

Comparison of Emotional Maturity among Collegiate Badminton and Cricket Players

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ABSTRACT

Background: Once a person reaches an emotionally mature stage, they are able to face reality and deal with it, show interest in showing and receiving love, learn from their experiences, and accept irritation and rivalry in a healthy way.

Aim: To Compare Emotional Maturity Among Collegiate Badminton and Cricket Players.

Objectives: To study the Emotional Maturity using Emotional Maturity Scale among Collegiate Badminton Players & Collegiate Cricket Players.

Study design: Comparative study

Method: For this study 100 male and female player, out of which Badminton players (N= 50), and cricket players (N=50) were selected as a participants. The questionnaire of Emotional Maturity scale (1977) was constructed and standardized by Yashvir Singh and Mahesh Bhargava and used to collect player responses on sub scale of emotional maturity.

Results: Data were statistical analysis using SPSS version 26. The mean scores of the level of Emotional Maturity among cricket and Badminton players are 86.00 and 88.96, respectively.

Conclusions: Emotional Maturity did not significantly differ among Badminton and Cricket Players.

Keywords: Emotional Maturity, Emotional Maturity Scale, Cricket Players, Badminton Players.

INTRODUCTION

Finley (1996) defined emotional maturity as the capacity of a person to deal effectively with uncertain situations, outcomes, and

environments. Emotional maturity aids in controlling unpleasant feelings like fear. It also aids in tolerating unpleasant situations. [1]

Emotions are a natural component of sporting events and have a significant impact on a range of human reactions related to sports, including decision-making, motor responses, learning, intention, and social behavior. [2]

Any athlete can benefit greatly from emotional maturity. Only those athletes are successful who are able to manage their emotions while also making the most of the energy that comes along with them. [3,4]

In sports psychology, the role of positive and negative emotions in performance is very well documented. [5]

The real art of performing well in sports is controlling both positive as well as negative emotions. Plenty of research on emotional maturity have been done in the area of sports psychology. [5]

According to previous literature the Emotional maturity study done on college students, sub-elite football players, hockey, kabaddi & handball players. There is no any study done over collegiate badminton and cricket players to compare their Emotional maturity.

An emotional balanced player proved asset to particular team. Due to the importance of emotional maturity in competitive sports and particular in badminton and cricket, that emotional maturity is studied among collegiate badminton and cricket players.

MATERIALS & METHODS

METHODOLOGY

Study design Comparative study

Study setting: Various colleges of Ahmedabad

Sampling technique: Purposive Sampling

Sample size: 100

MATERIALS

- Pen
- Paper
- Consent form
- Emotional Maturity Scale
- Chair

CRITERIA FOR SELECTION

INCLUSION CRITERIA

- Age group 18-25 year.
- Male and Female both are included.
- Players who want to participate willingly.
- Playing badminton and cricket for more than 1 year were selected.
- Players who play badminton and cricket for 4 day per week for 1-2 hours.

EXCLUSION CRITERIA

- Player who has witnessed resent death/ divorce/ any major tragedy in their family or close relationships.
- Player who suffering from any major long-term illness or disease.
- Player who having any addictions like cigarette, alcohol etc.

OUTCOME MEASURE

Emotional Maturity Scale: - It has been developed by Y. Singh & M. Bhargava. It contains 48 items and it is under five categories which are- i) emotional stability, ii) emotional progression, iii) social adjustment, iv) personality integration, v) lack of independence.

It is a self-reporting five-point scale.

1-Never, 2-Probably, 3-Undecided, 4-Much, 5-Very much.

Scores	Interpretation
50-80	Extremely stable
81-88	Moderately stable
89-106	Unstable
107-240	Extremely unstable

PROCEDURES OF DATA COLLECTION

Ethical clearance was taken from the ethical committee of the institute and informed written consent was obtained.

players were the screened for the inclusion and exclusion criteria. Subjects meeting the inclusion criteria was recruited and allocated into study.

A brief introduction about the study has been explained to the individuals then the Emotional Maturity Questionnaire was given.

Then they were instructed as: There are some set of questions in the questionnaire where you should answer it correctly.

All the responses of the subject in the Emotional Maturity Questionnaire were recorded.

The data obtained is further subjected to analysis.

RESULT

Statistical analysis was performed using SPSS version.

All descriptive data was reported as mean and standard deviation. Mann Whitney U test was employed to compare the emotional maturity among Collegiate Badminton and Cricket Players.

Significance levels were set at $p < 0.05$. The table reveals the level of Emotional Maturity among the cricket and Badminton players. The mean scores of the level of Emotional Maturity among cricket and Badminton players are 86.00 and 88.96, respectively. Table reveals that the obtain p-value 0.184 which is no significant. Hence, it is concluded that there are no significant differences in Emotional Maturity among the cricket and Badminton players.

	Group	
	Cricket players	Badminton players
Mean	86.00	88.96
SD	25.18	20.39
N	50	50
U-value	1057.5	
p-value	0.184	

DISCUSSION

The study aimed at the level of Emotional Maturity among Badminton and Cricket Players, the results shows that there is no significant difference in the level of Emotional Maturity among Badminton and Cricket Players.

The results of the mean applied to each group reflects that neither Badminton nor Cricket players differ significantly in the level of Emotional Maturity and from the tables the values found to be non-significant. This score indicates a slightly lower scores for cricket players than Badminton players, which indicates that out of the samples taken, cricket players are a bit more emotionally mature than Badminton players.

CONCLUSION

Emotional Maturity did not significantly differ among Badminton and Cricket Players. The majority of the players are in both the group Moderately stable.

Declaration by Authors

Ethical Approval: Approved

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Conflict of Interest: The authors declare no conflict of interest.

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