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A study on the lack of independence among Indian hockey players

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Abstract
The purpose of this study was to compare the Lack of independence among sub-junior-level, junior-level and senior-level Hockey Players. To obtain data, the investigators selected Ninety-Nine (N=99), Female subjects between the age group of 12-28 years (Mean ± SD: Age 16.90±3.80 (yrs), Body Height 161.41±4.97 (cm), Body Mass 52.36±5.35 (kg)). For evaluating the levels of Lack of Independence, Emotional Maturity among subjects, Singh and Bhargava's (1988) Emotional Maturity Scale (EMS) was used. This scale consists of five parameters namely: (Emotional Instability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence). The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variables were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05. To conclude, it is significant to mention in relation to Lack of Independence that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically significant (p<.05).

Keywords: Lack of independence, sub-junior, junior and senior

Introductions
Lack of Independence is an insufficiency, shortage, or absence of something required or desired. Lack of independence is when a person is unable to continue with their daily tasks without the help of another person. Performance in any endeavour is largely contingent upon mental preparation, psychological strength, and emotional maturity. Just as one prepares for competition by practising physical skills as well as increasing his/her strength and endurance, one must also prepare himself/herself mentally as well as emotionally. Emotions are great motivating forces throughout the span of human life; affecting the aspirations, actions and thoughts of an individual. (Hiremani *et al*., 1994) [3] indicated that the destitute girls were emotionally unstable due to socio-cultural and parental deprivation. (Mankad, 1999) [5] the personality of emotionally mature and unmatured adolescents differs significantly. Emotional maturity was a major factor, especially as a predictor of success in essay tests among medical students. Also, he observed that personalities of emotionally mature and un-matured adolescents differ significantly other researchers also found similar studies that the characteristic behaviour of the female is more sober, well-behaved, shy and reserved as compared to boys (Gupta, 1989) [2]. (Hiremani *et al*., 1994) [3] examined that the destitute girls were emotionally unstable due to socio-cultural and parental deprivation. (Woodworth, 1945) [8] defined emotions, as a moved or a stirred-upstate of an individual. It is a stirred-up state of feeling, that is the way it appears to the individual himself. It is a disturbed muscular and glandular activity that is the way it appears to an external observer. (Subbarayan & Visvanathan, 2011) [7], their study on emotional maturity among college students revealed that the emotional maturity of college students is extremely unstable. (Rathee & Salh, 2010) [6] found that international players are significantly better in emotional maturity as compared to state level players.

Material and Methods
Selection of Subjects
For the purpose of the present study, ninety-nine (N=99), Female subjects between the age group of 12-28 years (Mean ± SD: Age 16.90±3.80 (yrs), Body Height 161.41±4.97 (cm), Body Mass 52.36±5.35 (kg)) volunteered to participate in the study. The demographics of subjects are brought forth in Table 1.

Table 1: Subject's Demographics of Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)).

Variable (s)	Sample Size (N=99)			
	Total N=99	Sub-Junior Level (N_1=45)	Junior Level (N_2=32)	Senior Level (N_3=22)
Age (yrs)	16.90±3.80	13.8±1.32	17.40±4.98	22.54±3.05
Body Height (cm)	161.41±4.97	156.95±3.83	164.78±1.77	165.63±1.29
Body Mass (kg)	52.36±5.35	47.57±4.12	55.53±1.54	57.57±1.36

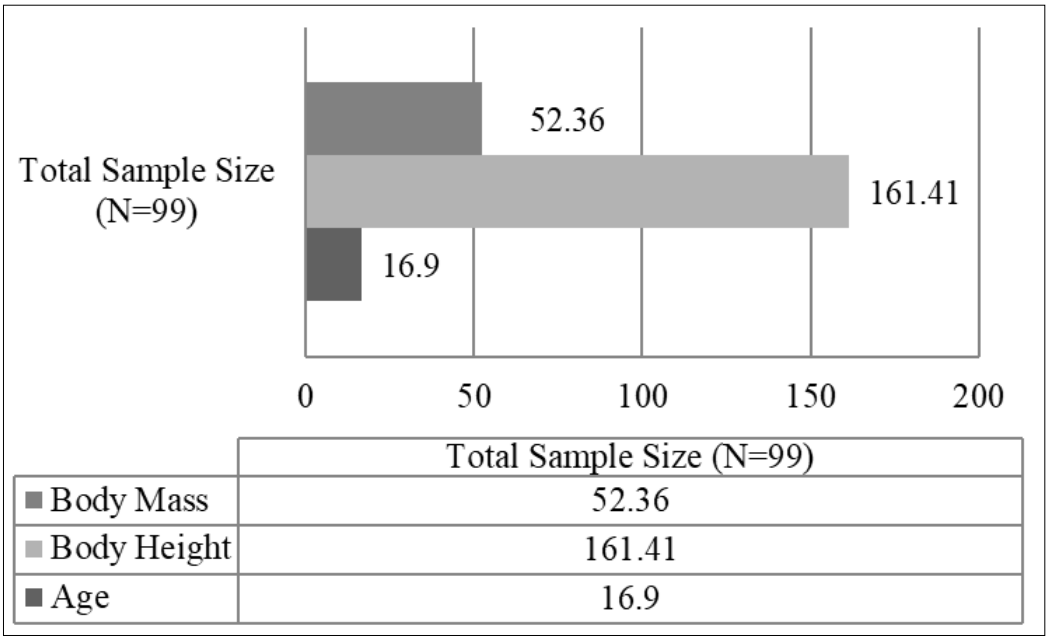

Fig 1: Subject's Demographics of Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)).

