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Dr. Navneet Kaur

TGT-Physical Education,
Govt. Model Sanskriti Senior
Secondary School Morni Hills,
Panchkula, Haryana, India

Dr. Rakesh Malik

Director Physical Education and
Sports, Dr. Harisingh Gour
University, Central University in
Sagar, Madhya Pradesh, India

Dr. Neeru Malik

Associate Professor, Dev Samaj
College of Education, Sector 36-
B, Chandigarh, India

Pinki

Basketball Coach, SAI Training
Centre, Raipur, Chhattisgarh,
India

Corresponding Author:

Dr. Neeru Malik

Associate Professor, Dev Samaj
College of Education, Sector 36-
B, Chandigarh, India

Gender differential among university netball players on emotional maturity: A cross sectional survey

Dr. Navneet Kaur, Dr. Rakesh Malik, Dr. Neeru Malik and Pinki

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Abstract

The purpose of the present study is to investigate the emotional maturity among University Netball players. Total 60 University Netball players (Male-N=30 and Female-N=30) were recruited in the study who were participated in the All India Inter-University Championship held at Nanded, Maharashtra. The age range of the subjects were between 18-25 years. To analyse the emotional Maturity among University Netball players 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 and it's associated domains like emotional regression and Flexibility and adaptability.

Keywords: Emotional maturity, netball, emotional regression, adaptability

Introduction

Sports is a very competitive field in which the psychology of the sportsperson played a prominent role. There are various psychological attributes which affects the performance of the sportspersons in the sports field. Furthermore, the physical fitness, training, technique, tactics and infrastructure facilities played the significant role in enhancing the sports performance. Emotions are the inseparable part of the human life. In the field of sports the players had to deal with the various type of emotions before, during and after the competition. The word emotion is taken from the Latin word 'emovere' that means "to move out" (Rane, 2018) [5]. Emotion involves those reactions which result into inner (physiological) and outer (environmental) changes in the body (Vaghela, 2014) [8]. Moreover, emotions is convoluted in nature and it involves multifaceted structure of feelings that linked with psycho physiological interaction of the individual.

The maturity part of the emotions is the one of the key factor in the development of the wholesome personality (Walter D. Smitson, 1974) [9]. Emotional maturity helps individual to showcase there strengths and abilities synchronize with social demands. Those persons who are emotionally well matured likely to have the better adjustment and tolerance towards themselves and others (Kaplan and Baron, 1986) [2]. An emotionally matured person had the better understanding of life (Chamberlain, 1960 and Menninger, 1999) [1, 3].

Emotional maturity is one of the psychological attribute which reflect upon the performance of the athletes. In sports field, to attain the optimum sports performance at any level, it is necessarily required to develop the emotional maturity in the players which further aids in sensible and matured decisions during the competition. Emotional maturity is also the key factor in building the leadership quality in the players. The emotionally mature leader better understand their team behaviour and help them to manage any situations or problems arise on and off the field. Interestingly, successful player needs to efficiently tackle the difficult task with there emotional maturity and matured behaviour. Prior to the competition a player needs to be physically, mentally and emotionally sound. An emotionally matured person can easily earn the respect from the teammates as well as from the opponents. Therefore, it is the responsibility of the parents, teachers and coaches to develop the emotional maturity in the students for players to better cope up with the different adverse situations of life in an efficient

way. Hence, it is imperative to maintain the optimum psychological level of the sportspersons for attainment of the maximum sports performance from the players.

Objective of the study

The objective of this study to assess the significant difference between male and female University Netball Players on Emotional Maturity and its associated domains.

Method and Procedure

In the present study, the research was conducted by using descriptive research design. The sample was consisted of 60 subjects (N=60). The total sample was divided into two equivalent groups i.e. one group was male netball players and another group was female netball players. The data for 'emotional maturity' was collected from those players who had participated in the All India University Championship held at SRTM Uni. Nanded (Maharashtra) from 22/03/2017 to 26/03/2017. The age of the subjects ranged from 18 to 25 years. The detailed break-up of the sample is given below in figure 1.

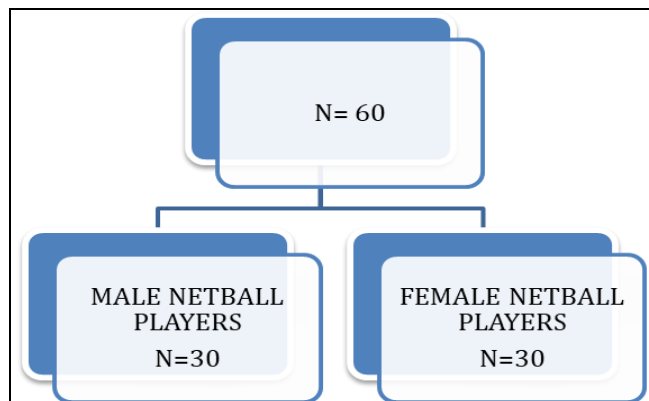


Fig 1: Detailed break-up of samples

Criterion Measures

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

Table 1: Table showing results of emotional maturity and its various domains in Mean, SD, % change and p values in male and female all India Inter-University Netball players

