

Full Length Research Paper

Emotional maturity differentials among university students

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Accepted 2 March, 2012

The purpose of the study was to examine the 'emotional maturity' among university students. The investigators had selected two hundred (N = 200) male and female subjects, out of which one hundred [N = 100] sportspersons (N = 50 male and N = 50 female) and one hundred [N = 100] non-sportspersons (N = 50 male and N = 50 female) who were studying in various affiliated colleges and campus of Panjab University, Chandigarh. Sportspersons were those who had participated in Inter-college and Inter-university competitions in various games/sports. Non-sportspersons were those students who did not participate in any game or sport activity. The age of all subjects was ranged between 18 to 26 years. To collect the required data for the present study, 'emotional maturity' questionnaire prepared by Singh and Bhargava (1988) was administered. t test was applied to determine the significance of difference and direction of difference in the mean scores of each variable between male sportspersons, female sportspersons, male non-sportspersons and female non-sportspersons. The results revealed significant differences on the sub-variable Social Maladjustment between male sportspersons and female sportspersons. However, no significant differences were found with regard to emotional instability, emotional regression, personality disintegration, lack of independence, 'emotional maturity' (total) between male sportspersons and female sportspersons. The results with regard to male non-sportspersons and female non-sportspersons revealed significant differences on emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total).

Key words: Emotional maturity, male, female, sportspersons, non-sportspersons.

INTRODUCTION

Performance in any endeavour is largely contingent upon mental preparation, psychological strength and emotional maturity. Just as one prepares for competition by practicing physical skill as well as increasing his/her strength and endurance, one must also prepare himself/herself mentally as well as emotionally. Emotions are great motivating forces throughout the span of human life; affecting aspirations, actions and thoughts of an individual. Emotion denotes a state of being moved, motivated or aroused in some way. An emotion involves feelings, impulses and physiological reactions. Adolescence is

a period where the behaviour gets influenced highly by the emotions. According to Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally. Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning. Chamberlain (1960) said that an 'emotionally matured' person is one whose emotional life is well under control.

Hiremani et al. (1994) indicated that the destitute girls were emotionally unstable due to socio-cultural and parental deprivation. Mankad (1999) personality of emotionally matured and unmatured adolescents differs

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significantly. Emotional maturity was a major factor especially as a predictor of success in essay tests among medical students.

Emotions are aroused by happenings or circumstances that enhance the gratification of a person need or the realization of high goal. It has been said that a person's emotional reaction to a happening depends both upon the nature of the happening itself and upon his own inner state. The same thing or happening make create joy in one and grief in another, all depending on the inner state of the individual. A mature person views life experience as learning experiences and, when they are positive, he enjoys and revels in life. When they are negative, he accepts personal responsibility and is confident and can learn from them to improve his life. When things do not go well, he looks for an opportunity to succeed. The immature person curses the rain while a mature person sells umbrellas. When things do not go as anticipated, the immature person stamps his feet, holds his breath and bemoans his fate. The mature person considers using another approach or going another direction and moves on with life. Rathee and Salh (2010) found that International players are significantly better in emotional maturity as compared to state players. When frustrated, an immature person looks for someone to blame. The mature person looks for solution. Immature people attack people; mature people attack problems. The mature person uses his anger as an energy source and, when frustrated, redoubles his efforts to find solutions to his problems. Keeping in mind the above statements, the investigators studied the emotional maturity among university male and female sportspersons and non-sportspersons.

OBJECTIVES OF THE STUDY

1. To assess significant differences between male sportspersons and female sportspersons on the variable of emotional maturity.
2. To ascertain significant differences between male non-sportspersons and female non-sportspersons on the variable of emotional maturity.

MATERIALS AND METHODS

Sample of respondents

To obtain data for this study, the investigators had selected two hundred (N = 200) male and female subjects, out of which one hundred (N = 100) sportspersons (N = 50 male and N = 50 female) and one hundred (N = 100) non-sportspersons (N = 50 male and N = 50 female) who were studying in various affiliated colleges and campus of Panjab University, Chandigarh. Sportspersons were those who had participated in Inter-college and Inter-university competitions in various games/sports. Non-sportspersons were those students who did not participate in any game or sport activity. The age of all subjects was ranged between 18 to 26 years.

