

A Comparative Study of Emotional Maturity among Football and Hockey Players

Zubair Ahmad Bhat

M.Phil Student

Mewar University Chittorgarh

Rajasthan

Dr. Abdul Waheed

Assist. Professor

M.S.M's College Of Physical Education

Aurangabad, Maharashtra

ABSTRACT:

Emotional maturity is the inevitable part of everyone's life. The emotional maturity is positively correlated with understanding and control on the situations. The changing of environment according to us or vice versa are the main merits of emotionally intelligent person. In the present study selected only 50 men sample's under the age group of 20 to 30 years. A sample of 50 players was divided into two groups and football and hockey each group is of 25 players. It was also found that boys students were better than girls with regard their emotional maturity.

KEYWORDS: Football, Hockey, Emotional

INTRODUCTION:

As emotions do play central role in the life of an individual One is expected to have higher emotional maturity in order to lead an effected life. It is also true that our behaviour is constantly influenced by the emotional maturity level that we possess.

Successful people are emotional mature. As matter of fact research and experience demonstrate that emotional maturity is more highly correlated with success than I.Q. emotional maturity people are victorious in life. Those who step up to the challenge and opportunities, courage determination and wisdom to win the private and public victories It is a process that occurs as they learn to interact effectively with the daily events and circumstance of life.

Emotional maturity is not only the effective determinant of personality pattern. But it also helps to control the growth of adolescent's development. The emotionally mature person is always aware and conscious. He lives noticing what is going on within and around him. He/she is present and awake. He recognizes and accepts "what he is". He lives in world of how things are and not how he wishes them to be.

According to Walter 1976 emotional maturity is process in which the personality is continuously striving for greater sense of emotional health both intra-psychically and intra personality emotional stability is one of the seventh important indicators of mental health.

The mature person lives with inlet he is clear about his vision and direction he knows his purpose and the principles by which he wants to conduct his life. He does not just meander through life. His actions are purposeful and that purpose is own rather than some ones, motivation comes from within.

Many criteria have been suggested to evaluate the concept of maturity. A few of them are being mentioned below:

According to Bernard 1954 following are the criteria of mature emotional behavior.

1. Inhabitation of direct expression of negative emotions.
2. Cultivation of positive up building emotions.
3. Development of higher tolerance for disagreeable circumstances.
4. Increasing satisfaction from socially approved responses.
5. Increasing dependence of actions.
6. Ability to make a choice and not brood about others choices.
7. Freedom from unreasonable fear.
8. Understanding and action in accordance with limitations.
9. Awareness of the ability and achievement of others.

This programme teaches you the principles of emotional maturity and gives you the opportunity to live them it allows you to become a person who conquers life rather than being a victim of life a person who is responsible for life rather than reactive e to life.

MEANING OF EMOTIONS:

The word emotion is derived from the Latin word ‘emovere’ which means ‘to stir up’ ‘to agitate’ ‘to exceed’ so emotion stirred up or disturbed state of mind.

R S Wood Worth 1945 by making use of the above explanation has defined emotion as, “Emotion is moved or stirred up state of an organism. It is a stirred up state of feeling that is the way the way it appears to the individual himself”.

It is a disturbed muscular glandular activity. That is the way appears to an external observer.

All of us observe a large number of persons and objects of the world we have some feelings for them in our mental makeup sometime our feelings became strong either in favour or against the object or individual or an occasion. This disturbs our mental balance. It not only disturbs our mind but also the entire organism. It is expressed in various movements and expressions of body and its tries to adjust to face the situation.

DEFINITIONS OF EMOTIONS:

1. When feeling becomes intense we have emotion.(C W Valentine)
2. An emotion is dynamic internal adjustment that operates for the satisfaction, protection and welfare of individual. (Crow and Crow)
3. Emotion is an acute disturbance of individual as whole psychological in origin involving behaviour, conscious experience and visceral functioning.(P T Young)

MEANING AND CRITERIA OF EMOTIONAL MATURITY:

“A person to be emotionally matures when he feels proper emotion in a proper situation and expresses it in a proper quantity”.

