



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor (RJIF): 8.4  
IJAR 2024; 10(3): 156-158  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 02-12-2023  
Accepted: 08-01-2024

**Dr. Parmjit Kaur**  
Assistant Professor,  
Department of Physical  
Education, Government  
College, Hoshiarpur, Punjab,  
India

## Study of emotional stability and emotional progression between individual and team sports

**Dr. Parmjit Kaur**

### Abstract

The aim of this study was to compare Emotional Stability and Emotional Progression between Individual and Team Sports. Seventy-three (N=73) male subjects, between the age group of 18 to 25 years participated in this study. The subjects were divided into two groups. Group-A: Individual Sports and Group-B: Team Sports. Emotional Stability and Emotional Progression variables were utilised for the present investigation. Independent samples t-test was employed. The statistical package for the social sciences version 20.0 was used for all analyses. The level of significance for assessing the hypotheses was set at 0.05. In Emotional Stability the absolute value of the calculated t is smaller than critical value [0.7921 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at  $p < 0.05$  with regards to sub-variable, Emotional Stability. In Emotional Progression the absolute value of the calculated t is smaller than critical value [0.6833 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at  $p < 0.05$  with regards to sub-variable, Emotional Progression.

**Keywords:** Individual sports, team sports, emotional stability, emotional progression

### Introduction

Behavior analysts have studied sports performance for over three decades [1], including applications with youth, collegiate, and elite athletes participating in baseball [2], basketball [3], figure skating [4], football [5], ice hockey [6], soccer [7], swimming [8], and tennis [9]. This research has focused primarily on interventions that were implemented directly with performers and through consultation with coaches and trainers. Interest in behavioral sport psychology has grown, producing refined methods and an expanded research focus. Sports psychological interventions have proven to be important over the years given the positive impact that they have on wellbeing and the optimization of sports performance [10, 11, 12, 13]. In addition, the training and/or learning of strategies and techniques acquired in these interventions, allow the development of psychological skills such as concentration, activation level, motivation and other cognitive skills required for the most demanding sports scenarios [14, 15, 16].

### Materials and Methods

Seventy-three (N=73) male subjects, between the age group of 18 to 25 years from Guru Nanak Dev University, Amritsar participated in this study. The subjects were divided into two groups. Emotional Stability and Emotional Progression variables were utilised.

**Group-A:** Individual Sports.

**Group-B:** Team Sports.

### Statistical Technique

Independent samples t-test was employed for the present investigation. The statistical package for the social sciences version 20.0 was used for all analyses. The level of significance for assessing the hypotheses was set at 0.05.

**Corresponding Author:**  
**Dr. Parmjit Kaur**  
Assistant Professor,  
Department of Physical  
Education, Government  
College, Hoshiarpur, Punjab,  
India

**Results**

**Table 1:** The independent samples t-test results comparing Individual Sports and Team Sports on the variables, Emotional Stability and Emotional Progression.

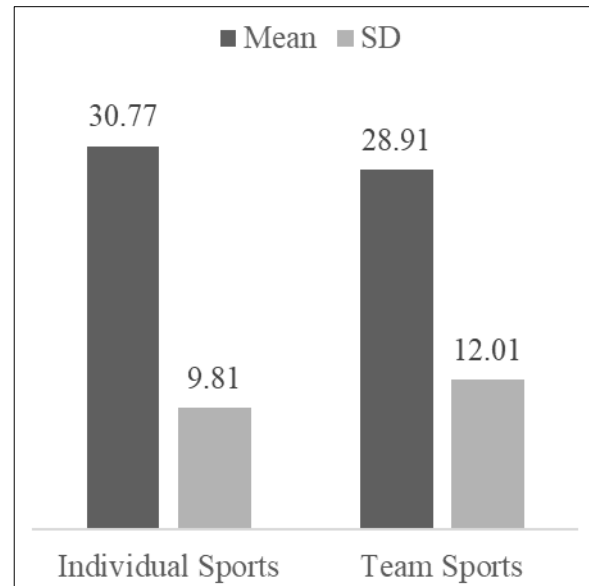
Emotional Stability		
	Individual Sports	Team Sports
Mean	31.4815	29.413
Variance	88.1015	132.1555
Stand. Dev.	9.3862	11.4959
n	27	46
t	0.7921	
critical value	1.994	
t < critical value	>	
no sig. diff.		
Emotional Progression		
	Individual Sports	Team Sports
Mean	30.7778	28.913
Variance	96.321	144.2533
Stand. Dev.	9.8143	12.0105
n	27	46
t	0.6833	
critical value	1.994	
t < critical value	>	
no sig. diff.		

**Emotional Stability**

The absolute value of the calculated t is smaller than critical value [0.7921 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at  $p < 0.05$  with regards to sub-variable, Emotional Stability.

**Emotional Progression**

The absolute value of the calculated t is smaller than critical value [0.6833 < 1.994], so the means are not significantly different. Thus, the means of Individual Sports and Team Sports are not significantly different at  $p < 0.05$  with regards to sub-variable, Emotional Progression.



