

## A COMPARATIVE STUDY OF THE COMPONENTS OF EMOTIONAL MATURITY IN MALE HANDBALL AND VOLLEYBALL PLAYERS

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### ABSTRACT

*The aim of this study was to determine the comparative analysis of Emotional Maturity in Male Handball and Volleyball Players. To obtain data, the investigator had selected Twenty (N=20) male inter-college level handball and volleyball players of R.K. Arya College, Nawanshahr, Punjab were selected for this study. The subjects were purposively assigned into two groups: Handball Players ( $n_1=10$ ) and Volleyball Players ( $n_2=10$ ). To measure the level of emotional maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargava's (1980) was administered. To determine the significant differences of Emotional Maturity in Male Handball and volleyball Players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. In a nutshell it can be said that from the findings that insignificant differences were found between Male Handball and volleyball Players on the sub-variables: Emotional instability, Emotional regression, Social maladjustment, Personality disintegration, Lack of independence and overall emotional maturity.*

**KEYWORDS:** Emotional Maturity, Handball and Volleyball Players.

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### INTRODUCTION:

For enhancing performance and maximizing health benefits of athletes in combat sports psychological issues play a crucial role. Empirical evidence shows that mere participation in sports and combat art can prove to be psychological asset and also further helpful in lifelong activities regardless of whether the participation has been Competition oriented. (Matsumoto & Konno, 2005). One's desire to excel in a specific area, be it sport or any other endeavor is driven by one's emotions and this process is facilitated or hindered by an individual's positive or negative emotions. Emotional maturity is the ability to experience, understand and express one's own deepest feelings in the most appropriate and constructive ways. As far as emotional maturity is concerned, it is a key factor for happiness in life without which an individual feels dependencies and insecurities in his life. Frank (1963) remarked that, Emotional maturity can be

understood in terms of ability which helps to bear tension and frustration. Walter (1974) elaborates that emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra-personally. The emotional aspect of maturity is the most important factor in the development of the comprehensive mature personality, especially for the gifted. This is the global factor of emotional maturity which is the strength to actualize individual abilities within the frame of social demands. In this rapid changing competitive sports scenario adjustment is a persistent feature of sportsperson's personality. Unless a person is not able to adjust himself to the environment he/she cannot develop his/her wholesome personality. In recent years, in the field of psychology, in order to improve the emotional regulation, management of emotions and emotional maturity has been more important. Further, the researchers revealed that emotional maturity is a useful and efficacy construct for use in applied situations such as during the performance (Lane, et al. 2009; Meyer, B., & Zizzi, S. 2007). While considering the paramount importance of psychological variables with regard to Handball and volleyball Players the investigator focused to analyze the role of Emotional Maturity in Male Handball and Volleyball Players.

#### METHOD AND PROCEDURE:

**SAMPLE:** To obtain data, the investigator had selected Twenty (N=20) male inter-college level handball and volleyball players of R.K. Arya College, Nawanshahr, Punjab were selected for this study. The subjects were purposively assigned into two groups: Handball Players ( $n_1=10$ ) and Volleyball Players ( $n_2=10$ ).

**INSTRUMENT:** To measure the level of emotional maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargava's (1980) was administered.

#### STATISTICAL TECHNIQUE EMPLOYED

To determine the significant differences of Emotional Maturity in Male Handball and volleyball Players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

## RESULTS:

Table-1 Significant differences in the Mean scores of Handball and Volleyball Players on the variable Emotional Maturity.

Variables	Handball Players=10		Volleyball Players =10		t-value	Sig.
	Mean	SD	Mean	SD		
Emotional Unstability	21.70	6.54	22.70	4.83	0.539	0.69
Emotional Regression	21.55	6.71	21.05	3.63	1.23	0.84
Social Maladjustment	22.75	4.87	21.25	5.26	0.982	0.73
Personality Disintegration	18.95	5.91	19.85	5.49	0.507	0.94
Lack of Independence	16.00	3.39	18.20	4.44	0.157	0.85
Overall Emotional Maturity	103.50	24.60	99.05	18.82	0.646	0.54

## EMOTIONAL UNSTABILITY

A glance at table-1 shows the results of Handball and Volleyball players with regard to the variable emotional maturity. The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable emotional instability as 21.70 and 6.54 respectively. However, Volleyball Players had Mean and SD values as 21.55 and 6.71 respectively. The 't'-value 0.539 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the above results that Volleyball players have demonstrated significantly better on emotional instability than the Handball Players.

