



ISSN: 2456-0057

IJPNPE 2017; 2(2): 2004-2007

© 2017 IJPNPE

www.journalofsports.com

Received: 21-07-2017

Accepted: 22-08-2017

Dr. Satinder KumarAssociate Professor, Department
of Physical Education & Sports,
Guru Nanak Nav-Bharat College
Narur-Panchhat, Punjab, India

Emotional maturity among district level, state level and national level football players

Dr. Satinder Kumar

Abstract

Aim: To find out the difference of emotional maturity among football players at district level, state level and national level football players.

Material and Methods: For the purpose of this investigation Sixty (N=60), female football players between the age group of 12-28 years (Mean \pm SD: Age 16.48 \pm 3.64 (yrs), Body Height 160.8 \pm 5.08 (cm), Body Mass 52.13 \pm 5.74 (kg)) volunteered to participate in the study.

Statistical Analysis: The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05.

Results: To conclude, it is significant to mention in relation to Emotional Unstability, Emotional Regression and Personality Disintegration that results of Analysis of Variance (ANOVA) among Football Players were found statistically insignificant ($P > .05$). Furthermore, in relation to Social Maladjustment, Lack of Independence and Emotional Maturity that results of Analysis of Variance (ANOVA) among Football Players were found statistically significant ($P < .05$).

Keywords: Emotional maturity, football, district level, state level, national level

Introduction

Currently, sports psychology focuses on the analysis of diverse psychological variables and cognitive processes affecting the athletes' performance, concentrating on improving their cognitive abilities with the intention of maximizing efficiency. In this sense, it makes it necessary to study certain variables such as motivational climate, leadership, anxiety, emotional intelligence or resilience due to their great influence on athletes' performance, making these factors a fundamental object of study for specialists in sports psychology^[1, 2, 3].

Emotional Intelligence (EI) is a term that has attracted researchers' attention in the last decade. Athletes and coaches experience different emotions when they try to reach a high performance^[4]. The pressure and the subsequent stress and emotions experienced by athletes are more intense when highly valued goals are at stake^[5]. Therefore, emotional intelligence could enhance player-to-player interactions within the team and, consequently, improve team performance^[6].

Material and Methods

Selection of Subjects

For the purpose of this investigation Sixty (N=60), female football players between the age group of 12-28 years (Mean \pm SD: Age 16.48 \pm 3.64 (yrs), Body Height 160.8 \pm 5.08 (cm), Body Mass 52.13 \pm 5.74 (kg)) volunteered to participate in the study. Subject's demographics are brought forth in Table-1.

Table 1: Subject's demographics of Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10).

Variable (s)	Sample Size (N=60)			
	Total N=60	District Level (N ₁ =30)	State Level (N ₂ =20)	National Level (N ₃ =10)
Age (yrs)	16.48 \pm 3.64	13.73 \pm 1.33	17.35 \pm 0.48	23 \pm 2.58
Body Height (cm)	160.8 \pm 5.08	156.8 \pm 3.99	164.7 \pm 1.94	165 \pm 1.88
Body Mass (kg)	52.13 \pm 5.74	47.6 \pm 4.23	55.25 \pm 1.71	59.46 \pm 1.75

Corresponding Author:

Dr. Satinder KumarAssociate Professor, Department
of Physical Education & Sports,
Guru Nanak Nav-Bharat College
Narur-Panchhat, Punjab, India

Selection of Tools

For evaluating the levels of Emotional Maturity among subjects, (Singh and Bhargava’s, 1988) Emotional Maturity Scale (EMS) was used. This scale consists of five parameters namely:-

1. Emotional Unstability
2. Emotional Regression
3. Social Maladjustment
4. Personality Disintegration
5. Lack of Independence

Statistical analysis

The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at

Table 3: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Emotional Regression.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	77.617	2	38.808	1.477
Within Groups	1497.367	57	26.270	
Total	1574.983	59		

The p-value is.237. The result is not significant at $P > .05$.

- The results of Analysis of Variance (ANOVA) among Football Players with regards to Emotional Regression were found statistically insignificant ($P > .05$).

Table 4: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Social Maladjustment.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	130.833	2	130.833	4.567
Within Groups	816.417	57	816.417	
Total	947.250	59		

The p-value is.014. The result is significant at $P < .05$.

