

## A comparative study of emotional maturity between male and female students of physical education

Dr. Megha Sahu

Asst. Professor, Amity University Uttar Pradesh, India.

### Abstract

The material developments have curbed the path of truth, beauty and welfare. People are unable to develop good sense of humanity since their emotional cognition; affection and conation have lost the integrity and maturity of emotional behavior. They play a significant role in shaping and reshaping the personality. The purpose of this study was to compare the emotional maturity level of male and female physical education students of Noida and Greater Noida. For testing the hypothesis following variable were selected: Emotional strain, Emotional depression, Social distance, Personality disorder, and lack of ascendancy and the Bhargava Emotional Maturity Questionnaire were administered.

**Keywords:** Emotional cognition, affection, conation, personality disorder

### 1. Introduction

The last decade of this century is full of turmoil and tension. People are unable to take even a wink of sleep since they are living in the domain of darkness, pollution to adjust themselves with environment as they have damnable and unreliable characters. The material developments have curbed the path of truth, beauty and welfare. People are unable to develop good sense of humanity since their emotional cognition; affection and conations have lost the integrity and maturity of emotional behavior. It has been seen that psychologists have not focused on this particular problem in which people are an important aspect of our behavior. They play a significant role in shaping and reshaping the personality.

Every day, our environment thwarts our motive; disturbing stimuli threaten us all sort of unpleasantness, ranging from through disapproval of boredom. Somehow we must adopt our motive one way or another, we must solve our problem. We must adjust.

The purpose of this study was to compare the emotional maturity level of male and female physical education students of Noida and Greater Noida. 60 male physical education students and 60 female physical education students were randomly selected. For testing the hypothesis following variable were selected: Emotional strain, Emotional depression, Social distance, Personality disorder, and lack of ascendancy and the Bhargava Emotional Maturity Questionnaire were administered.

To characterize the significant difference between emotional maturity level of male and female physical education students, t- test was applied after obtaining the mean and standard deviation. For testing hypothesis the level of significance was set at .05 level.

### 2. Findings

The analysis of variants of the data on emotional maturity has been presented in table 1.

**Table 1:** Mean, Standard Deviation and 't' values for different measures on emotional maturity obtained from students

Variables	N	Male		Female		SEM	'T' Value	Significance Difference
		Mean	S.D.	Mean	S.D.			
Emotional Strain	60	30.00	9.11	26.6	7.66	1.537	2.2127	Yes
Emotional Depression	60	24.20	7.35	21.20	6.25	1.246	2.5691	Yes
Social Depression	60	22.60	6.86	22.00	6.48	1.218	0.4925	No
Personality Disorder	60	26.20	8.02	21.40	6.31	1.317	3.6435	Yes
Lack Of Ascendency	60	22.00	6.68	17.00	5.02	1.079	4.6350	Yes
Emotional Maturity	60	125.00	34.09	108.00	31.83	6.395	2.6585	Yes

Significant at .05 Level of Confidence  
 $t_{.05(9)} = 1.980$

Within the limitation identified and on the result of the present study, the following conclusion of present study were drawn,

- The female physical education students of Noida and Greater Noida have better emotional maturity level than the male students.
- In case of Emotional strain of female and male physical education students of Noida and Greater Noida, significant

difference was found.

- In case of Emotional depression of female and male physical education students of Noida and Greater Noida.
- In case of Social distance female and male physical education students of Noida and Greater Noida.
- In case of personality disorder of female and male physical education students of Noida and Greater Noida.

- In case of lack of ascendancy of female and male physical education students of Noida and Greater Noida.

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