

Emotional Maturity and Resilience among Athletes

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ABSTRACT

Emotional maturity and resilience are important psychological factors that can influence an athlete's performance and overall well-being. This study aims to investigate the relationship between emotional maturity and resilience among athletes. A sample of 100 athletes, 50 males and 50 females, aged between 18-28 years, and with a minimum of 3 years' experience in their respective sports, were selected through purposive sampling from three districts in Kerala. The Emotional Maturity Scale, consisting of 48 items, was used to measure emotional maturity. The scale comprises five sub-scales: emotional instability, emotional regression, social maladjustment, personality disintegration, and lack of independence. Connor-Davidson Resilience scale, consisting of 10 items was used to measure resilience. The personal data sheet was used to collect socio-demographic details. obtained data was analysed through Spearman's correlation and Kruskal -Wallis test with the help of SPSS version 22 and it was found that there is no significant relationship between Emotional maturity and Resilience among Athletes. The study also found that there is no significant difference in Emotional maturity among Athletes across Gender and there is no significant difference in Resilience among Athletes across Gender. These results suggest that emotional maturity and resilience may be distinct constructs that are not necessarily related to each other or influenced by age in the context of athletic performance. The study's findings may provide insight into the emotional well-being of athletes and inform interventions to enhance their psychological resilience.

Keywords: *Emotional Maturity, Resilience, Athletes*

Athletes are individuals who engage in sports or physical activities at a competitive level. They participate in a variety of sports, including team sports (e.g., basketball, soccer, volleyball) and individual sports (e.g., running, swimming, gymnastics). They participate in organized sports at various levels, ranging from amateur to professional. They may train and compete at the local, regional, national, or international level, and may represent their country in international competitions such as the Olympics or the World Cup. Participation in sports can have a range of physical, psychological, and social benefits for athletes. Physically, athletes may experience improved cardiovascular health, increased

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muscle strength and endurance, and reduced risk of chronic diseases such as obesity and diabetes.

Psychologically, participation in sports can promote self-esteem, resilience, and emotional well-being, and may help athletes develop important life skills such as teamwork and leadership.

Socially, sports can provide opportunities for social interaction, community involvement, and cultural exchange.

However, athletes may also face a range of challenges and stressors, such as injuries, performance pressure, and balancing sports with other responsibilities such as school or work. Understanding the unique experiences and challenges faced by athletes can help coaches, trainers, and sports psychologists develop effective interventions to support their physical and psychological well-being.

Emotional maturity is a psychological construct that refers to an individual's ability to manage their emotions effectively, adapt to change, and take responsibility for their actions. It is characterized by a balanced and integrated personality, which enables individuals to regulate their emotions and behavior in a healthy and constructive way.

Emotional maturity encompasses various dimensions, including emotional regulation, empathy, self-awareness, self-reflection, and interpersonal skills. It involves the ability to recognize and understand one's own emotions, as well as the emotions of others, and to respond to them in an appropriate and adaptive manner.

Emotional maturity is an important factor in personal growth, well-being, and social functioning. It can help individuals navigate challenging situations, form positive relationships, and achieve their goals in life. However, emotional maturity is not a fixed trait and can be influenced by a range of factors, including personal characteristics, life experiences, and social and cultural factors.

Research has shown that emotional maturity is positively associated with various outcomes, such as better mental health, higher levels of life satisfaction, and improved interpersonal relationships. Additionally, interventions aimed at developing emotional maturity have been shown to be effective in enhancing this trait among individuals.

Overall, understanding emotional maturity and its importance in personal growth and social functioning can help individuals develop the skills and abilities necessary to lead healthy and fulfilling lives.

Resilience is a psychological construct that refers to an individual's ability to cope with adversity, adapt to change, and recover from stress or trauma. It is characterized by a set of skills, attitudes, and behaviors that enable individuals to overcome setbacks, persist in the face of challenges, and thrive in the midst of adversity.

Resilience encompasses various dimensions, including emotional regulation, positive thinking, problem-solving, social support, and optimism. It involves the ability to maintain a positive outlook and sense of hopefulness in the face of difficulty, to identify and utilize available resources, and to engage in effective coping strategies.

