

# Study of Social Maturity Among Players and Non-Players of Chandigarh Schools

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## Abstract

The present study was designed to determine social maturity among male national players, inter-school players and non-players. To obtain data for this study, the investigator had randomly selected three hundred (N=300) males from different schools of Chandigarh. They were further divided into three categories i.e. (A) hundred (n=100) national players, (B) hundred (n=100) inter-school players and (C) hundred (n=100) non-players. The age of the subjects was ranged between 15-18 years (class 9th-12th). Social maturity was assessed by applying Social Maturity Scale developed by Rao (1986). One way analysis of Variance (ANOVA) was applied to find out the significant differences among male national players, inter-school players and non-players. Where F-value was found significant, Least Significant Difference (LSD) Post-hoc test was applied to find out the direction and significance of differences. The level of significance was set at 0.05. The results showed significant differences among male national players, inter-school players and non-players with regard to the variable social maturity. While calculating the mean values, it has been observed that national players demonstrated significantly better social maturity as compared their counterpart inter-school players and non-players. Similarly, male inter-school players also showed significantly better social maturity than their counterpart male non-players.

**Keywords: Advertise Frames, License and Offers**

## I. INTRODUCTION

Games and sports are the psycho-social activity. It has both psychological and social dimensions, besides physical, physiological and technical aspects. In this modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the game, but to win the games. For winning the games, it is not only the proficiency in the skills which bring victory but more important is the psychological make-up of the players which enable them to play and perform best in the competition.

Psychology as behaviour of science has made a great contribution to the efforts of coaches, trainers and physical education teachers to improve standard in sports. The discipline of psychology is associated with attempts to describe, explain and to predict behaviour. Psychological determinators are important in the study of human performance in any field. Achievement and success in sports demand a specific behaviour from an individual. These situations vary, depending on the type of activity that sportsperson has chosen to specialize. Personality has become an increasingly important area in sports psychology, as attempts are made to understand, explain and predict levels of sporting involvement and success.

The ability of a person to perform in any sports/game is obviously limited by his/her physical characteristics, but beyond these broad restrictions, psychological factors play a decisive role. Many coaches and psychologists believe that future records will be broken primarily because of increased focusing to psychological features of the personality more than physiological and mechanical aspects of performance (Cratty, 1973).

Sports psychology has emerged as a front runner discipline in shaping athletes in world beaters. It has many psychological aspects which assist an athlete for better performance in every sport. The psychological preparation is planned and carried out with the aim of enabling the sportsperson to have an optimum psychological state at the time of competition so that the athlete can achieve his/her maximum possible performance in the competition.

Sports psychology in many ways is a scientific field of enquiry. Researchers are afforded with ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sport and physical activity. Athletes and coaches have often described the crucial 'Psychological factors' that resulted in momentum shift during a game, or explained an important loss on the road as a function of the influential force of game location. Through scientific methods we can test our hunches about new psychological fact that influences sports performance or new sport participation that may influence the athlete's psychological development (Silva & Weinberg 1984).

Social Maturity is a term commonly used in two ways like, with respect to the behaviour that is appropriate to the age of the individual under observation and secondly the behaviour that conforms to the standard and expectations of the adults. Thus Social Maturity permits more detailed perception of the social environment which helps adolescents to influence the social circumstances and develop stable patterns of social behaviour. Raj.M defines social maturity as the level of social skills and awareness that an individual has achieved relative to particular norms related to an age group. It is a measure of the development

competence of an individual with regard to interpersonal relations, behaviour appropriateness, social problem solving and judgement (Srivastava, 1987).

Man is a social animal and his existence without social set up can hardly be imagined. Parents, family members, neighbours, peer groups, society, etc. expect him to behave in a socially acceptable manner and to learn the ways to interact with them. This ability to function in an appropriately responsible manner while understanding the social rules and norms in place in a given culture and the ability to use that knowledge effectively is known as social maturity. It is the ability to tolerate and adjust to frustration with stress while attaining tolerant outlook, a satisfactory life philosophy that enables to satisfy physical as well as psychological needs. Social maturity produces a climate of trust, harmony, active cooperation and peaceful co-existence, while social immaturity on the other hand, produces a climate of fear, discord, confrontation and one war after another (Nagra & Kaur, 2013).

