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Comparison of the emotional maturity of the fide rated chess players in Kerala

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Abstract
The purpose of the study was to compare the emotional maturity of the FIDE rated male and female Chess Players from Kerala, India. 180 FIDE rated chess players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six classes based on their FIDE International Ratings. The six classes are given below: Class A- Players with the rating of 2200 and above; Class B- Players with the rating between 2000 and 2`99; Class C- Players with the rating between 1800 and 1999; Class D- Players with the rating between 1600 and 1799; Class E- Players with the rating between 1400 and 1599; Class F- Players with the rating between 1200 and 1399. The Emotional Maturity Questionnaire (EMQ) was used to collect the emotional maturity of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Groups under the study. The findings of the study indicated that the players with higher FIDE ratings have showed better scores in Emotional Maturity Questionnaire than players with lower FIDE ratings.

Keywords: chess, rating, male, female & emotional maturity

Introduction
Emotional Maturity is a significant forecaster of the level of accomplishment that an individual will attain in their lifespan. Now by success, it does not equate only with wealth which is only one dimension of success and the others include, general level of happiness, self confidence, success in relationships, level of wellbeing in terms of emotional and physical health, health of one's family, one's station in life, degree of leadership and responsibility taken in one's community and the world as a whole. Emotional Maturity is not only the successful determinant of personality prototype but also helps to control the individual development. 'The principal indicator of emotional maturity is the capability to tolerate tension'. This observation lays stress upon 'self-control' and not on 'self fulfillment'. 'Emotional maturity means a balanced personality. It means capacity to manage distressing emotions, show stability and fortitude under pressure and to be lenient and free from neurotic tendencies'. The emotional maturity refers to emotional patterns of a grown-up who has progressed through the mediocre emotional stages distinctive of immaturity and babyhood and is not in shape to deal successfully with veracity and in adult association without under emotional strain. The significance of emotional maturity in life cannot be overlooked. Accurately educated child is one whose emotions are trained and under control. A child who is not emotionally grown-up remains bungler in his social affairs and is not capable to make efficient use of his energies. Emotional intelligence can be defined as the ability to monitor and regulate one's own and other's feelings and to use feelings to guide thought and action. The quality of a chess player's preparation depends in part on other factor than intelligence such as health, regularity of attendance, attitude towards the trainer, emotional stability, encouragement of home etc. The purpose of the study was to compare the emotional maturity of the FIDE rated male and female Chess Players from Kerala, India.

Methodology
Subjects
180 FIDE rated chess players were selected as the subjects for the study. FIDE International

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Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six classes based on their FIDE International Ratings. The six classes are given below: Class A- Players with the rating of 2200 and above; Class B- Players with the rating between 2000 and 2`99; Class C- Players with the rating between 1800 and 1999; Class D- Players with the rating between 1600 and 1799; Class E- Players with the rating between 1400 and 1599; Class F- Players with the rating between 1200 and 1399.

Tool
The Emotional Maturity Questionnaire (EMQ)
Purpose: To measure the Emotional Maturity of the subject

Procedure
Prior to the test, a meeting of all the selected subjects were held and they were explained regarding the objectives of the study, test procedure and effort they had to put in. The Emotional Maturity Questionnaire (EMQ) was used to collect the data. It is a 39-item scale to measure the emotional maturity. It was developed by Pierrette Desrosiers (2009). The questionnaire was administered to all the subjects under the study by the investigator himself. The objectives of the study were explained to the subjects and they were asked to respond to each statement as quickly as possible and truthfully. As soon as they completed the test, the investigator collected the response sheets. The data was collected through the administration of a questionnaire, which had 39 different experiences which were to be rated ranging from one (rarely) to two (sometimes) and three (often). The total score of EMQ greater than 30 showed good emotional maturity. The total score of EMQ between 10 and 30 showed average emotional maturity and the total score of EMQ below 10 showed low emotional maturity. The researchers evaluated validity of the collected data using this test, the validity was Cronbach's alpha of ±=.85.
The score was recorded to the nearest whole number.

Statistical Analysis of Data
ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Groups under the study.