## EMOTIONAL REGRESSION

The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable Emotional Regression as 22.75 and 4.87 respectively. However, Volleyball Players had Mean and SD values as 21.25 and 5.26 respectively. The 't'-value 0.982 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the above results

that Volleyball players have demonstrated significantly better on Emotional Regression than the Handball Players.

#### SOCIAL MALADJUSTMENT

The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable Social Maladjustment as 21.55 and 6.71 respectively. However, Volleyball Players had Mean and SD values as 21.05 and 3.63 respectively. The 't'-value 1.23 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the above results that Volleyball players have demonstrated significantly better on Social Maladjustment than the Handball Players.

#### PERSONALITY DISINTEGRATION

The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable Personality Disintegration as 18.95 and 5.91 respectively. However, Volleyball Players had Mean and SD values as 19.85 and 5.49 respectively. The 't'-value 0.507 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the above results that Volleyball players have demonstrated significantly better on Personality Disintegration than the Handball Players.

#### LACK OF INDEPENDENCE

The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable Lack of Independence as 16.00 and 3.39 respectively. However, Volleyball Players had Mean and SD values as 18.20 and 4.44 respectively. The 't'-value 0.157 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the above results that Volleyball players have demonstrated significantly better on Lack of Independence than the Handball Players.

#### OVERALL EMOTIONAL MATURITY

The descriptive statistics shows the Mean and SD values of Handball Players on the sub-variable Overall Emotional Maturity as 103.50 and 24.60 respectively. However, Volleyball Players had Mean and SD values as 99.05 and 18.82 respectively. The 't'-value 0.646 as shown in the table above was found statistically insignificant ( $P>0.05$ ). It has been observed from the

above results that Handball players have demonstrated significantly better on Overall Emotional Maturity than the Volleyball Players.

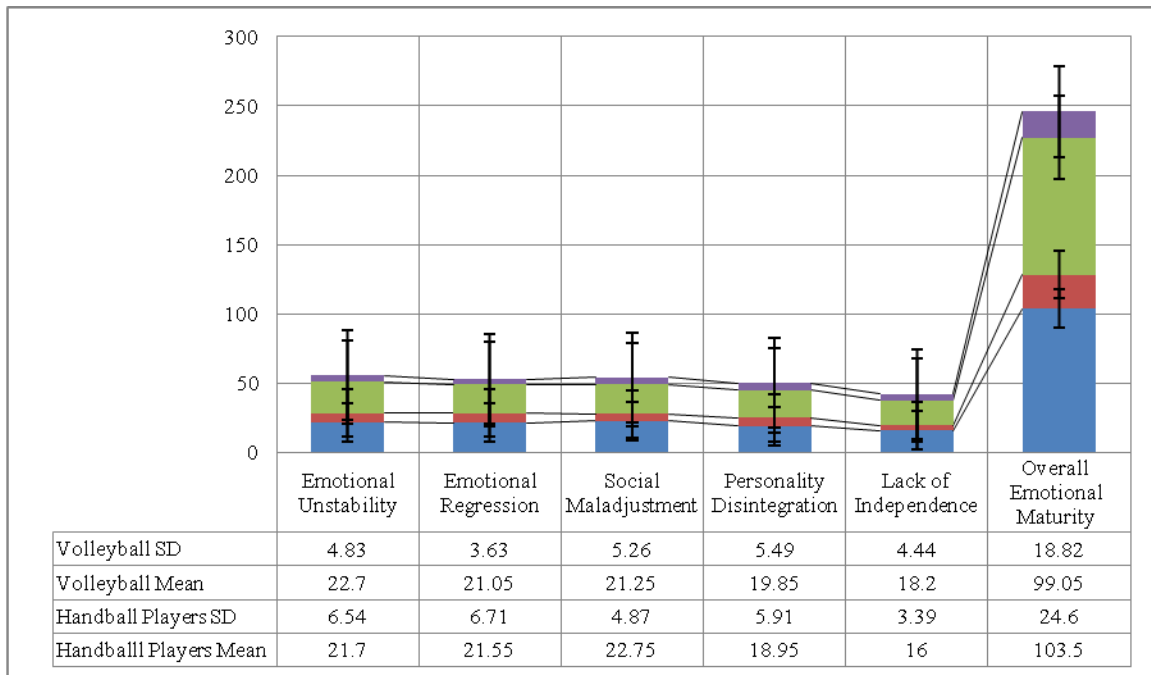


Figure-1: Mean & SD scores of Handball and Volleyball Players on the variable Emotional maturity.

## CONCLUSION:

In a nutshell it can be said that from the findings that insignificant differences were found between Male Handball and volleyball Players on the sub-variables: Emotional instability, Emotional regression, Social maladjustment, Personality disintegration, Lack of independence and overall emotional maturity.

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