Social maturity is a level of social skills and awareness that an individual has achieved relative to particular norms related to an age group. It is a measure of the development competence of an individual with regard to interpersonal relations, behaviour appropriateness, social problem solving and judgement. Social maturity encompasses attainments in several domains, including independent functioning, effective interpersonal communication, interaction and responsibility i.e. contributing the well being of society (Greenberg et al., 1995)

Social maturity has to do with how well people understand the nature of the social world they live within. Social maturity is what enables us to function as healthy adults. Without it, we end up having a difficult time ourselves or causing a lot of difficult times for other people. A high degree of social maturity has something to do with a high degree of social skill (Dorothy & Barbara, 2009)

Social values are paramount for modern society, games and sports participation help one learn social adjustments. Success, risks or thrills are a part of participation in sport and all these builds morale. Social acquisitions such as sympathy, pride, pity are all developed in a group.

A valuable feature of sports is that it has the ability in bringing together a variety of people from different ethnic and social backgrounds. The modern society which is becoming increasingly diverse, there is a danger of minority community becoming isolated from the main stream of the society. Sports are a vehicle for communication, exchange and integration between such groups. In a complex modern society, the relationships between individuals are of great importance. Games and sports activities provide enough opportunities to develop relationship between individuals. In a democratic society, the group cooperation is vital. In team sports we operate in groups, we express our opinions, listen to others, test our idea over against theirs, come to an agreement and move on. The unit of operation in physical education and games is usually the team, class or club. It is the situations that participants learn to react to the cross currents of other personalities.

Social maturity means knowing what to do and striving for it by following role models to reach the desired level of acceptable social behaviour. It is a long process to be socially mature. The social maturity has to do with how well people understand the nature of the social world they live within. Social maturity is what enables us to function as healthy adults. Without it, we end up having difficult time ourselves, or causing a lot of difficult times for other people.

Psycho-social factors play a vital role in the life of all the individuals. They enable a person to control his/her mind, emotions as well as adjustment pattern efficiently as he/she can accomplish or carry out his/her routine work effectively. Hence, psycho-social factors act as a prerequisite for an effective performance. Social maturity laid a foundation basis for the formulation of attitudes and behaviour pattern that will enable an individual to take his/her place in the society and to become successful member of the society. Hence, it is imperative to understand social maturity.

Therefore, keeping the above psychological perspectives in mind, the present study was designed to assess the social maturity among players and non-players of Chandigarh school.

## II. METHODS AND PROCEDURE

### A. Selection of Subjects:

The sample consisted of 300 students (male) which include players (national and inter-school) and non-players studying in class 9<sup>th</sup>-12<sup>th</sup> at different schools of Chandigarh. Random sampling technique was applied to select the national, inter-school players and non-players.

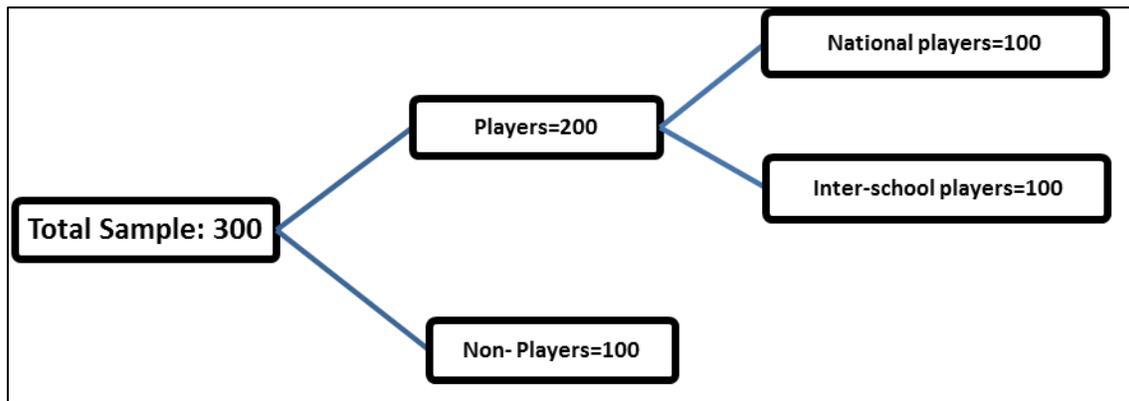


Fig. 1: Break-Up of the Total Sample

### III. INSTRUMENTATION

To assess the Social Maturity among players and non-players, the investigator had used social maturity scale developed by Rao (1986). There are four sub-variables of this test that is, personal adequacy, inter-personal adequacy, social adequacy and social maturity (total).

### IV. DATA PROCESSING METHODS

One Way Analysis of Variance (ANOVA) was applied to find out the significant differences among male national players, inter-school players and non-players. Where F-value found significant, Post-hoc test i.e.