Cale’s views:

“the chief idea of emotional maturity is the ability to bear tension. This view point lays stress upon, self-control, not on self-fulfillment.

EMOTIONAL MATURITY HELPS PEOPLE:

Improve personal responsibility = perceiver, complete projects increase self-control = resolve problems without complain.

Settle conflicts peace fully = make decisions and keep them.

Delay gratification of long term = be defendable and resourceful goals.

Who is and who is not emotionally related?

You can compare a person’s emotional control, decision making and relationship skills the requirements of the systems to which a person belongs. Most people are as mature as they decide to be (see emotional x maturity)

MATURITY:**➤ PHYSICAL MATURITY**

1. The age of your body.
2. Your muscles mass and body shape.
3. You can become a parent.

➤ COGNITIVE MATURITY

1. Can select information available data.
2. Can apply information for making decision.
3. Can understand and tolerate different views.

➤ EMOTIONAL MATURITY

1. Can maintain self-control in adversity responsibly for your own decisions wisdom.

➤ RELATIONSHIP MATURITY

1. Can be a friendly and share resources, can co-operate with peers and teams can decide communicate data and decisions.

THE GAME FOOTBALL AND HOCKEY:

In today's modern world there is a vast competition in each field, sports field is not an exception for that. There are many difficulties to survive because each player wants to break other player's record. Thus competition training plays an important role in sports. There are a lot of factors which affect the athlete's performance, like physical fitness, psychological fitness, competitions etc. thus many athletes who perform well during training or practice can suffer from performance anxiety on game day. If feelings of nervousness, anxiety of fear interfere with your sports performance. Thus it is important for players and athletes to be emotionally mature. In the present study, researchers compare the emotional maturity among football players and hockey players.

HOCKEY:

Hockey is a very popular game played in the world event. The origin of hockey is not very definite. One theory indicates that its origin is in Greece, another says in Egypt. This was first established in England in 1600 A.D. The first hockey association was formed in England in 1875, an international organization was established in 1924. Hockey in India was introduced by British. The first hockey club was formed in Kolkata in 1855. The Indian Hockey Federation was established in 1924.

FOOTBALL:

The origin of the game football predates the recorded history. Documented evidence, a manual of Chinese military during the HAN dynasty in about the second century B.C., describes an organized activity resembling football. It was known as "CUJA".

The game was re-invented after over a thousand years by the English. But the name football was used by a number of different related team sports such as rugby football, American football, Gaelic football and Canadian football association. Football goes by the name SOCCER. The International Football Association Board was formed (IFAB) in 1886. The FIFA World Cup is the most widely viewed sporting event in the world. The football league was founded in England and the first international match was played between Scotland and England in 1872 and it was the first World Cup.

As above said regarding the emotional maturity, the researcher selected the topic to study and compare the emotional maturity of football players and hockey players of Aurangabad, so it is our duty to direct them in a right way by knowing their emotional maturity.

BACKGROUND:

Much research has been done regarding the origin of emotions. Many views have been proposed and discounted as invalid:

1. Before World War I, emotional reactions to certain stimuli were thought to be inherited.
2. The studies of John B. Watson, an American psychologist, vastly modified the concept of emotions and their origin. He proposed that a newborn infant experiences their emotions, fear, rage and love and all the emotional reactions experienced throughout the life of the individual are outgrowths of these three primary emotions.
3. In 1927, Sherman, after studying emotions in newborn infants, suggested that they experience two kinds of general emotions—pleasant and unpleasant and that they learn to make responses which result in pleasantness and to avoid responses which result in unpleasantness.
4. The modern concept of the origin and development of emotions was proposed by Briggs. According to him, the emotions of the newborn are best characterized by excitement or generalized excitement. Individual emotional response is indistinguishable. As a result of maturation and experiences, this emotion gradually differentiates into more distinct emotions such as anger, fear, joy.

The problem of emotion has been studied from different points of view. It was Darwin who for the first time tackled the problem strongly from objective point of view. In Darwin study the emotional expression of man and animals are linked on an evolutionary scale.

