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Jatinder Pal
Research Scholar,
Department of Physical
Education, CT University,
Ludhiana, Punjab, India

Dr. Pravin Kumar
Professor, Department of
Physical Education, CT
University, Ludhiana, Punjab,
India

Differentials of emotional maturity in male weight lifters

Jatinder Pal and Dr. Pravin Kumar

Abstract
Study Aim: To assess the differences of Emotional Maturity among Inter-College ($n_1 = 48$) and State Level ($n_2 = 24$) male Weight Lifters.
Methods: Seventy-Two (N=72), subjects between the age group of 21-26 years (Mean ± SD: age 19.86 ± 2.55, body height 168.06 ± 4.48, body weight 60.45 ± 3.36 kg) volunteered to participate in the study.
Statistical Application: The independent-samples *t* test (between-groups design) were used to evaluates the difference between the means of two independent or unrelated groups. The level of significance was set at 0.05.
Results: Emotional Unstability: The t-value is 0.0886. The p-value is .464826. The result is not significant at $p < .05$. Emotional Regression: The t-value is 0.01561. The p-value is .493794. The result is not significant at $p < .05$ Social Maladjustment: The t-value is 1.21148. The p-value is .114894. The result is not significant at $p < .05$. Personality Disintegration: The t-value is 0.37928. The p-value is .352814. The result is not significant at $p < .05$. Lack of Independence: The t-value is 0.56424. The p-value is .287198. The result is not significant at $p < .05$.

Keywords: Weight lifters players, emotional maturity, emotional unstability, emotional regression, social maladjustment, personality disintegration, lack of independence

Introduction
The research in sport focused specifically on determining the key psychological characteristics of athletic excellence including the conceptual development of areas such as Emotional Maturity, motivation [1], self-confidence [2], competitive anxiety [3], cohesion [4], the development of sport-specific psycho-metrics [5], and the exploration of effective psychological interventions (e.g. imagery, relaxation, and goal-setting) to aid athletic performance [6]. Sport psychology is concerned with the psychological foundations, processes, and consequences of the psychological regulation of sport-related activities of one or several persons acting as the subject (s) of the activity [7]. In sum, sport and performance psychology are ever growing disciplines in which scientific principles are applied to sport and other performance domains [8]. Athletes' use of mental skills made them experience less anxiety, better focus, more self-confidence and more favorable performance [9-15]. The Weight Lifters players' use of stress reaction and focusing was positively correlated with all three anxiety directions. The abilities of Weight Lifters players to engage in these strategies helped them interpret their somatic, cognitive and self-confidence directions as facilitative to their performance. The ability to recall and recognize an evolving pattern of play is the strongest predictor of anticipatory skill in team ball sports.

Table 1: Subject's Demographics of Age (yrs), Body Height (cm), Body Weight (kg)

Variables	Sample Size (N=72)		
	Total (N=72)	Inter-College (n_1=48)	State Level (n_2=24)
Age (yrs)	19.86 ± 2.55	19.97 ± 2.56	19.62 ± 2.56
Body Height (cm)	168.06 ± 4.48	167.87 ± 4.35	168.45 ± 4.80
Body Weight (kg)	60.45 ± 3.36	60.35 ± 3.41	60.66 ± 3.30

Corresponding Author:
Jatinder Pal
Research Scholar,
Department of Physical
Education, CT University,
Ludhiana, Punjab India

Table 2: Age Value, Frequency, and Frequency %.

Value	Frequency	Frequency %
17	14	19.44
18	17	23.61
19	10	13.89
20	2	2.78
21	9	12.50
22	6	8.33
23	6	8.33
24	3	4.17
25	5	6.94

Table 3: Body Height Value, Frequency, and Frequency %.

Value	Frequency	Frequency %
160	2	2.78
161	6	8.33
162	4	5.56
163	4	5.56
165	2	2.78
166	8	11.11
167	9	12.50
168	3	4.17
169	3	4.17
170	7	9.72
171	8	11.11
172	2	2.78
173	1	1.39
174	7	9.72
175	6	8.33

Table 4: Body Weight Value, Frequency, and Frequency %.

| Value	Frequency	Frequency %
17	14	19.44
18	17	23.61
19	10	13.89
20	2	2.78
21	9	12.50
22	6	8.33
23	6	8.33
24	3	4.17
25	5	6.94

Subjects

Seventy Two, subjects between the age group of 21-26 years (Mean ± SD: age 19.86 ± 2.55, body height 168.06 ± 4.48, body weight 60.45 ± 3.36 kg) volunteered to participate in the study. The subjects were possessively assigned into two groups: -

- Group-A: Inter-College Level ($n_1 = 48$);
- Group-B: State Level ($n_2 = 24$).

