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Study of emotional maturity among different playing positions of university level volleyball players

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Abstract
The aim of the present investigation was to find out the significant differences of "Emotional Maturity" among different playing positions of university level volleyball players. Emotional Maturity scale devised by Dr. Yashvir Singh as well as Dr. Mahesh Bhargava, 1999. was used to measure emotional maturity. Measurements were collected (N=163) from Guru Nanak Dev University, Amritsar (N_1=57), Punjabi University, Patiala (N_2=39), Panjab University, Chandigarh (N_3=37) and I.K. Gujral Punjab Technical University Jalandhar (N_4=30) with reference to playing position of inter-college volleyball players. Setter: - It is acquiesced as under: - That, in case of Setter the sub dimensions Mean & SD for Personality Integration was 29.90 & 11.94, for Social Adjustment it was 30.22 & 11.39, for Emotional Progression it was 30.93 & 10.70 and for Independence it was 23.79 & 8.66. Hitter: - It is acquiesced as under: - That, in case of Setter the sub dimensions Mean & SD for Personality Integration was 27.96 & 11.16, for Social Adjustment it was 30.46 & 12.28, for Emotional Progression it was 29.34 & 12.46 and for Independence it was 23.69 & 8.90. Libero: - It is acquiesced as under: - That, in case of Setter the sub dimensions Mean & SD for Personality Integration was 28.36 & 12.95, for Social Adjustment it was 33.27 & 10.40, for Emotional Progression it was 31.48 & 10.31 and for Independence it was 23.42 & 9.24.

Keywords: Emotional maturity, volleyball players, setter, hitter, libero

Introduction
Emotional maturity plays a crucial role in shaping an individual's overall well-being and success in various aspects of life. It is a multifaceted construct that encompasses understanding, managing, and expressing emotions effectively. As we navigate the complexities of the modern world, the importance of emotional maturity becomes increasingly evident, as it impacts our personal relationships, decision-making processes, and overall mental health [1, 2, 3]. This research paper aims to provide a comprehensive review and analysis of the concept of emotional maturity, shedding light on its underlying factors, developmental patterns, and implications for individuals across different stages of life [4]. By examining the existing literature, we seek to deepen our understanding of emotional maturity and its significance in fostering resilience, interpersonal connections, and personal growth [5, 6]. To ensure the accuracy and reliability of our research, we have consulted a diverse range of scholarly articles, books, and relevant studies. These sources have been carefully selected to provide a comprehensive overview of emotional maturity from multiple perspectives. By integrating insights from various disciplines such as psychology, sociology, and neuroscience, we aim to present a holistic understanding of this complex construct [7, 8]. This paper will begin by defining emotional maturity and exploring its key components, including emotional intelligence, self-awareness, and self-regulation. We will then delve into the developmental trajectory of emotional maturity, examining its progression from childhood through adolescence and into adulthood. By analyzing the factors that influence emotional maturity at each stage, we aim to highlight the contextual and individual differences that shape this developmental process [9]. Furthermore, we will investigate the long-term consequences of emotional maturity on individuals' well-being, interpersonal relationships, and professional success. We will explore how emotional maturity impacts individuals' ability to navigate conflicts, cope with stress, and make informed decisions.

Additionally, we will examine the role of emotional maturity in promoting psychological resilience and fostering positive mental health outcomes [10]. By presenting a comprehensive synthesis of the existing literature on emotional maturity, this research paper intends to contribute to the growing body of knowledge in the field. We hope this exploration will serve as a valuable resource for researchers, practitioners, and individuals seeking to enhance their understanding of emotional maturity and its profound implications in today's rapidly changing world [11, 12].

Material and Methods
Participants

Measurements were collected (N=163) from Guru Nanak Dev University, Amritsar (N_1=57), Punjabi University, Patiala (N_2=39), Panjab University, Chandigarh (N_3=37) and I.K. Gujral Punjab Technical University Jalandhar (N_4=30) with reference to playing position of inter-college volleyball players.

