

## Comparison of Emotional stability and Social Adjustment between Athletes with Mixed and Fixed Mindsets

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DOI: 10.63001/tbs.2025.v20.i03.pp953-961

### Keywords

Fixed Mindset,  
Mixed Mindset,  
Emotional stability  
and Social  
Adjustment.

### Received on:

12-06-2025

### Accepted on:

28-07-2025

### Published on:

08-08-2025

### ABSTRACT

Mindset refers to the beliefs and attitudes that shape how athletes handle challenges, setbacks, effort, and success. In sports, it is just as important as physical ability, because a strong mindset helps athletes stay motivated, overcome obstacles, and keep improving. Emotional stability refers to an individual's capacity to stay composed and maintain balance under pressure, allowing quick adjustment after setbacks (Robbins & Judge, 2019). Social adjustment involves adapting to social settings, understanding accepted behaviours, and building healthy interpersonal relationships (Argyle, 2001). Athletes often possess a fixed mindset generally view their abilities as predetermined and unchangeable, often avoiding challenges and withdrawing when faced with difficulties. Conversely, athletes with a mixed mindset believe that performance can be improved through sustained effort, training, and learning. They remain motivated during demanding phases and interpret failures as learning opportunities. The present study examined whether athletes with fixed and mixed mindsets differ in their levels of emotional stability and social adjustment. A total of 72 athletes residing in different sports hostels in Thiruvananthapuram, Kerala, were assessed using the Implicit Theory of Intelligence Questionnaire developed by Carol Dweck (1999). Emotional stability and social adjustment were treated as independent variables and measured using the Emotional Maturity Scale devised by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1990). An independent t-test, along with ANOVA, was conducted to assess the significance of differences between the groups. The findings indicated that there was no statistically significant difference in emotional stability or social adjustment between the two groups.

## Introduction

Emotional stability is the ability of an individual to stay composed, calm, and emotionally balanced when faced with stress, pressure, or difficult situations. It involves effectively managing one's emotions, avoiding drastic mood swings, and maintaining a positive and steady

mindset even in challenging circumstances.

Individuals with higher emotional stability are typically better prepared to handle setbacks and recover more quickly from emotional strain (Robbins & Judge, 2019).

It is also viewed as a personality trait that influences how people deal with day-to-day stress and psychological challenges, thereby affecting their overall sense of

well-being (Joyti Singh, 2011). Research further suggests that emotional stability can be assessed as a psychological attribute, especially among adolescents, where it plays a major role in behavioral outcomes and personal development (Reena Dutt Sharma, 2016; Kumar & Ananth, 2014). Thus, emotional stability is significant for mental health, academic performance, interpersonal relationships, and overall life satisfaction.

Social adjustment refers to an individual's capability to adapt effectively in various social situations and interact constructively with others. It encompasses understanding and accepting social norms, developing meaningful interpersonal relationships, and responding suitably to the behavior of people in different social contexts (Argyle, 2001). Social adjustment extends beyond outward social behavior, as it also reflects internal psychological functioning, including one's confidence, self-esteem, and levels of anxiety in social settings (Shareef, 2019). As a developmental process, social adjustment requires individuals to adapt to the expectations, standards, and values of society in order to be recognized and integrated into social groups (Kuldipkumar G. Sankhala, 2019). It may therefore be defined as the ability to meet environmental and social demands, fulfil various social

roles, and function within the ethical expectations of the community (Vidya & Manjunatha et al., 2024). Effective social adjustment promotes psychological well-being, personal success, and the development of a stable social identity. Emotional stability and social adjustment are closely linked, as strong emotional regulation enhances positive social interactions, while successful social functioning strengthens emotional resilience and balance.

Together, emotional stability and social adjustment serve as essential components of healthy psychological development, enabling individuals to navigate personal challenges, maintain meaningful relationships, and function successfully within their social environments. Their interdependence highlights the importance of nurturing both emotional regulation and adaptive social behavior for overall Mixed, well-being, and long-term life satisfaction.