Results
The data pertaining to the Emotional Maturity of the six classes of the FIDE rated chess players was analyzed by ANCOVA & Scheffe's Post Hoc test with the help of SPSS version 17. Findings pertaining to the Emotional Maturity of the six classes of the FIDE rated tournament chess players which were subjected to analysis of covariance have been presented in the table1. The mean difference of classes of FIDE rated chess players for the selected variable is presented in table 2. The mean difference of the Emotional Maturity of the subjects under the study for the selected variable is presented in figure1.

Table 1: Difference in Means of the six classes of FIDE rated chess players in Emotional Maturity

Variable	Sources of Variance	df	Sum of Square	Mean Square	'F' Value
Emotional Maturity	Within group	173	104.95	0.607	193.71 *
	Between groups	5	587.56	117.51	

* Significant at 0.05 level of confidence F 0.05 (5,173) = 2.21

As the 'F' value was found to be significant in the case of the selected variable, the Scheffe's Post Hoc test was applied to test the significance of the difference between the paired means separately for different classes of FIDE rated chess players which was presented in table 2.

Table 2: Difference in Means of the Emotional Maturity of the six classes of the FIDE rated chess players

Class A	Class B	Class C	Class D	Class E	Class F	Mean Difference
37	34					3 *
37		31				6 *
37			28			9 *
37				26		11 *
37					24	13 *
	34	31				3 *
	34		28			6 *
	34			26		12 *
	34				24	10 *
		31	28			3 *
		31		26		5 *
		31			24	7 *
			28	26		2*
			28		24	4*
				26	24	2 *

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97
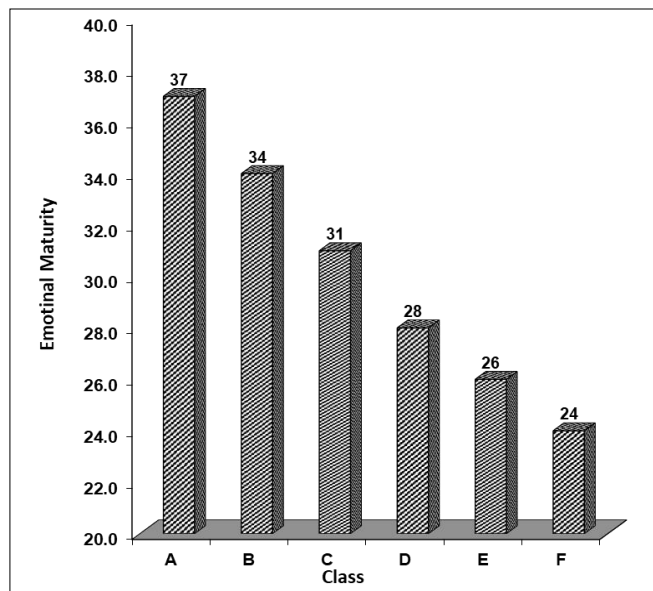

Fig 1: Mean difference of the six classes of the FIDE rated chess players for Emotional Maturity

Class A- Players with the Rating of 2200 and above; Class B- Players with the Rating between 2000 and 2`99; Class C- Players with the Rating between 1800 and 1999; Class D- Players with the Rating between 1600 and 1799; Class E- Players with the Rating between 1400 and 1599; Class F- Players with the Rating between 1200 and 1399.

Discussion
The analysis of the results revealed that Players with higher FIDE ratings have showed better scores in Emotional Maturity Questionnaire than players with lower FIDE ratings. After achieving higher FIDE ratings the players may see a substantial accomplishment of their goals, they feel better and they develop all the dimensions of emotional maturity. These include the level of self confidence, self worth and self esteem. The degree of personal honesty and integrity are high among the higher rated chess players. The ability to express and feel love towards self, others and the environment, the

awareness of and respect for one's inner emotional landscape are high among the higher rated chess players. The ability to experience intimacy with others, the ability to make independent decisions when necessary yet at the same time be able to work interdependently with others when required to do so and the ability to feel balanced in the midst of emotionally challenging situations are high among the higher rated chess players. The highly rated chess players may possess a healthy self image and self concept and they possess the ability to nurture others and accept one's current limitations and accept help as required. They possess the ability to be compassionate, understanding and forgiving as opposed to living from a place of anger and the ability to reflect calmly on one's situation and take measured steps. In addition, they also developed their chess playing strength to a very high level than lower rated chess players which in turn make them feel better about them and improve their self confidence, self image and self concept. All of these factors may contribute to enhance the emotional maturity of the of higher rated chess players than others.

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