Tool

To collect the required data for the present study, emotional maturity questionnaire prepared by Singh and Bhargava (1988) was administered to collect the data. The scoring was done for the respective questionnaire according to its manual. Higher the mean score on the scale, greater the degree of emotional immaturity and vice versa.

Data processing method

t test was applied to determine the significance of difference and direction of difference in mean scores on said variables between male and female sportspersons and non-sportspersons. The level of significance was set at 0.05.

RESULTS

Table 1 shows mean values, standard deviation, mean difference, standard error difference of mean and t-values with regard male sportspersons and female sportspersons. The Mean values on the variable emotional instability between male sportspersons and female sportspersons were 24.78 and 25.36, respectively. The t value 0.45 was found lower than the table value 1.98 and hence found insignificant at 0.05 level of significance. The mean values on the variable emotional regression between male sportspersons and female sportspersons were 23.00 and 25.26, respectively. The t value 1.77 was found lesser than the table value 1.98 and hence found statistically insignificant. The results with regard to mean values on the variable Social Maladjustment between male sportspersons and female sportspersons were 21.28 and 24.50, respectively. The t value 3.23 was found significantly higher than the table value 1.98. Mean values on the variable Personality Disintegration between male sportspersons and female sportspersons were 20.58 and 21.98, respectively. t value 1.09 was found lower than the table value 1.98 and hence found insignificant. The mean values on the variable lack of independence between male sportspersons and female sportspersons were 15.84 and 16.80, respectively. The t value 1.14 was found lower than the table value 1.98 and hence found insignificant. The Mean values on the variable emotional maturity (total) between male sportspersons and female sportspersons were 105.48 and 113.9, respectively. The t value 1.49 was found lower than the table value 1.98 and hence found insignificant.

Table 2 depicts mean values, standard deviation, mean difference, standard error difference of mean and t-values with regard male non-sportspersons and female non-sportspersons. The Mean values on the sub-variable emotional instability between male non-sportspersons and female non-sportspersons were 21.96 and 25.36, respectively. The t value 2.72 was found higher than the table value 1.98 and hence found significant at 0.05 level of significance. The mean values on the sub-variable emotional regression between male non-sportspersons

Table 1. Comparison of mean scores with regard to emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence, and emotional maturity (total) between male sportspersons and female sportspersons.

S/No.	Variable	Male sportspersons (N = 50)		Female sportspersons (N = 50)		MD	SEDM	t ratio
		Mean	SD	Mean	SD			
1.	Emotional instability	24.78	6.19	25.36	6.42	0.58	1.261	0.45
2.	Emotional regression	23.00	5.91	25.26	6.79	2.26	1.273	1.77
3.	Social maladjustment	21.28	4.84	24.50	5.11	3.22	0.995	3.23*
4.	Personality disintegration	20.58	5.73	21.98	6.97	1.40	1.276	1.09
5.	Lack of independence	15.84	3.91	16.80	4.43	0.96	0.836	1.14
6.	Emotional maturity (total)	105.48	26.58	113.9	29.72	8.42	5.639	1.49

*Significant at 0.05 level, $t > 1.98$ (df = 98).

Table 2. Comparison of Mean scores with regard to emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (Total) between male non-sportspersons and female non-sportspersons.

S/No.	Variable	Male non-sportspersons (N = 50)		Female non-sportspersons (N = 50)		MD	SEDM	t ratio
		Mean	SD	Mean	SD			
1.	Emotional instability	21.96	6.04	25.36	6.42	3.40	1.247	2.72*
2.	Emotional regression	20.02	5.20	23.58	6.16	3.56	1.140	3.12*
3.	Social maladjustment	18.66	4.90	23.26	5.23	4.60	1.014	4.53*
4.	Personality disintegration	17.54	4.78	20.68	5.48	3.14	1.028	3.05*
5.	Lack of independence	13.34	3.20	16.80	4.43	3.46	0.773	4.47*
6.	Emotional maturity (total)	91.52	17.91	111.28	15.58	19.76	3.357	5.88*