### **Methodology**

To achieve the purpose of the study, seventy two athletes aged 15 to 18 years and residing in the sports hostel at Thiruvananthapuram, Kerala, were selected as subjects. They were divided into two groups namely Fixed Mindset and Mixed Mindset based on their scores from the Implicit Theories of Intelligence Scale

(ITIS) developed by Carol S. Dweck (1999). To assess the independent variables, the Emotional Maturity Scale (EMS) developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava is a psychological assessment tool designed to measure an individual's level of emotional maturity. This model evaluates five key dimensions: emotional stability, emotional regression, social adjustment, personality disintegration, and lack of independence. It is widely used in psychological research, counselling, and personal development to assess emotional regulation and maturity in various life domains. All the subjects were informed about the nature of the study and their consent was obtained to co-operate. The following variables Emotional Stability and Social Adjustment were analysed the data by following statistical techniques. Independent t-test was used to examine differences between the groups,

while ANOVA was applied to control for baseline variations. The level of significance was set at 0.05.

### Analysis and Interpretation of Data

ANOVA and independent t-test results for Emotional Stability and Social Adjustment between the Fixed Mindset and Mixed Mindset groups have been analyzed and are presented in the following tables.

#### Emotional Stability

Emotional Stability refers to the capacity to remain calm and composed, especially in stressful or challenging situations. Individuals with high emotional stability are less likely to experience extreme mood swings and can maintain a balanced emotional state. The analysis of the Independent 'T' test on the scores obtained for Emotional Stability between Fixed and Mixed Mindset Groups has been conducted and is presented in Table 1.

**TABLE 1**

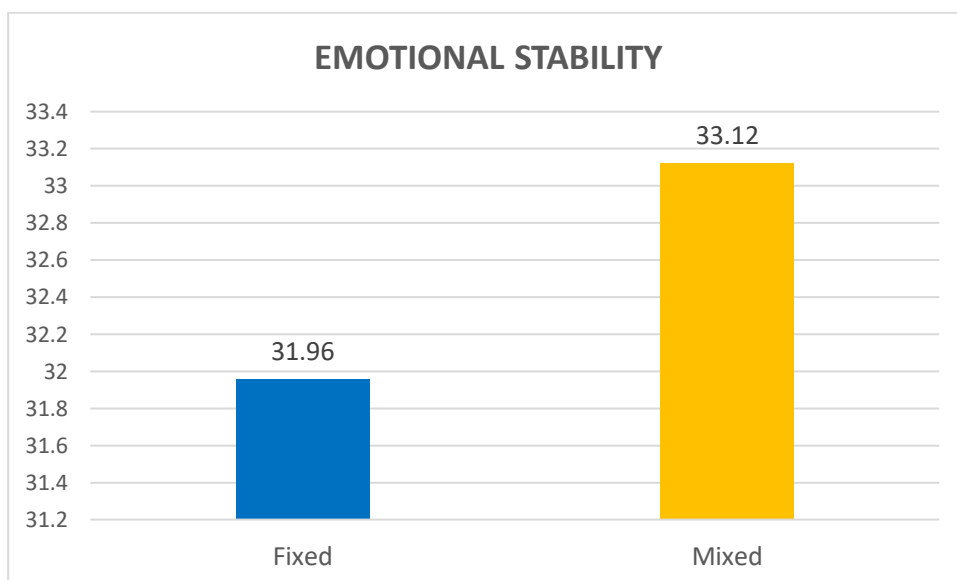
#### **SUMMARY OF MEAN VALUES AND INDEPENDENT 'T' TEST FOR EMOTIONAL STABILITY BETWEEN FIXED AND MIXED MINDSET STUDENTS**

Group	N	MEAN	SD	df	'T' Test	P value
Fixed	37	31.67	5.01	1	0.787	0.07
Mixed	35	30.90	2.95	70		

\*Significant at 0.05 level. The table value required for significance at 0.05 level with df = 1 and 70 is 1.990

Table 1 shows the means values of Emotional Stability which are 31.67 and 30.90 respectively. The obtained T-ratio value is 0.787 which are lesser than the table value 1.990 with df 1 and 70 required for significance at 0.05 level. Since the value of T-ratio was lesser than the table value, it indicates that there was no significant difference among the means of

two Fixed and Mixed Mindset Groups. It was concluded that there was no significance difference between Fixed and Mixed Mindset Groups on Emotional Stability. The mean values of Emotional Stability between Fixed and Mixed Mindset Groups are graphically represented in the figure 1.



