emotions^[8]. Without accounting for athletes' emotional self-regulation. Yet, qualitative research evidence suggests that athletes engage in both self- and interpersonal emotion regulation^[9]. Although there may be difficulties in engaging in both of these processes. Athletes' efforts to regulate their teammates' emotions are thought to be influenced by appraisals of whether teammates have the ability to regulate their own emotions.

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However, athletes have also reported being unable to regulate their teammates' emotions due to the need to focus on regulating their own emotions [10]. Emotional maturity is part of player's personality and it refers to the ability to express and control one's emotions. In tough football matches, it is important for the players to control their anxiety levels. Emotional maturity includes the ability to deal constructively with reality and freedom from symptoms that are produced by tensions and anxieties. It is capacity to relate to other people in a consistent manner with mutual satisfaction and helpfulness. Emotional maturity redirects one's instinctive hostile energy on creative and constructive outlets to meet alarming situations with poise. An emotionally mature and balanced player will prove an asset to particular team [11]. In today's environment of fast change, the importance of moral reasoning and emotional maturity among all age groups, especially youth, seems to decrease drastically. Metacognitive entails individual activeness, encouraging learner to be independent, inquiring well, looking for answers to questions, and finding solutions independently [12]. A person with high moral principles and who is emotionally developed will have a balanced attitude. Physical, emotional, psychological, cultural, social, behavioral, and intellectual changes take place during adolescence [13]. Sports psychologists are investigating to identify such variables which contribute to competitive success and also the behavioural patterns which result from training and participation in one sports activity or the other. In the present context, an individual is undoubtedly also influenced by social forces which affect the behaviour and sports performance. Hence, psychological determinants are important in the study of human performance in any field; as performance is the result of these specific traits and

characteristics. Mental health, self-esteem and sports competition anxiety are few attributes which do affect an athlete's sports performance [14]. Emotional maturity is the ability to handle and assess situations without escalating them. This is a key lesson that most athletes learn at an early age due to the high demands placed upon them. The age that one matures plays a role in decision making, behavior, regulation, and methods of emotional expression. Those four components are key aspects of emotional maturity. There are three main branches of emotional maturity that can be expanded upon. The first trend observed is individuals coping mechanisms. The second trend that was observed was the quality of decision making. The third observation is that emotional maturity plays a role in overall self-worth.



Materials and Methods

Sixty-eight (N=68) male subjects, between the age group of 18 to 25 years from Guru Nanak Dev University, Amritsar, Punjab, India participated in this observational research study. The subjects were purposively divided into two groups:

- Group-A: Individual Sports
- Group-B: Team Sports



Source: <https://www.tribuneindia.com/news/amritsar/guru-nanak-dev-university-amritsar-declares-results-of-exit-classes-in-less-than-fortnight-162204>.

Fig 1: Guru Nanak Dev University, Amritsar, Punjab, India

Purposive sampling was used keeping in view of administrative feasibility. The participants participated in the study voluntarily and all the subjects were also informed about the objective and protocol of the study. The informed consent of participants was not conducted or granted in this study because all participants' privacy and personal identity information were maintained. The distribution of subjects is presented in Table-1. The Emotional Maturity scale constructed by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) [1] was used. Emotional Maturity scale deals with interplay of forces with intensities and quantities in terms of different aspects:

- Emotional Stability
- Emotional Progression
- Social Adjustment
- Personality Integration

- Independence
- Emotional Maturity (Total)

Table 1: The distribution of subjects.

Sample Size [N=68]		
Individual Sports [N ₁ =28]	Athletics [16]	Archery [12]
Team Sports [N ₂ =40]	Cricket [22]	Volleyball [18]

Design of the study

Observational research design was utilized for the purpose of this study. The design is non-experimental as there was no manipulation for the independent variable, no experimental or control group, and no randomization. This is an exploratory study that has employed method of data collection and analysis quantitatively.