Illustration of Subject's Demographics are brought forth in Figure-1:
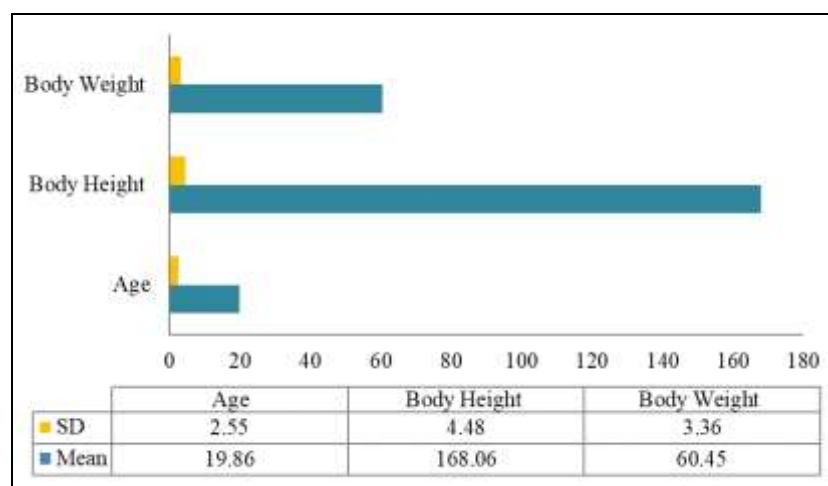
Fig 1: Illustration of Subject's Demographics of Age (yrs) Body Height (cm) Body Weight (kg).
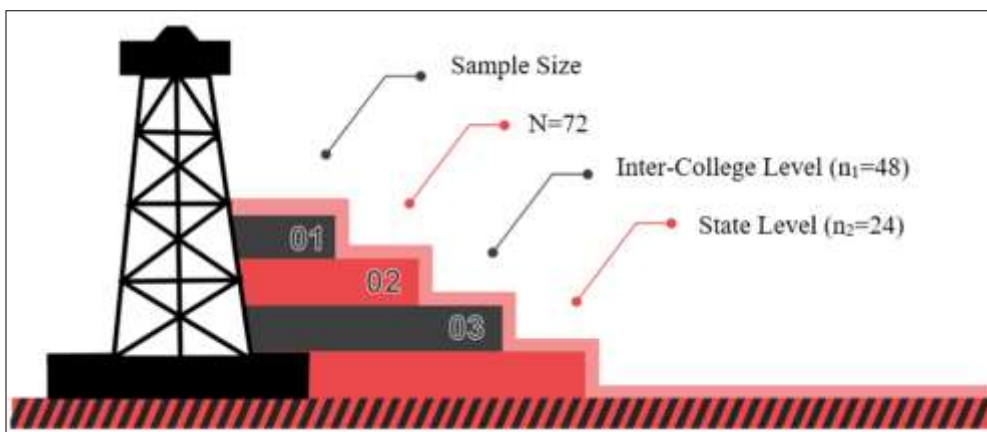
Fig 2: Illustration of Sample Size

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

- Emotional Unstability
- Emotional Regression
- Social Maladjustment
- Personality Disintegration
- Lack of Independence
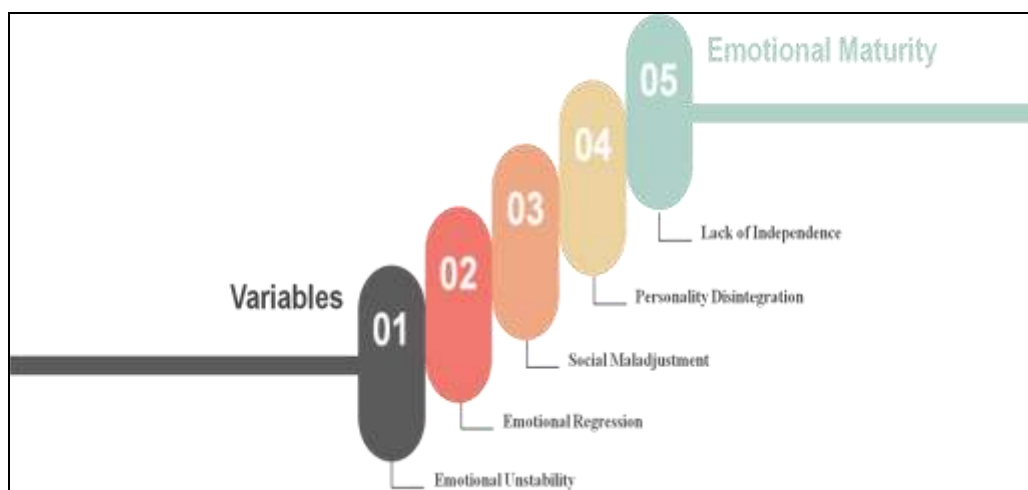
Fig 3: Psychological variables (i.e., Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence).

