



A COMPARATIVE STUDY OF PSYCHOLOGICAL WELL-BEING AND EMOTIONAL MATURITY AMONG PLAYERS AND NON-PLAYER STUDENTS

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ABSTRACT

The present study examine the significance of psychological well being and emotional maturity among players and non-players college students. The sample was contained of 100 students (50 players and 50 no-players) of 18 to 22 of age from Sitapur District of Uttar Pradesh. Data was collected through 'psychological well-being scale' developed by Devender Singh Sisodia (Revised) and 'Emotional Maturity Scale' developed by Yashvir Singh and Mahesh Bargav (1982). Mean, standard deviation and 't' test was used to analyzed the data. The result showed that there is no significant differences between players and non-players on psychological well-being and emotional maturity.

Keywords: Psychological well-Being, Emotional Maturity.

INTRODUCTION

Psychological well-being (PWB) is quite similar term to other that indicate the positive mental stress such as, happiness or satisfaction and it is not necessary, or helpful to worry about fine distinctions between such terms if anyone say that I am happy or very satisfied with my life than we can pretty sure that his/her psychological well being is quite high.

Psychological well-being play a vital role in the life of a player and college going students. A healthy development of psychological well being of a players and college students is the product

of many factors like play groundenvironment behavioural the players have environment, social-economical condition of the players and students.

Social well-being through many independent channels and in several different forms. Marriage and family, ties and friends and neighbours, work place ties civic engagement (both individually and collectively) trust worthiness and trusts: all appear independently and robustly related to happiness and life satisfaction, both directly and through their impact on health (Helliwell, Putnam 2004).

Emotional maturity is a typical picture of a person who has a good understanding about him. People with emotional maturity are aware of their privilege in the world and will try to take step toward changing their behaviour Emotional Mature individual approach life by doing as much good as they can and supporting these around them. Emotional maturity play an impartial role for balance development of players and students. Play develops the leadership quality, cooperation among the players; and emotion control after winning or loosing or during the play.

Shiv Kumar (2010) found that the sex community and the family the belongs not play any significance role in the emotional maturity of the college students.

Lohithakshan (2002) emotional maturity is an indicator of emotional immaturity as emotional unstable response is characterized by the lack of agreement between the emotional response and the provoking stimulus.

REVIEW OF LITERATRE

David J. Edwards, Stephen D, Edwards & Clive (2004) found that both hockey players and health club members were generally more psychologically well and had more positive physical self-perceptions than non-exercising students.

Singh J, Singh M, Singh M. (2019) found that college level football players had significantly better mean score on personality disintegration ($P < 0.05$) than the school level football players, however no significance differences were reported on emotional instability, emotional regretion, social maladjustment lack of independence and emotional maturity (total).

Neeta N. K. (2020) emotional maturity in medal winner national female Kabaddi players was superior as compared to no-medal winner national female Kabaddi players, urban female national Kabaddi players showed more magnitude of emotional maturity as compared to rural female Kabaddi players. The two-factor interpretation effect of sports achievement and cultural variations unable to influence emotional maturity in female Kabaddi players.

Butt (2016) conduct a study of "Sports and Social well-being : Perception of Universities players found that majority of the players agreed that sports improve the acceptance of result in society, majority of the players agreed that sports reduce social integration majority of the player's strongly agreed that sports teach them social ethics majority of the players strongly agreed that sports teach to be happy in society.

OBJECTIVE OF THE STUDY

- (1) to study the psychological well-being among the players and non-players.
- (2) To study emotional maturity among the players of non-players.

HYPOTHESIS

- (1) There is no significance difference between players and non-player in respect to psychological well-being.

- (2) There is no significance differences between players and non-players in respect to Emotional maturity.

METHODOLOGY

Sample

The sale of the study consist of 100 students (50 plays and 50 non-players) sample of the study was selected simple random sampling from the college going students of Sitapur District. These age range was 18 to 22 years (mean age = 20).

Tool Used

1. Psychological well being (PWBS) : SDCP psychological well-being scale was developed by Devender Singh Sisodia and PoojaChoudhary (REVISED). The scale consist of 50 items. The test-retest reliability of the scale was found 0.87 and the consistency value for the scale is 0.90. The validity of the scale was reported 0.94.
2. Emotional Maturity Scale (EMS-SB): Emotional maturity was developed by Yashvir Singh and Mahesh Bhargav (1982). The scale consist of 48 items. The test re-test reliability of the scale was found 0.75 and the validity of the scale was reported 0.64.

Procedure

The psychological well-being scale and emotional maturity scale were simultaneously administered to the selected subject personally and they were ask to read carefully the instructions given in the inventories. They were assured that their responses will be kept confidential, then the score was done according to the manual.

Statistical Technique used :

Mean, standard deviation and 't' test were used for interpretation of the result.

RESUTL AND DISCUSSION

The mean standard deviation and 't' test were calculated to analyze the difference between plays and non-players on psychological well-being and emotional maturity. The result is discussed in the table given below:

Table 1

Scoring the mean, standard deviation and 't' value of players and players on psychological well-being

Group	N	Mean	SD	't' value	Sign. level
Players	50	185	27.3	1.16	NS
Non-players	50	179	24.1		

Table-1 shown that mean psychological well-being score of non-0players and players were 185 and 179 and their SDs was 27.3 and 24.1 respectively.The 't' value calculated between these two groups was found to be 1.16 which is not significant. Therefore the hypothesis that there is no significance difference between players and non-players in respect to psychological well being (H₁) is accepted. It means that players and non –players have same level of psychological well-being.

Table 2

Scoring the mean standard deviation and 't' value of non-players and player's on Emotional Maturity

Group	N	Mean	SD	't' value	Sign. level
Non-Players	50	145	15	1.22	NS
Players	50	149	17.6		

Table-2 shows that mean emotional maturity of non-players and players were 145 and 149 and their SDswas 15 and 17.6 respectivelythe 't' value calculated between these two groups was fund 1.22 which is not significant. Therefore, hypothesis-2 is accepted this prove that non-players and players students have similar levelof emotional maturity.

DISCUSSION

The aim of the study was to examine psychological well-being differences of non-players and players of college students in table-1. It is quite obvious there is no significant difference in psychological well-being between non-players and players. It means both non-players and players have the same level of well-being.

Table-2 result shows that there are no differences in the emotional maturity of non-players and players. It means both players and non-players have the same level of emotional maturity. The probable reason for this result may be the support provided by the college, family and the society to the players.

CONCLUSION

The study shows that no significant difference is found in psychological well-being and emotional maturity of non-players and players.

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