



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2023; 9(6): 248-250
www.allresearchjournal.com
Received: 06-03-2023
Accepted: 11-04-2023

Baldev Singh
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Harmanpreet Singh
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Baljinder Singh Bal
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Amandeep Singh
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

Maman Paul
Department of Physiotherapy,
Guru Nanak Dev University,
Amritsar, Punjab, India

Dr. Gurbir Singh
Department of Physical
Education, Khalsa College of
Physical Education, Heir,
Amritsar, Punjab, India

Corresponding Author:
Baldev Singh
Department of Physical
Education, Guru Nanak Dev
University, Amritsar, Punjab,
India

A study of emotional stability among players of different games

Baldev Singh, Harmanpreet Singh, Baljinder Singh Bal, Amandeep Singh, Maman Paul and Dr. Gurbir Singh

Abstract

Aim: To find out the significant differences of “Emotional Stability” among players of different games.

Material and Methods: Emotional Stability data was collected (N=36) through semi-structured questionnaire in form of Google forms from players of different games Volleyball (N₁=12), Handball (N₂=12) and Boxing (N₃=12).

Sampling Technique: The method of purposive sampling was used to develop the sample of the research under discussion. According to this method, which belongs to the category of non-probability sampling techniques, sample members are selected based on their knowledge, relationships, and expertise regarding a research subject.

Statistical Treatment: The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA).

Results: Since $p\text{-value} > \alpha$, H₀ is accepted. The averages of all groups considered to be equal.

In other words, the difference between the averages of all groups is not big enough to be statistically significant.

Keywords: Emotional maturity, emotional stability, volleyball, handball and boxing

Introduction

Physical activity practiced on a regular basis is associated with a great amount of physical, psychological and physiological benefits (Boule, N. G. 1993) ^[1] and plays an exceptional role in preventing a variety of illness. Olubayo-Fatiregun Ayodele and Olorunisola (2014) ^[2], stated that regular physical activity and exercise are critically significant for the health, fitness and well-being of people. (Bouchard C, Shephard RJ) Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression. Finally, it has been argued that the potential psychological and social benefits of physical education, physical activity and sport may indirectly enhance academic performance by enhancing mental health, improving feelings of feelings connectedness with school and by enhancing positive social behaviours (Trudeau and Shephard, 2008, 2010) ^[4]. It provides objective support, arguing for the active and healthy use of physical exercise through programs of Physical Education and Health in terms of the maintenance of the population’s physical and mental wellbeing. The increasing concern in this area represents the stimulus for the periodical renewing of educational programs (Edginton, 2011) ^[5]. Physical fitness has been shown to have benefits in preventing ill health and assisting recovery from injury or illness. Along with the physical health benefits of fitness, it has also been shown to have a positive impact on mental health as well by assisting in treating anxiety and depression (Karin 2014) ^[6]. Physical fitness can also prevent or treat many other chronic health conditions brought on lifestyle or aging as well and has been listed frequently as one of the most popular and advantageous self-care therapies (U.S. Department of Health & Human Services 2002) ^[7]. The most important element of Physical Education and Sport applied to the general population is related to the awareness of physical exercise implications on health status, for maintaining and preserving individual health and as a prophylaxis from diseases (Bailey, 2006) ^[8].

Material and Methods

Selection of Subjects

Emotional Stability data was collected (N=36) through semi-structured questionnaire in form of google forms from players of different games Volleyball (N₁=12), Handball (N₂=12) and Boxing (N₃=12).

Table 1: Selection of subject with reference to their playing position.

Different Games	Total
Volleyball	12
Handball	12
Boxing	12
Sample Size	36

Emotional Stability.

It mentions the traits of an individual which don't permit him in responding unreasonably or assumed to slaps of

temper or noticeable variations in somewhat poignant condition. This group factor has a high correlation (.75) with the total score obtained on the scale on the inter-correlational matrix, syndrome of emotional instability has high interrelation with social maladjustment but low correlation with emotional regression, personality disintegration, and lack of independence. This factor has low correlations with the two-factor analysis.