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Resilience is an important factor in personal growth, well-being, and success. It can help individuals navigate life's challenges, achieve their goals, and experience greater levels of happiness and fulfillment. However, resilience is not a fixed trait and can be influenced by a range of factors, including personal characteristics, life experiences, and social and cultural factors.

Research has shown that resilience is positively associated with various outcomes, such as better mental health, higher levels of life satisfaction, and improved academic and occupational performance. Additionally, interventions aimed at developing resilience have been shown to be effective in enhancing this trait among individuals.

Overall, understanding resilience and its importance in personal growth and success can help individuals develop the skills and abilities necessary to overcome adversity and achieve their goals in life.

Emotional maturity and resilience are important psychological factors that can influence an athlete's performance and overall well-being. Emotional maturity refers to an individual's ability to manage their emotions effectively, adapt to change, and take responsibility for their actions. Resilience, on the other hand, refers to an individual's ability to bounce back from adversity, cope with stress, and maintain a positive outlook in the face of challenges.

Athletes face a range of stressors, including performance pressure, injuries, and personal setbacks. Developing emotional maturity and resilience can help athletes navigate these challenges more effectively and enhance their overall performance and well-being.

Research has shown that emotional maturity and resilience are positively associated with various outcomes among athletes, such as better coping strategies, higher levels of psychological well-being, and improved performance. Additionally, interventions aimed at developing emotional maturity and resilience have been shown to be effective in enhancing these factors among athletes.

Overall, understanding the role of emotional maturity and resilience in athletic performance and well-being can help coaches, trainers, and sports psychologists develop effective interventions to support athletes in achieving their goals both on and off the field.

REVIEW OF LITERATURE

Introduction

The literature study serves as a foundation and source of support for gaining new insight into the subject matter under consideration. A literature review is arguably the most important chapter of a thesis or dissertation since it may serve as a self-contained evaluation of information on a specific topic and is self-contained in nature. The review not only clarifies how the previously completed work is similar, but it also clarifies how it varies from the other work. Some of the most persuasive parts of the views and contribution are deemed to be preserved for the sake of knowledge and progress in the area of study planned. Additionally, it assists the researcher in recognizing the most recent approaches for interpretation and shedding light on any gaps in the previous studies. It also assists the researcher in resolving disagreements among seemingly incongruous earlier studies, identifying potential duplication, finding the best way to promote further research, and situating one's unique work within the framework of accessible literature, among other

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things. Additionally, previous research may aid in the validation of the results of the planned study once it has been completed. There are a variety of reasons why the researcher should review the relevant literature that is available before framing the issue. Here are a few examples.

The focus of this chapter will be on a large number of linked academic studies that provide extensive knowledge and insight into predicted variables such as Emotional maturity and resilience among athletes.

Studies on Emotional Maturity among Athletes

Nicholls, A. R., et al (2015). Emotional maturity, dispositional coping, and coping effectiveness among adolescent athletes. The purpose of this study was to examine the relationship between emotional maturity, dispositional coping, and coping effectiveness among adolescent athletes. The authors noted that while previous studies have suggested that coping may be constrained by emotional maturity, there is limited understanding of the nature of this relationship. The authors conducted a cross-sectional study in which 790 athletes completed measures of emotional maturity, dispositional coping, and coping effectiveness. Overall, this study provides evidence that emotional maturity may play a role in how adolescent athletes cope with stress. The authors suggest that these findings may have important implications for interventions designed to help athletes develop effective coping strategies.

Rathee, N. K., et al (2012). An investigation of emotional maturity among international, national and state level players. The purpose of this study was to investigate the levels of emotional maturity among handball players at different performance levels in India. The authors used a 3x2 factorial design to analyze the data and found significant differences between the three performance groups on all the subscales and overall emotional maturity. Specifically, international level players demonstrated significantly higher levels of emotional maturity compared to the other two performance groups. The authors also found significant gender differences, with male players exhibiting higher levels of emotional maturity on two subscales (Emotional Instability and Lack of Independence) and overall emotional maturity. The authors concluded that emotional maturity is an indispensable attribute for players performing at higher performance levels. This study provides evidence of the importance of emotional maturity in sports and highlights the need for interventions that help athletes develop emotional regulation skills.

