

INFLUENCE OF PARENTAL INVOLVEMENT ON EMOTIONAL MATURITY AND SOCIAL ADJUSTMENT AMONG WOMEN SPORTS PARTICIPANTS

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ABSTRACT

The present study aimed to examine the influence of parental interest on emotional stability and social adjustment among women sports participants. A total of 312 female students aged 17–23 years, studying in various colleges affiliated with Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India, were selected as the sample for the study. Emotional stability and social adjustment were considered as dependent variables, while parental interest served as the independent variable. Data were collected using the Emotional Maturity Scale developed by Singh and Bhargava (1991) and the Parental Support Scale developed by Nandwana and Asawa (2006). The collected data were statistically analyzed using the independent t-test and one-way analysis of variance (ANOVA), with the level of significance set at 0.05. All statistical analyses were performed using the SPSS statistical software package. The findings revealed that parental interest did not have a statistically significant influence on emotional stability and social adjustment among women sports participants.

Introduction

Women represent one of the most significant and dynamic forces in human society, contributing substantially to the well-being of families and the progress of communities. In the contemporary context, enhancing support for women is closely linked to women's empowerment, as women serve as the backbone of not only families but also society at large. Historically, women were often

underestimated and their capabilities undervalued in comparison to men. However, driven by social reform movements and the efforts of pioneering women leaders, women today have demonstrated competence and excellence equal to their male counterparts across diverse domains, including family life, social engagement, politics, business, and education. In the field of sports, women athletes have elevated national pride by achieving remarkable success and

securing medals at international competitions.

Research evidence consistently highlights the significant role of parents in shaping the psychological well-being of their children, including emotional development and social behavior. Previous studies have established a strong association between parental involvement and the mental health of young individuals. Palomo-Nieto (2011) emphasized that parents assume multiple roles in their children's sporting experiences, particularly in facilitating and supporting participation in sports activities. Despite these findings, parental hesitation especially in certain rural regions of India continues to limit opportunities for girls to engage in sports due to social, cultural, and safety concerns. In this context, examining parental interest becomes crucial, as it may influence emotional maturity and social adjustment among women sports participants. Therefore, the present study seeks to analyze the influence of parental interest on emotional maturity and social adjustment among women engaged in sports activities.

Purpose of the study

The purpose of the study was to analyze the effect of parental interest on

emotional stability and social adjustment among women sports participants.

Methodology

To achieve the objectives of the study, a total of 312 female sports participants were selected from colleges affiliated with Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India, using a stratified random sampling technique. The participants were stratified based on their respective colleges and age groups to ensure adequate representation. The age of the subjects ranged from 17 to 25 years. Parental interest was considered as the independent variable, while emotional stability and social adjustment were treated as dependent variables. Data were collected using the Parental Support Scale developed by Nandwana and Asawa (2006) and the Emotional Maturity Scale developed by Singh and Bhargava (1991). The collected data were statistically analyzed using the independent t-test and one-way analysis of variance (ANOVA). All statistical analyses were performed using the SPSS statistical software package, and the level of significance was set at 0.05.

Data analysis

The analysis of the variance of Parental interest and Emotional Stability, were presented in Table I.

Table I: Analysis of variance values on emotional stability among low, medium and high level parental interest

Mean ± Standard Deviation			Sources Variance	Sum of Square	df	Mean Squares	F-ratio
Low	Medium	High					

32.58	32.02	31.88	Between	14.698	2	7.349	0.434
± 3.38	± 4.22	± 4.20	Within	5229.145	309	16.923	

* Significant at 0.05. (The required table value for df 2 is 309)

Table I shows that the average scores for Parental interest are 32.58, 32.02 and 31.88, respectively. The achieved F-Ratio value for Emotional stability is 0.434. The obtained F ratio value is greater than the table value df 2 is 0.434 at 0.05. level of significance.

Since the F value is greater than the table value, it is concluded that there was significant difference exist between parental interest and emotional stability.

The Mean value of emotional Stability among Low, Medium and High level parental interest were graphically depicted in Figure I.

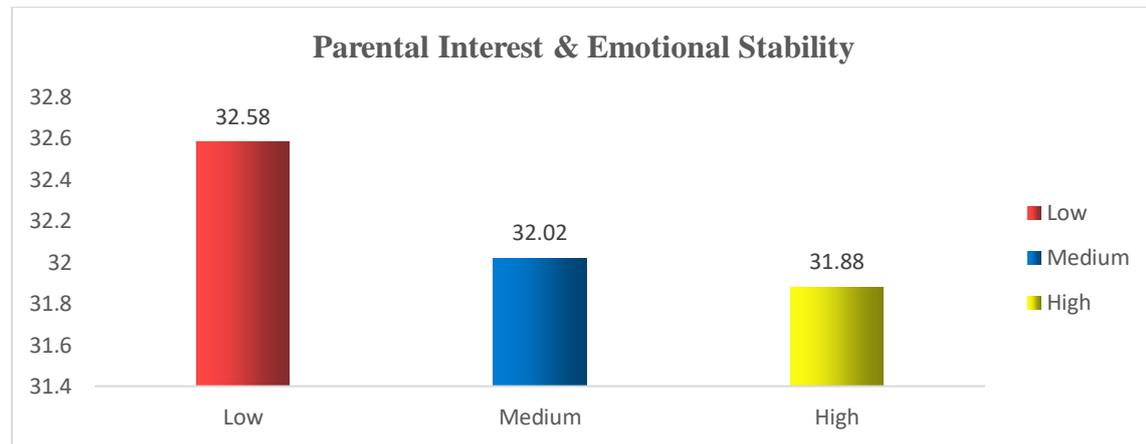


Figure I : The Mean value on emotional Stability among Low, Medium and High level parental interest.

