

Emotional Maturity among Wrestlers at Different Level of Performance

Dr. Amandeep Singh¹, Harpreet Singh², Dr. Baljinder Singh Bal³

¹Assistant Professor, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar, Punjab (India)

²Research Scholar, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar, Punjab (India)

³Assistant Professor, Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar, Punjab (India)

Abstract:

Aim: To find out the significant differences among wrestlers of different level of performance on the variables, "Emotional Maturity". **Design:** This is an exploratory study that has employed method of data collection and analysis quantitatively. The purposive sampling technique was used to attain the objectives of the study. **Participants:** For the purpose of the present study, Three Hundred Ninty Seven (N=397), Male subjects between the age group of 18-25 years volunteered to participate in the study. The subjects were purposively selected from the following three universities: Group-A: Guru Nanak Dev University, Amritsar (N₁=140), Group-B: Punjabi University, Patiala (N₃=132), Group-C: Panjab University, Chandigarh (N₂=125). **Statistical Analyses:** In order to analyze the data obtained easily, the data were coded to SPSS 20.0 software as the data obtained from questionnaires. The independent-samples *t* test (between-groups design) were used to evaluates the difference between the means of two independent or unrelated groups (VIZ. Inter-College and Inter-University). The level of significance was set at 0.05. **Results:** Results indicated that in relation to Emotional Stability (0.8478<1.968), Emotional Progression (0.6897<1.968). Social Adiustment (0.7605<1.968), Personalitv Integration (0.8792<1.968), Independence (0.2931<1.968), and Emotional Maturity (0.5197<1.968), were not found significantly different at $p < 0.05$ among Inter-College and Inter-University Wrestlers.

Keywords: Emotional Maturity, Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration, Independence, Wrestlers.

Introduction

The competitive nature of sport can elicit a range of emotions ranging from mild to intense [1, 2, 3]. Although the intensity of emotions can vary between individuals and be influenced by situational factors, researchers agree that performers need to develop emotional control skills [4]. In other areas of applied psychology, the ability to identify, regulate and utilize emotions has been studied extensively under the rubric of emotional intelligence [5]. Emotional maturity refers to "the ability of facilitating and guiding emotional tendencies to reach intended goals" [6]. Clough et al. (2002) explain that mentally strong individual have a high level of an unshakable faith and sense of self-belief which pedals the goals, then the particular individuals be able to comparatively unaltered by misfortune and struggle [7]. Various aspects influencing an athlete's performance have been extensively researched over the years by several researchers [8, 9, 10, 11]. The role of emotions in sport and sport performance has been highlighted by many research studies [12, 13, 14].

Selection of Subjects

For the purpose of the present study, Three Hundred Ninty Seven (N=397), Male subjects between the age group of 18-25 years volunteered to participate in the study.

The subjects were purposively selected from the following three universities:

- Group-A: Guru Nanak Dev University, Amritsar (N₁=140)
- Group-B: Punjabi University, Patiala (N₃=132)
- Group-C: Panjab University, Chandigarh (N₂=125)