Selection of Tools

Emotional Maturity Scale (EMS).

For evaluating the levels of Lack of Independence, Emotional Maturity among subjects, Singh and Bhargava's (1988) [9] Emotional Maturity Scale (EMS) was used.

Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). For testing the hypotheses, the level of significance was set at 0.05.

Results

For the chosen variable, the result pertaining to Analysis of variance (ANOVA) among Sub-Junior Level, Junior Level and Senior Level Hockey Players on the variable Lack of Independence are presented in the following tables:

Table 2: Analysis of variance (ANOVA) results among Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)) with regards to Lack of Independence.

Source of Variation	Sum of Squares	d.f.	Mean Square	F-value	p-value
Between Groups	199.027	2	99.514	6.201	.003
Within Groups	1540.630	96	16.048		
Total	1739.657	98			

The p-value is .003. The result is significant at p< .05

- It is evident from Table-2 that results of Analysis of Variance (ANOVA) among Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)) with regards to Lack of Independence were found statistically significant (p<.05). Since the obtained F-value was found significant, therefore, post-hoc test was employed to study the direction and significance of differences between paired means. The results of post-hoc test have been presented in Table-3.

Table 3: Analysis of post-hoc test among Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)) with regards to Lack of Independence.

Multiple Comparisons			
Group (A)	Group (B)	Mean Difference	Sig.
Sub-Junior (16.9333)	Junior	-3.25417*	.003
	Senior	-1.11212	.568
Junior (20.1875)	Sub-Junior	3.25417*	.003
	Senior	2.14205	.161
Senior (18.0455)	Sub-Junior	1.11212	.568
	Junior	-2.14205	.161

- A glance at Table-3 showed that the mean value of Sub-Junior group was 16.9333 whereas Junior had mean value as 20.1875 and the mean difference between both the groups was found 3.25417. This shows that the Junior group had demonstrated significantly better on Lack of Independence than their counterpart's Sub-Junior group.
- The mean value of Sub-Junior group was 16.9333 whereas Senior had mean value as 18.0455 and the mean difference between both the groups was found 1.11212. This shows that the Senior group had demonstrated significantly better on Lack of

Independence than their counterpart's Sub-Junior group.

- The mean value of Junior group was 20.1875 whereas Senior had mean value as 18.0455 and the mean difference between both the groups was found 2.14205. This shows that the Junior group had demonstrated significantly better on Lack of Independence than their counterpart's 15.0000 Senior group.

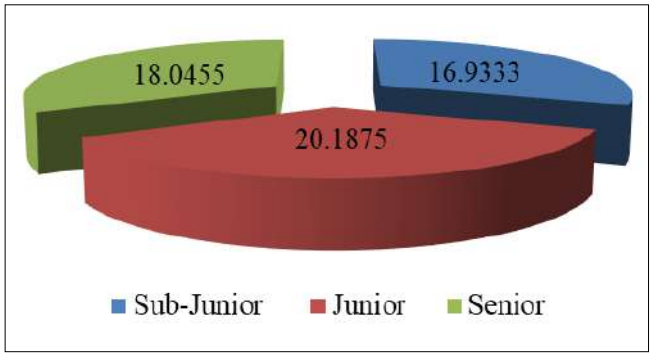

Fig 2: Graphical representation of mean scores Hockey Players (N=99) (i.e., Sub-Junior Level (N_1=45), Junior Level (N_2=32) and Senior Level (N_3=22)) with regards to Lack of Independence.

Hypothesis Testing

It was hypothesized that there will be significant differences among Sub-Junior Level, Junior Level and Senior Level Hockey Players on the variable Lack of Independence. At this point in the research study, the researcher rejected the hypothesis of this study.

Discussion

It is evident from findings that significant differences observed among sub-junior level, junior level and senior level Hockey Players on the variable Lack of Independence. These findings were supported by the results achieved by (Rathee and Salh, 2010) [6] that international players are significantly better in Lack of Independence as compared to state players. (Biddulph, 1954) [1] revealed that superior athletes showed higher levels of personal and social adjustment than less skilled athletes. Previous research demonstrated that individuals who met recommended levels of daily exercise and physical activity reported higher EI compared to their insufficient and inactive counterparts (Li, Lu, & Wang, 2009) [4].

Conclusions

To conclude, it is significant to mention in relation to Lack of Independence that results of Analysis of Variance (ANOVA) among Hockey Players were found statistically significant (p<.05).

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