



COMPARISON OF EMOTIONAL MATURITY AND LOCUS OF CONTROL OF BASKETBALL PLAYERS

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ABSTRACT

The objective of the study was to assess emotional maturity and locus of control between state and national level basketball players. Sixty male players aged 18 to 24 years from University of Lucknow, Uttar Pradesh were separated into two groups, each including 30 basketball players. Emotional maturity was assessed utilizing the Emotional Maturity Scale by Singh and Bhargava (1999), while the Locus of Control Scale by Kumar and Srivastava (1985) was utilized to examine the chosen psychological factors among basketball players. An independent samples t-test was utilized to examine the data and determine differences between the groups. The findings indicated that, although national-level players attained superior ratings in emotional maturity and locus of control, the differences were statistically significant at the 0.05 level. The findings suggest that participation in competitive sports promotes psychological development at multiple levels, although does not significantly differentiate players in terms of emotional maturity or locus of control.



KEYWORDS: Emotional Maturity, psychological variables, Locus of Control.

INTRODUCTION

Athletes in solo sports exhibit higher emotional intelligence. It has been observed that professions such as physicians and engineers have higher emotional intelligence. Therefore, in addition to sports training, it is essential to cultivate and strengthen the Emotional Intelligence of athletes to improve their performance in sports. Emotional Intelligence (EI) has become a pivotal concept among researchers and practitioners, garnering increasing interest in the field of sport psychology. Additionally, meta-analysis results demonstrate a favorable correlation between emotional intelligence and health-related as well as performance-related variables. Thus far, only a limited number of studies have investigated Emotional Intelligence in sports, although the preliminary findings indicate promising outcomes. Locus of Control the individual asserts that his or her conduct is directed by own choices and endeavors. Internality and externality constitute two extremes of a continuum, rather than a binary classification. Individuals with an internal locus of control typically ascribe the results of events to their own influence. "Externals" ascribe the results of events to external factors. It should not be assumed, however, that internality is solely associated with attributing outcomes to effort, while externality is tied exclusively to attributing outcomes to luck. This clearly indicates that there are distinctions between individuals with internal and external loci concerning their success drive, implying that an internal locus correlates with elevated Need for success. (Mohammad & Paul, 2019)

An athlete must contend with several internal and external challenges. A range of emotions linked to success and loss must be regulated throughout competition. This competition transcends athletics to include other aspects of life. A true athlete relies exclusively on perseverance and teamwork for their successes and failures. Engagement in athletics cultivates self-confidence, responsibility, motivation, attention, and a tendency for risk-taking in individuals. A sportsperson experiences several victories and defeats during their life, and their interpretation of these results moulds their character and affects their emotional reactions to them. His attribution of success and failure is categorized as either internal or external. Both characteristics are associated with negative and positive feelings. Engagement in sports may improve his capacity to administer them more adeptly and efficiently. (Pandey & Dalal, 2021)

Emotional maturity is defined as the ability to respond to circumstances, manage emotions, and behave appropriately in interactions with others. Emotional maturity primarily involves managing one's emotions rather than allowing them to govern one's behavior. A multitude of elements influencing an athlete's performance has been extensively examined by numerous researchers throughout the years. Sport or athletic performance refers to an athlete's ability and skill to do a specific athletic task. This can be developed through practice and subsequently demonstrated by participating in a competition. The potential to excel may depend on an athlete's inherent talents, genetic tendency for excellence, or the development of athletic skills throughout formative years. Both natural physical and psychological factors substantially impact sports performance. (Bal & Singh, 2018) The present research intends to study the emotional maturity and locus of control among state and national level basketball players. Therefore the objective of this study was to assess the emotional maturity and Locus of Control among state and national level basketball players and it was hypothesized that there would be no significant difference between state and national level basketball players on emotional maturity and locus of control.

METHODOLOGY

For the present study a total of 60 players in two different playing ability groups were selected. The purposive sampling was used to select the subjects for the present study. All selected subjects were from University of Lucknow, Uttar Pradesh with age ranged from 18-24 years. State and National level groups were consisting of 30 subjects. The emotional maturity of the students was measured by Emotional Maturity Scale proposed by Yashwir Singh and Mahesh Bhargava (1999). The participants' locus of control was assessed using the Locus of Control Scale, created by Dr. Anand Kumar and Dr. S. N. Srivastava in 1985. Independent samples t-test was employed to compare the emotional maturity and locus of Control among state and national level basketball players. To test the hypothesis the significance level was set at 0.05.

RESULT

Table 1
Comparison of emotional maturity between state & national basketball players

Groups	MEAN	SD	N	df	t-ratio
State level	79.47	11.43	30	58	4.76*
National level	96.3	10.48	30		

*significant at 0.05 level

Table 1 indicates that the mean scores of state and national level basketball players were 79.47 and 96.3, respectively, while the calculated t-ratio (4.76) above the critical value (1.67) necessary for significance at the 0.05 level. The significant difference has been found on emotional maturity among state and national level basketball players.

Table 2
Comparison of locus of control between state & national basketball players

Groups	MEAN	SD	N	df	t-ratio
State level	54.79	7.38	30	58	5.48*
National level	70.58	8.36	30		

*significant at 0.05 level

Table 2 illustrates that the average locus of control scores for state and national level basketball players were 54.79 and 70.58, respectively, with an obtained t-ratio of 5.48, exceeding the critical value of 1.67. The result showed the significant difference between state and national level basketball players on locus of control.

DISCUSSION

The comparison of emotional maturity and locus of control between state and national level basketball players indicates a substantial difference, implying that participation in sports enhances emotional comprehension and regulation. Adolescent athletes exhibit markedly elevated levels of emotional maturity and locus of control. Emotional maturity in basketball players signifies their capability to manage and regulate emotions, demonstrate self-awareness, display empathy, and effectively traverse challenging situations.

This involves understanding one's own emotions, recognising the sentiments of others, and responding appropriately to improve both personal and group performance. The emphasis on sports has evolved from merely physical benefits to include psychological and emotional dimensions as well. The impact of emotions on sports performance is unequivocal. Emotional maturity is vital for a healthy existence, effective leadership, self-expression, and the development of values. The obtained results should be incorporated into tactical training for athletes in particular sports. The locus of control, as a personality characteristic, is shaped by several variables in an individual's life. Individuals possessing either an internal or external locus of control may thrive in particular sports. The research must include a substantial sample size, gender comparisons, diverse playing positions, and domain-specific emotional maturity to improve the comprehension of psychological variables and outcomes among basketball players of differing levels. The analogous training exposure, completion rates, and necessary physical, physiological, techno-tactical, and psychological characteristics of national and university-level athletes may explain the results of this study.

CONCLUSION

Participation in sports enhances emotional comprehension and regulation. An individual encounters a spectrum of happy and negative emotions that influences his performance, determining success or failure. Substantial differences were seen between state and national level basketball players regarding emotional development and locus of control. The proposed idea was consequently rejected. Therefore hypothesis stated was rejected.

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