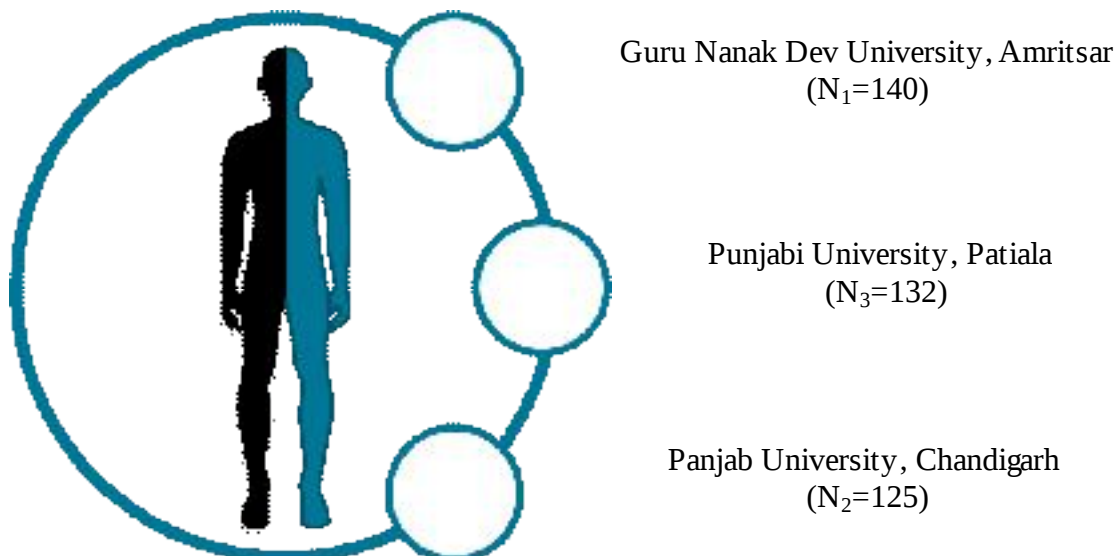


Fig. 1:- Distribution of subjects from Guru Nanak Dev University, Amritsar (N₁=140), Punjabi University, Patiala (N₃=132) and Panjab University, Chandigarh (N₂=125).

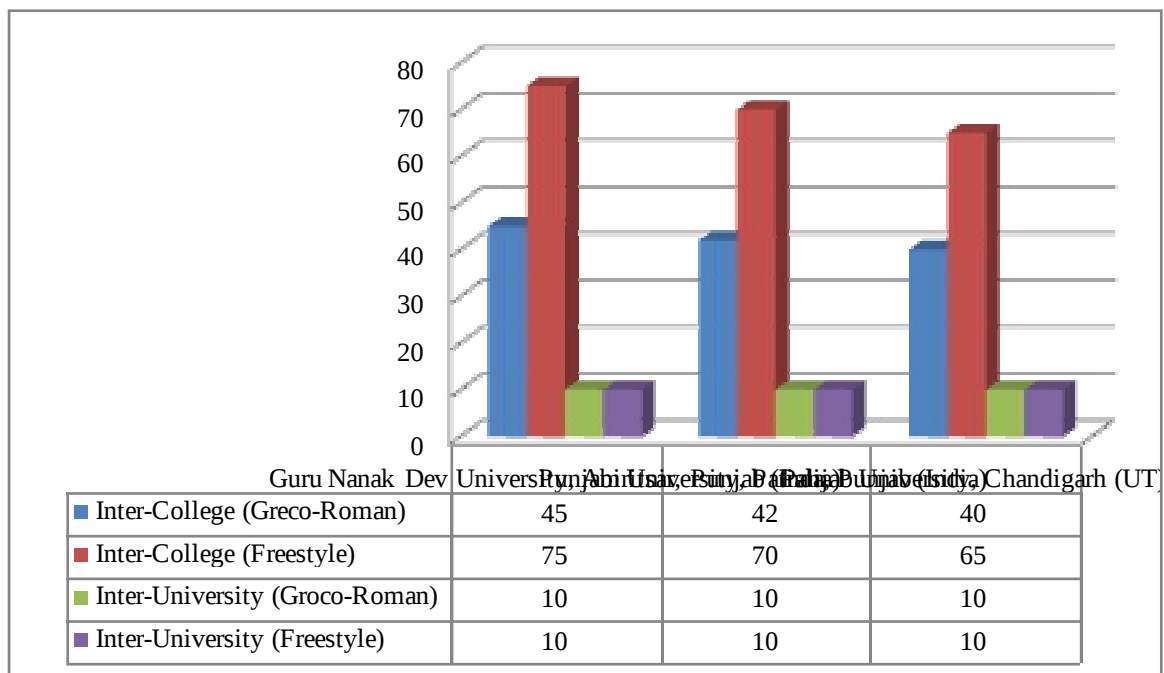


Fig. 2:-Distribution of subjects (VIZ. Inter-College and Inter-University) from Guru Nanak Dev University, Amritsar (N₁=140), Punjabi University, Patiala (N₃=132) and Panjab University, Chandigarh (N₂=125).

Table-1: Distribution of subjects (VIZ. Inter-College and Inter-University) from Guru Nanak Dev University, Amritsar (N₁=140), Punjabi University, Patiala (N₃=132) and Panjab University, Chandigarh (N₂=125).

