



THE INFLUENCE OF GENDER ON EMOTIONAL STABILITY BEHAVIOUR BETWEEN BOYS AND GIRLS SPORTSPERSON

Dr. Savitri S. Patil

Physical Education Teacher, Government Pre-University College,
Nagathan, Vijayapur, Karnataka, India.

ABSTRACT:

In the present study the entitled topic "The comparison study of Emotional stability between men and female Player of Karnataka state women's intercollegiate sportsperson, has chosen, To accomplish the purpose of the study, the researcher had collected the requisite data from intercollegiate, by administering Scale constructed by scale and questionnaire on intercollegiate women and men players, out of 200 sample, total 100 players were men and 100 women from different affiliated college sportsperson of KSW University. After collecting data, scholar applied statistical technique to assess and test the formulated hypothesis, it was found that male player have noticed more emotional stability nature comparing to female sportsperson.



KEYWORDS: Emotional stability , women and men players , formulated hypothesis.

INTRODUCTION:

Emotions are defined as an acutely disturbed affective process or state which Originates in the psychological situation and which is revealed by marked bodily changes in smooth muscles, glands and gross behaviour. An emotion then is a disturbance, the departure from the normal state of composure. Emotions are affective in that they are characteristically pleasant, unpleasant or indifferently excited. Emotions differ from intraorganic feeling in that they arise from a psychological situation that always includes an environmental factor, present or past. Emotions differ from activity feelings in that they are disruptive, whereas highly motivated activity commonly results from emotional upsets. Emotions are briefer and more intense than moods. Emotions are normal although they appear during pathological affects and in person with different temperaments.

Emotional Stability in this age of industrialization, competition, stress and tension, both young and old face difficulties. These difficulties give rise to many psychosomatic problems such as anxiety, tensions, and frustrations and mental upsets. Therefore, the study of emotional stability that deals with the interplay of forces with Intensities and quantities is now gaining recognition. Emotional stability is not only one of the effective determinants of the personality patterns, but it also helps to control the growth of adolescent development. The concept of stable emotional behaviour at any level is that which reflects the fruits of the normal emotional development. An individual who is able to keep his emotions stable and under control even in extreme situations, might still be emotionally stunned or be childish in his behaviour sometimes.

According to Smitson (1974) emotional stability is the process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and Intra-personally. It has been emphasized that the emotionally stable individual has the Capacity to withstand delay in satisfaction of needs, ability to tolerate a reasonable amount of frustration, belief in long term planning and is capable of delaying or revising his expectations in terms of demands of the situations. An emotionally stable child has a capacity to make effective adjustments with himself, members of the family, and his peers in the school, society and culture. However, stability does not mean merely the capacity for such attitudes and functions, but also the ability to enjoy them fully. A number of characteristics like the capability of responding in gradation, ability to delay responses, especially negative Emotions, freedom from unreasonable fears and the ability to commit mistakes without feeling disgraced etc. are found in an emotionally stable individual.

Lebedinskaya et al., (1980) investigated the effect of psychological instability on the intellect and personality of 76, 13-16 years old, 52 of whom were classified as difficult on the basis of their disruptive behaviour. Subjects completed the WAIS, various classification tasks, a questionnaire and an interview. An EEG was performed to test subjects' neurological functions. Subjects' psychological instability was manifested by their emotional immaturity as evidenced (1) lack of sense of responsibility, (2) lack of sense-control, (3) vulnerability to inappropriate sense of behaviour, (4) need for external stimulation, (5) inability to complete tasks, and (6) emotional infantilism. Results indicate that the psychological instability is linked to abnormal emotional development manifested by organic infantilism and accompanied in severe cases by brain disorder. Brain disorders and social factors are discussed as the main cause of psychological instability.

OBJECTIVES

1. To find out the prevalence of emotional stability among male and female students.
2. To examine difference between the mean scores of male and female students on Emotional stability.

HYPOTHESES:

1. There would be similar kind of emotional stability among both male and female Students.
2. There would be significant differences in the emotional stability of male and female Students.

Method:

Sample:

The sample consisted of 100 undergraduate and postgraduate students whose age group ranged from 17-21 years. The sample size of 100 was further categorized into 2 groups i.e. 50 males and 50 females. The subjects for the purpose of the study were chosen from Karnataka state women's university.