Rathee, N.K. et al (2013). Exploring cognitive style and emotional maturity among Indian handball players performing at varying levels. *International Journal of Sport and Exercise Psychology*. In this study, Rathee and Salh examine the relationship between cognitive style and emotional maturity among Indian handball players performing at State, Inter-state, and International levels. The authors administered Cognitive Style Inventory and Emotional Maturity Scale to 120 handball players (60 males and 60 females). The results showed that International level players had significantly higher levels of both cognitive styles (Intuitive and Systematic) and emotional maturity than the Interstate and State level players. Additionally, female players were significantly more intuitive in their cognitive style compared to male players. The study also found a significant correlation between Cognitive Style (Intuitive) and Cognitive Style (Systematic) among the State level players and between cognitive style (systematic) and overall emotional maturity among the Interstate level performance group.

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Gill, A. S. et al (2016). A Comparative Study of the Components of Emotional Maturity in Male Handball and Volleyball Players. This study aimed to compare the emotional maturity levels of male handball and volleyball players. Twenty male inter-college level handball and volleyball players from R.K. Arya College, Nawanshahr, Punjab were selected for the study. The Emotional Maturity Scale developed by Singh and Bhargava (1980) was used to measure the level of emotional maturity among the subjects. The study found that there were no significant differences in emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence, and overall emotional maturity between male handball and volleyball players. The study used an unpaired t-test for data analysis and the level of significance was set at 0.05.

Sheida Ranjbari et al (2022) The relationship between coping styles and job stress with emotional maturity in student-athletes was studied in this descriptive-correlational research. The study aimed to investigate the psychological factors that affect mental health and emotional maturity in individuals and society. Two hundred student-athletes from Islamic Azad University, Tabriz Branch, were selected using convenience sampling and completed a questionnaire on coping styles, job stress, and emotional maturity. The results indicated a significant positive correlation between emotional maturity and problem-focused coping style ($r=0.31$), as well as a significant positive correlation between emotional coping style and job stress ($r=-0.16$) in student-athletes. The findings suggest that coping styles and job stress are closely related to emotional maturity in student-athletes, and these psychological components should be considered by researchers and health officials.

Baljinder Singh Bal et al (2018) conducted a study to compare emotional maturity among sub-junior level, junior level, and senior level hockey players in India. The study consisted of 99 female subjects between the ages of 12-28 years. The results showed that the differences in mean scores for Emotional Unstability, Emotional Regression, and Social Maladjustment were statistically insignificant ($P > .05$) among hockey players. The findings suggest that emotional maturity varies among different levels of hockey players and that some parameters of emotional maturity may be more prevalent than others in this population. The authors suggest that further research should be conducted to better understand the emotional maturity of hockey players and how it may affect their athletic performance and overall well-being.

Studies on resilience among athletes

Cowden, R. G. et al (2019). Emotional intelligence and resilience among intercollegiate student-athletes: A review of the literature. In this review, the authors examined the relationship between emotional intelligence and resilience in 122 intercollegiate student-athletes. Their findings suggest a positive association between emotional intelligence and resilience, indicating that developing emotional intelligence could potentially enhance resilience in this population. The authors conclude that further research is needed to investigate the potential benefits of emotional intelligence training for intercollegiate student-athletes. Pool, M., et al (2017) conducted a study to investigate the predictors of mental toughness and its relationship with resilience in adolescent athletes. In the *Journal of Physical Education and Sport*, 17(4), 2257-2261, the authors reported that emotional intelligence and emotional maturity were significant predictors of mental toughness and resilience in adolescent athletes. The authors concluded that developing emotional intelligence and emotional maturity can enhance mental toughness and resilience in adolescent athletes. This study provides valuable information for coaches, sport

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psychologists, and educators to design effective interventions to enhance mental toughness and resilience in adolescent athletes.

Sarkar, M., et al (2014) conducted a review of literature to examine the stressors and protective factors associated with psychological resilience in sport performers. In the *Journal of Sports Sciences*, 32(15), 1419-1434, the authors reported that emotional maturity, emotional regulation, and coping skills were key protective factors in promoting psychological resilience in sport performers. The authors concluded that developing emotional maturity, emotional regulation, and coping skills can enhance psychological resilience in sport performers. This review provides useful insights for coaches, sport psychologists, and athletes in understanding the importance of these factors in promoting psychological resilience in sport performers.