- The results of Analysis of Variance (ANOVA) among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10)) with regards to Social Maladjustment were found statistically significant ($P < .05$).

Table 5: Analysis of post-hoc test among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Social Maladjustment.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
District (23.6333)	State	.58333	.867
	National	4.13333	.016
State (23.0500)	District	-.58333	.867
	National	3.55000	.061
National (19.5000)	District	-4.13333	.016
	State	-3.55000	.061

- The mean value of District group was 23.6333 whereas State had mean value as 23.0500 and the mean difference between both the groups was found.58333. This shows that the District group had demonstrated significantly better on Social Maladjustment than their counterpart’s State group.
- The mean value of District group was 23.6333 whereas National had mean value as 19.5000 and the mean

0.05.

Results

Table 2: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Emotional Unstability.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	91.500	2	45.750	2.163
Within Groups	1205.350	57	21.146	
Total	1296.850	59		

The p-value is.124. The result is not significant at $P > .05$.

- The results of Analysis of Variance (ANOVA) among Football Players with regards to Emotional Unstability were found statistically insignificant ($P > .05$).

difference between both the groups was found 4.13333. This shows that the District group had demonstrated significantly better on Social Maladjustment than their counterpart’s National group.

- The mean value of State group was 23.0500 whereas National had mean value as 19.5000 and the mean difference between both the groups was found 3.55000. This shows that the State group had demonstrated significantly better on Social Maladjustment than their counterpart’s National group.

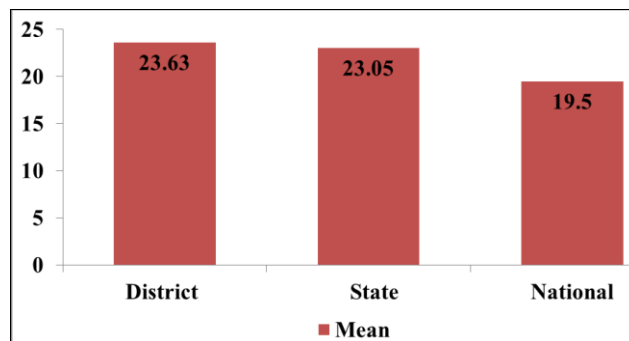


Fig 1: Graphical representation of mean scores of Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Social Maladjustment.

Table 6: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Personality Disintegration.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	68.167	2	34.083	1.662
Within Groups	1168.817	57	20.506	
Total	1236.983	59		

The p-value is.199. The result is not significant at $P > .05$.

- The results of Analysis of Variance (ANOVA) among Football Players with regards to Personality Disintegration were found statistically insignificant ($P > .05$).

Table 7: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Lack of Independence.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	156.433	2	78.217	5.970
Within Groups	746.817	57	13.102	
Total	903.250	59		

The p-value is .004. The result is significant at $P < .05$

- The results of Analysis of Variance (ANOVA) among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10)) with regards to Lack of Independence were found statistically significant ($P < .05$).

Table 8: Analysis of post-hoc test among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Lack of Independence.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
District (19.4333)	State	-2.21667	.115
	National	2.53333	.169
State (21.6500)	District	2.21667	.115
	National	4.75000*	.005
National (16.9000)	District	-2.53333	.169
	State	-4.75000*	.005

- The mean value of District was 19.4333 whereas State group had mean value as 21.6500 and the mean difference between both the groups was found 2.21667. This shows that the State group had demonstrated

Table 9: Analysis of variance (ANOVA) results among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Emotional Maturity.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value
Between Groups	1315.200	2	657.600	4.325
Within Groups	8666.200	57	152.039	
Total	9981.400	59		

The p-value is .018. The result is significant at $P < .05$

- The results of Analysis of Variance (ANOVA) among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10)) with regards to Emotional Maturity were found statistically significant ($P < .05$).

Table 10: Analysis of post-hoc test among Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Emotional Maturity.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
District (97.3000)	State	-7.60000	.112
	National	5.60000	.466
State (104.9000)	District	7.60000	.112
	National	13.20000*	.028
National (91.7000)	District	-5.60000	.466
	State	-13.20000*	.028

- The mean value of District was 97.3000 whereas State group had mean value as 104.9000 and the mean difference between both the groups was found 7.60000. This shows that the State group had demonstrated significantly better on Emotional Maturity than their counterpart's District group.
- The mean value of District group was 97.3000 whereas National had mean value as 91.7000 and the mean

significantly better on Lack of Independence than their counterpart's District group.

