

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

Aarsh Ojas Parasar Pandey^{1*}, Simran Dalal²

ABSTRACT

The impact of emotions in the life of a sportsperson cannot be neglected. Sports directs not only our physical energy but our emotional energy as well. Sports as an area include different social skills with both positive and negative emotions. The expression of those emotions depends also on the attribution style of the individual. Locus of control as studied is one such personality factor which defines individual's perception of events to be caused by internal or external factors. Locus of control focuses on our ability to cope with uncertainty. Locus of control may impact how an individual deals with the stressful situations and how they deal with success and failures when involved in sports. The aim of the study was to compare emotional maturity and locus of control of students involved in sports and not involved in sports. A sample size of 100 students; 50 for each group (sports and non-sports) were selected. Sports person were those who have participated in inter college and inter university competitions. Non-sports were those who did not participate in any sports activity. The average age of all the participants was between 18-22 years. To collect the required data for present study 'Emotional Maturity Questionnaire' prepared by Singh and Bhargava (1988) was administered, and locus of control questionnaire by Rotter's (1966) was administered. Statistical analysis to compare the data of both the groups was done using t-test. The result revealed that there is a significant difference between students involved in sports and not involved in sports on the basis of emotional maturity but no significant difference on the basis of locus of control.

Keywords: *Emotional Maturity, Locus of Control, Sports Persons, Non-Sports Person*

Life is becoming fast with the advancement of science and technology. Though man has conquered time and space to a great extent by the present level of scientific advancement, yet there is a great threat to his/her existence. Today we do not define well-being just in terms of physical fitness but it also includes mental, social, emotional and spiritual fitness. And, one can think of a healthy mind only in a healthy body. Both physical and mental wellbeing are the prerequisites of great achievements in one's life. Involvement of sports in one's life has greater impact on one's well-being also.

¹PhD Research Scholar, NIT Rourkela, India

²SGT University, New Delhi, India

*Corresponding Author

Received: May 18, 2021; Revision Received: May 21, 2021; Accepted: May 25, 2021

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

Sports are the sources of recreation. They provide relief and a sense of relaxation in a life full of monotony of routine marked by miseries, hardships and hurdles. The age of overwhelming strength and stamina governing sports is over, and a new trend of sports as an expression of emotion has been emerging. Sports as an activity does not include only physical aspect of an individual rather it has psychological aspects as well. A sports person has to deal with different conflicts within one self and the surroundings. Different emotions are connected with success and failures that are to be dealt with when you compete. And, this competition is not just limited to the field of sports but to every aspect of life. A true sports person relies only on his hard-work and team-work for his success and failure. Being involved in sports helps a person to develop self-confidence, responsible attitude, motivation, focus and risk-taking behavior in one's life. A sports person in his life faces number of successes and failures, his attribution to those success and failures defines his personality and his attitude towards dealing with emotions connected with them. His attribution of the success and failure is either toward inward or towards outward. Both attributes come with negative and positive emotions with them. Being involved in sports may help him deal with them more effectively and efficiently.

Julian Rotter was the first who proposed the concept of locus of control (LOC) in his theory of social learning. Human behaviours are determined by both, objective description of events and the subjective meanings attributed to them (Rutkowska & Gierczuk, 2014).^[1] Rotter defined the personality dimension, LOC which is the continuum between external and internal control of behaviours. LOC is the one's belief about the extent to which one has control over the outcomes of his/her behaviour (Holden, Forester, Williford, and Reilly, 2019).^[2] One's source of control may be either internal or external which is determined by one's personality characteristics (Theberge, 2008).^[3] Individual's belief about controllability of what happen to them is the core element of understanding of how they live in the world (Shapiro, Schwartz & Austin, 1996).^[4] Individual's LOC can be conceptualized as either internal or external (Onu, Osogwa, Obetta, 2013).^[5] Persons having internal locus of control think that they are able enough to control their fate. They take the responsibility of the outcomes on their own, no matter what it be. Internal LOC facilitates intrinsic motivation (Deci & Ryan, 1985)^[6], stress coping mechanism, competency, and self-confidence. They perceive more control over their life and it becomes the core idea of their life that hard working is the key to achieve any height. On the other hand, persons having external locus of control think that the outcomes of their behaviors are the product of external factors viz., chance, fate, destiny, luck, coincidence, other people, etc (Marijana, 2010).^[7] They don't take responsibility of the failure and even of the success upon their own. They feel less control over their life. Kishore, 2016 did a research on sportspersons who were involved in combat and non-combat sports and, found no significant difference in LOC among those.^[8] Type of sports as well as event type (team or single) also influence the locus of control. The athletes who were participated in team events showed higher external locus of control (Cartel, Kozak, 2017, Yesilyaprak, 2004).^{[9], [10]}

