

## EMOTIONAL MATURITY OF SPORTS PERSONS WITH SPECIAL NEEDS : WITH REFERENCE TO GENDER

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### **Abstract:**

*The objective of the present study is to compare emotional maturity of physically challenged male and female sportspersons. To conduct the study 100 physically challenged male sportspersons (Av. age 22.99 yrs) and female sportspersons (Av. age 23.50 yrs) were selected as sample. The data has been collected during National Game organised in Ajmer for physically disabled persons. Five dimensional Emotional Maturity Scale prepared by Singh and Bhargava (1990) was used to assess emotional maturity of selected subjects. Statistical analysis of data indicate that physically challenged male sportsperson showed more magnitude of emotional maturity as compared to physically challenged female sportspersons. It was concluded that gender influence emotional maturity of physically challenged sportspersons.*

### **KEYWORDS:**

society physical , psychological , emotional maturity , Materials and Methods.

### **INTRODUCTION**

In our society physical appearance and motor functioning are highly regarded. For disable person physical defect takes root in unconscious because physique is one of the most important factors that influence psychological make-up. It is even so for opposite sex because women with physical disabilities face discrimination on the basis of gender as well as disability.

Physical disability whether acquired a birth or later in life comes with its associated psycho-physical problems. In order to promote overall health of people with disability, the role of sports and physical activity has been studied extensively by the researchers. Researches in the past have psycho-social benefits of sports among physically challenged persons (Hutzler, & Bar-Eli, 1993, Campbell & Jones, 1994). Although so much literature is available on impact of participation in sports on psycho-social well-being of physically challenged population, one major dimension i.e. emotional maturity has been left unexplored so far.

Emotional maturity is nothing but ability to bear tension. An emotionally mature person can withstand frustrating situation. An emotionally mature person has this ability to make effective adjustment in society and culture.

The importance of emotional maturity in our life and especially in population with special needs, the researcher decided to compare emotional maturity of physically challenged male and female sportspersons.

To solve above mentioned purpose, single hypothesis has been framed.

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### HYPOTHESIS

Gender will influence emotional maturity among physically challenged sportspersons

### MATERIALS AND METHODS

#### Sample :-

To conduct the study 100 physically challenged male (Av. age 22.99 yrs) and female sportspersons (Av. age 23.50 yrs) were selected as sample. The sample has been selected during National Game organised in Ajmer for physically disabled persons.

#### Tools:

Five dimensional Emotional Maturity Scale prepared by Singh and Bhargava (1990) was used to assess emotional maturity of selected subjects. The areas covered by this inventory are emotional stability, emotional progression, social adjustment, personality integration and independence respectively. This inventory is highly reliable and valid.

#### Procedure:

Emotional Maturity Scale prepared by Singh and Bhargava (1990) was administered to selected subjects as per their convenience, and availability. Scoring of the responses was done according to author's manual, obtained data was tabulated according to their respective groups. 't' test was used to compare the data between two study groups. The results are presented in table 1.

### ANALYSIS, RESULTS AND CONCLUSION

**Table No. 1**  
**Comparison of Emotional Maturity between Physically Challenged Male and Female Sportspersons**

Variable	Physically Challenged Male Sportspersons (N=100)		Physically Challenged Female Sportspersons (N=100)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Emotional Maturity	87.60	15.63	94.79	11.52	7.19	3.70**

\*\* Significant at .01 level

A closer look at the entries reported in table 1 indicate that physically challenged male sportspersons showed more magnitude of emotional maturity (M=87.60) as compared to physically challenged female sportspersons (M=94.79). The calculated  $t=3.70$  which is statistically significant at .01 level confirms the above finding. As per author's manual of the lower the score, higher the emotional maturity, hence lower mean scores denotes better emotional maturity.

### RESULTS

Physically challenged male sportspersons was found to emotionally more mature as compared to physically challenged female sportspersons at acceptable level of statistical significance.

### CONCLUSION

Present study shows the role of gender upon emotional maturity of physically challenged sportspersons. In the similar line but with a non sporting sample Bajpai (2006) observed that

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orthopaedically handicapped adolescent boys were emotional more mature as compared to orthopaedically handicapped adolescent girls. Hence the role of gender upon emotional maturity has been established in physically challenged non sportspersons as well as sportspersons. On the basis of results it may be concluded that gender plays a significant role as far as emotional maturity of physically challenged sportspersons are concerned.

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