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## A study of emotional maturity among individual, team and dual sports: A psychological probe

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### Abstract

The purpose of the study was to find out the significant differences among Individual, Team and Dual Sport Players on the variable Emotional Maturity. For the purpose of the present study, Two Hundred Fifty Eight (N=258), Male subjects between the age group of 18-25 years volunteered to participate in the study. The subjects were purposively assigned into three groups: Group-A: Guru Nanak Dev University, Amritsar (N<sub>1</sub>=86); Group-B: Panjab University, Chandigarh (N<sub>2</sub>=86) and Group-C: Punjabi University, Patiala (N<sub>3</sub>=86). For evaluating the levels of Emotional Maturity among subjects, Singh and Bhargava's (1988) Emotional Maturity Scale was used. 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. To conclude, it is significant to mention in relation to Emotional Maturity that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players were found statistically insignificant ( $P>.05$ ).

**Keywords:** Individual sport, team sports and dual sports, emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence

### 1. Introduction

Emotional Maturity is "the ability to monitor one's own and other's emotions, to discriminate among them, and to use the information to guide one's thinking and actions" (Salovey & Mayer, 1990) [5].

Researchers within the field of sport and exercise psychology have evaluated the effectiveness of mental skills in improving one's performance. Skills such as relaxation, imagery, mindfulness, energy control, reframing, goal setting, and cohesion have all been found to play an important role in athletes' performance across a variety of individual and team sports (Crust & Azadi, 2010, Hatzigeorgiadis, Zourbanos, Galanis, & Theodorakis, 2011) [3, 1]. Many of these skills tend to correspond with the components of EI (Zizzi, Deaner, & Hirschhorn, 2003) [7].

Sport and physical activity programs can provide an effective vehicle for youth to develop at a personal, social and emotional level (Morris, Sallybanks, Willis, & Makkai, 2004) [4]. Such personality traits as perfectionism, anger, and over-competitiveness, however, also have the potential of influencing a young athlete's sense of self-concept (Vallance, Dunn, & Dunn, 2006) [6].

Sport can be broadly classified into two categories – individual sport versus team sport. "Team sports, as compared to one-on-one and individual sports, require close cooperation within the team, and a willingness of the individual player to place himself in a subordinate position" (de Man & Blais, 1982) [2].

### 2. Material and Methods

#### 2.1 Selection of Subjects

For the purpose of the present study, Two Hundred Fifty Eight (N=258), Male subjects between the age group of 18-25 years (Mean  $\pm$  SD: Age 21.97  $\pm$  2.03 (yrs), Body Height 167.8  $\pm$  5.338 (cm), Body Mass 64.73  $\pm$  3.692 (kg)) volunteered to participate in the study.

The subjects were purposively assigned into three groups:

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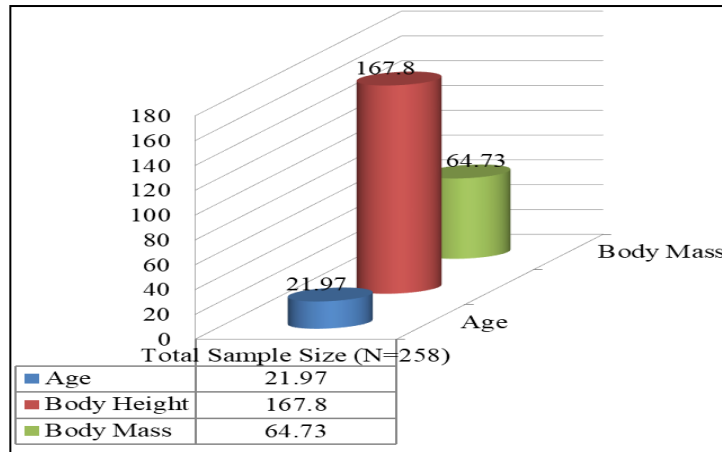
- Group-A: Guru Nanak Dev University, Amritsar (N<sub>1</sub>=86)
- Group-A: Guru Nanak Dev University, Amritsar (N<sub>1</sub>=86)
- Group-B: Panjab University, Chandigarh (N<sub>2</sub>=86)
- Group-C: Punjabi University, Patiala (N<sub>3</sub>=86)

All the subjects were informed about the objective and protocol of the study. The demographics of subjects are brought forth in Table-1.

**Table 1:** Subject’s Demographics (N=258) of Players of Guru Nanak Dev University, Amritsar (N<sub>1</sub>=86), Panjab University, Chandigarh (N<sub>2</sub>=86) and Punjabi University, Patiala (N<sub>3</sub>=86)

Variable (s)	Sample Size (N=258)			
	Total N=258	Guru Nanak Dev University, Amritsar (N <sub>1</sub> =86)	Panjab University, Chandigarh (N <sub>2</sub> =86)	Punjabi University, Patiala (N <sub>3</sub> =86)
Age (yrs)	21.97±2.03	21.71±2.086	21.83±2.115	22.36±1.84
Body Height (cm)	167.8±5.338	167.2±5.419	167.3±5.69	168.8±4.79
Body Mass (kg)	64.73±3.692	63.48±3.668	64.87±3.579	65.83±3.482

N; sample size, yrs; years, cm; centimeters, kg; kilograms.



