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## A comparative study of emotional maturity and adjustment of football players

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### Abstract

The aim of the researcher to know about the role of Emotional Maturity and Adjustment in Football Performance. To obtain data, the investigator had selected Fifty (N=50) male inter-college level football players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study between the age group 18-28 years. To measure the level of emotional maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargava's (1988) was administered. To measure the level of Adjustment was measured by applying Adjustment Inventory prepared by A.K.P. Sinha & R.P. Singh (1980). One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. For testing the hypotheses, the level of significance was set at 0.05. Summarizing from the above findings we can say that insignificant differences were found among football players on the sub-variables of Emotional Maturity. Concludingly from the above findings that insignificant differences were also present among football players on the sub-variables of Adjustment.

**Keywords:** emotional maturity, adjustment, football players

### Introduction

In the present competitive scenario, psychological aspects are given more and more emphasis in order to bring out the optimum level of sports performance. It has become clear over the past two decades that psychological interventions can help teams and athletes to perform their best. These keen struggles for excellence have made sports scientists to explore and emphasize on these psychological determinants. These variables always have path to success and failure in the field of games and sports. There has been a consented effort to boost the performance level in sports through physical as well as psychological training of the athletes. When physical skills are evenly matched with the psychological determinants, then performance level enhanced. It is the combination of psychological make-up and physical readiness that distinguish successful athletes from their unsuccessful counterparts. Psychological determinants are of utmost importance when we talk about human performance in any field; more so in case of sports arena. There have been some researches in the field of sports that highlight the event or sports traits of different athletic groups.

### Methods: Subjects

To obtain data, the investigator had selected Fifty (N=50) male inter-college level football players of Guru Nanak Dev University, Amritsar, Punjab were selected for this study.

### Tools

- To measure the level of emotional maturity among subjects, Emotional Maturity Scale constructed by Singh and Bhargava's (1988) was administered.
- To measure the level of Adjustment was measured by applying Adjustment Inventory prepared by A.K.P. Sinha & R.P. Singh (1980) [8].

### Statistical Analysis

One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. Where F values were found significant, for testing the hypotheses, the level of significance was set at 0.05.

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## Results

**Table 1:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Emotional Maturity on the sub-variable Emotional Unstability.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	35.526	4	8.870	.349	.867
Within Groups	1197.110	45	25.327		
Total	1187.180	49			

It can be seen from table-1 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Emotional Unstability among football players as the P-value

(Sig.) .867 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 2:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Emotional Maturity on the sub-variable Emotional Regression.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	27.800	4	6.950	.337	.851
Within Groups	926.700	45	20.593		
Total	954.500	49			

It can be seen from table-2 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Emotional Regression among football players as the P-value

(Sig.) .851 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 3:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Emotional Maturity on the sub-variable Social Maladjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	69.280	4	17.320	.692	.742
Within Groups	1209.020	45	27.671		
Total	1274.640	49			

It can be seen from table-3 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Social Maladjustment among football players as the P-value

(Sig.) .742 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 4:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Emotional Maturity on the sub-variable Personality Disintegration.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	37.045	4	9.965	.296	.894
Within Groups	1398.010	45	30.786		
Total	1425.761	49			

It can be seen from table-4 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Personality Disintegration among football players as the P-

value (Sig.) .894 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 5:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Emotional Maturity on the sub-variable Lack of Independence.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	30.887	4	7.652	.456	.783
Within Groups	790.232	45	18.534		
Total	823.325	49			

It can be seen from table-5 that insignificant differences were found with regard to Emotional Maturity on the sub-variable Lack of Independence among football players as the P-value

(Sig.) .783 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 6:** Analysis of Variance (ANOVA) results among Male Football Players with regard to the variable Emotional Maturity.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	345.355	4	87.850	.272	.955
Within Groups	19811.400	45	483.539		
Total	19183.000	49			

It can be seen from table-6 that insignificant differences were found with regard to the variable Emotional Maturity among

football players as the P-value (Sig.) .955 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 7:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Adjustment on the sub-variable Home Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	8.720	4	2.235	.632	.676
Within Groups	167.540	45	3.645		
Total	174.422	49			

It can be seen from table-7 that insignificant differences were found with regard to Adjustment on the sub-variable Home

Adjustment among football players as the P-value (Sig.) .676 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 8:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Adjustment on the sub-variable Health Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	26.760	4	6.872	1.684	.204
Within Groups	193.430	45	4.436		
Total	223.201	49			

It can be seen from table-8 that insignificant differences were found with regard to Adjustment on the sub-variable Health

Adjustment among football players as the P-value (Sig.) .204 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 9:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Adjustment on the sub-variable Social Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	52.870	4	12.890	2.599	.071
Within Groups	223.894	45	4.922		
Total	278.646	49			

It can be seen from table-9 that insignificant differences were found with regard to Adjustment on the sub-variable Social

Adjustment among football players as the P-value (Sig.) .071 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 10:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Adjustment on the sub-variable Emotional Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	85.360	4	21.439	1.993	.127
Within Groups	478.804	45	12.583		
Total	692.439	49			

It can be seen from table-10 that insignificant differences were found with regard to Adjustment on the sub-variable Emotional Adjustment among football players as the P-value

(Sig.) .127 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 11:** Analysis of Variance (ANOVA) results among Male Football Players with regard to Adjustment on the sub-variable Educational Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	39.362	4	9.945	1.984	.184
Within Groups	267.154	45	5.864		
Total	303.110	49			

It can be seen from table-11 that insignificant differences were found with regard to Adjustment on the sub-variable Educational Adjustment among football players as the P-

value (Sig.) .184 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

**Table 12:** Analysis of Variance (ANOVA) results among Male Football Players with regard to the variable Adjustment.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	99.150	4	24.670	.785	.576
Within Groups	1476.314	45	33.654		
Total	1559.570	49			

It can be seen from table-12 that insignificant differences were found with regard to the variable Adjustment among

football players as the P-value (Sig.) .576 was found higher than the 0.05 level of significance ( $p > 0.05$ ).

### Conclusion

Summarizing from the above findings we can say that insignificant differences were found among football players on the sub-variables of Emotional Maturity. Conculdingly from the above findings that insignificant differences were also present among football players on the sub-variables of Adjustment.

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