



# AN EMPIRICAL STUDY OF EMOTIONAL STABILITY AND SELF MOTIVATION AMONG SPORTSMAN .

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**Abstract:** Emotional stability enables the person to develop an integrated and balanced way of perceiving the problems of life. The objective of the study is to determine the Emotional **Stability** characteristics of College going Sportsperson and students. Total 100 players of different sports discipline and 100 students were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study and the level of significant was set-up at .05 level. The result reveals that the significant difference was found out in ( $t=2.88$ ,  $P < 0.05$ ) players of different sports discipline and students

## INTRODUCTION

Emotional stability enables the person to develop an integrated and balanced way of perceiving the problems of life. This organizational ability and structured perception helps one to develop reality-oriented thinking, judgment and evaluation ability. Emotional stability refers to a person's ability to remain stable and balanced. (Chaturvedi and Chander 2010). Success in competitive sports places high psycho-physical demands on the participants

Emotional instability or immaturity points to an individual's failure to develop the degree of independence or self-reliance that is seen in a normal adult, with consequent use of immature adjustive patterns and inability to maintain equilibrium under stresses, unlike most individuals who do not have these negative traits (Thorndike and Hagen, 1979, Chaturvedi and Chander 2010). Emotionally disturbed or unstable individuals represent lack of capacity to dispose of problems and irritability, needing constant help to accomplish day-to-day tasks. They also show vulnerability and stubbornness, looking at the same time for sympathy. They are conceited, quarrelsome, infantile, self-centered and demanding sort of persons (Thorndike and Hagen, 1979, Chaturvedi and Chander 2010). Emotional stability of a person is characterized by evenness of moods, intent, interests, optimism, cheerfulness, composure, feeling of being in good health, freedom from feeling of guilt, worry or loneliness, freedom from day dreaming, freedom from perseveration of ideas and moods (Thorndike and Hagen, 1979). Emotional stability enables the person to develop an integrated and balanced way of perceiving the problems of life. This organizational ability and structured perception helps one to develop reality-oriented thinking, judgment and evaluation ability. One develops feelings, perceptions and attitudes that help in understanding the realities of life and conditions and circumstances that create miserable situations in life. (Smithson, 1974)

## METHODS

The study based on primary source of data collected through questionnaire. In all, 100 players of different sports discipline of inter collegiate and 100 students were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Instructions were given to the individuals and team players before filling these questionnaires by the researcher. The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about, age, sex, daily smoking etc. was obtained before seeking responses. Data was collected individually through a questionnaire by contacting individuals and team players at the venue of Inter-collegiate tournament was held at Swami Ramanand Teerth Marathwada University 2018-2019. The collected data was analyzed as a whole. Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study and the level of significant was set-up at .05 level



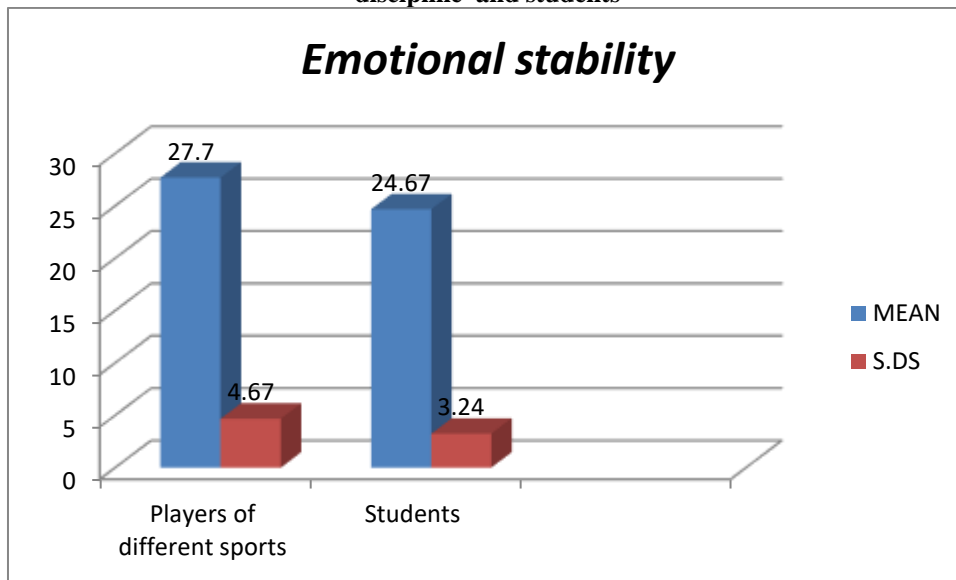
**Table 1**  
**MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF EMOTIONAL STABILITY OF PLAYERS OF DIFFERENT SPORTS DISCIPLINE AND STUDENTS WHO ARE NOT PLAYING ANY OTHER GAMES**

DIMENSION	PLAYERS	NUMBER	MEAN	S.DS	T-RATIO
Emotional stability	Players of different sports	100	27.70	4.67	2.88*
	Students	100	24.67	3.24	

\*Significant at 0.05 level of confidence.

Table 1 shows that the mean scores, standard deviation and t-ratio of the Emotional stability of players of different sports discipline and College going students they have obtained the mean value of 27.70 and 24.67 respectively which are given in table 1 reveals that the significant difference was found out in (t=2.88, P < 0.05) players of different sports discipline and students, players of different sports discipline was found to have got more Emotional stability as compared to students.

**Figure-1 mean scores, standard deviation and t-ratio of the self awareness of players of different sports discipline and students**



**DISCUSSION**

Emotions are at the top of the Prime Sport Pyramid (above motivation, confidence, intensity, and focus) because they will ultimately dictate how you perform throughout a competition (Taylor,2010). People who high in emotional stability react less emotionally and are less easily upset. They tend to be emotionally stable, calm, and do not constantly experience negative feelings. The fact that these individuals are free from experiencing negative feelings does not mean that they experience a lot of positive feelings (<https://www.123test.com/personality-neuroticism/>). A person who has a high level of **emotional stability** is preferred in most professions because they have more control over their emotions at work (<https://www.123test.com/personality-neuroticism/>).Much like muscle relaxation, focusing on taking deep slow breaths can be an important factor in regulating emotion. These breaths increase feelings of relief and lead to lower physical symptoms of negative emotions such as muscle tension. emotions are present in all aspects of human life, including sport and exercise. Athletes may be anxious before the game, coaches may be disappointed by an athlete for bowling an easy play, fans may be sad following the loss of the local team, or participants may feel embarrassed or incompetent during an exercise routine in a group setting. But such emotions are not merely interesting phenomena; they may also have important consequences that go beyond mere emotional experience ( Vallerand ,1983). emotionally stable person is who has the ability to cope with general changes in the environment, without responding with an intense emotional reaction (Pavlenko et al. 2009). Controlling your Emotional Stability is a big part of your progression in both sport and life, where we would see someone who is a little hot headed though effective in sport



could be a better athlete when controlling their emotions more effectively.  
(<https://www.theperformancecorner.com/course/emotional-stability/>).

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