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A Study of The Relationship Between Emotional Maturity and Sports Performance of Shuttlers

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Abstract: The study was conducted to see the relationship between emotional maturity and shuttlers' performance. Badminton can be played in singles or doubles format. It is derived directly from Poona, which was occupied by the British army in 1860.

Shuttlers: Those who played with the shuttle and racket on the badminton court are called Shuttlers.

Result: a strong relationship was detected between emotional maturity and the performance of shuttlers.

Keywords: Shuttlers, Emotional maturity, Sports

Introduction: Badminton is one of the very high demanding fitness sports in the category of individual sports. To perform at a very high level requires not only physical fitness but also mental toughness. In this paper, we tried to find out the relationship between emotional maturity and sports performance.

Sports performance is not solely determined by physical strength, technical skill, or tactical intelligence; it is equally influenced by psychological and emotional factors. Among these, emotional maturity plays a vital role in shaping an athlete's ability to perform consistently under competitive pressure. Emotional maturity refers to the capacity to understand, manage, and express emotions effectively while maintaining composure in challenging situations. In the context of badminton, a fast-paced and mentally demanding sport, players are often required to make quick decisions, recover from mistakes, and sustain focus throughout intense rallies. The ability to regulate emotions such as anxiety, frustration, and excitement directly affects a



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shuttler's confidence, concentration, and motivation. Emotionally mature athletes are better equipped to handle victories and defeats with balance, maintain team harmony, and demonstrate sportsmanship. This study explores the relationship between emotional maturity and sports performance among shuttlers, aiming to understand how emotional stability contributes to success in competitive badminton. By examining this relationship, the research seeks to highlight the importance of psychological training and emotional intelligence as integral components of athletic development, thus emphasizing that peak sports performance is the outcome of both physical excellence and emotional resilience.

EMOTIONAL MATURITY

- ✓ Meaning:-Emotional maturity is when someone can manage their emotions no matter their circumstances in all types of situations. Do they know how to respond to tough situations and still keep their cool? It's a skill set they can consistently work on over time.
- ✓ Characteristics of an emotionally mature person
- ✓ They don't run away. Most of our challenges today are Emotional challenges. ...
- ✓ They are committed to finding Emotional clarity. ...
- ✓ They default to humility. ...
- ✓ They maintain a sense of self-respect. ...
- ✓ They take responsibility.

Objective: To find out the relationship between Emotional maturity and sports performance among shuttlers

Definitions of the Key Terms

Shuttlers: Those who played with the racket and shuttle are called Shuttlers

Delimitation of the study:

- 1) This study is delimited to Emotional maturity
- 2) This study is delimited to badminton players only.
- 3) This study is delimited to secondary to senior secondary school-going players from government, private, and school badminton academies.



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METHODOLOGY

THE Selection of the subject in the present research player of the badminton game, is considered the independent variable. To achieve the purpose of the study, a total sample of 200 boys was selected randomly from the district-level players. The subjects were informed about the nature of the study, and their parent' consent was obtained to cooperate till the end of the experiment and testing period.

Table 1 Relationship between emotional maturity (dimension-wise) and sports performance of shuttlers

Dimensions of Emotional Maturity	N	Mean	Std. Deviation	"r" value
Emotional Unstability	200	26.42	1.54	-0.456**
Sports performance	200	2.60	1.97	
Emotional Regression	200	25.03	1.55	-0.312**
Sports Performance	200	2.60	1.97	
Social Maladjustment	200	21.12	4.37	-0.331**
Sports Performance	200	2.60	1.97	
Personality disintegration	200	22.45	4.15	-0.431**
Sports Performance	200	2.60	1.97	
Lack of Independence	200	23.24	2.63	-0.271**
Sports Performance	200	2.60	1.97	