Emotions are “the voice of our soul“, parts of us that are closest to our inner core, to that primordial, spontaneous and intuitive being. Whenever there is a conflict between rational thinking and emotions – if the emotions are healthy – my experience leads me to believe that almost always the emotions will be right.

Emotions bring information of how our deepest, truest parts are experiencing what is going on around us. Emotions are messengers that come from that huge reservoir of the unconscious rather than from the limiting rational knowledge. Whenever somebody is violating our personal boundaries and integrity in a subtle way, our emotions will warn us much faster than our ratio. They can give us warnings about the danger of manipulation, exploitation or any other kind of hurt. Unfortunately we are used to censor them much more than we are even aware of. Often we will notice this in others, but rarely in ourselves.

Subliminal, emotional part of us will register much more of other people’s personality and intentions than the conscious mind can notice. It will register every little detail in others' nonverbal signals and as a result give us the inner knowledge that we call intuition.

EMERGENCY OF THE PROBLEM:

The researcher has noticed from past two years that the emotional maturity of football players is more than that of hockey players. Therefore, the researcher finds it necessary to compare the emotional maturity level of the football players with those of hockey players.

STATEMENT OF THE PROBLEM:

“A comparative study of emotional maturity among the football players and hockey players”

NEED OF THE STUDY:

Emotions play a vital role in socialization process. To be successful at work place, education and games emotions play a vital role. The research scholar is in pursuit to find the emotional maturity among football and hockey players and to compare them.

SIGNIFICANCE OF THE RESEARCH:

This dissertation is important in following ways:-

1. It would try to give a better picture of the emotional maturity of football and hockey players of Aurangabad. This could prove vital to understand the psyche of the society.
2. It would give a clear picture of the socializing effect of different games of knowledge.
3. The study may help to increase awareness of the emotional maturity of football players and hockey players.

HYPOTHESIS:

1. There is no significant difference in emotional maturity of football players and hockey players.
2. There is no significant difference in emotional instability among football players and hockey players.
3. There is no significant difference in emotional regression of football players and hockey players.
4. There is no significant difference in social mal-adjustment among football players and hockey players.
5. There is no significant difference in personality disintegration among football players and hockey players.
6. There is no significant difference in lack of independence among football players and hockey players.

LIMITATIONS:

1. The study was limited to the football players and hockey players of Aurangabad

2. The study was limited to observe the emotional maturity among the football and hockey male players of Aurangabad.
3. It doesn't take into account the vast subjective experience of each of the player. Instead it gives a broad brush rather than a deep individualistic analysis.
4. It uses only one method to study, the emotional maturity scale (EMS) questionnaire. It doesn't use any other method to understand and quantify the levels of maturity. This limits its scope further.

DELIMITATIONS:

1. The study will be delimited to 25 football male players of Aurangabad.
2. The study will be delimited to only two games (football and hockey).
3. The study will be delimited to selected important performance oriented psychological variable as emotional maturity.

DEFINITION OF THE OPERATIONAL TERMS:

➤ **COMPARATIVE:**

Comparative means connected with studying things to find out how similar or different they are.

Oxford reference dictionary:

Involving comparison between two or more subjects

➤ **EMOTIONAL:**

Etymologically the word is derived from the Latin word, "emovers" which means stir up to agitate or to excited.

Oxford reference dictionary:

Emotions mean a strong feeling such as joy or anger and instinctive feeling as distinguished from reasoning.

➤ **MATURITY:**

The quality of thinking and be leaving in a sensible adult manner. He has maturity beyond his years.

➤ **FOOTBALL:**

Football is the first most popular sport in the world. Football is sport in which emotional maturity play a very significant part.

HOCKEY:

Hockey is one of the world's most popular sports. It is very technical sport while though you need excellent physical attributes such as speed, endurance, agility and power.

Sincere efforts have been made by the researcher to locate the literature related to this study.