Universities	Inter-College		Inter-University		Total
	Greco-Roman	Freestyle	Greco-Roman	Freestyle	
Guru Nanak Dev University, Amritsar, Punjab (India)	45	75	10	10	140
Punjabi University, Patiala, Punjab (India)	42	70	10	10	132
Panjab University, Chandigarh (UT)	40	65	10	10	125
Sample Size	127	210	30	30	397

Selection of Tools

Emotional Maturity Scale (EMS)

Emotional maturity scale prepared by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) was used to measure emotional maturity. Emotional maturity scale deals with interplay of forces with intensities and quantities in terms of different aspects:

- Emotional Stability
- Emotional Progression
- Social Adjustment
- Personality Integration
- Independence

Description and Scoring

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

Sr. No.	Areas	Total No. of Items
a)	Emotional Stability	10
b)	Emotional Progression	10
c)	Social Adjustment	10
d)	Personality Integration	10
e)	Independence	8
	Total	48

EMS is a self-reporting Five Point Scale. Items of the scale are in question from demanding information for each in either of the five options mentioned below:-

V. much	Much	Undecided	Probably	Never
(5)	(4)	(3)	(2)	(1)

The items are so stated that if the answer is very much a score of 5 is given; for much 4; for undecided 3; and for probably 2 and for negative answer of never a score of 1 is awarded.

Research Design

This is an exploratory study that has employed method of data collection and analysis quantitatively. The present study has been undertaken to find out the significant differences among wrestlers of different level of performance on the variable, "Emotional Maturity". The differences in the mean of each group for selected variable were tested for the significance of difference by The independent-samples *t* test (between-groups design).

Statistical Analyses

In order to analyze the data obtained easily, the data were coded to SPSS 20.0 software as the data obtained from questionnaires. The independent-samples *t* test (between-groups design) were used to evaluate the difference between the means of two independent or unrelated groups (VIZ. Inter-College and Inter-University). The level of significance was set at 0.05.

Results

Table-1: Comparison Matrix among among Inter-College and Inter-University Wrestlers with regards to variable Emotional Maturity.

Psychological Variables	Inter-College		Inter-University		t-value
	Mean	Standard Deviation	Mean	Standard Deviation	
Emotional Maturity	144.632	26.4269	142.7	27.1164	0.5197
Emotional Stability	30.276	11.5829	28.9	11.5769	0.8478
Emotional Progression	30.7567	11.5202	29.6333	12.1933	0.6897
Social Adjustment	30.3027	11.7089	29.0333	13.0019	0.7605
Personality Integration	29.0593	11.7962	30.5167	12.0204	0.8792
Independence	24.2374	9.0926	24.6167	9.9985	0.2931

- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Emotional Maturity** were not found significantly different at $p < 0.05$.
- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Emotional Stability** were not found significantly different at $p < 0.05$.
- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Emotional Progression** were not found significantly different at $p < 0.05$.
- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Social Adjustment** were not found significantly different at $p < 0.05$.
- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Personality Integration** were not found significantly different at $p < 0.05$.
- It is evident that Inter-College and Inter-University Wrestlers group with regards to **Independence** were not found significantly different at $p < 0.05$.