Variables	Male (Mean ± SD)	Female (Mean ± SD)	t-value	Level of significance
Emotional Instability	27.56 ± 3.33	28.00 ± 2.59	-0.561	Not Significant
Emotional Regression	25.96 ± 3.92	28.80 ± 3.36	-0.3.00	Significant (0.05) level
Faulty Social Adjustment	25.53 ± 4.28	25.06 ± 3.81	-0.446	Not Significant
Lack of Independency	27.03 ± 4.28	27.33 ± 2.05	-0.415	Not Significant
Flexibility and Adaptability	28.73 ± 3.46	30.36 ± 2.82	-0.3.00	Significant (0.05) level
Emotional Maturity (Total)	133.80 ± 12.1	139.56 ± 6.97	2.261	Significant (0.05) level

The result demonstrated in table 1 shows the mean score and standard deviation of the faulty social adjustment of male and female netball players results also had been graphically presented in figure 2. The mean scores of faulty social adjustment of netball male players was 25.53 and standard deviation was 4.28 whereas the mean scores of faulty social adjustment of netball female players was 25.06 and standard

[4]. The scale consists of 40 items based on emotional maturity of an individual. The more score on the scale refers to the more emotional immaturity and vice versa.

Statistical Procedures

In the present study independent t test was applied to determine the significance of difference and direction of difference in mean scores on said variable between male and female netball players. The level of significance was set at < 0.05.

Results

The result reported in table 1 shows the mean score and standard deviation of the emotional instability of male and female netball players results also had been graphically presented in figure 2. The mean scores of emotional instability of netball male players was 27.56 and standard deviation was 3.33 whereas the mean scores of emotional instability of netball female players was 28.00 and standard deviation was 2.59. The comparative result present in table 1 shows that there was no significant difference between male players and female netball players on the sub variable of emotional instability because the obtained t-value (0.561) was found lesser than the table t-value that was 2.021 at 5% level with 58 degree of freedom.

The results revealed in table 1 postulated that the mean score and standard deviation of the emotional regression of male and female netball players results also had been graphically presented in figure 2. The mean scores of emotional regression of netball male players was 25.96 and standard deviation was 3.92 whereas the mean scores of emotional instability of netball female players was 28.80 and standard deviation was 3.36. The comparative result present in table 1 shows that there was significant difference between male players and female netball players on the sub variable of emotional regression because the obtained t-value (3.00) was found greater than the table t-value that was 2.021 at 5% level with 58 degree of freedom. The result shows that females are more emotionally regressive than males.

deviation was 3.81. The comparative result present in table 1 shows that there was no significant difference between male players and female netball players on the sub variable of faulty social adjustment emotional because the obtained t-value (0.446) was found less than the table t-value that was 2.021 at 5% level with 58 degree of freedom.

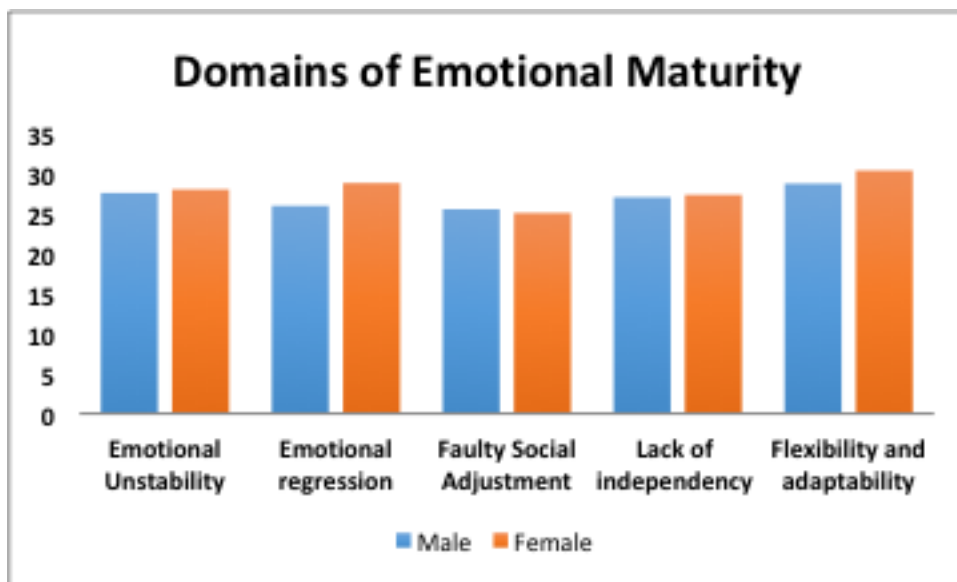


Fig 2: Bar diagrams showing the domains of emotional maturity between male and female all India Inter-University Netball players

The result reported in table 1 shows the mean score and standard deviation of the lack of independency of male and female netball players results also had been graphically presented in figure 2. The mean scores of lack of independency of netball male players was 27.03 and standard deviation was 3.40 whereas the mean scores of emotional instability of netball female players was 27.33 and standard deviation was 2.05. The comparative result present in table 1 shows that there was no significant difference between male players and female netball players on the sub variable of lack of independency because the obtained t-value (0.415) was found less than the table t-value that was 2.021 at 5% level with 58 degree of freedom.