The researcher has attempted in this chapter to locate the literature available at the library of the M.S.M College of physical education Aurangabad and Dr. BAMU Aurangabad, was made to collect reports on studies related to this study. The relevant studies gleaned from various sources which research scholar has some work has been done to study the emotional maturity of football and hockey players of Aurangabad however, very few investigators have tried to relate emotional maturity level among the football and hockey players of Aurangabad. The relevant study found from various sources with the researcher has come across are cited below:

METHODOLOGY:

The purpose of the present study was to check the emotional maturity in football and hockey male players of Aurangabad under the age group of 20 to 30 years. In this chapter selection of subjects, variables, administration of test, collection of data and statistical analysis of data have been explained.

RESEARCH DESIGN:

As the researcher tried to know the emotional maturity level among players under case study method, questionnaire type research was selected as research design.

POPULATION:

The football and hockey male players of Aurangabad under the age group of 20 to 30 years are the population of the study.

SELECTION OF SAMPLE:

In the present study researcher selected only 50 men sample's under the age group of 20 to 30 years. A sample of 50 players was divided into two groups and football and hockey each group is of 25 players.

GROUPS	NUMBER OF SAMPLES
FOOTBALL PLAYERS GROUP	25
HOCKEY PLAYERS GROUP	25
TOTAL	50

VARIABLES:

The emotional maturity was only variable studied of Aurangabad. The test use was, EMOTIONAL MATURITY SCALE (EMS), QUESTIONNAIRE.

(a) Independent Variables: Independent variables dependent on football and hockey players of Aurangabad.

(b) Dependent variables: Depends on the performance of the players in the tests, questionnaire (emotional maturity scale).

(c) Intervening variables: Depends on age, sex, education qualification, environment etc.

TOOLS AND MEANS:

Dr. Yashvir Singh and Mahesh Bhargava's Emotional Maturity Scale, paper and pencil

PROCEDURE AND COLLECTION OF DATA:

The purpose of the study was to compare the emotional maturity of football and hockey male players of Aurangabad. 25 football players and 25 hockey players in the age group of 20-30 years were administered test EMOTIONAL MATURITY SCALE to measure emotional maturity.

DESCRIPTION OF THE TEST

Emotional maturity scale (EMS) (Singh and Bhargava, 1991): this scale has 48 questions related to the following 5 categories: emotional instability, emotional regression, social mal-adjustment, personality disintegration and lack of independence. The test-retest reliability has been estimated at 0.75 and validity against the adjustment inventory by Singh and Bhargava (1980) at 0.64.

ADMINISTRATION OF THE TEST:**➤ PRECAUTIONS:**

1. Good rapport has established with the respondents.
2. The respondent has not allowed reading the statements prior to the actual administration of the test.
3. All the questions queries and doubts of the respondents regarding the test had been clarified by the administrator.

➤ INSTRUCTIONS:

The respondent has instructed as under:

"There are some questions about your day to day life. Thus there is no "right" or "wrong" answers to the questions. Each question has five alternative answers. Read each question carefully and select one alternative answer which suits you best and make a (✓) mark in the box of a selected answer your answer will be kept confidential"

➤ **ACTUAL ADMINISTRATION:**

Emotional maturity scale (EMS) was given to the respondents, above instructions were given after being confirmed that the respondent has understood the instructions clearly the actual administration of the test was carried out. The respondent read each question carefully and selected one alternative answer out of five, which suited him/her best and put a (✓) mark to appropriate box. When he completed the test, it was taken back from him.

➤ **SCORING AND RESULT:**

Emotional Maturity Scale has 48 items under the 5 categories given below:

S. No	AREAS	Total no. of items
A	Emotional Unstability	10
B	Emotional Regression	10
C	Social Mal-adjustment	10
D	Personality Disintegration	10
E	Lack of Independence	08
	Total	48

EMS is a self-reporting five point's scale five responses categories are: Totally agree; Agree; can't say; Disagree; Totally Disagree. In order to avoid monotony on the part of respondents due to repetition of response categories in words have been given only on the top of right hand side and against each item 5 numbers from 5 to 1 are provided. The encircled number indicated the subjects score on that particular item.

Interpretation of scores

Scores	Interpretation
50-80	Extremely stable
81-88	Moderately stable
89-106	Unstable
107-200 and above	Extremely unstable

COLLECTION OF DATA:

The subjects of this study are the football and hockey players of Aurangabad. Who represent their respected faculties. The selected age groups of the subjects were from 20-30 years.

