



A comparative study of emotional maturity between male handball and football players: A cross sectional study

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Abstract

The purpose of the present study is to investigate the emotional maturity among state male handball and football players. Total 60 state handball (n=30) and football players (n=30) were recruited from Haryana state in the study. The age range of the subjects were between 18-25 years. To analyse the emotional Maturity questionnaire developed by Dr Roma Kompal (1984) were used. The results of the study revealed that no statistical significant difference was seen between male handball and football players on emotional maturity.

Keywords: Emotional maturity, handball players, football players

Introduction

Mood, temperament, personality, disposition, and motivation are all related to emotion. People frequently act in specific ways, such as sobbing, arguing, or running away, as a direct result of their emotional condition. Responses to alterations in the interactions between a person and their environment are aided by emotions (Rane, 2018) [3]. The most crucial element in the formation of a fully developed mature personality is the emotional aspect of maturity (Chamberlain, 1960 and Menninger, 1999) [1].

The ability to achieve one's personal potential within the confines of social expectations is referred to as emotional maturity. (Vaghela, 2014) [4].

Any level of athlete must grow and demonstrate emotional maturity, which is the capacity to utilise reason to make responsible judgements while competing, in order to perform at their highest level. Being a good player, in particular, necessitates the capacity to manage the ebb and flow of the difficult job with emotional maturity.

Objective of the study

The objective of this study to assess the significant difference between state male handball and football players on emotional maturity.

Method and PROCEDURE

The data for 'emotional maturity' was collected from handball and football players. Total 60 state handball (n=30) and football players (n=30) were recruited from haryana state in the study. The age range of the subjects were between 18-25 years.

Criterion measures

Emotional maturity of the selected subjects was measured by emotional maturity scale developed by Dr. Roma Pal (1984) [2].

Statistical procedures

In the present study independent t test was applied on emotional maturity variable between male and female state handball and football players. The level of significance was set at < 0.05.

Results

Table 1: Table showing results of emotional maturity in male and female state level Volleyball players.

Variables	Handball players (Mean ± SD)	Football players (Mean ± SD)	t-value	Level of significance
Emotional Maturity (Total)	133.80 ± 10.1	134.56 ± 8.97	2.261	Non- Significant (0.05) level

The mean scores of emotional maturity of male state handball and football players was 133.80 female players was 134.56. The comparative result present in table 1 shows that there was significant difference between male state handball and football players at 0.05 level of significance.

Conclusion

The present study was useful in knowing the significant differences among male handball and football players with regard to their psychological parameter on the variable of Emotional maturity.

References

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