Emotional maturity in general, is controlling your emotional rather than allowing your emotions to control you (Bal & Singh, 2018).^[11] Emotional maturity is the individual's ability to understand and to control his/her emotions, and, to evaluate others emotions. It is an ability to motivate yourself. An emotionally mature person is able to express his emotions very appropriately and has full control upon them. Emotional maturity is an effective determinant of overall development. It influences the whole life. Emotional maturity also plays a crucial role in coping with stress and anxiety. Various researchers have studied the

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

effects of emotions in sports also (Botterill & Brown, 2002, Lezarus, 1999, Kerr, 1997, Jones, 2003, Robazza, 2006, Vallerand, 1983, Hanin, 1997).^{[12], [13], [14], [15], [16], [17], [18]} As Goleman said that our success is the product of 20% of intelligence quotient (IQ) and 80% of emotional quotient (EQ) (Chauhan & Jogsan, 2018).^[19] Our interpersonal relations as well as our intrapersonal relationship are influenced, to a greater extent by emotional maturity. Being involved in sports may increase the level of emotional maturity.

The present research intends to study the emotional maturity and individual's perception of locus of control; internal or external of sports and non-sports person.

The objectives of this study are: *first*, to study the locus of control of sports and non-sports persons. *Second*, to study the level of emotional maturity of sports and non-sports persons.

Hypothesis

For this study we have prepared null hypothesis. Two null hypotheses were formed:

1. There is no significant difference in the level of Emotional Maturity of sports and non-sports persons.
2. There is no significant difference in Locus of Control of sports and non-sports persons.

RESEARCH METHODOLOGY

In this study we have comparatively analyzed sports and non-sports persons on the basis of locus of control and emotional maturity. A written informed consent was taken by all the participants before participating in the research.

Samples

For the present study a sample of 50 students for each group were selected. The method of purposive sampling was used to select the samples. Sportspersons were taken from 'Amity University', Noida. They all constantly participate in sports competitions. And, non-sports persons were recruited from 'Dev Sanskriti Vishwavidyalaya', Haridwar. The age range of all the participants was 18-22 years.

Tools used

The emotional maturity of the students was measured by **Emotional Maturity Scale (EMS)** proposed by Yashwir Singh and Mahesh Bhargava (1999). The scale includes 48 items which covers five dimensions of emotional maturity. These are:

1. Emotional instability
2. Emotional regression
3. Social maladjustment
4. Personality disintegration
5. Lack of independence

Locus of control of the participants was measured by **Locus of Control Scale**, developed by Dr. Anand Kumar and Dr. S. N. Srivastava (1985). The scale is the Hindi edition of the locus of control scale proposed by Rotter. The test has total 29 items. The scale measures internal and external locus of control.

Procedure

The investigation was carried out on sports and non-sports persons, age ranging from 18-22 years. Samples for sports person was collected from Amity University and for non-sports

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

person, collected from DSVV. A total sample of 100 students was collected. After that, the above-mentioned scales were administered on the selected samples with proper instruction given in the respective manual. The obtained responses were analyzed with the help of standard procedure given in the manual.

RESULTS AND ANALYSIS

The statistical analysis of the data obtained by administering the two tests was done by using the 't-test' method.

Table 1: Comparison between sports and non-sports on the basis of emotional maturity score

Groups	MEAN	SD	N	df	t-ratio	SED	Significance level
GROUP1	78.23	15.5	50	98	10.6794	3.190	Significant at 0.01
GROUP 2	112.3	16.39	50				

Table 1 reveals that the mean scores of sports and non-sports persons on EMS are 78.23 and 112.3 respectively and SD of both the groups is 15.5 and 16.39 respectively. The t-ration is 10.6794 which is very much statistically significant. The level of significance is 0.01.