Emotional stability:

Sex variable also plays significant role determine the mental health of the sports women, in some sports biological factors are hindrances as far as female athletes are concerned. Besides the biological factors, socio-cultural factors also affect the sports performances. It is difficult for the women to compete against men as far as physique and ethics are concerned. Hence, the sports training session are to be organized differently for men and women athletes. It has been observed that women athletes are in slightly disadvantageous position than men athletes due to physical and physiological make-up, choice of activity, training for competition etc, are greatly affected by these latent sex differences, social orthodox attitude and prejudice, customs and social perception towards women's hinders to have quality education and expose to varies opportunities.

Discussion and analyzed:

The hypothesis that there is a significant difference between Male and Female sportsperson on the emotional stability dimension of sportsperson is postulated on the strong belief that Gender leads a significant influence on the attitudes of the individuals. The cultivation of mature behavior, realistic

approach, and satisfaction in life, adequate facilities and favourable attitudes cultivates the optimistic belief in life and the development of healthy attitudes. Whereas Female leads to develop frustration, insecurity, neurotic fatigability, high excitability, evasiveness, wordiness, unstableness its negative personality traits among the participants.

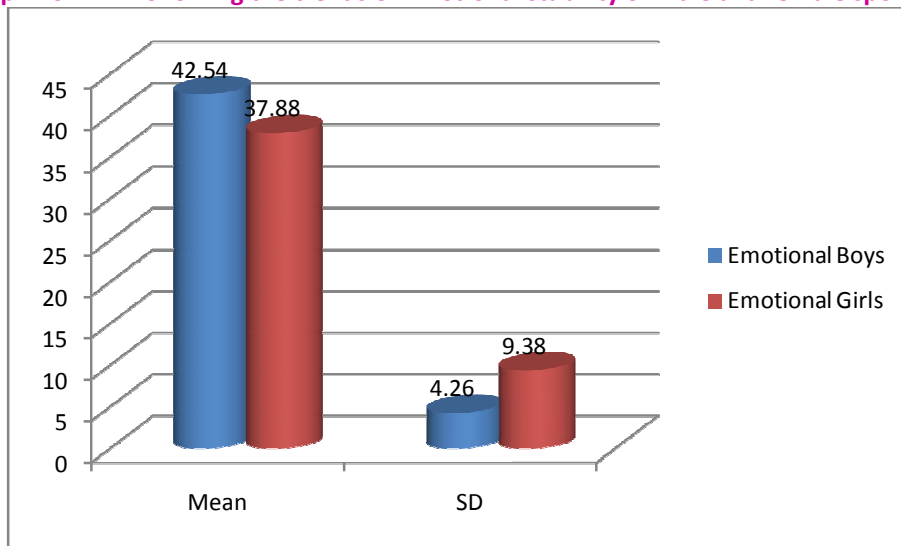
Table no - 1

The table showing the Mean,SD and 't' values of Emotional stability of Male and Female sportsperson

Variables	Gender	Mean value	SD	t- value
Emotional stability	Male	42.54	4.26	4.51
	Female	37.88	9.38	

It can from the above table that the Boys sportsperson have the Mean score of 42.54 and the sportsperson of Female having the mean score of 37.88 on emotional stability dimension. And calculated' value is 4.51 it is greater than table value 0.05 level of significant , boys are more stable comparing Female sportsperson, it assumed that female students are not much exposed to scientific and quality of training and education, Hence , naturally feels insecure in their life and society expecting very smooth and delicate behavior, so all these kinds of deficiency and deprivation of facilities and provision make them feel shyness and insecure behavior, these all factors leads to emotional instability in their life , same sportsperson are coming up and developing from environment, hence formulated hypothesis there would be significant difference in their emotional stability is accepted and null hypothesis rejected.

The graph no – 1-A- Showing the trends of Emotional stability of male and female sportsperson



DISCUSSION ON EMOTIONAL STABILITY

The obtained' value is 4.51 which are significant at 0.05 level indicates that there is a significant difference between Male and Female sportsperson on emotional stability dimension. In other words it can be said that the Male sportspersons are mature, stable, quite realistic, and optimistic and self-discipline in their approach and absence of neurotic fatigue, placidness and unaffectedness. On contrary Female sportspersons are emotionally unstable, low tolerance of frustration, immaturity, unstableness, high excitability, wordiness and fatigability. Therefore, after observing the results of the table the hypothesis that there is a significant difference between Male and Female Stability is accepted.

CONCLUSION:

The above research articles proved that there is significant difference in emotional stability nature between male and female players among the intercollegiate sportsperson, it is rationalized that sports girls were nurtured very smoothly, mildly and delicately and socialization process also quite different from the boys socialization, these kind of environment indirectly influence on sportsperson to exhibit their behavior very smoothly and less assertive and resulted in stability and in secured feeling of behavior in the female players.

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