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## Gender comparison among inter college handball players on emotional maturity

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### Abstract

The purpose of the present study is to investigate the emotional maturity among state volleyball players. Total 60 state volleyball players (Male-N=30 and Female-N=30) were recruited in the study. The age range of the subjects were between 18-25 years. To analyse the emotional Maturity emotional Maturity questionnaire developed by Dr Roma Kompal (1984) were used. The results of the study revealed that statistical significant difference was seen between male and female Netball players on overall emotional maturity.

**Keywords:** Emotional maturity, volleyball players, emotional regression, adaptability

### Introduction

Sport is a very competitive field in which sports psychology plays an important role. Emotions are an integral part of human life. In sports, players face many different types of emotions before, during and after a competition. Emotions involve reactions that cause internal (physiological) and external (environmental) changes in the body (Vaghela, 2014) [4].

Emotional maturity is one of the psychological attributes that is reflected in the performance of athletes. In the field of sport, to achieve optimal sporting performance at all levels, it is necessary to develop the emotional maturity of the players, which further helps to make sound and mature decisions. More during the game. Therefore, it is the responsibility of parents, teachers and coaches to develop the emotional maturity of students so that players can better cope with difficult life situations.

### Objective of the study

The objective of this study to assess the significant difference between male and female State volleyball Players on Emotional Maturity.

### Method and Procedure

The sample was consisted of 60 subjects (N=60) of state volleyball players. The total sample was divided into two groups; male= 30 and female=30. The data for 'emotional maturity' was collected from male and female volleyball plays. The age of the subjects ranged from 18 to 25 years.

### Criterion measures

Emotional maturity of the selected subjects was measured by emotional maturity scale developed by Dr. Roma Pal (1984) [1].

### Statistical procedures

In the present study independent t test was applied on emotional maturity variable between male and female state volleyball players. The level of significance was set at < 0.05.

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## Results

**Table 1:** Table showing results of emotional maturity in male and female state level Volleyball players.

Variables	Male (Mean $\pm$ SD)	Female (Mean $\pm$ SD)	t-value	Level of significance
Emotional Maturity (Total)	134.80 $\pm$ 11.1	138.56 $\pm$ 7.97	2.261	Significant (0.05) level

The mean scores of emotional maturity of state volleyball male players was 133.8 female players was 139.56. The comparative result present in table 1 shows that there was significant difference between male players and female college volleyball players at 0.05 level of significance.

## Conclusion

The present study was useful in knowing the significant differences among Volleyball players with regard to their psychological parameter on the variable of Emotional maturity.

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