Administration of Test
These parameters include in their scope the areas mentioned below: -

▪ **Emotional Unstability**
These parameters include the broad factors that comprises lack of capacity to dispose of problems of irritability, vulnerability, stubbornness, temper tantrums and need of constant help for one's day-to-day work. This parameter has a high correlation (0.75) with the total scores obtained on the scale. On the inter-correlational matrix, maladjustment parameter but low with emotional regression, personality disintegration and lack of independence.

▪ **Emotional Regression**
This parameter includes in its scope a broad group of factors such as feeling of inferiority, restlessness, hostility, aggressiveness and self-centeredness. This parameter has significant correlation (.63) with the total scores on the scale. On the inter-correlation matrix, it is highly inter-correlated with other two parameters namely personality disintegration

and lack of independence but has low inter-correlations with the two remaining parameters namely emotional unstability and social maladjustment. Factor analysis revealed that this parameter emerged comprising most broad factors in the scale.

▪ **Social Maladjustment**
This parameter includes factors such as lack of social adaptability, feeling of hatred, seclusiveness, boasting habit and lying. It has a high correlation (0.58) with the total scores on the scale. This parameter is highly inter-correlated with other parameter emotional unstability and has low inter-correlation with emotional regression.

▪ **Personality Disintegration**
This parameter includes in its scope the factors that represent disintegration of personality such as phobia formation, aggressiveness in rationalization, pessimism, immorality distraction, distorted sense of reality. This parameter has highest with parameter social maladjustment and has low inter-correlation with emotional regression.

▪ **Lack of independence**

This parameter includes main factors such as parasitic dependence on others, egoistic, lack of objective interests, unreliable and indifferent. Although statistically insignificant positively, this parameter is positively correlated with the total scores on the scale (.42). It has high inter-correlation

with social maladjustment and lowest with emotional regression.

▪ **Scoring Key**

Emotional Maturity scale has a total of 48 items under the five categories given below: -

Sr. No	Areas	Total No. of Items
1	Emotional unstability	10
2	Emotional regression	10
3	Social maladjustment	10
4	Personality disintegration	10
5	Lack of independence	8
	Total	48

Statistical Application

The independent-samples *t* test (between-groups design) were used to evaluates the difference between the means of two independent or unrelated groups. The level of significance

was set at 0.05.

Results

Table 5: To analyse the levels in each study group

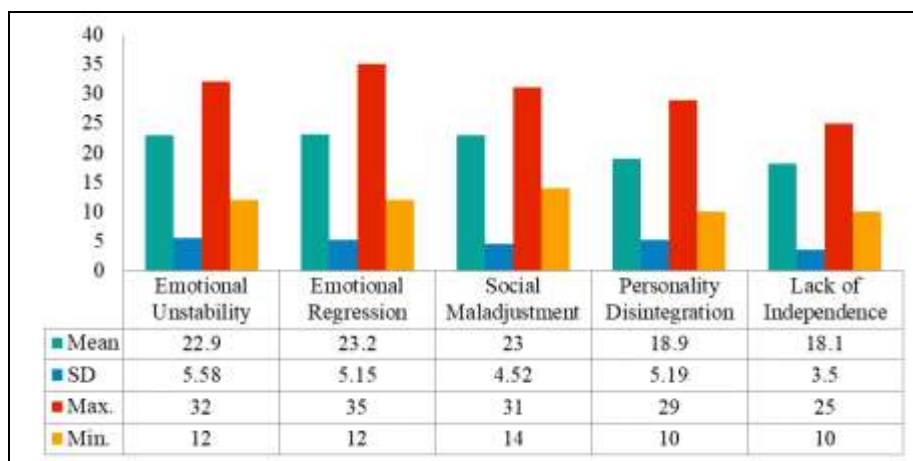| Variables	Group	Mean	Std. Deviation	Max	Min	t- value	p-value
Emotional Unstability	Inter- College	22.9	5.58	32.0	12.0	0.0886	.464826
	State Level	23.0	5.78	32.0	12.0		
Emotional Regression	Inter- College	23.2	5.15	35.0	12.0	0.01561	.493794
	State Level	23.2	5.70	35.0	12.0		
Social Maladjustment	Inter- College	23.0	4.52	31.0	14.0	1.21148	.114894
	State Level	21.6	4.79	29.0	13.0		
Personality Disintegration	Inter- College	18.9	5.19	29.0	10.0	0.37928	.352814
	State Level	18.4	4.76	26.0	10.0		
Lack of Independence	Inter- College	18.1	3.50	25.0	10.0	0.56424	.287198
	State Level	17.6	3.63	23.0	11.0		