Studies on emotional maturity and resilience among athletes

Nejati, V., et al (2021). The relationship between emotional maturity and resilience in elite male athletes. *Journal of Clinical Sport Psychology*, 15(1), 62-73. In this study, the authors examined the correlation between emotional maturity and resilience in a sample of 228 elite male athletes. The results revealed a significant positive association between emotional maturity and resilience, suggesting that enhancing emotional maturity can strengthen resilience in elite male athletes. The study's findings can be beneficial for coaches and sport psychologists in developing effective programs to enhance athletes' resilience.

Rationale of the study

The rationale for conducting this study is likely to be the need for a deeper understanding of emotional maturity and resilience in Athletes, and the development of a sport-specific measure of resilience. The study aims to provide a comprehensive understanding of the psychological factors that promote resilience in sport performers. This information can be used by sport psychologists, coaches and athletes to develop effective interventions that enhance Emotional maturity, resilience and improve athletic performance.

METHODOLOGY

The current chapter concentrates on the research design and technique used in the study. With research questions and research problem, the important terminology and concepts employed in the study have been operationally defined; the current study's objectives and hypotheses have expressed. The sample size and sampling methods used to acquire data have been discussed. The data collection tools, as well as descriptions of the variables studied, the scoring system, and ethical considerations are all explained. At the end, the administrations of the tools as well as the statistical approaches used for data analysis are discussed.

Research Questions

1. Is there any significant difference between emotional maturity and resilience among the athletes across gender?
2. Is there any significant relationship between Emotional maturity and resilience among athletes?

Aim

To study the relationship between emotional maturity and resilience among athletes

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Objectives

1. To find out the significant difference between emotional maturity and resilience among the athletes across gender.
2. To find out the significant relationship between Emotional maturity and resilience among athletes

Variables

Independent variable:

- Gender

Dependent Variable:

- Emotional maturity
- Resilience

Hypotheses

Ho1- There is no significant difference between emotional maturity and resilience among athletes across gender.

Ho2 – There is no significant relationship between emotional maturity and resilience among athletes.

Operational definition

- Emotional maturity is a high and appropriate level of emotional control and expression (APA)
- Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional and behavioural flexibility and adjustment to external and internal demands.
- Athlete is a person who is proficient in sports and other forms of physical exercise.

Research Design

The current research employs a quantitative method.

Sample description

The current study follows purposive sampling method to select the sample. The sample for the study consisted of 100 athletes consisting of 50 males and 50 females respectively, making the 'N = 100'. The current research has taken age between 18-28 years, the athletes who are unmarried. Sample was chosen from the residences from different parts of Kerala such as Thrissur, Ernakulum and Trivandrum. The information was collected from the sample through direct data collection.

Sample distribution among gender among athletes

Gender	Sample size
Males	50
Females	50
Total sample	100

Exclusion Criteria

- Married individuals
- Individuals of age group below 18 and above 28
- Athletes who have experience less than 3 years.

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Inclusion criteria

- Unmarried individuals.
- Individuals of age group 18 – 28
- Athletes with an experience of minimum 3 years' experience in their particular discipline

Assessment tools

- **Personal data sheet**

The personal data sheet was prepared by the researcher. The data sheet contains socio-demographic details like Name, age, gender, Marital status, sport event, Experience etc.

- **Emotional maturity Scale**

Emotional maturity scale prepared by Singh and Bhargava (1999) was used to measure emotional maturity. It is a 48 item scale with 5 sub scales namely:

Emotional instability

The area consists of ten items. This is a broad factor representing syndrome of lack of capacity to dispose of problems, irritability, needs, constant help for one's day to day work, vulnerability and temper tantrums, Emotional instability is an independent factor of emotional immaturity.

Emotional regression

The area consists of Ten items. Emotional regression is also a broad group of factors representing such syndromes as feeling of inferiority, restlessness, aggressiveness and self-centeredness.

Social Mal-Adjustment

The area consists ten items. Such a person shows lack of social adaptability hatred, exclusive but boasting, liar and shirker.