Table II

Analysis of variance values on Social Adjustment among low, medium and high level parental interest

Mean ± Standard Deviation			Sources Variance	Sum of Square	df	Mean Squares	F-ratio
Low	Medium	High					

30.28	30.51	30.16	Between	7.53	2	3.765	0.169
± 5.28	± 4.46	± 4.99					
			Within	6902.543	309	22.338	

* Significant at 0.05. (The required table value for df 2 & 309 is 2.996)

Table II shows that the average scores for Parental interest are 30.28, 30.51 and 30.16, respectively. The achieved F-Ratio value for Social adjustment is 0.169. The value of the F ratio obtained is greater than the value of the table of 0.169, with df 2 and 309 required for significance at 0.05.

Since the value of the F ratio is greater than the table value, there is an insignificant difference between parental interest and Social adjustment.

The Mean of Low, Medium and High level of parental interest related to social adjustment have been graphically depicted in Figure II.

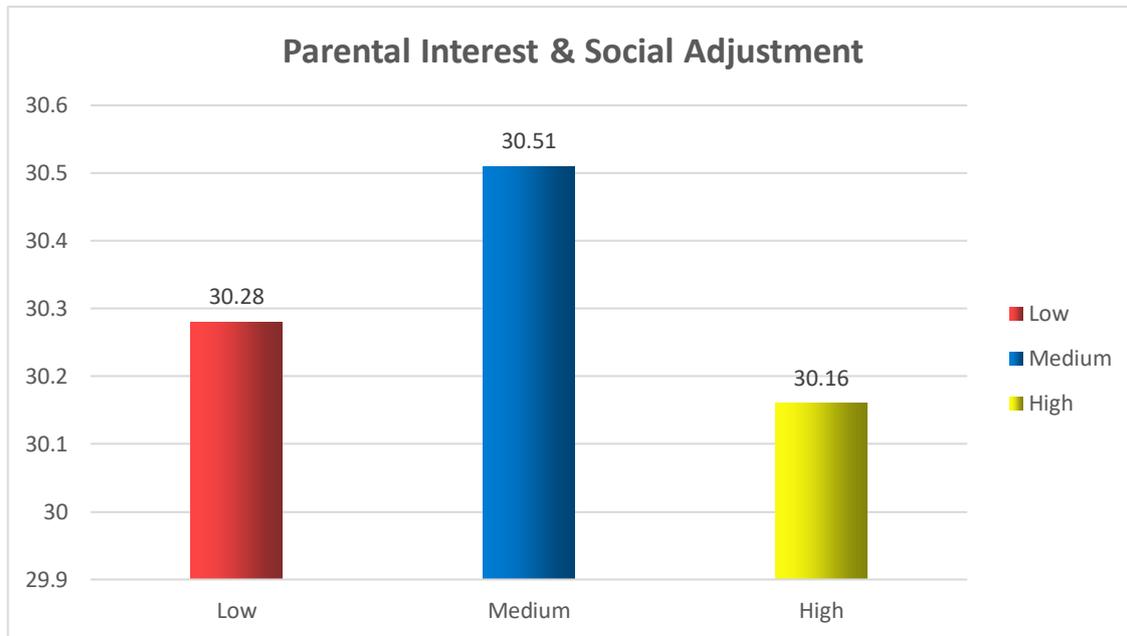


Figure II: The Mean value on social adjustment among Low, Medium and High level parental interest.

Discussion on findings

The result of the study indicates that there was insignificant difference on parental interest and emotional stability. The analyzed data indicates that calculated f-value 0.434 is greater than tabulated table value required to be significant at 0.05 level. Mathivanan D & Clement chileshe (2013) found in his study indicate

that females are more emotionally intelligent than male athletes. Zamanian, et. Al. (2011) in their study conclude that emotional intelligence is higher in athletes than non-athletes. Similar study was conducted on academic activity, the results of the study indicated that parental attention and emotional well-being cannot be over emphasized in academic success.

The result of the study indicates that there was insignificant difference on parental interest and Social Adjustment. The analyzed data indicates that calculated f-value 0.169 is greater than tabulated table value required to be significant at 0.05 level. Theeb Alrawwad., Heyam Al-Taj (2016) Found in his study showed that there is a significant relationship between parental involvement and their children's social adjustment. Dr Inder Kerketta (2016) found in his study indicate that males are more Social Adjustment than female athletes.

Conclusions

The purpose of the study was to Analyze the Parental Assistance in Relation to Selected Psychological Variables of Women Sports Participants. It is concluded that there was insignificant difference exist on EI and SA of parents with low, Medium and high level interest among women sports participants.

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