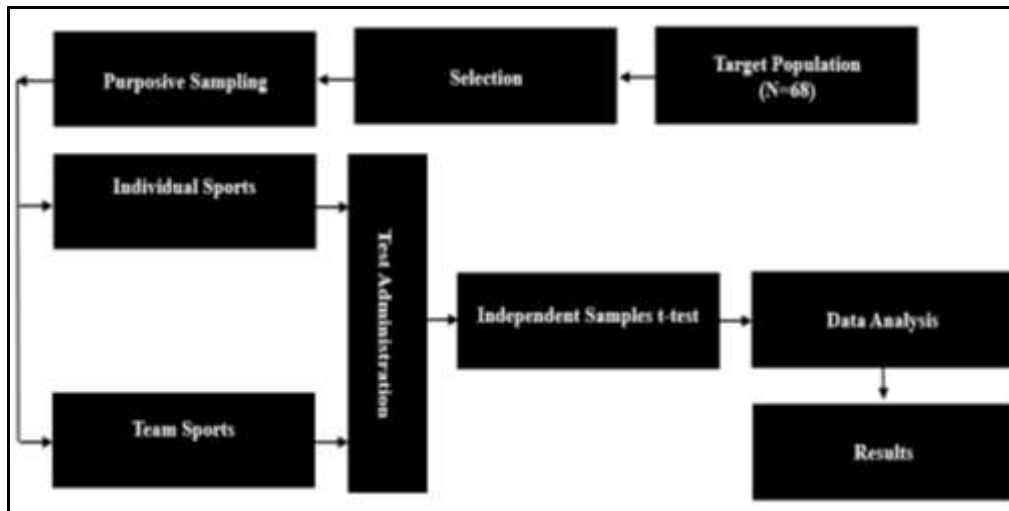


Fig 2: The study flow

Statistical analysis

Independent samples t-test was employed for the present investigation. The SPSS (statistical package for the social sciences) version 20.0 was used for all analyses. The level of

significance for assessing the hypotheses was set at 0.05.

Results

Table 2: The independent samples t-test results comparing Individual Sports and Team Sports on the variables, Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration, Independence and Emotional Maturity.

Emotional Stability		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	32	30.075
Variance	92.2143	132.7194
Stand. Dev.	9.6028	11.5204
n	28	40
t	0.7249	
critical value	1.994	
t < critical value	no sig. diff.	
Emotional Progression		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	30.3571	29.575
Variance	97.6582	136.7444
Stand. Dev.	9.8822	11.6938
n	28	40
t	0.2889	
critical value	1.994	
t < critical value	no sig. diff.	
Social Adjustment		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	29.75	29.375
Variance	138.7589	119.4844
Stand. Dev.	11.7796	10.9309
n	28	40
t	0.1349	
critical value	1.994	
t < critical value	no sig. diff.	
Personality Integration		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	29.9643	28.45
Variance	151.0344	126.7975
Stand. Dev.	12.2896	11.2604
n	28	40
t	0.5256	
critical value	1.994	
t < critical value	no sig. diff.	
Independence		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	22.5357	25.4
Variance	79.5344	81.79
Stand. Dev.	8.9182	9.0438

n	28	40
t	1.2927	
critical value	1.994	
t < critical value	no sig. diff.	
Emotional Maturity		
	Group-A: Individual Sports	Group-B: Team Sports
Mean	144.6071	142.875
Variance	673.4528	832.0594
Stand. Dev.	25.951	28.8454
n	28	40
t	0.2538	
critical value	1.994	
t < critical value	no sig. diff.	

Emotional Stability

The absolute value of the calculated t is smaller than critical value [0.7249 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to sub-variable, Emotional Stability.

Emotional Progression

The absolute value of the calculated t is smaller than critical value [0.2889 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to sub-variable, Emotional Progression.

Social Adjustment

The absolute value of the calculated t is smaller than critical value [0.1349 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to sub-variable, Social Adjustment.

Personality Integration

The absolute value of the calculated t is smaller than critical value [0.5256 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to sub-variable, Personality Integration.

Independence

The absolute value of the calculated t is smaller than critical value [1.2927 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to sub-variable, Independence.

Emotional Maturity

The absolute value of the calculated t is smaller than critical value [0.2538 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to variable, Emotional Maturity.