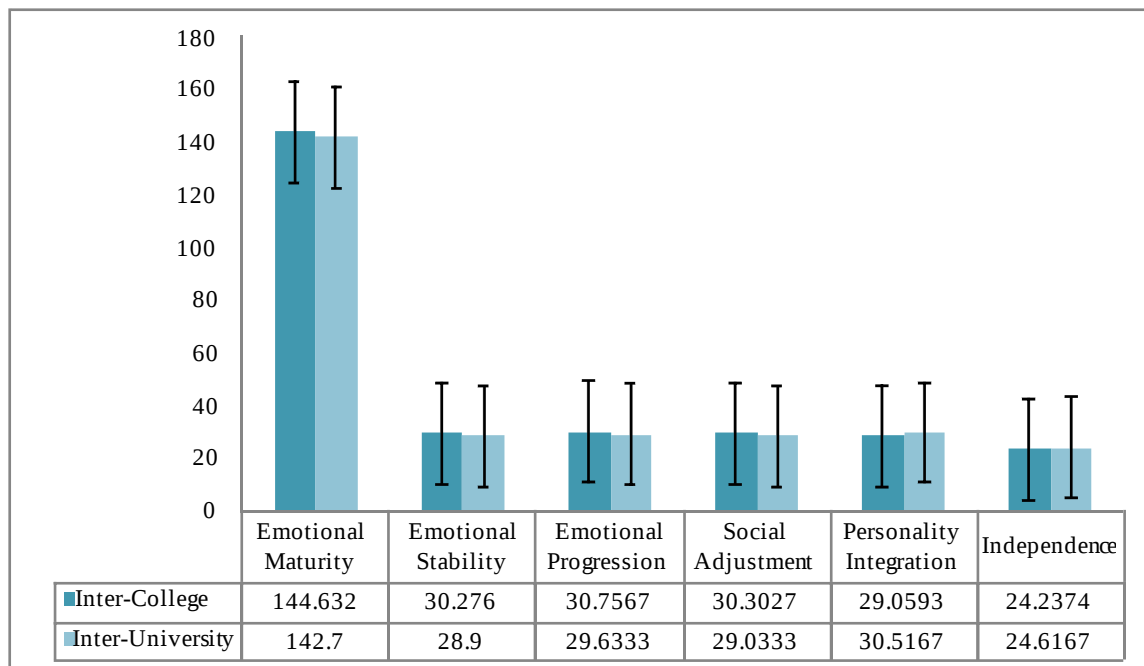
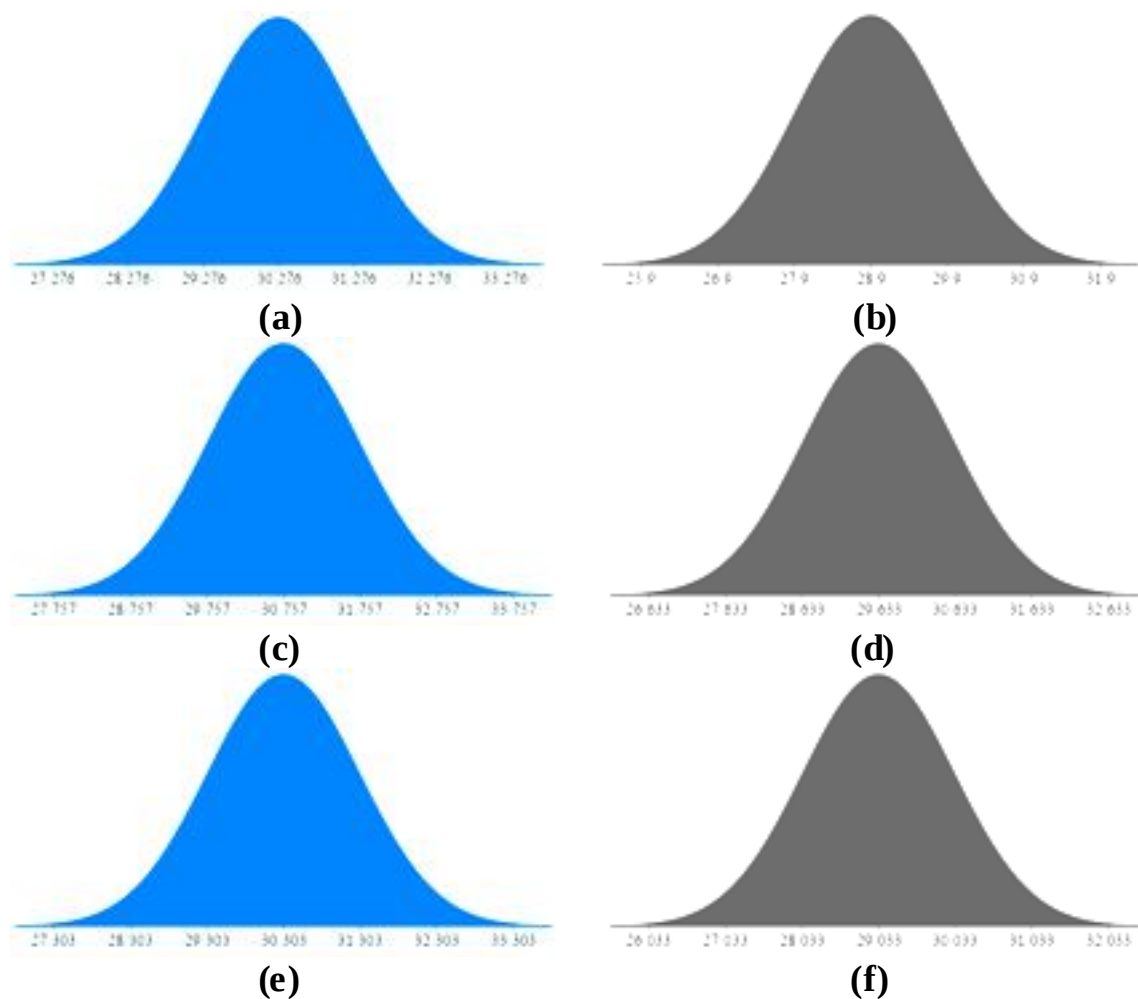


Fig. 3:- Comparison of Mean of Inter-College and Inter-University Wrestlers group with regards to variable Emotional Maturity.