RESULTS AND DISCUSSIONS:

ANALYSIS AND INTERPRETATION OF DATA:

The data was statically analyzed and is presented

Mean deviation, Standard deviation and t-test was measured which resulted as:

$$\text{MEAN} = \frac{\sum x}{n}$$

S.D

$$\sqrt{\frac{\sum x - x^2}{n}}$$

$$t - \text{scale} = \frac{x_1 - x_2}{\sqrt{\frac{(sd 1)^2}{n-1} + \frac{(sd 2)^2}{n-2}}}$$

RELIABILITY:

The test-retest reliability has been estimated at 0.75.

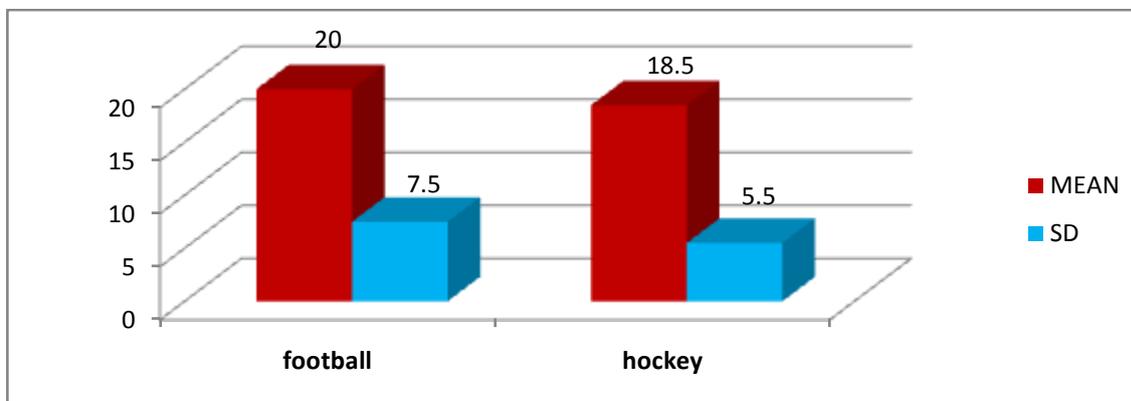
The measurements were carefully recorded, were computed mean as:

ANALYSIS THE DATA:

TABLE – 1

EMOTIONAL UN-STABILITY:

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

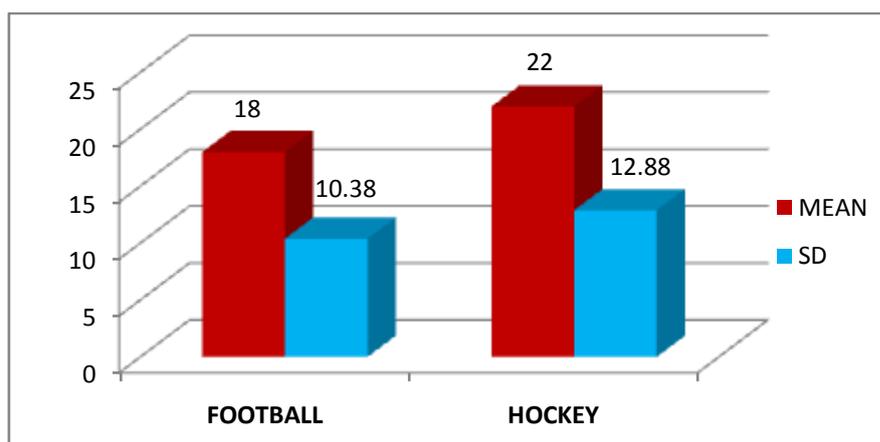


It is seen in above table that mean score of football players of emotional un-stability is 20 (SD 7.5) and mean score of hockey players is 18.5 (SD 5.5) and mean difference 1.5 and t-test value is 0.79 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football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