**Fig 1:** Subject’s Demographics (N=258) of Players of Guru Nanak Dev University, Amritsar (N<sub>1</sub>=86), Panjab University, Chandigarh (N<sub>2</sub>=86) and Punjabi University, Patiala (N<sub>3</sub>=86)

The details of subject’s (i.e., Individual Sport, Team Sports and Dual Sports) of Guru Nanak Dev University, Amritsar

(N<sub>1</sub>=86), Panjab University, Chandigarh (N<sub>2</sub>=86) and Punjabi University, Patiala (N<sub>3</sub>=86) are presented in Table-2.

**Table 2:** The details of subjects

Sample Size(N=258)								
Guru Nanak Dev University, Amritsar (N <sub>1</sub> =86)								
Individual Sport (N=31)			Team Sports (N=40)			Dual Sports (N=15)		
Athletics (12)	Archery (12)	Gymnastics (07)	Volleyball (12)	Basketball (12)	Hockey (16)	Badminton (5)	Chess (5)	Lawn-Tennis (5)
Panjab University, Chandigarh(N <sub>2</sub> =86)								
Individual Sport (N=31)			Team Sports (N=40)			Dual Sports (N=15)		
Athletics (12)	Archery (12)	Gymnastics (07)	Volleyball (12)	Basketball (12)	Hockey (16)	Badminton (5)	Chess (5)	Lawn-Tennis (5)
Punjabi University, Patiala (N <sub>3</sub> =86)								
Individual Sport (N=31)			Team Sports (N=40)			Dual Sports (N=15)		
Athletics (12)	Archery (12)	Gymnastics (07)	Volleyball (12)	Basketball (12)	Hockey (16)	Badminton (5)	Chess (5)	Lawn-Tennis (5)

**2.2 Selection of Variables**

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

- Emotional Unstability
- Emotional Regression
- Social Maladjustment
- Personality Disintegration
- Lack of Independence

**3. Design of the Study**

This is an exploratory study that has employed method of data collection and analysis quantitatively. The purposive sampling technique was used to attain the objectives of the study.

**4. Statistical Analysis**

The Statistical Package for the Social Sciences (SPSS) version 14.0 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 further analysis Post-Hoc Test (Scheffe’s Test) was applied. For testing the hypotheses, the level of significance was set at 0.05.

**5. Results**

For each of the chosen variable, the result pertaining to Analysis of variance (ANOVA) among Individual, Team and Dual Sports players with regards to variable Emotional Maturity are presented in the following tables:

**Table 3:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Unstability

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	16.781	2	8.391	.210	.811
Within Groups	10186.494	255	39.947		
Total	10203.275	257			

The p-value is .811. The result is not significant at  $p > .05$ .

**Table 4:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Regression

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	3.542	2	1.771	.053	.948
Within Groups	8454.725	255	33.156		
Total	8458.267	257			

The p-value is .948. The result is not significant at  $p > .05$ .

**Table 5:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Social Maladjustment

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	.212	2	.106	.004	.996
Within Groups	6310.796	255	24.748		
Total	6311.008	257			

The p-value is .996. The result is not significant at  $p > .05$ .

**Table 6:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Personality Disintegration

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	14.172	2	7.086	.217	.805
Within Groups	8327.580	255	32.657		
Total	8341.752	257			

The p-value is .805. The result is not significant at  $p > .05$ .

**Table 7:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Lack of Independence

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	4.915	2	2.458	.111	.895
Within Groups	5640.837	255	22.121		
Total	5645.752	257			

The p-value is .895. The result is not significant at  $p > .05$ .

**Table 8:** Analysis of variance (ANOVA) results among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Maturity

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	57.249	2	28.625	.085	.919
Within Groups	86250.084	255	338.236		
Total	86307.333	257			

The p-value is .919. The result is not significant at  $p > .05$ .

- It is evident from Table-3 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Unstability were found statistically insignificant ( $P > .05$ ).
- It is evident from Table-4 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Regression were found statistically insignificant ( $P > .05$ ).
- It is evident from Table-5 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Social Maladjustment were found statistically insignificant ( $P > .05$ ).
- It is evident from Table-6 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Personality Disintegration were found statistically insignificant ( $P > .05$ ).
- It is evident from Table-7 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Lack of Independence were found statistically insignificant ( $P > .05$ ).
- It is evident from Table-8 that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Maturity were found statistically insignificant ( $P > .05$ ).

**6. Conclusions**

To conclude, it is significant to mention in relation to Emotional Maturity that results of Analysis of Variance (ANOVA) among Individual Sport, Team Sports and Dual Sports players with regards to Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence were found statistically insignificant ( $P > .05$ ).

## 7. Recommendations

Sports psychologists, Sports physician, coaches and athletic trainers may utilize the findings of the present study by preparing or modifying the existing training schedules for Individual, Team and Dual Sport Players.

## 8. References

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