Questionnaires	Authors	Year
Emotional Maturity	Goldberg	1993

Protocol of power analysis was done to get the required number of sample (n=36) for the experimental study with large effect size (0.45), as to obtain the strong impact on power (1-β err prob=0.75) of the study at α err prob=0.05.

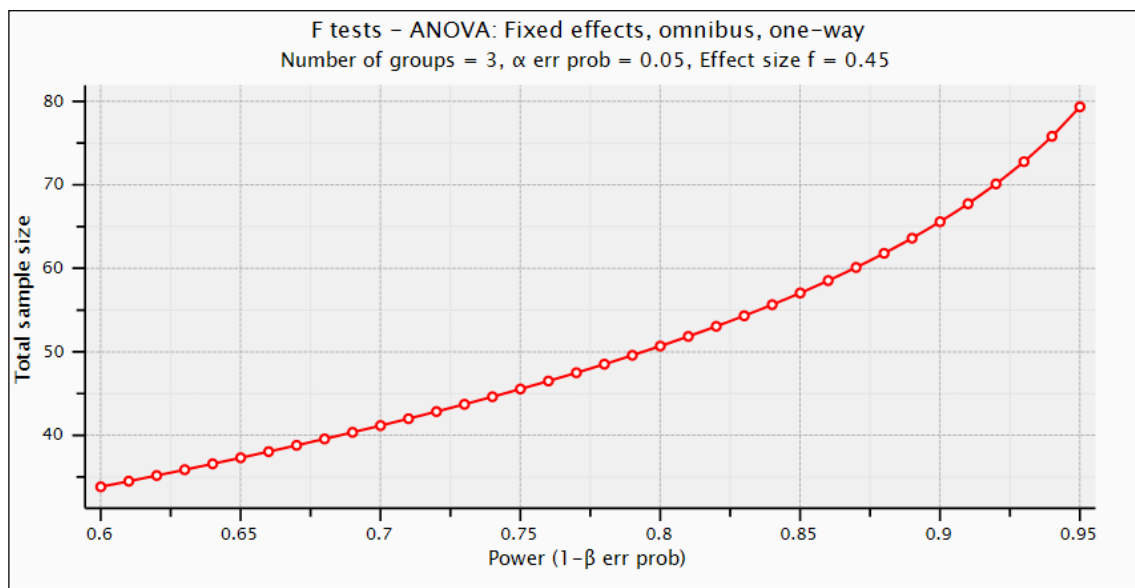


Fig 1: Power analysis.

Sampling Technique

The method of purposive sampling was used to develop the sample of the research under discussion. According to this method, which belongs to the category of non-probability sampling techniques, sample members are selected based on their knowledge, relationships, and expertise regarding a research subject.

Statistical Treatment

The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA).

Results

Table 2: ANOVA analysis of Emotional Stability.

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Groups (between groups)	2	56.888903	28.444452	0.217653	0.805550
Error (within groups)	33	4312.666701	130.686870		
Total	35	4369.555604	124.844446		

One Way ANOVA test

1. H₀ hypothesis

Since p-value > α, H₀ is accepted. The averages of all groups considered to be equal.

In other words, the difference between the averages of all groups is not big enough to be statistically significant.

2. P-value

p-value equals 0.805550, [p (x ≤ F) = 0.194450]. This means that if we would reject H₀, the chance of type I error

(rejecting a correct H₀) would be too high: 0.8055 (80.55%)
The bigger the p-value the stronger it supports H₀.

3. The statistics

The test statistic F equals 0.217653, is in the 95% critical value accepted range: [-∞: 3.2849

4. Effect size

The observed effect size f is small (0.11). That indicates that the magnitude of the difference between the averages is

small. The η^2 equals 0.013. It means that the group explains 1.3% of the variance from the average (similar to R^2 in the linear regression)

5. Tukey HSD / Tukey Kramer

There is no significant difference between the means of any pair.