Table-1

Analysis Of Variance (ANOVA) Results With Regard To The Sub-Variable Personal Adequacy Among Male National Players, Inter-School Players And Non-Players

Source of Variance	Sum of Squares	df	Mean Square	F-value	Sig.
Between Group	8015.280	2	4007.640	40.744*	.000
Within Group	29213.200	297	98.361		
Total	37228.480	299			

Least Significant Difference (LSD) was applied to find out the direction and significance of differences. To test the hypothesis, the level of significance was set at 0.05.

### V. RESULTS

\*Significant at 0.05

$F_{0.05}(2,297)$

It can be seen from table-1 that significant differences were found with regard to the sub-variable personal adequacy among male national players, inter-school players and non-players as the P-value (Sig.).000 was found smaller than 0.05 level of significance ( $p < 0.05$ ).

Since the obtained F-value was found significant, therefore, Post-hoc test i.e. Least Significant Difference (LSD) was employed to study the direction and significance of differences between paired means among male national players, inter-school players and non-players on the sub-variable personal adequacy. The results of Post-hoc test have been presented in Table-2.

Table-2

Significance Of Difference Among Male National Players, Inter-School Players And Non-Players With Regard To The Sub-Variable Personal Adequacy

Groups				
National Players	Inter-School Players	Non-Players	Mean Difference	Sig.
85.10	78.62	-	6.48*	.000
85.10	-	72.44	12.66*	.000
-	78.62	72.44	6.18*	.000

\* Significant at 0.05

It has been observed from table-2 that mean difference between male national players and inter school players was found 6.48. The P-value (Sig.) .000 showed that the male national players had demonstrated significantly better personal adequacy than their counterpart male inter-school players.

The mean difference between male national players and male non-players was found 12.66. The P-value (Sig.) .000 revealed that the male national players had exhibited significantly better personal adequacy than their counterpart male non-players.

The mean difference between male inter-school players and male non-players was found 6.18. The P-value (Sig.) .000 revealed that the male inter-school players had exhibited significantly better personal adequacy than their counterpart male non-players.

Table-3

Analysis of Variance (ANOVA) results with regard to the sub-variable Inter-Personal Adequacy among male national players, inter-school players and non-players

Source of Variance	Sum of Squares	df	Mean Square	F-value	Sig.
Between Group	7045.307	2	3522.653	32.749*	.000
Within Group	31946.480	297	107.564		
Total	38991.787	299			

\*Significant at 0.05

$F_{0.05} (2,297)$

It can be seen from table-3 that significant differences were found with regard to the sub-variable inter-personal adequacy among male national players, inter-school players and non-players as the P-value (Sig.) .000 was found smaller than 0.05 level of significance ( $p < 0.05$ ).

Since the obtained F-value was found significant, therefore, Post-hoc test i.e. Least Significant Difference (LSD) was employed to study the direction and significance of differences between paired means among male national players, inter-school players and non-players on the sub-variable inter-personal adequacy. The results of Post-hoc test have been presented in Table-4.

Table-4

Significance Of Difference Among Male National Players, Inter-School Players And Non-Players With Regard To The Sub-Variable Inter-Personal Adequacy

Groups				
National Players	Inter-School Players	Non-Players	Mean Difference	Sig.
86.38	80.02	-	6.36*	.000
86.38	-	74.52	11.86*	.000
-	80.02	74.52	5.5*	.000

\* Significant at 0.05

It has been observed from table-4 that mean difference between male national players and inter school players was found 6.36. The P-value (Sig.) .000 showed that the male national players had demonstrated significantly better inter- personal adequacy than their counterpart male inter-school players.

The mean difference between male national players and male non-players was found 11.86. The P-value (Sig.) .000 revealed that the male national players had exhibited significantly better inter-personal adequacy than their counterpart male non-players. The mean difference between male inter-school players and male non-players was found 5.5. The P-value (Sig.) .000 revealed that the male inter-school players had exhibited significantly better inter-personal adequacy than their counterpart male non-players.

Table-5

Analysis Of Variance (ANOVA) Results With Regard To the Sub-Variable Social Adequacy among Male National Players, Inter-School Players and Non-Players

Source of Variance	Sum of Squares	df	Mean Square	F-value	Sig.
Between Group	2371.227	2	1185.613	11.901*	.000
Within Group	29586.970	297	99.619		
Total	31958.197	299			

\*Significant at 0.05

$F_{0.05} (2,297)$

It can be seen from table-5 that significant differences were found with regard to the sub-variable social adequacy among male national players, inter-school players and non-players as the P-value (Sig.) .000 was found smaller than 0.05 level of significance ( $p < 0.05$ ).

