



## Emotional Maturity among Medalist and Non-Medalst Football Players: A Comparison

Mukhwinder Singh<sup>1</sup> and Jaspal Singh<sup>2</sup>

<sup>1</sup>Singhania University, Pacheri Bari, Rajasthan, INDIA

<sup>2</sup>Lyallpur Khalsa College, Jalandhar, Punjab, INDIA

Available online at: [www.isca.in](http://www.isca.in), [www.isca.me](http://www.isca.me)

Received 16<sup>th</sup> May 2014, revised 21<sup>st</sup> May 2014, accepted 23<sup>rd</sup> May 2014

### Abstract

*The study was carried out to compare the emotional maturity status between medalist and non-medalist school, college and club level football players. This comparison will also provide baseline information and knowledge of emotional maturity among football players. Sample of three hundred (N=300) football players were taken as subjects and club level football players. Emotional Maturity Scale (EMS) of 48 questions prepared by Singh and Bhargava was administered to record the response of emotional maturity. The t-test was applied with S.P.S.S. to see the significant difference between medalist and non-medalist school, college and club level football players. Further ANOVA was applied to see the significant difference among mean scores of medalist football player of schools, colleges and clubs. The findings of this study reveal that t-values 3.01 and 3.16 of School and Club level football players respectively found significant in favour of medalist players. Whereas t-value 0.44 of College level medalist and non-medalist football players found insignificant with regard to emotional maturity. The results partially supported that medalist football players are having better emotional maturity level as compare to their counter partner's non-medalist players. On other hand medalist players of schools, colleges and clubs did not differ significantly with regard to emotional maturity.*

**Keywords:** Emotional Maturity, Football, Medalist, Players.

### Introduction

Football is very demanding and challenging game. It played for longer duration as compare to other ball games. The game of football involves quick movements, running, jumping and many other unpredictable movements<sup>1</sup>. This game requires constant actions for physical and mental adaptations according to changing situations by the team and individual players. The coaches are charged with the responsibility of teaching football skills and psychological parameters to train teams who perform to maximum level of effectiveness. Successful play at top level in contemporary football cannot be determined by a single parameter since the game demands a large ensemble of physical, physiological and psychological capabilities<sup>2</sup>. Now football is very fast moving and exciting game requiring neuromuscular co-ordination compiled with good physical and psychological state of players. Psychological skills training offers hope of controlling emotions and maximizing performance in a more certain way than if the player is merely physically fit and technical excellent<sup>3</sup>. Among psychological parameters that emotional maturity of players is great force for football players to perform at top levels. The coach tries to understand the sportsman, his temperament and emotional problems. He attempted to employ best techniques, taking into account his emotional and temperamental behavior<sup>4</sup>. Chamberlain<sup>5</sup> said that emotionally nature person enjoy both play and responsibilities in proper manner. Emotional maturity can be understood in terms of ability which helps to bear tension and frustration. Walter and

Garlow<sup>6</sup> defined that, "emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra psychically and intra-personally".

Emotional maturity is part of player's personality and it refers to the ability to express and control one's emotions. In tough football matches, it is important for the players to control their anxiety levels. Emotional maturity includes the ability to deal constructively with reality and freedom from symptoms that are produced by tensions and anxieties. It is capacity to relate to other people in a consistent manner with mutual satisfaction and helpfulness. Emotional maturity redirects one's instinctive hostile energy on creative and constructive outlets to meet alarming situations with poise. Nideffer<sup>7</sup> concluded that ability to control thought process is almost universally recognized as the most important key to effective performance in sports. An emotional mature and balanced player will prove an asset to particular team. The researchers focus to compare the emotional maturity of school, college and club level medalist and non-medalist football players. This comparison will also provide baseline information and knowledge of emotional maturity level between medalist and non-medalist football players.

### Methodology

**Sample:** Sample of three hundred (N=300) football players were taken to compare the emotional maturity between medalist and non-medalist school, college and club level football players.

Out of total sample, one hundred (N=100) selected from school state football (U-19) championship during 2012-13. One hundred (N=100) selected from colleges of Panjab University, Chandigarh; Guru Nanak Dev University, Amritsar; Punjabi University, Patiala during 2011-12 and 2012-13. One hundred (N=100) from Punjab state super league championship during 2012-13. Further fifty (N=50) each from school, college and club levels were divided into medalist and non-medalist groups. Medalist and non-medalist groups are divided as per their competition performance. Those who record first three positions in said championships are considered as medalist players and those who only participate and did not secure any position in said championships are considered as non-medalist players.

**Tool:** Emotional Maturity Scale (EMS) of 48 questions prepared by Singh and Bhargava<sup>8</sup> was administered to record the response

of emotional maturity of school, college and club level football players.

**Statistical Technique:** The t-test was applied with S.P.S.S. to see the mean difference between medalist and non-medalist school, college and club level football players. Further ANOVA was applied to see the significant difference among mean scores of medalist football players of schools, colleges and clubs. The level of significance was set at 0.05.