A glance at Table-5 shows the Mean and Standard Deviation values of Emotional Unstability of Inter-College Level and State Level Weight Lifters players was 22.9 ± 5.58 and 23.0 ± 5.78 respectively. The t-value is 0.0886. The p-value is .464826. The result is not significant at $p < .05$ on the variable Emotional Unstability. The Mean and Standard Deviation values of Emotional Regression of Inter-College Level and State Level Weight Lifters players were 23.2 ± 5.15 and 23.2 ± 5.70 respectively. The t-value is 0.01561. The p-value is .493794. The result is not significant at $p < .05$ on the variable Emotional Regression. The Mean and Standard Deviation values of Social Maladjustment of Inter-College Level and State Level Weight Lifters players were 23.0 ± 4.52

and 21.6 ± 4.52 respectively. The t-value is 1.21148. The p-value is .114894. The result is not significant at $p < .05$ on the variable Social Maladjustment. The Mean and Standard Deviation values of Personality Disintegration of Inter-College Level and State Level Weight Lifters players were 18.9 ± 5.19 and 18.4 ± 4.76 respectively. The t-value is 0.37928. The p-value is .352814. The result is not significant at $p < .05$ on the variable Personality Disintegration. The Mean and Standard Deviation values of Lack of Independence of Inter-College Level and State Level Weight Lifters players were 18.1 ± 3.50 and 17.6 ± 3.63 respectively. The t-value is 0.56424. The p-value is .287198. The result is not significant at $p < .05$ on the variable Lack of Independence.

(a)   (b)   (c)