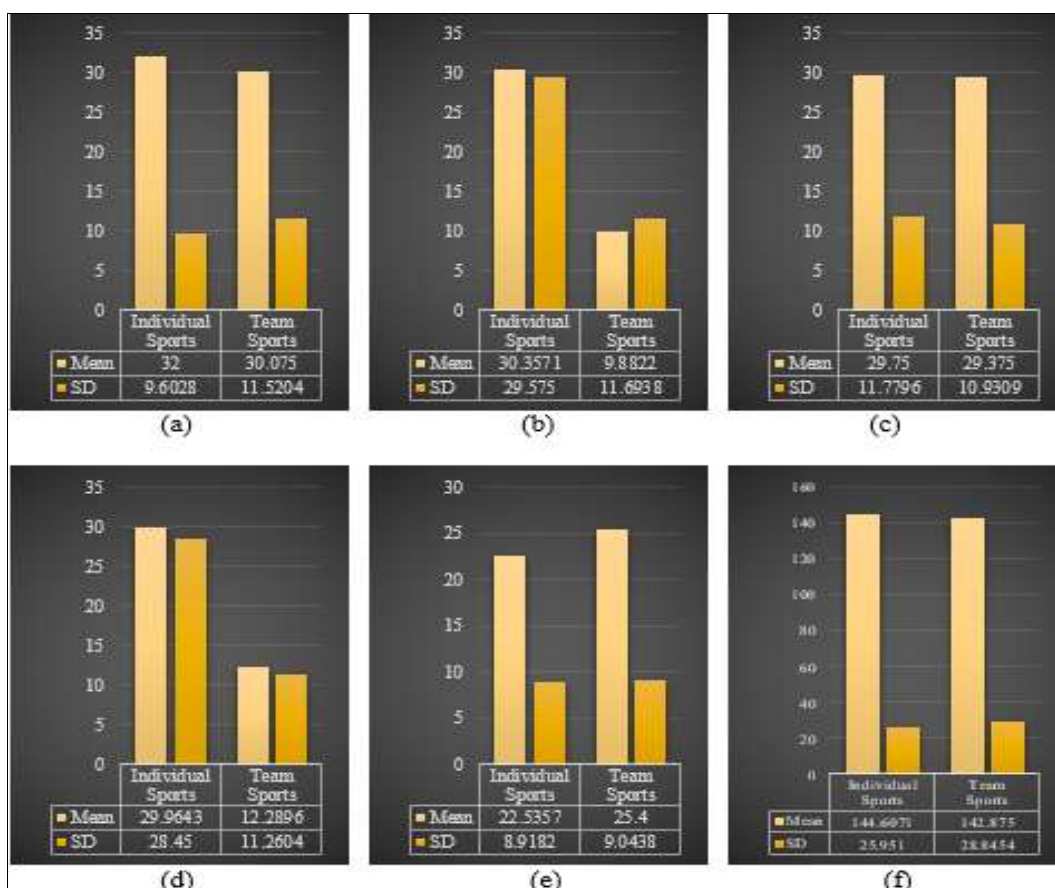


Fig 3: The Mean and Standard Deviation comparison between Individual Sports and Team Sports on the variable, (a). Emotional Stability, (b). Emotional Progression, (c). Social Adjustment, (d). Personality Integration, (e). Independence and (f). Emotional Maturity

Swot analysis**Table 3:** The SWOT analysis.

Swot	Inferences
Strengths	The findings of this study have the potential to advance awareness of the selected variables (<i>viz.</i> , Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration, Independence and Emotional Maturity (Total) among a variety of stakeholders, including players, coaches, sports psychologists, trainers, instructors, physical education teachers etc.
Weaknesses	One of the shortcomings of this study was the use of questionnaires, which make it difficult to follow up on your ideas and determine what's going on.
Opportunities	Examining this psychological measure will highlight a new and interesting field that needs further rigorous research. A detailed analysis of the dynamics of individual and team sports indicates a developing and promising field that need in-depth research.
Threats	Other variables that could compromise the internal validity of the findings, such as personal interests, attitudes, degree of cooperation, household dynamics, socioeconomic status, cultural influences, religious beliefs, educational background, and eating habits, were not taken into account by the researcher.

Discussion

Athletes' mental health can be greatly enhanced by learning to control and manage their emotions. Resources to support them are not always available when they are under strain from an early age. An athlete can concentrate on mental training in addition to physical training if they have a clear understanding of their mental capabilities. This study aimed to compare Emotional Maturity between Individual and Team Sports. The results revealed that no significant differences were found at $p < 0.05$ with regards to sub-variables, Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration, Independence and Emotional Maturity (Total). The above results might be due to the higher submissive and retiring abilities of the players. Similar trends have been reported by Kiranben^[15] they indicate the working women significantly differ on Emotional Maturity score as compared to non-working women, working women have shown better Emotional Maturity compared to non-working women. The results are also contradicted with other study conducted by Biddulph^[16] they revealed that elite level athletes showed advanced levels of personal and social adjustment than less skilled athletes. Subbarayan and Visvanathan^[17] also found that the emotional maturity of college students is extremely unstable. It is a well-established fact that participation of sports develops group cohesiveness and harmony, psychological traits like mental alertness, social adjustability and personality traits within the participants. Gautam^[18] revealed that athletes were better adjusted and had lesser number of problems in social, emotional and total adjustment. It has been found that individuals who participate in sports activities generally have better life satisfaction and social adjustment which ultimately help them to lead an emotionally stable, happy, healthy and harmonious life. Singh and Singh^[19] also found the status of emotional maturity is lower in Arts and Science students as compared to sports person. The above given findings and quoted studies clearly support that sports participation helps to improve emotional maturity of students.

Conclusion

The athletes are subjected to expectations and greater levels of pressure, which impacts their rate of maturation. Summarizing from the above findings we can conclude that insignificant differences were found between Individual Sports and Team Sports on the sub-variables, Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration & Independence. The means of Individual Sports and Team Sports are not significantly different at $p < 0.05$ with regards to variable, Emotional Maturity.

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Conflict of Interest

The authors declare no conflicts of interest.

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