*Significant at 0.05 level, $t > 1.98$ (df = 98).

and female non-sportspersons were 20.02 and 23.58, respectively. The t value 3.12 was higher than the table value 1.98 and hence found statistically significant. The mean values on the sub-variable Social Maladjustment between male non-sportspersons and female non-sportspersons were 18.66 and 23.26, respectively. The t value 4.53 was found higher than the table value 1.98 and hence found significant. The mean values on the sub-variable personality disintegration between male non-sportspersons and female non-sportspersons were 17.54 and 20.68, respectively.

The t value 3.05 was found higher than the table value 1.98 and hence found significant. The mean values on the sub-variable lack of Independence between male non-sportspersons and female non-sportspersons were 13.34 and 16.80, respectively. The t value 4.47 was higher than the table value 1.98 and hence found significant. The mean values on the variable emotional maturity (Total) between male non-sportspersons and female non-sportspersons were 91.52 and 111.28, respectively. The t value 5.88 was found higher than the table value 1.98 and hence found statistically

significant.

DISCUSSION

It is evident from findings of Table 1 that significant differences were observed between male sportspersons and female sportspersons with regard to sub-variable; social maladjustment. While comparing the mean values of groups in question shows that male sportspersons have performed significantly better with regard to social

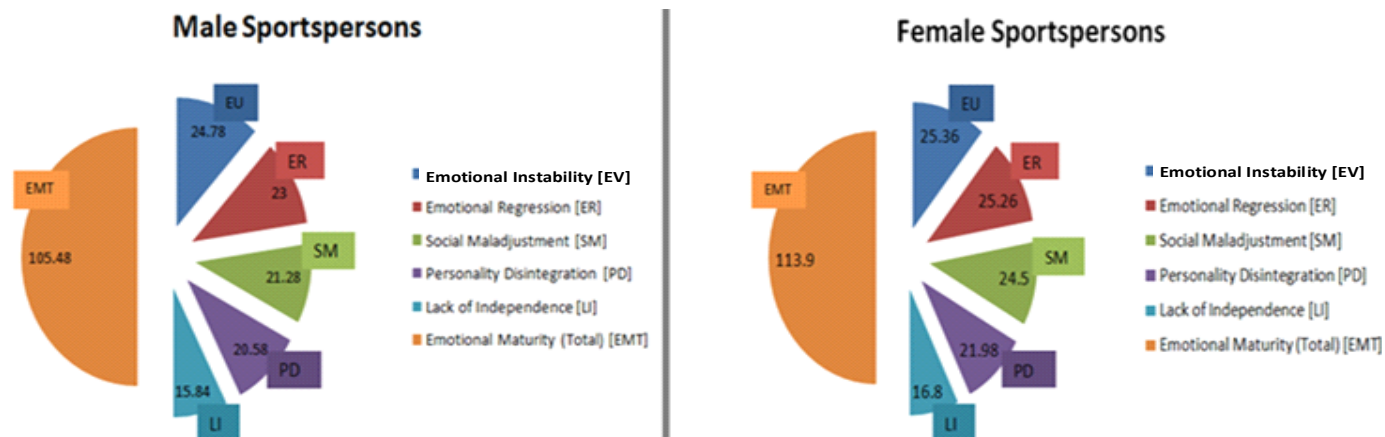


Figure 1. Graphical representation of mean scores with regard to emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence, and emotional maturity (total) between male sportspersons and female sportspersons.