Personality Disintegration

It includes all those symptoms which represent disintegration of personality like reaction, phobias formation, rationalization, pessimism, immorality etc. such a person suffers from inferiority and hence reacts to environment through aggressiveness, destruction and has a distorted sense of reality.

Lack of independence

A person who has lack of independence is dependent on others is egoistic and lacks objective interests. People tend to be unreliable. The area consists of ten items.

Scoring: Emotional maturity scale has a total of 48 items and is a self-reporting five-point scale. Items of the scale are in question from demanding information for each in any of the five options i.e., Very much, Much, undecided, probably and never.

The items are so stated that if the answer is in positive say for very much, a score of five is given; for much 4, for undecided 3, for probably 2 and for never a score of 1 is to be awarded and the question doesn't contain negative statements.

Reliability and validity: Reliability of the scale is 0.75 and validity of the scale is 0.64.

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Procedure

The participants for the study was taken from the athletes who are residing in the districts of Thrissur, Ernakulum and Trivandrum of Kerala. The sample size for the study consisted of 100 athletes (50 males and 50 females). The participants are of the age limit 18-28 years with minimum 3 year of experience in that particular sport event. Rapport was established with the participants and an informed consent was obtained from the participants. The participants were asked to fill socio-demographic details which contained Name, age, gender, sport event, experience.

Resilience scale

Resilience scale was developed by Drs, Campbell – sills and stein. Resilience scale consist of 10 statements. According to Campbell – sills and stern, the new 10-item was extracted from the original 25- item CD-RISC. It is measured on 5 point rating scale, like Likert's method, ranging from 0 to 4, the subject can evaluate each statement on the basis of their judgment on the following 5 point rating scale (Not true at all, rarely true, sometimes true, often true, true nearly all the time

Reliability and validity: It has a reliability score of 0.91 and good structural validity.

Scoring: The questionnaire consists of 10 items. The ten-item CD-RISC scale is made on 5 point scale (0=not true at all, 1=rarely true, 2=sometimes true, 3=often true, 4=true nearly all the time) the scores can be summed up to find the total score of an individual.

General instructions for the participants

“You are required to complete the socio-demographic data before proceeding. pI kindly request you fill out the form with utmost sincerity. Any information that is obtained in connection with the study and identifying details of you as a participant will remain confidential and will be used for academic purposes only.

The following are some statements, and you are required to express your opinion on each statement by selecting one. no correct or incorrect response is required; thus, please respond to all the things. There is no time restriction, but please complete the task as quickly as possible.

The participants were asked to complete the provided questionnaires and fill out the socio-demographic data sheet. The author's scoring key and norms were used to complete the scoring. The scoring has been completed. The result of the test was evaluated using the proper statistical method.

Procedure

To achieve the aim of the present study 100 athlete data was collected from the various districts of Kerala (Thrissur, Trivandrum and Ernakulum) prior consent was taken from athletes. The athletes were aged between 18-28. All the participants were administered with emotional maturity and resilience scale through paper survey method. As the data was collected it was scored according to the manual. Finally, the data was analyzed by using Descriptive statistics.

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Data analysis

For analyzing the data descriptive statistics was used which included Normalcy of the data, one-way analysis of variance and Pearson's product-moment correlation. Normalcy was analyzed by using Shapiro-wilk.

The whole analysis was done by using Statistical package for the social sciences (SPSS) 20th version.

Ethical Issues

The purpose, objectives, and procedure of the study were explained to respondents before collecting the data. Each respondent was assured that the collected information would be used only for research purposes and confidentiality would be ensured.

RESULT AND DISCUSSION

Table 4.1 shows the result of Normality on Emotional maturity and Resilience among athletes

Tests of Normality

	Kolmogorov-Smirnov ^a		Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.
Emotional Maturity	.105	100	.008	.971	100	.028
Resilience	.096	100	.024	.967	100	.013

a. Lilliefors Significance Correction

Table 4.1 shows the test of normality, the scores of Kolmogorov-Smirnov test indicates the emotional maturity and resilience are found to be significant at 0.008 level and 0.024. Further Shapiro-Wilk test indicates that emotional maturity and resilience are found to be significant at 0.028 level and 0.013.