Universities	Setter	Hitter	Libero	Total
Guru Nanak Dev University, Amritsar	14	32	11	57
Punjabi University, Patiala	12	18	9	39
Panjab University, Chandigarh	10	20	7	37
I.K. Gujral Punjab Technical University, Jalandhar	8	16	6	30
Sample Size	44	86	33	163
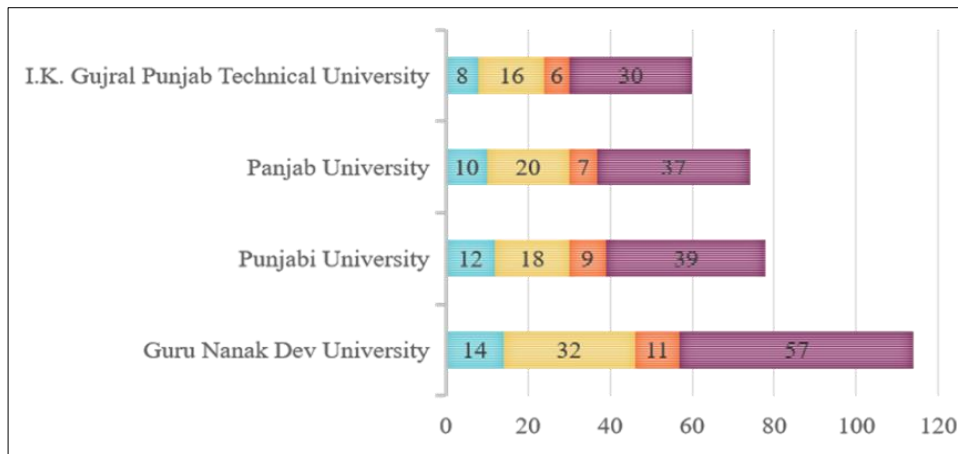
Fig 1: Chart representation of subject with reference to their playing position.

Statistical Analysis

This study's data analysis procedure was divided into two sections: Section-1: A descriptive analysis was used in the first section to describe the data distribution. Section-2: The hypothesis testing with ANOVA was included in the second section. The data was statistically analyzed using SPSS (Statistical Package for the Social Sciences) version 17 to draw conclusions. In addition, if the f-value was found to be significant, the Scheffe test for multiple comparison methods was used in this study. The level of significance was set at 0.05.

Results

To determine the Emotional Maturity of Setter, Hitter and Libero volleyball players of Guru Nanak Dev University, Amritsar, Punjabi University, Patiala, Panjab University, Chandigarh and I.K. Gujral Punjab Technical University Jalandhar.

Table 1: Emotional Maturity of setter, hitter and libero volleyball players of Guru Nanak Dev University, Amritsar, Punjabi University, Patiala, Panjab University, Chandigarh and I.K. Gujral Punjab Technical University Jalandhar.

Group	Dimensions	Mean	SD	Range	Skewness	Kurtosis
Setter (44)	Emotional Stability	31.25	10.54	37	-0.046	2.15
	Personality Integration	29.90	11.94	40.00	.126	1.059
	Social Adjustment	30.22	11.39	37.00	.138	1.063
	Emotional Progression	30.93	10.70	38.00	.085	.886
	Independence	23.79	8.66	32.00	.107	.648
Hitter (86)	Emotional Stability	31.72	11.99	40	-0.26	1.90
	Personality Integration	27.96	11.16	40.00	.282	.823
	Social Adjustment	30.46	12.28	40.00	.173	1.224
	Emotional Progression	29.34	12.46	40.00	.127	1.362
	Independence	23.69	8.90	32.00	.014	1.142
Libero (33)	Emotional Stability	31	13.29	40	-0.080	1.83
	Personality Integration	28.36	12.95	38.00	.119	1.528
	Social Adjustment	33.27	10.40	36.00	.271	.640
	Emotional Progression	31.48	10.31	39.00	.023	.911
	Independence	23.42	9.24	32.00	.051	1.003

▪ **Setter: It is acquiesced as under:** That, in case of Setter the sub dimensions Mean & SD for Personality Integration was 29.90 & 11.94, for Social Adjustment it was 30.22 & 11.39, for Emotional Progression it was

30.93 & 10.70 and for Independence it was 23.79 & 8.66.

▪ **Hitter:** It is acquiesced as under: - That, in case of Setter the sub dimensions Mean & SD for Personality

Integration was 27.96 & 11.16, for Social Adjustment it was 30.46 & 12.28, for Emotional Progression it was 29.34 & 12.46 and for Independence it was 23.69 & 8.90.

- **Libero:** It is acquiesced as under: - That, in case of Setter the sub dimensions Mean & SD for Personality Integration was 28.36 & 12.95, for Social Adjustment it was 33.27 & 10.40, for Emotional Progression it was 31.48 & 10.31 and for Independence it was 23.42 & 9.24.

Table 2: Descriptive statistics of Emotional Maturity of setter, hitter and libero volleyball players of Guru Nanak Dev University, Amritsar, Punjabi University, Patiala, Panjab University, Chandigarh and I.K. Gujral Punjab Technical University Jalandhar.

