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## A comparative study of emotional maturity, mental health and life satisfaction of players and non-players of Bhavnagar University

Physical education and psychology are the two sides of the same coin. Psychological facets are linked with every activity of physical education in various situations. That is the reason why an athlete keeping in mind various sporting environments used different facets of psychology and achieves success in them. Mental health is also very important along with physical fitness because an athlete may be physically fit for one game but if he lacks strength of mind than he has face defeat.

Today's modern world is a world of specializations and it has become very important to become complete and expert in various fields and physical education and sports field is not different from that. So it has become very essential for a person associated with sports and physical education.

To have knowledge of various facets of psychologists have tried to understand emotional maturity in different ways because it is very difficult to say exactly when a child becomes emotionally mature. But when we talk of physical maturity, the answer is easy because we can say that physical maturity means end of growth and development process but emotions and maturity are both opposite words. An athlete to face many problems right from the beginning of the competition till end. If during this time he is emotionally mature or his coach and teacher him to have control on emotions than the athlete becomes successful and can give good performance.

Second important facet of psychology is mental health. Mental health means peace of mind. Intelligence and imagination is not found in animals so they remain happy. Whereas human are intelligent beings, they think of past future and present and as a result he remains disappointed for various situations. This disappointment results in conflicts and these conflicts leads to psychosis which called mental ill health.

An athlete is physically fit, but if he is both mentally and physically healthy then he becomes successful in both competition and life. If an athlete is not mentally fit during a competition there is an adverse effect on his performance and because of that there is a tendency that he becomes mentally unfit. That is the reason to become successful in competition as well as in our lives it is very important to be physically and mentally fit.

Another important facet of psychology is life satisfaction. There may be different views of different persons for life satisfaction.

It is possible for a thing to be more important to a person and another thing to another person. It is important for a good sportsman to be satisfied towards life. If his teacher and coach is not aware of the fact then the athlete may not be successful. Any athlete should be completely satisfied with his health and for that care should be taken by his coach or teacher towards his physical fitness. A part from this if he is individually and socially satisfied. Then he freely takes part in games and competition and becomes successful.

This study is undertaken keeping in mind ratio of above stated psychological facets like emotional maturity, mental health and life satisfaction.

### **Statement of the problem:**

A comparative study of emotional maturity, mental health and life satisfaction of players and non-players of Bhavnagar University.

**Selection of the subjects:**

200 male and female student of Bhavnagar university, who has taken part in inter university tournaments in various games were selected as subject for the study. Whereas 200 male and female students from various department and colleges were selected as non sportsmen subjects.

**Methodology:**

For measuring emotional maturity, mental health and life satisfaction of players and non players subject. Emotional maturity questionnaire by dr. Mahesh bhargav and mental health questionnaire by dr.jagdish or dr. a.k. srivastava and life satisfaction questionnaire by dr.ramji srivastava was used for the study data was collected with the help of these questionnaire and marking by particular rules.

**Statistical procedure:**

Statistical classification was done by using "Z" resio and "F" resio at 0.05 level of significance and the following result were obtained.

**Result of the study:**

The mean of the emotional maturity test of the players was found 134.91 and S.D. was 21.95. whereas mean of the non-players was 132.90 and S.D. was 23.03. The mean difference between both the groups was found 2.01 and 2 ratio was 0.89. While testing at 0.05 level (399) = 1.966, no significant difference was found between both the groups.

"F" ratio of emotional maturity test of players and non-players was 0.79 on testing at 0.05 level (399) = 3.86 , no significant difference was found between them.

The mean of the mental health test of the players was found 172.44 and S.D. was 16.19. Whereas mean of the non-players was 167.95 and S.D. was 15.54 . The mean difference between both the groups was found 4.49 and "Z" ratio was 2.82 While testing at 0.05 level (399) = 1.966, significant difference was found between both the groups.

"F" ratio of mental health test of players and non-players was 7.97 on testing at 0.05 level (399) = 3.86 , significant difference was found between them.

The mean of the life satisfaction test of the players was found 16.96 and S.D. was 2.58 whereas mean of the non-players was 16.91 and S.D. was 2.64. The mean difference between both the groups was found 0.05 and "Z" ratio was 0.21. While testing at 0.05 level (399) = 1.966, no significant difference was found between both the groups.

"F" ratio of life satisfaction test of players and non-players group was found 0.05 on testing at 0.05 level (399) = 3.86 , no significant difference was found between them.

**Conclusions:**

The following conclusions can be drawn from the study with respect to the limitations of the study.

- No significant difference was found between emotional maturity of players and non-players groups.
- The score of emotional maturity of players & non-players was more than the mean score, so emotional maturity of both the groups was equal.
- Mental health of players group was found more significant between both the groups.
- No significant difference was found between life satisfaction of players and non-players groups.

- The score of life satisfaction of players and non-players was more than the mean score. So life satisfaction of both the groups was equal.

### Recommendations:

- A similar study can be undertaken for coaches of different games and physical education teachers as subjects.
- A similar study can be undertaken by taking male and female subjects
- A similar study can be undertaken for team games and individual games subjects.
- A similar study can be undertaken for various male and female age groups.
- A similar study can be undertaken in relation with the cast of the players.
- A similar study can be undertaken for male , female subject of various educational branches.
- A similar study can be undertaken keeping in mind the level of the players.

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