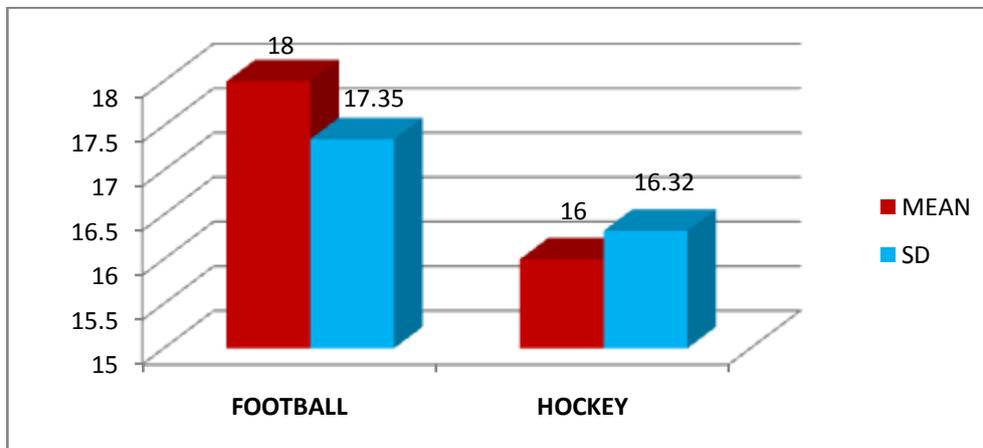


It is seen in above table that mean score of football players of emotional regression is 18 (SD 10.38) and mean score of hockey players is 22 (SD 12.88) and mean difference -4 and t-test value is 0.59 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football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

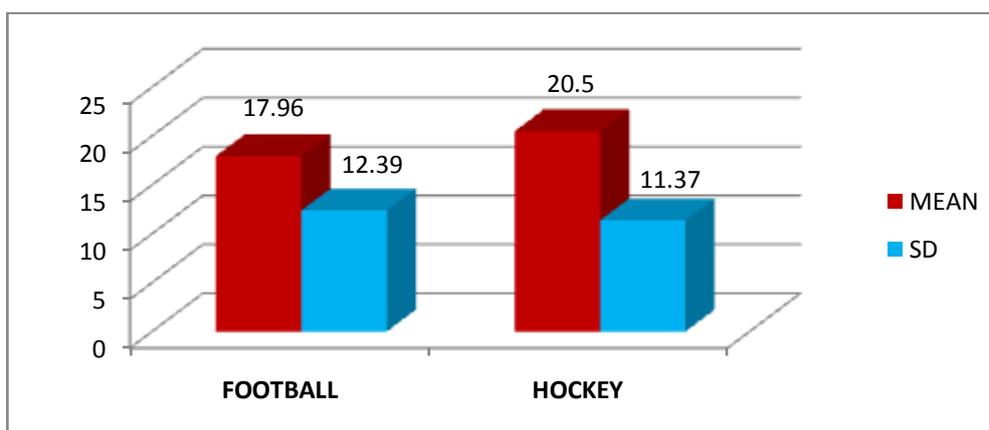


It is seen in above table that mean score of football players of social mal-adjustment is 18 (SD 17.35) and mean score of hockey players is 16 (SD 16.32) and mean difference 2 and t-test value is 0.41 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can say that football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