The result reported in table 1 shows the mean score and

standard deviation of the flexibility and adaptability of male and female netball players results also had been graphically presented in figure 2. The mean scores of flexibility and adaptability of netball male players was 28.73 and standard deviation was 3.45 whereas the mean scores of flexibility and adaptability of netball female players was 30.36 and standard deviation was 2.82. The comparative result present in table 1 shows that there was significant difference between male players and female netball players on the sub variable of flexibility and adaptability emotional instability because the obtained t-value (3.00) was found greater than the table t-value that was 2.021 at 5% level of confidence with 58 degree of freedom. The result of the study showed that females are more flexible and adaptable than males.

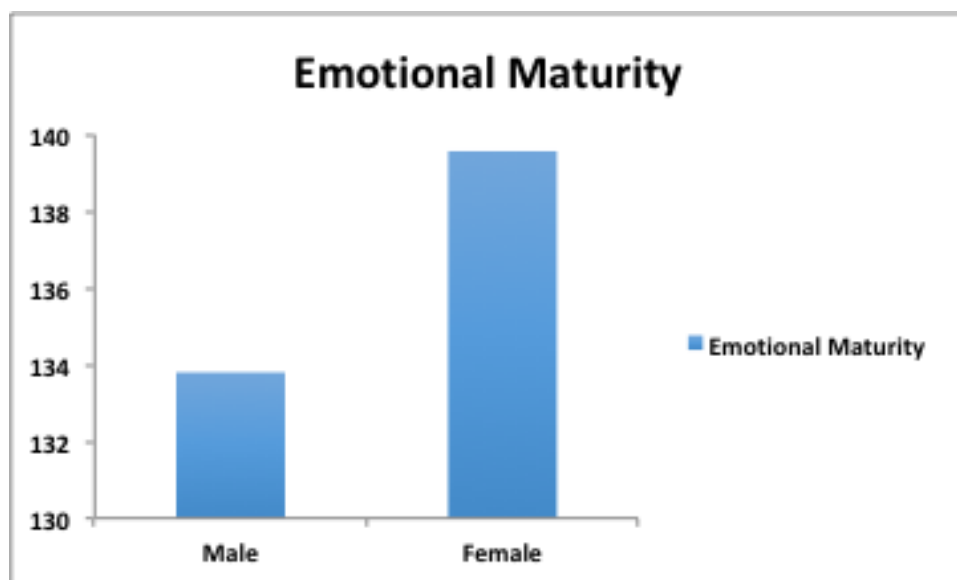


Fig 3: Bar diagrams showing the total emotional maturity between male and female all India Inter-University Netball players

There will be significant differences between male and female netball players on the variable of emotional maturity was verified by calculating t-value as shown in the table 1. The result reported in table 1 shows the mean score and standard deviation of the emotional maturity of male and female netball players results also had been graphically presented in figure 3. The mean scores of emotional maturity of netball male players was 133.8 and standard deviation was 12.1

whereas the mean scores of emotional maturity of netball female players was 139.56 and standard deviation was 6.97. The comparative result present in table 1 shows that there was significant difference between male players and female netball players because the obtained t-value (2.261) was found greater than the table t-value that was 2.021 at 5% level with 58 degree of freedom.

Discussion

Emotional maturity is one of the psychological attribute which reflect upon the performance of the athletes. The present study focuses upon to check the emotional maturity of male and female netball players and gender differential among them. The emotionally matured person had the ability for effective handling the various adverse circumstances in the life. The result of the study depicted that male netball players perform better than female netball players in all the domains of emotional maturity and overall emotional maturity. The male netball players performed significantly better than female netball players on emotional regression and flexibility and adaptability and overall emotional maturity. However, non-significant difference was found between male and female netball players on the variable of emotional instability, faulty social adjustment and lack of independency. The result may be attributed the fact that female netball players are having high degree of social pressure, peer pressure and family pressure and females always conscious about their image in society, peer and family. As a female participating in a sports is also a big challenge for females and they usually have to be make requests to their family and society to participate in sports. There is lots of expectation from females regarding their image. Female players also gets effected by the coaches, fellow players and spectators remarks or comments. Whereas in male netball players they are more emotionally stable because they don't face so much of social restrictions and societal pressure as compare to females. The emotional maturity also studied in various published literature. The study done by Rathee and Salh (2010) ^[6] found that international players are emotionally more mature than state players. Similarly, Singh *et al.* found in their study that male and female non sportspersons had significant differences on emotional maturity; but no significant differences were seen on male and female sportsperson on emotional maturity. Another study done by Vaghela (2014) ^[8] demonstrated that working women had higher emotional maturity than non-working women.

Conclusion

The present study was useful in knowing the significant differences among netball players with regard to their psychological parameter on the variable of Emotional maturity and its associated domains. These parameters are of paramount significance for they reflect on an athlete's overall personality concerning competitive performance in sports. Further, the future studies on larger samples helpful in better understanding the psycho-social makeup of the sportsperson.

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