Descriptive Statistics (N=163)						
Group	N	Mean	Std. Deviation	Std. Error of Mean	Min.	Max.
Setter	44	146.11	25.37	25.37	80.00	187.00
Hitter	86	143.19	27.96	27.96	81.00	212.00
Libero	33	31.00	13.29	25.77	90.00	198.00

The findings with regards to Descriptive Statistics Emotional Maturity of Setter, Hitter and Libero volleyball players are brought forth in Table-2.
The observed Mean and Std. Deviation value of setter was (146.11±25.37), hitter was (143.19±27.96) and libero was (31.00±13.29).

Table 3: ANOVA analysis of Emotional Stability

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	14.754	7.377	0.05207	.949276
Error (within groups)	160	22667.552	141.672		
Total	162	22682.307			

- That F value is 0.05207 and P value is .949276 at (alpha=0.05). The results revealed that groups are not significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (31.25)	Hitter	-.47093	2.20617	.975
	Libero	.25000	2.74097	.995
Hitter (31.72)	Setter	.47093	2.20617	.975
	Libero	.72093	2.43730	.953
Libero (31)	Setter	-.25000	2.74097	.995
	Hitter	-.72093	2.43730	.953

- That the mean difference is not significant at (alpha=0.05).

Table 4: ANOVA analysis of Emotional Progression.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	140.335191	70.167596	0.521533	0.594616
Error (within groups)	160	21526.57209	134.541076		
Total	162	21666.90728	133.746341		

- That F value is 0.521533 and P value is 0.594616 at (alpha=0.05). The results revealed that groups are different significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (30.93)	Hitter	1.58298	2.14993	.763
	Libero	-.55303	2.67110	.979
Hitter (29.34)	Setter	-1.58298	2.14993	.763
	Libero	-2.13601	2.37517	.668
Libero (31.48)	Setter	.55303	2.67110	.979
	Hitter	2.13601	2.37517	.668

- That the mean difference is significant at (alpha=0.05).

Table 5: ANOVA analysis of Social Adjustment.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	221.178515	110.589257	0.808413	0.447376
Error (within groups)	160	21887.66816	136.797926		
Total	162	22108.84667	136.474362		

- That F value is 0.808413 and P value is 0.447376 at (alpha=0.05). The results revealed that groups are different significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (30.22)	Hitter	-.23784	2.16788	.994
	Libero	-3.04545	2.69341	.529
Hitter (30.46)	Setter	.23784	2.16788	.994
	Libero	-2.80761	2.39501	.505
Libero (33.27)	Setter	3.04545	2.69341	.529
	Hitter	2.80761	2.39501	.505

- That the mean difference is significant at (alpha=0.05).

Table 6: ANOVA analysis of Personality Integration.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	111.770619	55.885309	0.404377	0.668073
Error (within groups)	160	22112.16848	138.201053		
Total	162	22223.93910	137.184809		

- That F value is **0.**404377 and P value is 0.668073 at (alpha=0.05). The results revealed that groups are different significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (29.90)	Hitter	1.94397	2.17897	.672
	Libero	1.54545	2.70718	.850
Hitter (27.96)	Setter	-1.94397	2.17897	.672
	Libero	-.39852	2.40726	.986
Libero (28.36)	Setter	-1.54545	2.70718	.850
	Hitter	.39852	2.40726	.986

- That the mean difference is significant at (alpha=0.05).

Table 7: ANOVA analysis of Independence.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	2.751207	1.375604	0.0173286	0.982823
Error (within groups)	160	12701.35983	79.383499		
Total	162	12704.11104	78.420438		

- That F value is 0.0173286 and P value is 0.982823 at (alpha=0.05). The results revealed that groups are different significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (23.79)	Hitter	.09778	1.65143	.998
	Libero	.37121	2.05176	.984
Hitter (23.69)	Setter	-.09778	1.65143	.998
	Libero	.27343	1.82445	.989
Libero (23.42)	Setter	-.37121	2.05176	.984
	Hitter	-.27343	1.82445	.989

- That the mean difference is significant at (alpha=0.05).

Table 8: ANOVA analysis of Emotional Maturity.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	544.777664	272.388832	0.377544	0.686152
Error (within groups)	160	115436.2521	721.476575		
Total	162	115981.0297	715.932282		

- That F value is 0.377544 and P value is 0.686152 at (alpha=0.05). The results revealed that groups are different significantly.

Post Hoc Test				
Group-A	Group-B	Mean Difference	Std. Error	Sig.
Setter (146.11)	Hitter	2.91596	4.97860	.843
	Libero	-1.43182	6.18548	.974
Hitter (143.19)	Setter	-2.91596	4.97860	.843
	Libero	-4.34778	5.50020	.732
Libero (31.00)	Setter	1.43182	6.18548	.974
	Hitter	4.34778	5.50020	.732

- That the mean difference is significant at (alpha=0.05).

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