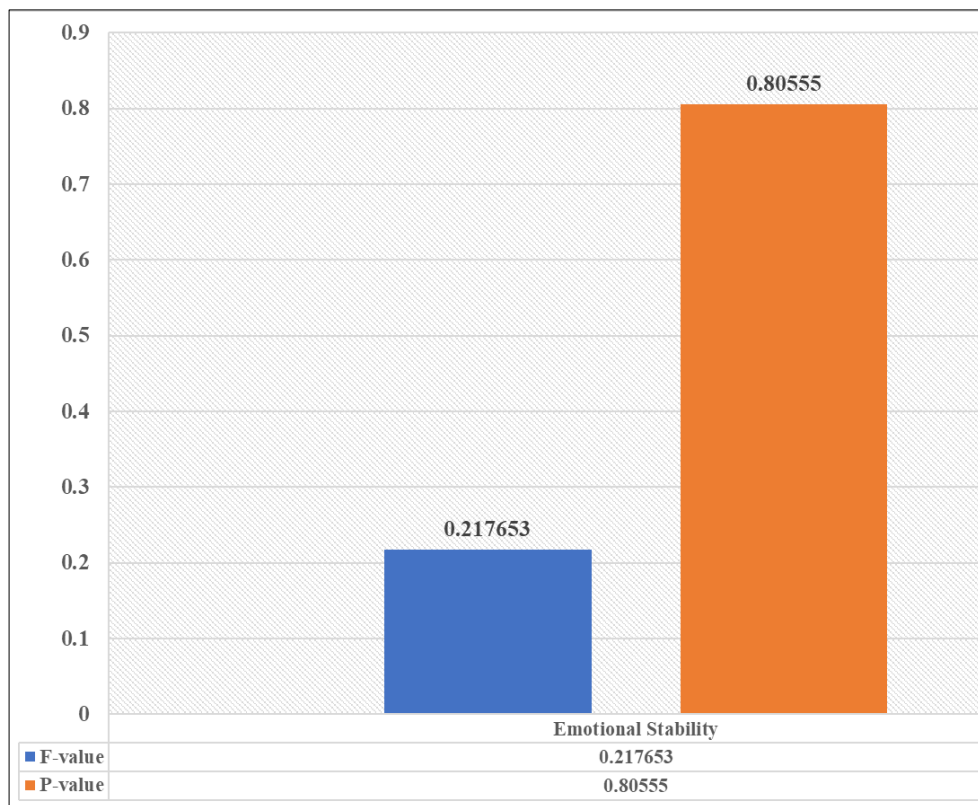


Fig 2: Graphical representation of F and P value on the Emotional Stability.

References

1. Boule NS. Potential Benefits and Hazards of Physical Activity. *Journal of Med.* 1993;15:242-57.
2. Olubayo-Fatregun, Ayodele RB, Olururusola HK. Health, fitness and physical activity: A key to enhancing wellness for all ages in building a vibrant nation. *Asian journal of humanities and social sciences (AJHS)*. 2014;2(1):77-81.
3. Bouchard C, Shephard RJ. Physical activity fitness and health: the model and key concepts. In: Bouchard C, Shephard RJ, Stephens T, editors. *Physical activity fitness and health: International proceedings and consensus statement*. Champaign (IL): Human Kinetics; c1994. p. 77-88.
4. Trudeau F, Shephard RJ. Physical education, school physical activity, school sports and academic performance. *International Journal of Behavioural Nutrition and Physical Activity*. 2008;5:10.
5. Edginton CR, Kirkpatrick B, Schupach R, Philips C, Chin MK, Chen P. A dynamic pedagogy of physical education teacher preparation: Linking practice with theory, *Asian Journal of Physical Education and Recreation*. 2011;16(2):7-23.
6. Volkwein-Caplan, Karin. *Sport, Fitness, Culture*. Meyer & Meyer Sport; c2014, 78.
7. *Physical Activity Fundamental to Preventing Disease*. U.S. Department of Health & Human Services; c2002 20 Jun.
8. Bailey R. Physical education and sport in schools. A review of benefits and outcomes, *Journal of School Health*; c2006, 76.