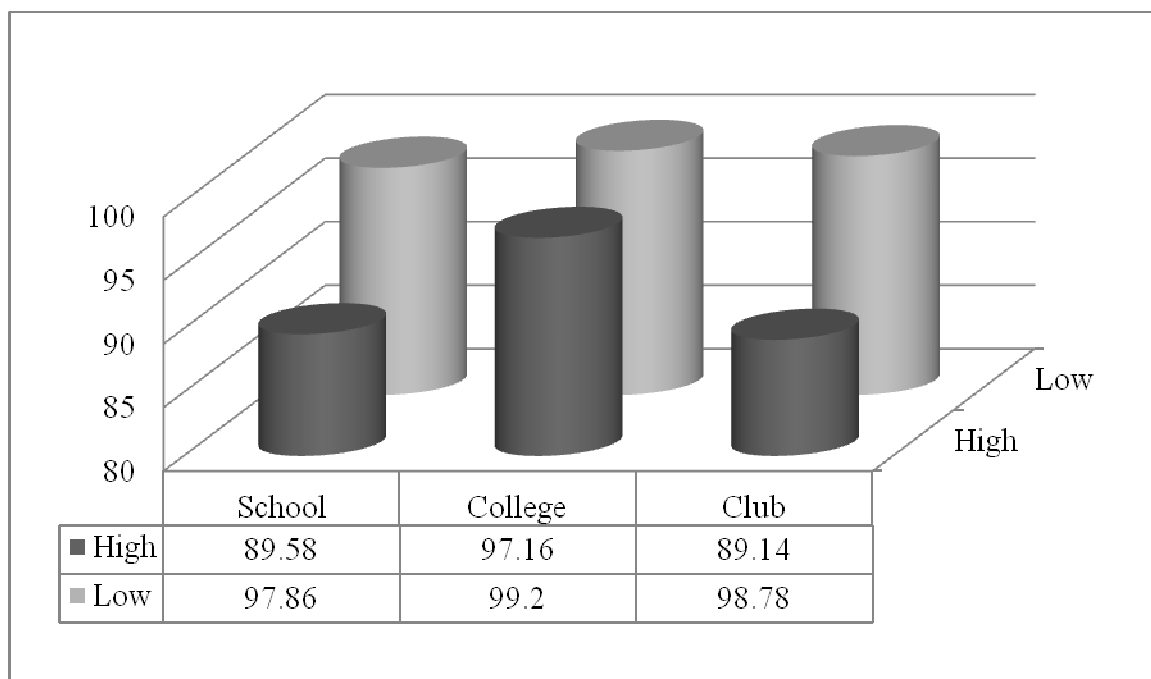
### Results and Discussion

**Results:** Mean, S.D. and t-values are presented in tables and figures. The values of ANOVA are also presented to see the better group among medalist football players of schools, colleges and clubs.

**Table-1**  
**Mean S.D. and t-Values of Emotional Maturity between Medalist and Non-Medalst Football Players**

Levels	Subjects	Performance Groups	Mean	SD	MD	t-value	P-value
School	N=50	High	89.58	17.41	8.28	3.01*	0.00
	N=50	Low	97.86	8.55			
College	N=50	High	97.16	27.35	1.86	0.44	0.65
	N=50	Low	99.20	10.76			
Club	N=50	High	89.14	16.73	9.04	3.16*	0.00
	N=50	Low	98.78	11.35			

\*Significant at 0.05 level.



**Figure-1**

**Graphical Representation of Mean Scores of Emotional Maturity of Medalist and Non- Medalist Football Players**

**Table-2**  
**Analysis of Variance of Emotional Maturity among School, College and Club Level Medalist Football Players**

Groups	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1875.640	2	937.820	2.114	.124
Within Groups	65224.520	147	443.704		
Total	67100.160	149			

It is observed from table-1 that significant difference was found with regard to the mental skills between medalist and non-medalist school level football players as the P-value (Sig.) 0.00 was found lower than 0.05 level of significance ( $p < 0.05$ ). The insignificant difference was found with regard to mental skills between medalist and non-medalist college level football players as the P-value 0.65 was found greater than 0.05 level of significance ( $P > 0.05$ ). The significant difference was also found in relation to mental skills between club level medalist and non-medalist football players as the P-value (sig.) 0.00 was found smaller than 0.05 level of significance ( $P < 0.05$ ).

Table-2 reveals that insignificant difference was found with regard to the parameter emotional maturity among school, college and club level medalist football players as the P-value (Sig.) 0.124 was found higher than 0.05 level of significance ( $p > 0.05$ ).

**Discussion:** The findings of this study reveal that t-values 3.01 and 3.16 of School and Club level football players respectively found significant in favour of medalist players. Whereas t-value 0.44 of College level medalist and non-medalist football players found insignificant with regard to emotional maturity. The results partially supported that medalist football players are having better emotional maturity level as compare to their counter partner's non-medalist players. The studies conducted by Rathee and Salh<sup>9</sup> found that international players are significantly better in emotional maturity as compared to state level players. The results also demonstrated that the state group was having significant lower level of overall emotional maturity as compared to the interstate group. Even the state group was found to be having significantly lower level of overall emotional maturity as compared to the international group. The international exposure and interaction became them able to achieve the better overall emotional maturity. Singh and Singh<sup>10</sup> also found that emotional maturity is lower in arts and science students as compare to sports persons. Partap and Paul<sup>11</sup> indicated that none of values are significant in relation to fitness component and emotional maturity. Singh and Kaur<sup>12</sup> concluded that insignificant differences found between badminton and tennis (boys and girls) players with regard to emotional maturity. The results of ANOVA shows that medalist football players of schools, colleges and clubs did not differ significantly but mean values of emotional maturity are in favour of club level players. Finally Medalist players have been found to emotionally mature than the non-medalist groups. Therefore, emotional maturity being trait of higher

performers and psycho-regulatory techniques can be utilized to improve the performance of school, college and club level football players.

### Conclusion

On the basis of findings it is concluded that medalist football players of schools and clubs are significantly better as compare to non-medalist football players. Therefore emotional maturity is one of the important psychological variables which need proper development to produce medalist players at different levels of competitions. On other hand medalist players of schools, colleges and clubs did not differ significantly with regard to emotional maturity.

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