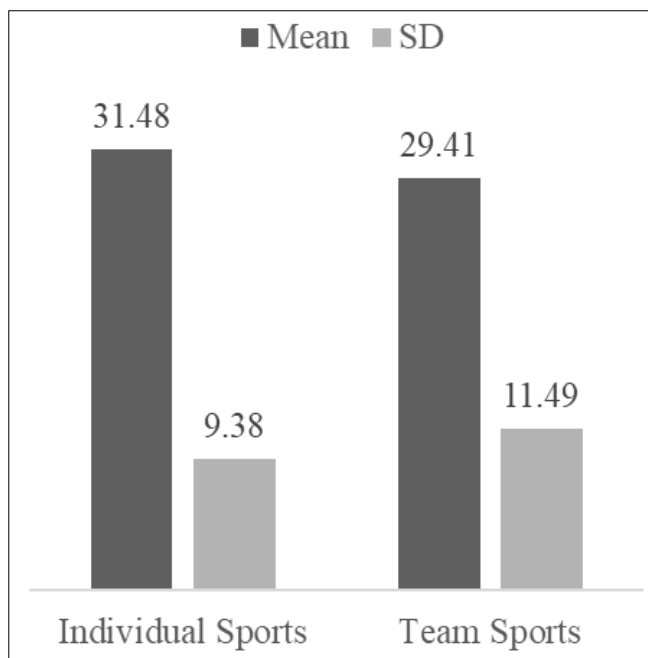
**Fig 2:** The Mean and Standard Deviation comparison between Individual Sports and Team Sports on the variable, Emotional Progression

**Conclusion**

Comprising 73 male subjects aged 18 to 25, compared emotional stability and progression between individual and team sports participants. Utilizing an independent samples t-test, results showed no significant variance in emotional stability ( $t = 0.7921$ ) and progression ( $t = 0.6833$ ) between the two groups ( $p > 0.05$ ). These findings underscore the comparable psychological profiles across both types of sports engagement. Understanding these dynamics is crucial for enhancing athletes' mental resilience and optimizing their performance, contributing to their overall wellbeing in competitive environments.

**References**

1. Martin GL, Tkachuk GA. Behavioral sport psychology. In: Austin J, Carr JE, editors. Behavioral sport psychology: Handbook of applied behavior analysis. Reno, NV: Context Press; c2000. p. 399-422.
2. Osborne K, Rudrud E, Zezoney F. Improved curveball hitting through the enhancement of visual cues. Journal of Applied Behavior Analysis. 1990;23:371-377.
3. Kladopoulos CN, McComas JJ. The effects of form training on foul-shooting performance in members of a women's college basketball team. Journal of Applied Behavior Analysis. 2001;34:329-332.
4. Ming S, Martin GL. Single-subject evaluation of a self-talk package for improving figure skating performance. The Sport Psychologist. 1996;10:227-238.
5. Ward P, Carnes M. Effects of posting self-set goals on collegiate football players' skill execution during practice and games. Journal of Applied Behavior Analysis. 2002;35:1-12.
6. Rogerson LJ, Hrycaiko DW. Enhancing competitive performance of ice hockey goal tenders using centering and self-talk. Journal of Applied Sport Psychology. 2002;14:14-26.
7. Brobst B, Ward P. Effects of public posting, goal setting, and oral feedback on the skills of female soccer players. Journal of Applied Behavior Analysis. 2002;35:247-257.



**Fig 1:** The Mean and Standard Deviation comparison between Individual Sports and Team Sports on the variable, Emotional Stability

8. Hume KM, Crossman J. Musical reinforcement of practice behaviors among competitive swimmers. *Journal of Applied Behavior Analysis*. 1992;25:665-670.
9. Allison MG, Ayllon T. Behavioral coaching in the development of skills in football, gymnastics, and tennis. *Journal of Applied Behavior Analysis*. 1980;13:297-314.
10. Greenspan MJ, Feltz DL. Psychological interventions with athletes in competitive situations: A review. *Sport Psychologist*. 1989;3:219-236.
11. Weinberg RS, Comar W. The effectiveness of psychological interventions in competitive sport. *Sports Medicine*. 1994;18:406-418.
12. Martin GL, Vause T, Schwartzman LH. Experimental studies of psychological interventions with athletes in competitions: Why so few? *Behavior Modification*. 2005;29:616-641.
13. Brown D, Fletcher D. Effects of psychological and psychosocial interventions on sport performance: A meta-analysis. *Sports Medicine*. 2017;47:77-99.
14. Craig MC. New approaches to studying decision making in sport. *Revista de Psicología del Deporte*. 2011;20:689-708.
15. Larkin P, Mesagno C, Berry J, Spittle M, Harvey J. Video-based training to improve perceptual-cognitive decision-making performance of Australian football umpires. *Journal of Sports Sciences*. 2018;36:239-246.
16. McCromick A, Meijen C, Marcora S. Effects of a motivational self-talk intervention for endurance athletes completing an ultramarathon. *Sport Psychologist*. 2018;32:42-50.