

EMOTIONAL MATURITY IN ATHLETES

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WHAT IS EMOTIONAL MATURITY?

- ❖ Emotional maturity is the ability to handle and assess situations without escalating them. This is a key lesson that most athletes learn at an early age due to the high demands placed upon them. The age that one matures plays a role in decision making, behavior, regulation, and methods of emotional expression. Those four components are key aspects of emotional maturity.
- ❖ Previous research conducted by Tamminen (2016) has shown that athletes feel that their emotional expression has an impact on others around them. This is important to study due to the fact that the emotional side of athletes is often overshadowed by the physical performance. These findings have given an in depth understanding to what all goes into the concept of emotional maturity.

3 MAIN BRANCHES

- ❖ There are three main branches of emotional maturity that can be expanded upon. The first trend observed is individuals coping mechanisms. The second trend that was observed was the quality of decision making. The third observation is that emotional maturity plays a role in overall self-worth.

Coping Mechanisms

- By evaluating methods of coping, staff and supporting personnel can help to increase the quality of the athletic community.

Decision Making

- While the decisions made by individuals are majorly up to them, the intelligence that goes behind the final decision can either cause it to be favorable or hindering.

Self-Worth

- Although self-worth is a subjective feeling, it is important to consider when discussing the maturity of the individual.

PURPOSE

From a very young age athletes have expectations placed upon them. The purpose of this research is to understand that athletes are under a higher amount of pressure that affects how quickly they mature. By conceptualizing this variation in maturity and how it affects their lives off the court or field, staff and supporters of these athletes can better understand how to interact with them.

BENEFITS

Athletes: For athletes, understanding how to regulate and manage their emotions can significantly benefit their mental health. The pressure put on them from a young age does not always come with resources to help. If the athlete can understand their mental ability, they can focus on training their mind as they train for their sport.

Coaches: For the coaching staff, understanding the different levels of emotional maturity among their athletes can cause them to shift their coaching methods to get the most out of their athletes. It is known that not all athletes respond to the same coaching methods, but emotional maturity may be an explanation why.



FUTURE RESEARCH

- ❖ Research directly correlating athletes to non-athletes to evaluate the depths of the effects this pressure has on them
- ❖ The statistics on the amount of reported cases of depression in athletes versus non-athletes

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