### Social Adjustment

Social adjustment refers to the ability to adapt and manage emotions effectively in response to different situations and challenges. It involves understanding and processing emotions, allowing individuals to maintain balance and resilience as they navigate change and

stress. People with social adjustment can regulate their emotional responses and adapt to new circumstances.

The analysis of the Independent 'T' test on the scores obtained for Social Adjustment in Emotional maturity between Fixed and Mixed Mindset Groups has been conducted and is presented in Table 2.

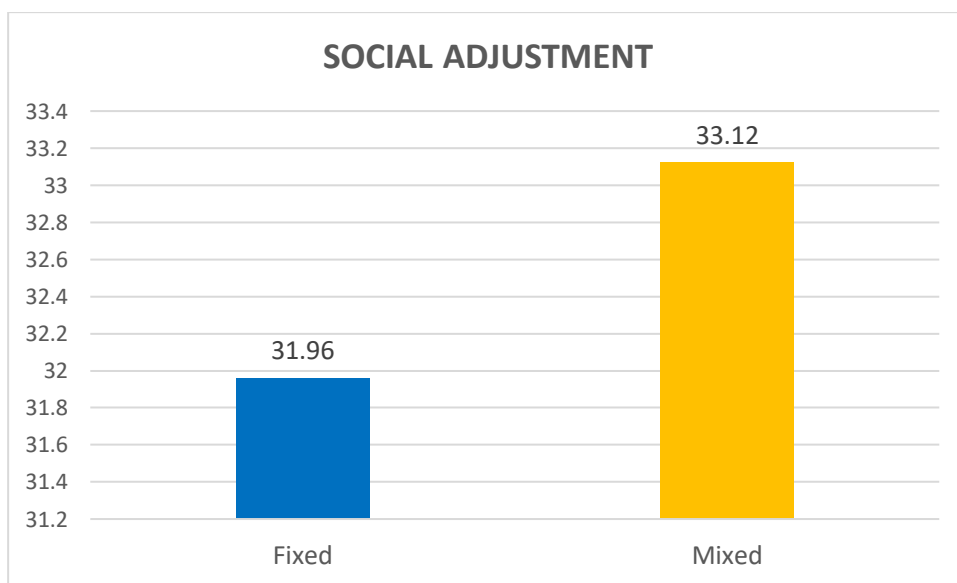
**TABLE 2. SUMMARY OF MEAN VALUES AND INDEPENDENT 'T' TEST FOR SOCIAL ADJUSTMENT BETWEEN FIXED AND MIXED MINDSET STUDENTS**

Group	N	MEAN	SD	df	'T' Test	P value
Fixed	37	31.96	4.73	1	0.915	0.242
Mixed	35	33.12	5.94	70		

\*Significant at 0.05 level. The table value required for significance at 0.05 level with df = 1 and 70 is 1.990

Table 1 shows the means values of Social Adjustment which are 31.96 and 33.12 respectively. The obtained T-ratio value is 0.915 which are lesser than the table value 1.990 with df 1 and 70 required for significance at 0.05 level. Since the value of T-ratio was lesser than the table value, it indicates that there was no significant difference among the means of

two Fixed and Mixed Mindset Groups. It was concluded that there was no significance difference between Fixed and Mixed Mindset Groups on Social Adjustment. The mean values of Social Adjustment between Fixed and Mixed Mindset Groups are graphically represented in the figure 2.