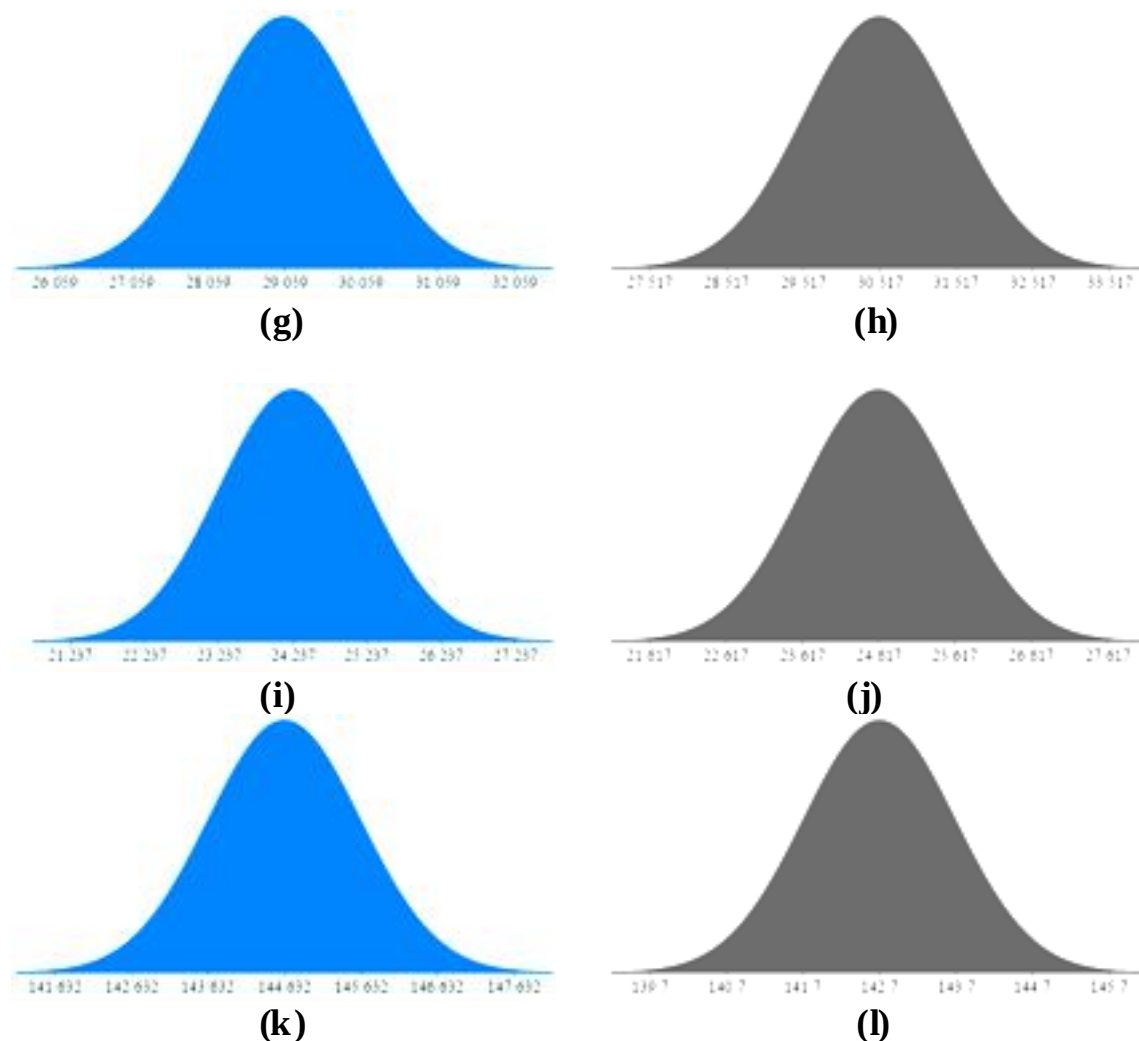


Fig. 4:- Normal distribution (Mean & Standard Deviation) of Emotional Stability (a). Inter-College (b). Inter-University, Emotional Progression (c). Inter-College (d). Inter-University, Social Adjustment (e). Inter-College (f). Inter-University, Personality Integration (g). Inter-College (h). Inter-University, Independence (i). Inter-College (j). Inter-University and Emotional Maturity (k). Inter-College (l). Inter-University.