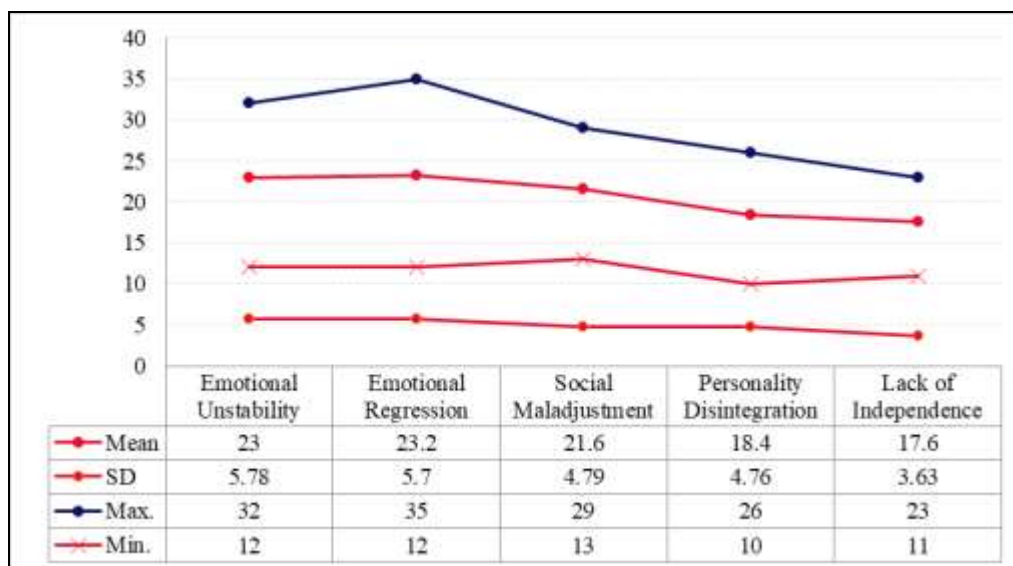(d)   (e)
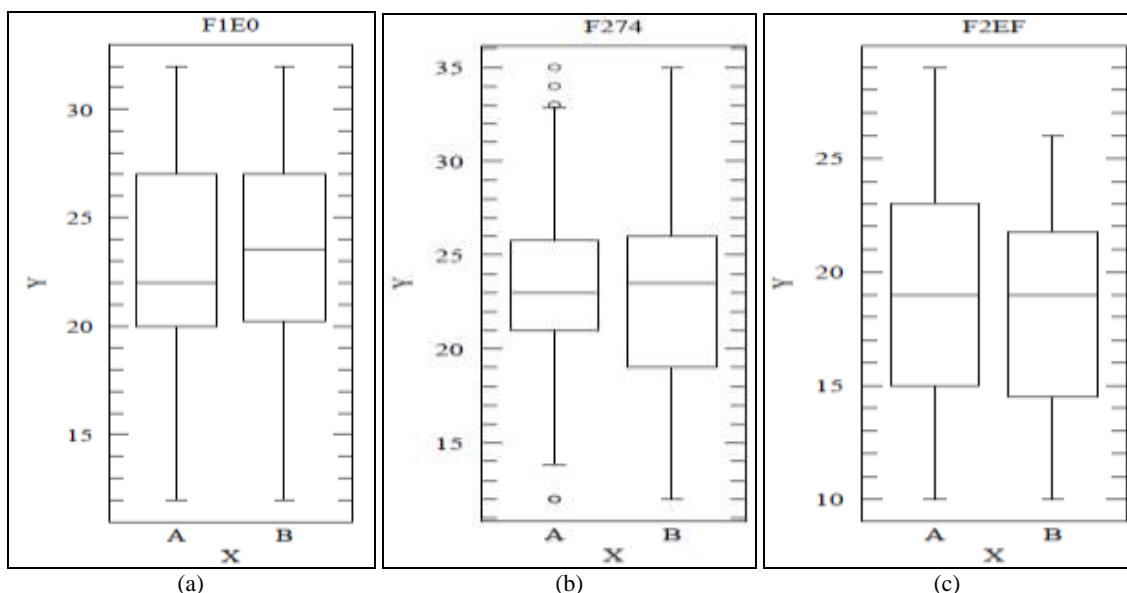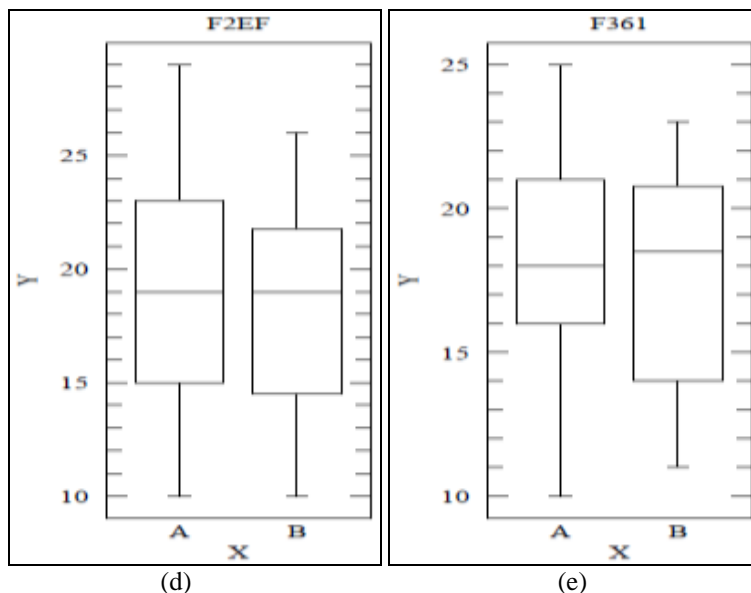
Fig 4: Illustration of Mean and Standard Deviation in each study group (a) Emotional Unstability (b) Emotional Regression (c) Social Maladjustment (d) Personality Disintegration (e) Lack of Independence.

	Emotional Unstability	Emotional Regression	Social Maladjustment	Personality Disintegration	Lack of Independence
Mean	22.9	23.2	23	18.9	18.1
SD	5.58	5.15	4.52	5.19	3.5
Max.	32	35	31	29	25
Min.	12	12	14	10	10

Fig 5: Illustration of Mean and Standard Deviation of Inter-College Level Weight Lifters Players

	Emotional Unstability	Emotional Regression	Social Maladjustment	Personality Disintegration	Lack of Independence
Mean	23	23.2	21.6	18.4	17.6
SD	5.78	5.7	4.79	4.76	3.63
Max.	32	35	29	26	23
Min.	12	12	13	10	11

Fig 6: Illustration of Mean and Standard Deviation of State Level Weight Lifters Players.

Conclusions
Emotional Unstability
▪ The t-value is 0.0886. The p-value is .464826. The result is not significant at $p < .05$.

Emotional Regression
▪ The t-value is 0.01561. The p-value is .493794. The result is not significant at $p < .05$

Social Maladjustment
- The t-value is 1.21148. The p-value is .114894. The result is not significant at $p < .05$.

Personality Disintegration
- The t-value is 0.37928. The p-value is .352814. The result is not significant at $p < .05$.

Lack of Independence
- The t-value is 0.56424. The p-value is .287198. The result is not significant at $p < .05$.

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Conflict of interests
- The authors declare no conflict of interest.

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