## ANOVA

The table presents the Analysis of Variance on Emotional Stability of Fixed

and Mixed Mindsets have been analysed and presented in following Table

**Table III. ANALYSIS OF VARIANCE ON EMOTIONAL STABILITY OF FIXED AND MIXED MINDSETS**

Mean $\pm$ SD		Sources of Variance	Sum of Squares	df	Mean Squares	Sig	F ratio
FM	GM						
31.67	30.90	Between Groups	10.64	1	10.64	0.434	0.619
$\pm 5.01$	$\pm 2.95$	Within Groups	1203.48	70	17.19		

(df = 70 is 4.03 at 0.05 level. The p value < 4.03 at 0.05 level)

From the table III, it shows that the mean value of emotional stability in Mixed mindset and fixed mindset 31.67 and 30.90. The obtained 'f' value is 0.619, which is lesser than the required table value of 4.03 with df = 70 at a significance level of 0.05. It was concluded that there was no significant difference between Mixed mindset and fixed mindset in emotional

stability. The mean values of Emotional Stability in Mixed mindset and fixed mindset are graphically represented in figure III.

The table presents the Analysis of Variance on Social Adjustment of Fixed and Mixed Mindsets have been analysed and presented in following Table

**Table IV. ANALYSIS OF VARIANCE ON SOCIAL ADJUSTMENT OF FIXED AND MIXED MINDSETS**

Mean $\pm$ SD		Sources of Variance	Sum of Squares	df	Mean Squares	Sig	F ratio
FM	GM						
31.96	33.12	Between Groups	24.02	1	24.02	0.363	0.837
$\pm 4.73$	$\pm 5.94$	Within Groups	2009.98	70	28.71		

(df = 70 is 4.03 at 0.05 level. The p value < 4.03 at 0.05 level)

From the table IV, it shows that the mean value of social adjustment in Mixed

mindset and fixed mindset 31.96 and 33.12. The obtained 'f' value is 0.837,

which is lesser than the required table value of 4.03 with  $df = 70$  at a significance level of 0.05. It was concluded that there was no significant difference between Mixed mindset and fixed mindset in social adjustment. The mean values of Social Adjustment in Mixed mindset and fixed mindset are graphically represented in figure IV.

### Discussion on Findings

The purpose of the study was to examine the differences in emotional stability and social adjustment between athletes with Fixed Mindset and Mixed Mindset orientations. The results obtained from both Independent t-tests and ANOVA revealed that there were no statistically significant differences between the two groups across the selected psychological variables.

With respect to Emotional Stability, the Fixed Mindset group ( $M = 31.67$ ) and Mixed Mindset group ( $M = 30.90$ ) demonstrated similar mean scores. Both the t-test ( $t = 0.787$ ) and ANOVA ( $F = 0.619$ ) confirmed that the differences had no statistical significance at the 0.05 level. These results suggest that mindset orientation did not play a decisive role in determining the students' ability to remain composed and emotionally balanced in stressful situations. Emotional stability is widely recognized as a personality

dimension that may be influenced by intrinsic temperament, family environment, and long-term emotional development, rather than mindset alone.

A similar trend was identified for Social Adjustment, where the Fixed Mindset group ( $M = 31.96$ ) and Mixed Mindset group ( $M = 33.12$ ) again showed comparable performance. The obtained t-value (0.915) and F-value (0.837) demonstrated that these differences were not statistically significant. This indicates that both groups had similar abilities in adapting to social environments, managing interpersonal relationships, and adjusting to social expectations. Social Adjustment is often shaped through cumulative social experiences, peer interaction, familial support, and institutional environment. Since participants were drawn from similar educational surroundings, these shared influences may have reduced group-level disparities. Essentially the same dataset as above, relative article from (Huang et.al. 2023) emphasises the predictive role of Mixed mind set (from students, parents and teachers) on social-emotional competencies such as emotional control and stress resistance.

Overall, while mindset is well-established as a factor influencing motivation, resilience, and performance,



the findings suggest that it may not independently shape emotional or social functioning without the support of broader developmental and environmental conditions. Therefore, mindset appears to function as just one of several psychosocial variables that collectively contribute to an individual's emotional stability and social adaptability.

## Conclusion

The study concluded that there was no significant difference in Emotional Stability and Social Adjustment between students with Fixed and Mixed Mindsets. Both groups showed similar emotional regulation and social adaptability, indicating that mindset alone may not strongly influence these characteristics. Emotional and social outcomes are likely shaped by broader personal and environmental factors beyond mind set.

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