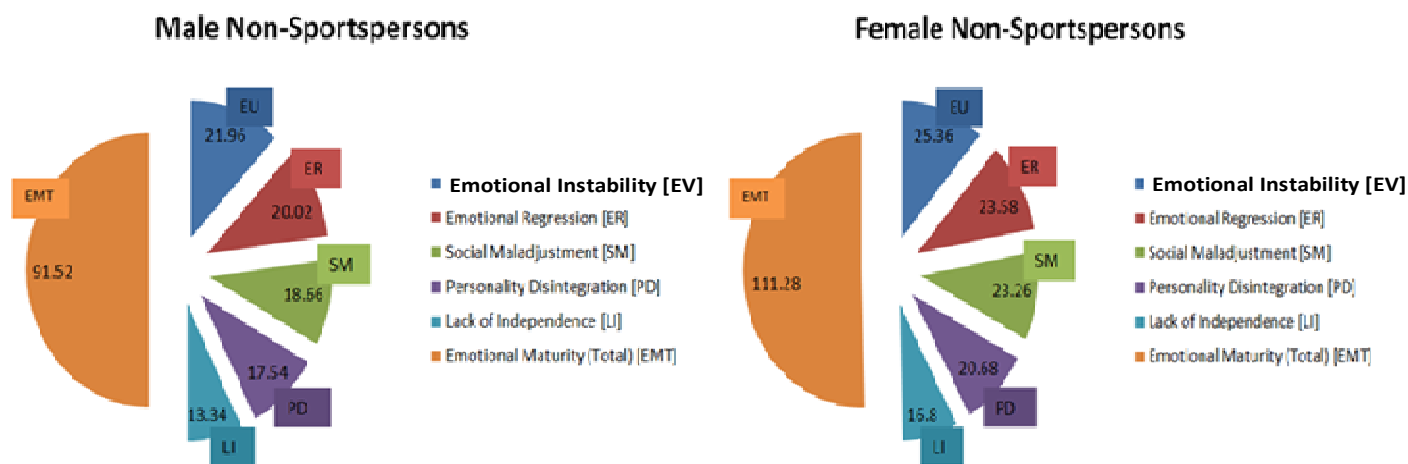


Figure 2. Graphical representation of mean scores with regard to emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total) between male non-sportspersons and female non-sportspersons.

maladjustment because the male sportspersons have less mean scores than female sportspersons. The outcome might be due to the peculiarity of Indian society and its social norms. As the Indian society quietly opens up for both sexes but still the underlying social processes restrict the pace for females in becoming more social. The males enjoyed certain privileges in the erstwhile norms of Indian society like freedom of movement, interaction and exchange of thoughts. But the findings with regard to sub-variables; emotional instability, emotional regression, personality disintegration, lack of independence and emotional maturity (total) were found insignificant between male sportspersons and female sportspersons (Figure 1 and 2). While comparing the mean values on the above said sub-variables, it is found that male sportspersons had an edge over female sportspersons as they have lesser mean scores on the said sub-variables. It might be due to the fact that the

male sportspersons have better physical strength, power and emotional health which might have exposed them to better emotional maturity than the female sportspersons. The study also found significant differences between the mean scores of male and female students on emotional stability and reported that female students were less emotionally stable as compared to male students (Aleen and Sheema, 2005). Stephen (2002) examined the neuroticism and emotional maturity among college female students and found that the individuals who scored higher neuroticism were having a low level of emotional maturity. Kaur (2001) revealed insignificant difference on emotional maturity between boys and girls.

It is evident from the findings of Table 2 that significant results have been observed on all the sub-variables that is, emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total) between male

non-sportspersons and female non-sportspersons. The outcome of the results might be due to the fact that males are more social as they have more social interaction, more stable as they face more challenges in their lives, feeling more independent which enabled them to become more emotionally stable and led them to perform better on emotional maturity as compared to their female counterparts. The results of present study are not in line with the findings of Boyd and Huffman (1984) in which they revealed that females were more emotionally mature than males in the same age group. Subbarayan and Visvanathan (2011) in their study on emotional maturity among college students revealed that the emotional maturity of college students is extremely unstable.

Conclusion

On the basis of previous findings, it is concluded that male sportspersons have performed significantly better on the sub-variable; social maladjustment. However, no significant differences were observed with regard to emotional instability, emotional regression, personality disintegration, lack of independence, emotional maturity (total) between male sportspersons and female sportspersons.

It is also concluded that male non-sportspersons performed significantly better on all the sub-variables that is, emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total) than female non-sportspersons.

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