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A study of emotional maturity among female Kabaddi players based on sports achievements and cultural variations

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Abstract

The present study aimed to assess emotional maturity among female Kabaddi players based on sports achievements and cultural variations. To conduct the study 100 national female Kabaddi players were selected. The entire sample comprises of 50 medal winner and 50 non-medal winner female Kabaddi players with equal weightage being given to their urban-rural belongingness. The average age of national female Kabaddi players was 25.11 years and they were selected purposively. To assess the emotional maturity of the selected national female Kabaddi players, emotional maturity scale prepared by Singh and Bhargava (1990) was used. Result reveals the significant main effect of sports achievement and cultural variations on the emotional maturity of female Kabaddi players whereas the interaction effect of these two variables was statistically non-significant on emotional maturity. It was concluded that sports achievements and cultural variations are strong predictors of emotional maturity among national female Kabaddi players.

Keywords: Emotional maturity, female Kabaddi, sports achievements, culture

Introduction

According to the definition of Finley (1996) ^[3], emotional maturity is the capacity of an individual to deal with uncertain events, outcomes and environment effectively. Emotional maturity helps in managing negative emotions such as fear. It also helps in tolerating the frustrating situations. Meninger (1999) described emotional maturity as the ability to accept reality. Chamberlain (1960) ^[2] opined that when the emotional life of a person is well under his control, he is said to be emotionally mature. Kaplon and Baron (1986) ^[4] defined emotional maturity in the light of need satisfaction. According to them, an emotionally mature person can withstand the frustration and pain when the needs are not fulfilled which he does with a reasonable amount of frustration tolerance. An emotionally mature person can work for long hours and make elaborate plans to achieve success. The factors that form emotional maturity are emotional stability, emotional progression, social adjustment, personality integration and independence. Emotional stability is associated with mood states, cheerfulness, optimistic thoughts, good composure, emotional progression is associated with hostility, selfishness and restlessness, social adjustment is related to an adequate level of social skills, personality integration refers to phobia, pessimism etc. while independence means self-reliance. In sports psychology, the role of positive and negative emotions in performance is very well documented. The real skill for good sports performance is managing both positive and negative emotions. A number of studies have been conducted under the domain of sports psychology on emotional maturity. Researchers namely Mukhwinder and Jaspal (2014) ^[7], Khan *et al.* (2016) ^[5], Sood (2017) ^[9], Bal and Singh (2018) ^[1] were prominent among them who explored emotional maturity in a sportsperson. The effect of urban-rural belongingness and sports achievements separately on certain psychological and emotional factors in sportsperson was also observed by Tiwari and Agashe (2015) ^[10], Rani (2018) ^[8] in their studies. A noticeable feature in previous studies was the research gap on studies on female Kabaddi players and that too in the light of cultural variations and sports achievement. Hence the present study was planned.

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Hypothesis

It was hypothesized that sports achievements and cultural variations show a significant joint effect on emotional maturity in female Kabaddi players.

Materials and Methods

Sample

To conduct the study 100 national female Kabaddi players were selected. The entire sample comprises of 50 medal winner and 50 non-medal winner female Kabaddi players with equal weightage being given to their urban-rural belongingness. The average age of national female Kabaddi players was 25.11 years and they were selected purposively.

Tools

To assess the emotional maturity of the selected national female Kabaddi players, emotional maturity scale prepared by

Singh and Bhargava (1990) ^[1] was used. The sub-scales of this measure are emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence. It is a self-reporting five-point scale. The higher the score on the scale, the greater the degree of the emotional immaturity and vice versa is the scoring pattern. The scale has a total of 48 items. This scale is highly reliable and valid.

Procedure

Emotional maturity scale was administered to purposively select female kabaddi players. After scoring the data was arranged in fourfold 2x2 factorial design. The general linear model analysis was performed and the results are shown in table 1.

Results

Table 1: Effect of sports achievement (a) x cultural variations (b) on emotional maturity of national female Kabaddi players

		Cultural variations (B)		Marginal mean
		Urban female Kabaddi players (b ₁)	Rural female Kabaddi players (b ₂)	
Sports achievements (A)	Medal-winners (a ₁)	N=25 M=83.20 S.D.= 12.46	N=25 M=97.64 S.D.=16.04	90.42
	Non medal winners (a ₂)	N=25 M=99.12 S.D.=16.05	N=25 M=103.80 S.D.=14.49	101.46
Marginal mean		91.16	100.72	

Table 2: ANOVA summary

Source of variation	SS	df	MS	F
A	3047.040	1	3047.040	13.84**
B	2284.840	1	2284.840	10.38**
AB	595.360	1	595.360	2.70 (NS)
Within treatment (Error)	6074.400	96	63.275	

** Significant at .01 level; NS Not significant

Table 1 reveals the following facts

- The main effect of sports achievement on the emotional maturity of national female Kabaddi players was found to be statistically significant ($p < .01$). The calculated $F = 13.84$ indicate that emotional maturity in medal winner national female Kabaddi players was higher ($M = 90.42$) as compared to non-medal winner national female Kabaddi players ($M = 101.46$). Higher scores denote inferior emotional maturity.
- The main effect of cultural variations on the emotional maturity of female Kabaddi players was found to be statistically significant ($p < .01$). The calculated $F = 10.38$ indicate that emotional maturity in urban female national Kabaddi players was higher ($M = 91.16$) as compared to rural female national Kabaddi players ($M = 100.72$). Higher scores denote inferior emotional maturity.
- The two-factor interaction effect of sports achievement and cultural variations was not observed on the emotional maturity of intercollegiate female Kabaddi players ($F = 2.70, p > .05$).

Discussion

Results revealed that the emotional maturity in medal winner national female kabaddi players was significantly higher as compared to non-medal winner national female kabaddi players. This result is supported by similar findings on soccer players by Mukhwinder and Jaspal (2014) ^[7].

The main effect of cultural variations on the emotional

maturity of national female Kabaddi players is also statistically proved in this study. The sociology of emotions suggests that cultural variations influence emotions in so many ways. Turner and Stets (2005) ^[11] also viewed that expressing emotions in a given situation can be different in different cultures so it is also possible that emotional maturity in urban and rural female Kabaddi players differ based on culture.

The two-factor interaction effect of sports achievement and cultural variations on the emotional maturity of female Kabaddi players was not observed at an acceptable level of statistical significance. Since both the main effects are statistically significant the non-significance of interaction effect is not surprising.

Conclusion

1. Emotional maturity in medal winner national female Kabaddi players was superior as compared to non-medal winner national female Kabaddi players.
2. Urban female national Kabaddi players showed more magnitude of emotional maturity as compared to rural female national Kabaddi players.
3. The two-factor interaction effect of sports achievements and cultural variations unable to influence emotional maturity in female Kabaddi players.

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