**Significant at 0.01 level



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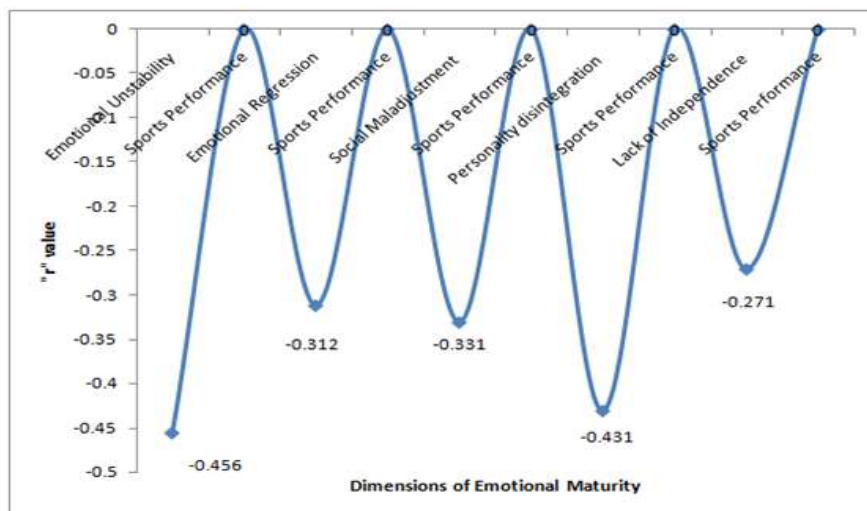


Figure 1: Relationship between emotional maturity (dimension-wise) and sports performance of shuttlers

Tools Used

The Emotional MATURITY Scale by Yashvir Singh & Mahesh Bhargava was used to assess emotional maturity.

Analysis of data, Karl Pearson product-movement coefficient, co correlation were used with the help of SPSS-20 version.

Tools: This selected variable was tested by using a standardized questionnaire of a group test of the Emotional Maturity Scale by Dr. Yashveer Singh and Dr. Mahesh BHARGAV

The table shows the relationship between emotional maturity and sports performance among shuttlers. The “r” value -0.456 shows a significant and negative relationship between emotional unstability and performance (dimension of emotional maturity) among shuttlers. This shows an increase in emotional unstability, sports performance of shuttlers increases. On the other hand, a significant and negative relationship (-0.312) was observed between emotional regression and sports performance. A significant and negative relationship (-0.331) was also noted between social maladjustment and sports performance, a significant and negative relationship (-0.431) & (-0.271) between personality disintegration & lack of independence with sports performance



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of shuttlers.

Hence it is “concluded that all the dimensions, emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence dimension of emotional maturity are significantly and negatively related with sports performance concluding that increase in emotional instability, emotional regression, social maladjustment, personality disintegration and lack of independence (dimensions of emotional maturity), decrease sports performance of shuttlers.”

Result

1. The Present Study found that there was significant relationship between Shuttlers' Performance and emotional maturity, which means playing at a higher level of badminton will enhance emotional maturity.
2. There is a strong relationship found between Shuttlers' Performance and emotional maturity, meaning that thereby higher the sports performance in Badminton, the sports man more emotionally mature and stable.

Conclusion

The present study examining the relationship between emotional maturity and sports performance of shuttlers highlights the crucial role that psychological stability and emotional regulation play in athletic success. The findings suggest that players with higher levels of emotional maturity tend to exhibit better focus, resilience, and consistency during both training and competitive matches. Emotional maturity enables athletes to manage stress, control impulsive reactions, and maintain composure under pressure—factors that directly contribute to improved decision-making and strategic performance on the court. Conversely, lower emotional maturity often leads to performance fluctuations, frustration, and an inability to cope effectively with setbacks. The study underscores that while technical skills, physical fitness, and tactical awareness are essential for success in badminton, emotional intelligence and maturity serve as underlying psychological determinants that optimize these capabilities. Thus, fostering emotional growth through psychological training, counseling, and mindfulness practices can enhance players' overall performance and well-being. Coaches and sports psychologists should integrate



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emotional development programs into regular training regimes to build athletes who are not only skilled but also mentally and emotionally balanced. Ultimately, the study affirms that emotional maturity acts as a key psychological foundation for achieving sustainable excellence in sports performance among shuttlers.

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