Discussion

Emotion is an inherent part of the competitive experience (Hanin, 2012; Jekauc, 2018) [15, 16]. According to (Kleinginna et al., 1981) [17] emotion can be understood as a complex set of interactions among subjective and objective factors, mediated by neural-hormonal systems, which can (a) give rise to affective experiences such as feelings of arousal, pleasure/displeasure; (b) generate cognitive processes such as emotionally relevant perceptual effects, appraisals, labeling processes; (c) activate widespread physiological adjustments to the arousing conditions; and (d) lead to behavior that is often, but not always, expressive, goal-directed, and adaptive. Results indicated that in relation to Emotional Stability ($0.8478 < 1.968$), Emotional Progression ($0.6897 < 1.968$), Social Adjustment ($0.7605 < 1.968$), Personality Integration ($0.8792 < 1.968$), Independence ($0.2931 < 1.968$), and Emotional Maturity ($0.5197 < 1.968$), were not found significantly different at $p < 0.05$ among Inter-College and Inter-University Wrestlers. the results achieved by (Rathee and Salh, 2010) [18]

that international players are significantly better in emotional maturity as compared to state players. (Biddulph, 1954) [19] revealed that superior athletes showed higher levels of personal and social adjustment than less skilled athletes. Furthermore, no significant differences observed among sub-junior level, junior level and senior level Hockey Players on the sub-variable Emotional Unstability, Emotional Regression and Social Maladjustment (Aghaii's study, 2007) [20] indicated that there was no significant difference between male and female or between professional and semi-professional athlete.

Conclusion

Results indicated that in relation to Emotional Stability ($0.8478 < 1.968$), Emotional Progression ($0.6897 < 1.968$), Social Adjustment ($0.7605 < 1.968$), Personality Integration ($0.8792 < 1.968$), Independence ($0.2931 < 1.968$), and Emotional Maturity ($0.5197 < 1.968$), were not found significantly different at $p < 0.05$ among Inter-College and Inter-University Wrestlers.

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Conflict of interests

The authors declare that there is no conflict of interests.

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AUTHORS



Dr. Amandeep Singh, working as Assistant Professor, in the Department of Physical Education (Teaching), Guru Nanak Dev University Amritsar, Punjab, India. He has twenty one years of teaching experience as well as nine years experience as associate NCC officer with the Rank of Lieutenant. He received the Degree of Physical Education (D.P.Ed.) with Gold Medal, Master of Physical Education (M.P.Ed.) also with Gold Medal from Punjabi University, Patiala, Punjab, Degree of Doctorate in Physical Education from Panjab University, Chandigarh, India and Diploma in Sports Coaching (Athletics) from Netaji Subhash National Institute of Sports, Patiala (With Distinction). He is the recipient of 'Distinguished Sportsman Award' 1992-93 by Panjab University, Chandigarh.



Harpreet Singh, is working as Assistant Professor in the Department of Physical Education (Teaching) at Guru Nanak Dev University, Amritsar. He completed his Bachelors and Masters of Physical Education from Department of Physical Education (Teaching), Guru Nanak Dev University, Amritsar. He represented Punjab in Senior Nationals in Kayaking and Canoeing championship. His area of interest includes Science of Sports Training and Athletic Care and Rehabilitation.



Dr. Baljinder Singh Bal Sequeria's life path can best be viewed as a distinctive kind of fusion of an academican and sportsperson par excellence. Dr. Bal is an educationist. Indeed, in the world of physical education in India he is the leading physical educationist who attains (RA) Research Award for the year along with (MRP) Major & Minor Research

Project by UGC - statutory body of the Government of India. He is working as Assistant Professor in the Department of Physical Education (Teaching) at Guru Nanak Dev University, Amritsar.

Corresponding Author:

Harpreet Singh
Research Scholar
Department of Physical Education (Teaching)
Guru Nanak Dev University, Amritsar, Punjab (India)
info422734@gmail.com
+91-9914337880