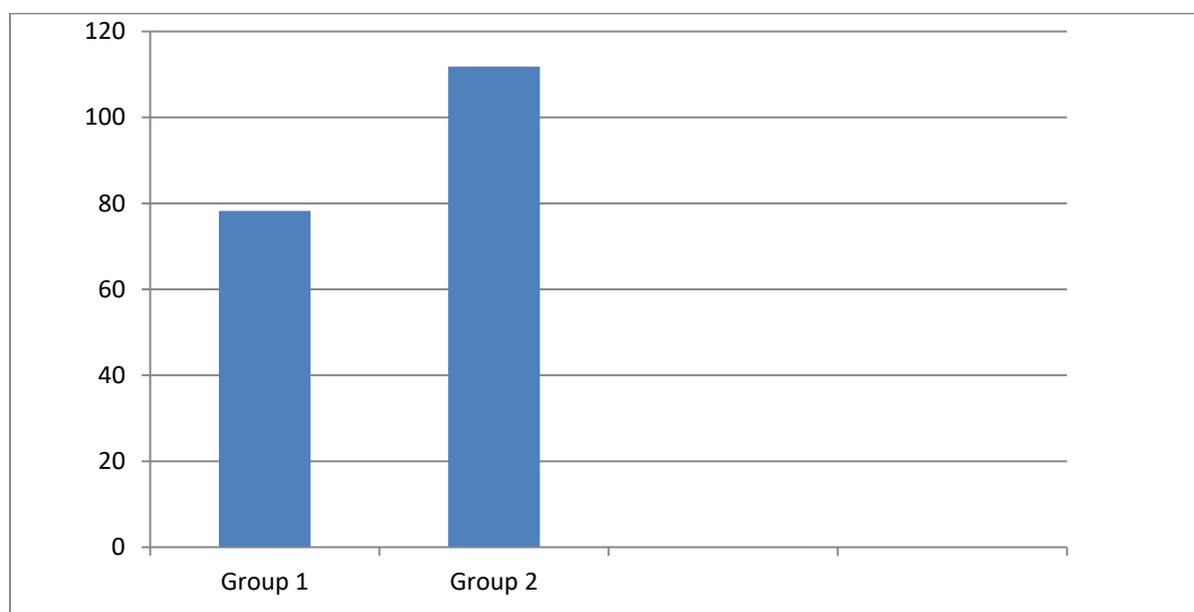


Figure 1: Mean comparison of the groups on the basis of emotional maturity

Table 2: Comparison between sports and non-sports persons on the basis of locus of control score

Groups	MEAN	SD	N	df	t-ratio	SED	Significance level
GROUP1	11.22	4.21	50	98	1.6525	0.678	Not significant
GROUP 2	12.34	2.29	50				

Table 2 depicts that the mean score and the SD of group 1 is 11.22 and 4.21 respectively. And, the mean score and the SD of the group 2 is 12.34 and 2.29 respectively. The t-ratio is 1.6525. The result showed that there is no significant difference between sports and non-sports persons on the basis of LOC.