- The mean value of District group was 19.4333 whereas National had mean value as 16.9000 and the mean difference between both the groups was found 2.53333. This shows that the District group had demonstrated significantly better on Lack of Independence than their counterpart's National group.
- The mean value of State group was 21.6500 whereas National had mean value as 16.9000 and the mean difference between both the groups was found 4.75000. This shows that the State Level group had demonstrated significantly better on Lack of Independence than their counterpart's National group.

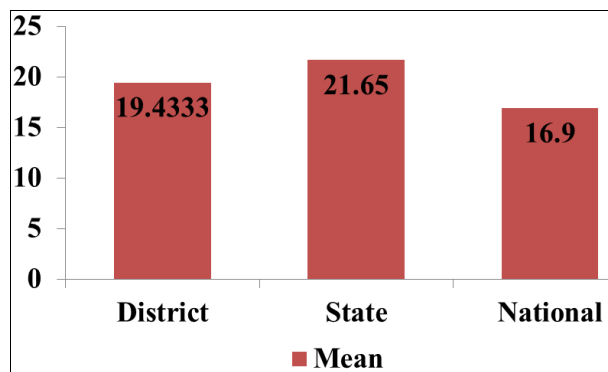


Fig 2: Graphical representation of mean scores Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Lack of Independence.

difference between both the groups was found 5.60000. This shows that the District group had demonstrated significantly better on Emotional Maturity than their counterpart's National group.

- The mean value of State group was 104.9000 whereas National had mean value as 91.7000 and the mean difference between both the groups was found 13.20000. This shows that the State Level group had demonstrated significantly better on Emotional Maturity than their counterpart's National group.

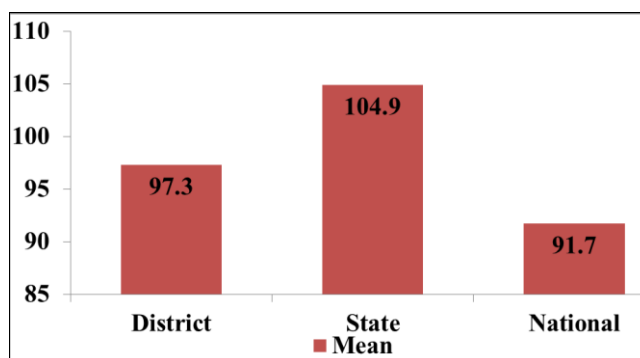


Fig 3: Graphical representation of mean scores Football Players (N=60) (i.e., District Level (N₁=30), State Level (N₂=20) and National Level (N₃=10) with regards to Emotional Maturity.

Conclusions

- To conclude, it is significant to mention in relation to Emotional Unstability, Emotional Regression and Personality Disintegration that results of Analysis of Variance (ANOVA) among Football Players were found statistically insignificant ($P > .05$).
- Furthermore, in relation to Social Maladjustment, Lack of Independence and Emotional Maturity that results of Analysis of Variance (ANOVA) among Football Players were found statistically significant ($P < .05$).

References

1. Mann A, Narula B. Positive psychology in sports: An overview. *Int. J Soc. Sci.* 2017; 6:153-158.
2. Parmar DS, Kumari G, Rathore S. Importance of sports psychologist for team performance in sports. *Anxiety.* 2017; 98:6-89.
3. Thelwell RC, Wood J, Harwood C, Woolway T, Van Raalte JL. The role, benefits and selection of sport psychology consultants: Perceptions of youth-sport coaches and parents. *Psychol. Sport Exerc.* 2018; 35:131-142.
4. Chan JT, Mallett CJ. The Value of Emotional Intelligence for High Performance Coaching. *International Journal of Sports Science & Coaching.* 2011; 6:315-328.
5. Laborde S, Brull A, Weber J, Anders LA. Trait emotional intelligence in sports: A protective role against stress through heart rate variability?, *Personality and Individual Differences.* 2011; 51:23-27.
6. Koch C, Christopher M, Schanzenbach B. Emotional Intelligence among American and Chinese Basketball Players. Poster presented at the 90th Annual Western Psychological Association Convention in Cancun, Mexico, 2010.