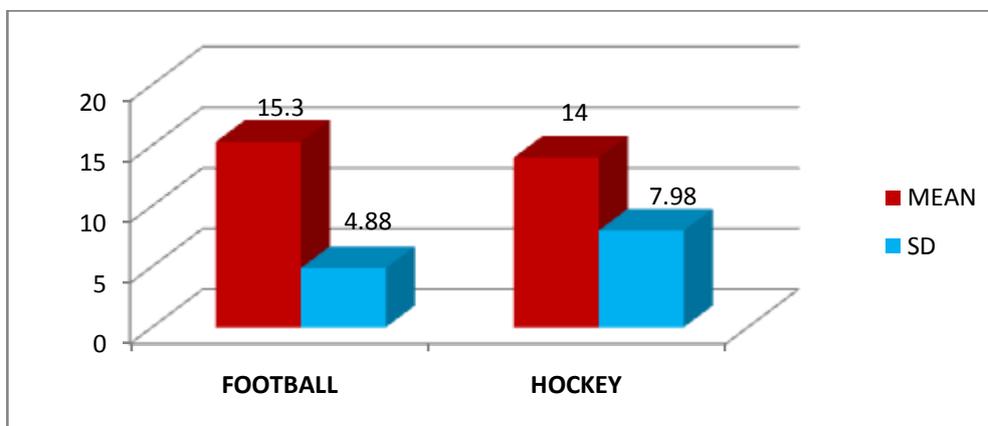


It is seen in above table that mean score of football players of personality disintegration is 17.96 (SD 12.39) and mean score of hockey players is 20.5 (SD 11.37) and mean difference -2.54 and t-test value is 0.74 which is statistically insignificant at the 0.5 level of confidence. Therefore, we can 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	0.68
Hockey players	14	7.98	

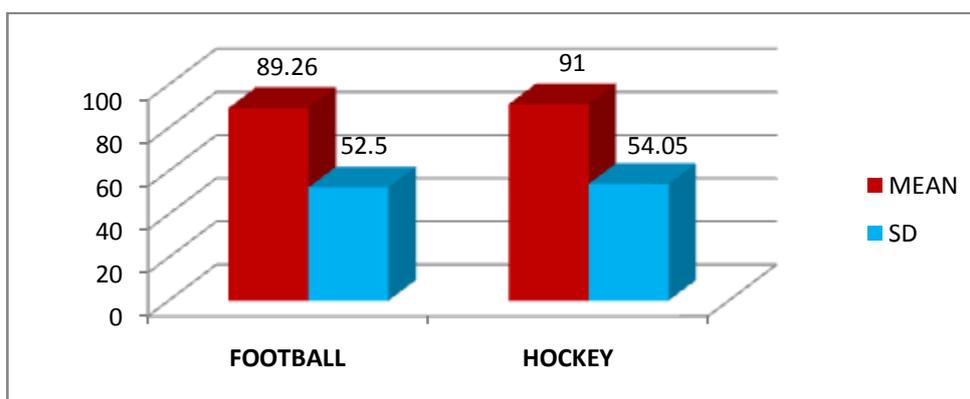


It is seen in above table that mean score of football players of lack of independence is 15.3 (SD 4.88) and mean score of hockey players is 14 (SD 7.98) and mean difference 1.3 and t-test value is 0.68 which is statistically in significant at the 0.5 level of confidence. Therefore, we can say that football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



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.

CONCLUSION:

1. As it is found in the table 1, there is no significant difference of Emotional Un-stability of football and hockey players. Hence we can say football players are more emotionally mature than hockey players. (Accepted)
2. As it is found in the table 2, there is no significant difference of Emotional Regression of football and hockey players. Hence we can say football players are more emotionally mature than hockey players (Accepted)
3. As it is found in the table 3, there is no significant difference of Social mal-adjustment of football and hockey players. Hence we can say football players are more emotionally mature than jockey players. (Accepted)
4. As it is found in the table 4, there is no significant difference of Personality Disintegration of football and hockey players. Hence we can say football players are more emotionally mature than hockey players. (Accepted)
5. As it is found in the table 5, there is no significant difference of Lack of Independence of football and hockey players. Hence we can say football players are more emotionally mature than hockey players (Accepted)

REFERENCES:

1. J E Kane Psychological aspects of Physical Education and Sports. Published by Routledge & Kegan Poul ltd. London.
2. John W Best 1983 Research in Education 5th edition published by Ashok K Ghosh Prentice-hall of India, pvt. ltd. New Delhi.
3. Dr Kote S M and Dr Joshi M S 2006 Research Methodology in Physical Education and Sports, Chhaya Publishing House Aurangabad.
4. Dr (smt) K G Jadhav, Dr Sachin B Pagare, Dr Sinku Kumar Singh 2007. KSK Publishes and Distributors.
5. Jack H Liewellyn Judy A bulker Psychology of Coaching theory and Application. Surjeet Publication Kamala Nagar Dehli-110007-india.