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

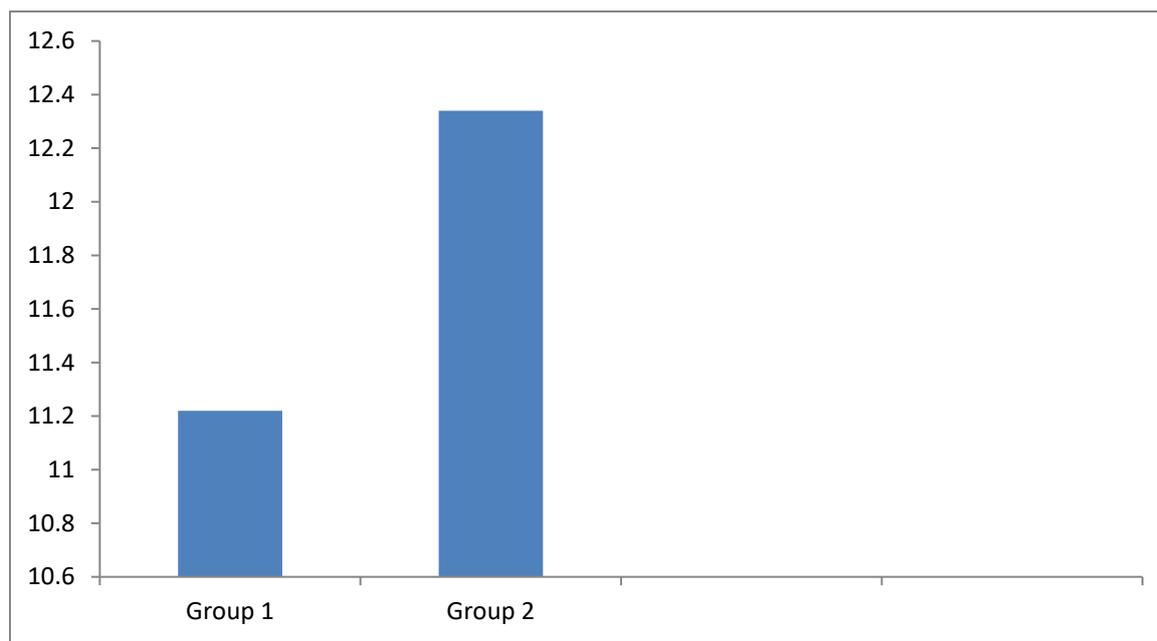


Figure 2: Mean comparison of groups on the basis of LOC

INTERPRETATION AND DISCUSSION

The comparison between sports and non-sports persons on the basis of emotional maturity shows a significant difference at 0.01 level, which indicates that active participation in sports activities helps an individual to develop better understanding and in regulation of one's emotions. The era that regarded sports just in terms of physical benefits or correlates is now being shifted to the impacts on psychological and emotional domains as well. One cannot ignore the impact of emotions being involved in a sports activity (Robazza, 2006).^[20] The individual experiences wide range of positive and negative emotions during various sports activities and thus develops a better understanding of those emotions. Emotional maturity is an integral part for healthy living, leadership, self-expression and development of values. Studies have shown that emotional dysregulation can have an impact on the performance of the junior athletes (Jones et al., 2005).^[21] According to Walter D. and Smitson W (1974), emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally.^[22] The findings of this study were supported by various other studies. International players have better emotional maturity than states players (Rathee and Salh, 2010).^[23] A study done by Biddulph, 1954 revealed that superior athletes have higher levels of personal and social adjustment than the less skilled athletes.^[24]

The results for locus of control showed no significant difference between the two groups; sports and non-sports. This result is supported by various other studies. McKelvie and Husband (1980) studied trait anxiety and locus of control in athletes and non-athletes and found no any significant difference the groups.^[25] Locus of control being a personality trait depends on other factors of an individual's life. People with either of attribution style i.e. internal locus of control or external locus of control would perform better in particular sports. But sports do not show any significant impact on attribution style of an individual. A study by Hauri (1991) reported internal locus of control as the second strongest predictor for successful performance by sportspersons.^[26]

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

CONCLUSION

The findings from the present study can be used to conclude that sports activity enhances emotional maturity of an individual. Being involved in sports helps one to understand and regulate one's emotions. An individual experiences a wide range of positive and negative emotions that impacts his performance for success or failure. Also, no significant difference was found between sports and non-sports individual on the basis of locus of control. Locus of control is influenced by our overall personality and environmental conditions as well. Considering the other factors, the impact of sports didn't show much effect on locus of control.

The limitations of the present study include small sample size and no gender differences among the participants. Sample size could be increased for better results. The results could be compared between both the genders. Also, Emotional maturity could have been studied domain wise and results could be compared accordingly.