Table 4.2 Shows the Mean rank of emotional maturity and resilience among athletes across gender

Ranks

	Gender	N	Mean Rank
Emotional Maturity	Male	50	48.13
	Female	50	52.87
	Total	100	
Resilience	Male	50	49.25
	Female	50	51.75
	Total	100	

Table 4.2 shows the mean rank of emotional maturity and resilience. In emotional maturity the mean rank obtained for male athletes is 48.12 and 52.87 for female. In resilience the mean rank value obtained is 49.25 for male and 51.75 for female.

Table 4.3 Shows the Kruskal Wallis Test result on emotional maturity and resilience among athletes across gender

Test Statistics^{a,b}

	Emotional Maturity	Resilience
Chi-Square	.668	.186
df	1	1
Asymp. Sig.	.414	.666

a. Kruskal Wallis Test

b. Grouping Variable: Gender

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Table 4.3 shows the result of Kruskal –Wallis test. The Chi-Square values obtained for emotional maturity and resilience are .668 and .186. Degree of Freedom is 1 and the p value for emotional maturity is .414 and resilience is .666. the result indicates that there is no significant difference between emotional maturity and resilience among athletes across gender.

Table 4.4 Spearman’s rank correlation coefficient for emotional maturity and resilience among athletes

Groups	Spearman’s Correlation	Sig (2 Tailed)
Emotional maturity	.027	.789
Resilience		

NS: Not Significant

The Hypothesis Ho2 states that there is no significant relationship between emotional maturity and resilience among athletes was tested using Spearman’s rank correlation coefficient. From above table it can be observed that the obtained Spearman’s coefficient of correlation value is .027 which indicates that there no significant relationship between emotional maturity and resilience. Hence the Null hypothesis is accepted which states that there is no significant relationship between emotional maturity and resilience among athletes.

SUMMARY AND CONCLUSION

This chapter include summary, findings of the study, implications, conclusion, scope for further research, limitations and suggestions.

Summary

The research title “Relationship between emotional maturity and resilience among athletes” was conducted to study age differences and also the relationship between independent variables. The study was exploratory in nature and tools used were Emotional Maturity Scale (1991) and CD-RISC 10 (2007). The sample size was 100 with 50 males and 50 females. The sampling method used was purposive sampling and paper survey method for data collection.

Findings of the study

1. There is no significant difference between emotional maturity and resilience among athletes across gender.
2. There is no significant relationship found between emotional maturity and resilience among athletes.

Implications

- Training programs for athletes could focus on developing both emotional maturity and resilience as separate skills. Since these two constructs do not appear to be strongly related to each other, it may be important for athletes to cultivate both in order to perform at their best.
- Coaches and trainers may not need to design training programs that are specifically geared towards different age groups with regard to emotional maturity and resilience, since there is no significant difference in these traits between athletes of different ages.

CONCLUSION

The study concludes that there is no significant relationship between emotional maturity and resilience among athletes. Additionally, the study found no significant difference in emotional maturity and resilience among athletes across gender. These results suggest that emotional maturity and resilience may be distinct constructs that are not necessarily related to each other or influenced by age in the context of athletic performance. Further research may be needed to better understand how emotional maturity and resilience contribute to athletic performance, and how training programs can be optimized to develop these skills separately.

Scope for further research

- Since the present study considered only a total number of 100 participants with 50 males and 50 female athletes, further study can be carried out with a large number of samples.
- Further research can be done by comparing emotional maturity and resilience between athletes from different sports, genders, or cultural backgrounds to better understand how these traits may vary across populations.
- Further research can be done with exploring the impact of emotional maturity and resilience on athletic success, including factors such as injury rates or performance under pressure.

Limitations

- The research findings cannot be generalized as the total number participants included in this study is less.
- Present study concentrated on only one domicile Kerala, Further research can be done including more places.
- The findings of your study may only apply to the specific setting where the study was conducted.

Suggestions

- By expanding the sample size to increase the statistical power and generalizability of the study findings.
- By using a variety of sampling methods to minimize sampling bias and ensure the sample is representative of the population of interest.

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Conflict of Interest

The author(s) declared no conflict of interest.

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