Since the obtained F-value was found significant, therefore, Post-hoc test i.e. Least Significant Difference (LSD) was employed to study the direction and significance of differences between paired means among male national players, inter-school players and non-players on the sub-variable social adequacy. The results of Post-hoc test have been presented in Table-6.

Table-6

Significance Of Difference Among Male National Players, Inter-School Players And Non-Players With Regard To The Sub-Variable Social Adequacy

Groups				
National Players	Inter-School Players	Non-Players	Mean Difference	Sig.
85.33	84.05	-	1.28*	.000
85.33	-	78.83	6.50*	.000
-	84.05	78.83	5.22*	.000

\* Significant at 0.05

It has been observed from table-4.10 that mean difference between male national players and inter-school players was found 1.28. The P-value (Sig.) .000 showed that the male national players had demonstrated significantly better social adequacy than their counterpart male inter-school players.

The mean difference between male national players and male non-players was found 6.50. The P-value (Sig.) .000 revealed that the male national players had exhibited significantly better social adequacy than their counterpart male non-players. The mean difference between male inter-school players and male non-players was found 5.22. The P-value (Sig.) .000 revealed that the male inter-school players had exhibited significantly better social adequacy than their counterpart male non-players.

Table- 7

Analysis Of Variance (ANOVA) Results With Regard To The Social Maturity (Total) Among Male National Players, Inter-School Players And Non-Players

Source of Variance	Sum of Squares	df	Mean Square	F-value	Sig.
Between Group	47113.607	2	23556.803	31.543*	.000
Within Group	221803.340	297	746.813		
Total	268916.947	299			

\*Significant at 0.05

$F_{0.05} (2,297)$

It can be seen from table-7 that significant differences were found with regard to the variable social maturity (total) among male national players, inter-school players and non-players as the P-value (Sig.) .000 was found smaller than 0.05 level of significance ( $p < 0.05$ ).

Since the obtained F-value was found significant, therefore, Post-hoc test i.e. Least Significant Difference (LSD) was employed to study the direction and significance of differences between paired means among male national players, inter-school players and non-players on the variable social maturity (total). The results of Post-hoc test have been presented in Table-8.

Table-8

Significance Of Difference Among Male National Players, Inter-School Players And Non-Players With Regard To The Variable Social Maturity (Total)

Groups				
National Players	Inter-School Players	Non-Players	Mean Difference	Sig.
256.68	240.79	-	15.89*	.000
256.68	-	225.99	30.69*	.000
-	240.79	225.99	14.8*	.000

\* Significant at 0.05

It has been observed from table-8 that mean difference between male national players and inter school players was found 15.89. The P-value (Sig.) .000 showed that the male national players had demonstrated significantly better social maturity (total) than their counterpart male inter-school players.

The mean difference between male national players and male non-players was found 30.69. The P-value (Sig.) .000 revealed that the male national players had exhibited significantly better social maturity (total) than their counterpart male non-players. The mean difference between male inter-school players and male non-players was found 14.8. The P-value (Sig.) .000 revealed that the male inter-school players had exhibited significantly better social maturity (total) than their counterpart male non-players.

## VI. DISCUSSION

It has been observed from the results of tables (1-8) that significant differences were found with regard to the variable social maturity among male national players, inter-school players and non-players. When compared the mean values of all the groups in questions, it has been observed that national level players were found significantly better on the sub-variables; personal adequacy, inter-personal adequacy, social adequacy and on the variable social maturity (total) as compared to their counterparts inter-school players and non-players. The findings might be the outcome of sociological atmosphere, the national players have experienced while directly or indirectly interacting with other players and coaches, which might have developed their behaviour in such a way that they were found more socially mature than their counterparts inter-school players and non-players. Nagra & Kaur (2013) also found significant differences between sportspersons and non-sportspersons on the sub-variable inter-personal adequacy. Similarly, Singh et al. (2012) explored significant differences between college sportspersons and non-sportspersons on the variable social maturity. The present study contradict the results of Singh and Thukral (2010) wherein they revealed insignificant differences between boys and girls as well as rural and urban high school students on the variable social maturity.

## VII. CONCLUSION

It is concluded that significant differences were found among male national players, inter-school players and non-players with regard to the sub-variables personal adequacy, inter-personal adequacy, social adequacy and social maturity (total). While calculating the mean values, it has been observed that national players demonstrated significantly better personal adequacy, inter-

personal adequacy, social adequacy and social maturity (total) as compared to their counterpart inter-school players and non-players. Similarly, male inter-school players also showed significantly better personal adequacy, inter-personal adequacy, social adequacy and social maturity (total) than their counterpart male non-players.

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