REFERENCES

- [1] Rutkowska K & Gierczuk D. (2014). Locus of Control in Specific Sports Situation in Beginner Wrestlers. *Journal of Martial Arts Anthropology*, 14(3), 33-41
- [2] Holden S L, Forester B E, Williford H N and Reilly E. (2019). Sport Locus of Control and Perceived Stress among College Student-Athletes. *Int J. Environ Res. Public Health*, 16, 1-7
- [3] Theberge N. (2008). Just a normal bad part of what I do: Elite athletes accounts of the relationship between health and sport. *Soc. Sport J*, 25, 206–222.
- [4] Shapiro D H, Schwartz C E and Austin J A. (1996). Controlling Ourselves, Controlling our World. *American Psychologist*, 51(12), 1213-1230.
- [5] Onu F M, Asogwa V C and Obetta E J. (2013). Emotional intelligence, Locus of control and self-efficacy as Determinants of Graduate's Self Employment in Agricultural Occupations in South-East, Nigeria. *Journal of Emerging Trends in Educational Research and Policy Studies*, 4(6), 872- 877.
- [6] Deci E L & Ryan R M. (1985). The General Causality Orientations Scale: Self-determination in Personality. *J. Res. Personal*, 19, 109–134.
- [7] Marijana M. (2010). The link of a Coach's Perception of Locus of Control and his/her Motivational Approach to Athletes. *Sport Logia*, 6(2), 35-42.
- [8] Vimal Kishore. (2016). Role of Locus of Control among Different Sports Categories. *International Journal of Physical Education, Sports and Health*, 3(6), 373-374
- [9] Certel Z & Kozak M. (2017) The Examination of Relationships between Academic Self-Efficacy, Academic Procrastination and Locus of Academic Control of Athletes in Different Sports. *Sport J.*, 19, 1-10.
- [10] Yesilyaprak, B. (2004). The Focus of the Control. In *Individual Differences in Education*. Kuzgun Y, Deryakulu D, Eds. Nobel Publishing House: Ankara, Turkey, 2004; pp. 239-258.
- [11] Bal B S, Singh G. (2018). A Study on Emotional Maturity among Indian Hockey Players. *European J. Physical Edu. and Sports Sci*, 4(8), 22-32.
- [12] Botterill C & Brown M. (2002). Emotion and Perspective in Sport. *International Journal of Sport Psychology*, 33, 38-60.
- [13] Lazarus R S. (1999). Progress on a Cognitive-Motivational-Rationale Theory of Emotion. *The American Psychologist*, 8, 819-834.

Comparative Study between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control

- [14] Kerr J H. (1997). Motivation and Emotion in Sport: Reversal Theory. Psychology Press Ltd. Hove, England.
- [15] Jones M V. (2003). Controlling Emotions in Sport. *The Sport Psychologist*, 17, 471-486.
- [16] Robazza C. (2006). Emotion in Sport: An IZOF Perspective. In S. Hanton S. D. & Mellalieu (Eds.), *Literature Reviews in Sport Psychology*, 127-158. New York: Nova Science Publishers, Inc.
- [17] Vallerand R J. (1983). On Emotion in Sport: Theoretical and Social Psychological Perspectives. *The J. of Sports Psy.* , 5, 197-215.
- [18] Hanin Y L. (1997). Emotions and Athletic Performance: Individual Zones of Optimal Functioning Model. *European Year Book of Sport Psychology*, 11, 29-72.
- [19] Chauhan M B & Jogsan Y A. (2018). Emotional Intelligence and Locus of Control among Sports Person and Non-sports Person. *International Journal of Research and Analytical Reviews*, 5(2), 602-606.
- [20] Robazza, C. (2006). Emotion in sport: An IZOF perspective. In S. Hanton & S. D. Mellalieu (Eds.), *Literature reviews in sport psychology* (pp. 127-158). New York: Nova Science Publishers, Inc.
- [21] Jones, M. V., Bray, S. R., & Oliver, S. (2005). Game location and aggression in rugby league. *Journal of Sports Sciences*, 23, 387–393.
- [22] Walter, D. & Smitson, W.S. (1974). The Meaning of Emotional Maturity. *MH. Winter*, 58, 9-11
- [23] Rathee N K & Salh M S. (2010). Exploring Cognitive Style and Emotional Maturity among Indian Handball players performing at various levels. *Int. J. of Sports Science and Physical Education*, 1(1), 26-33
- [24] Biddulph, L D. (1954). Athletic Achievement and Personal & Social Adjustment in high school boys. *Research Quarterly*, 25, 1-7
- [25] Mckelvie, S. J. & Husband, D. E. (1980). Locus of control and anxiety in college athletes and non-athletes. *Perceptual and Motor Skills*, 50, 810-822.
- [26] Hauri, A. B. & Lefcourt, H. M. (1991). Locus of control and health. In C. R. Snyder & D. R. Forsyth (Eds.), *Handbook of social and clinical psychology: The health perspective* (pp. 246-266). New York: Pergamon Press.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Pandey A O P & Dalal S (2021). Comparative Study Between Sports and Non-Sports Persons on The Basis of Emotional Maturity and Locus of Control. *International Journal of Indian Psychology*, 9(2), 1126-1132. DIP:18.01.119.20210902, DOI:10.25215/0902.119