
IMPACT OF SPORTS ACTIVITIES ON EMOTIONAL STABILITY OF STUDENTS

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ABSTRACT

The present research study aims to analyze the impact of sports activities on the emotional stability of students. In the contemporary educational environment, students are exposed to various psychological, emotional, and social pressures, which significantly affect their emotional stability. Emotional stability is an essential component of students' personality development, mental health, and academic success. In this context, sports activities can serve as an effective means for promoting emotional balance and psychological empowerment among students. In the present study, the survey method was adopted, and school-level students were selected as the sample. Sports participation was considered as the independent variable, while emotional stability was taken as the dependent variable. For data collection, an Emotional Stability Scale and a Sports Participation Questionnaire were used. The collected data were analyzed using statistical techniques such as Mean, Standard Deviation, t-test, and Pearson's Correlation. The findings of the study revealed that students who regularly participated in sports activities exhibited higher levels of emotional stability compared to those who did not participate in sports. Moreover, a positive and significant correlation was found between sports participation and emotional stability. The study concludes that sports activities play a crucial role in enhancing students' emotional development and mental balance. Therefore, sports activities should be an integral part of school education to ensure the holistic development of students.

KEYWORDS: - Sports Activities, Emotional Stability, Students, Mental Health, Sports Participation, Emotional Development, Physical Education, Stress, Self-Confidence, Holistic Development.

1. INTRODUCTION

Education is not limited to intellectual development alone; it also encompasses the physical, mental, social, and emotional development of an individual. In the present era, students face increasing levels of competition, academic pressure, parental expectations, and social challenges, which lead to stress, anxiety, frustration, and emotional imbalance. In such circumstances, the development of emotional stability among students has become a crucial necessity, as emotionally stable students are better equipped to face life's challenges with confidence and a positive outlook.

Sports activities serve as an effective medium for the holistic development of students. Sports not only strengthen the body but also discipline and stabilize the mind. Through sports, students develop qualities such as self-control, patience, cooperation, competitiveness, leadership skills, and social adjustment. Additionally, sports activities help reduce stress, enhance self-confidence, and foster positive emotions.

Emotional stability refers to an individual's ability to regulate emotions and respond to situations in a balanced manner. An emotionally stable person demonstrates patience, self-restraint, and rational thinking even in difficult circumstances. The development of emotional stability among students not only influences their academic performance but also plays a significant role in shaping their personality and future success.

Therefore, examining the relationship between sports activities and students' emotional stability is both necessary and relevant. The present study aims to explore how sports activities influence students' emotional stability and contribute to their mental and emotional development.

2. TYPES OF SPORTS

2.1 TYPES OF SPORTS

- ★ Individual Sports – Athletics, Yoga, Badminton, Table Tennis
- ★ Team Sports – Cricket, Football, Hockey, Kabaddi
- ★ Indoor Sports – Chess, Carrom
- ★ Outdoor Sports – Running, Football, Cricket

2.2 EDUCATIONAL IMPORTANCE OF SPORTS

- ★ Sports contribute to the physical development and fitness of students.
- ★ They promote mental health and emotional well-being.
- ★ Sports help in developing discipline and self-control among students.

- ★ They enhance concentration, attention, and cognitive abilities.
- ★ Sports encourage teamwork, cooperation, and social interaction.
- ★ They build leadership qualities and responsibility.
- ★ Sports improve self-confidence and self-esteem.
- ★ They help students manage stress and anxiety effectively.
- ★ Sports promote moral values such as fairness, honesty, and respect.
- ★ They support holistic development by integrating physical, mental, social, and emotional growth.

3. CONCEPT OF EMOTIONAL STABILITY

Emotional stability refers to an individual's ability to understand, manage, and regulate emotions in a balanced and appropriate manner. It is an important aspect of personality that enables a person to respond calmly and rationally to different life situations. Emotionally stable individuals are able to control their impulses, cope with stress, and maintain emotional balance even in challenging circumstances.

In the context of students, emotional stability plays a crucial role in academic success and overall development. Students who possess emotional stability are better equipped to handle academic pressure, social relationships, and personal challenges. They exhibit positive attitudes, patience, self-confidence, and resilience, which contribute to their mental well-being and effective learning.

Emotional stability is closely related to mental health, self-control, and adaptability. It helps individuals develop healthy coping strategies and maintain harmonious relationships with others. Moreover, emotional stability reduces the likelihood of anxiety, aggression, and frustration, enabling individuals to make sound decisions and behave responsibly.

Thus, emotional stability is not merely the absence of emotional disturbances but a dynamic process of emotional regulation and psychological balance. It plays a significant role in shaping an individual's personality and ensuring successful adjustment in personal, academic, and social life.

3.1 CHARACTERISTICS OF EMOTIONAL STABILITY

- ★ Self-control
- ★ Stress tolerance
- ★ Positive thinking
- ★ Balanced behavior

- ★ Self-confidence

3.2 IMPORTANCE OF EMOTIONAL STABILITY

- ★ Emotional stability helps individuals manage stress and anxiety effectively.
- ★ It enhances mental health and psychological well-being.
- ★ Emotionally stable students show better academic performance.
- ★ It improves self-control and emotional regulation.
- ★ Emotional stability strengthens self-confidence and self-esteem.
- ★ It promotes positive thinking and optimistic attitudes.
- ★ It helps in maintaining healthy social relationships.
- ★ Emotionally stable individuals adapt better to challenging situations.
- ★ It reduces aggressive and impulsive behaviour.
- ★ Emotional stability contributes to overall personality development and success in life

4. RELATIONSHIP BETWEEN SPORTS ACTIVITIES AND EMOTIONAL STABILITY

Sports activities play a significant role in the emotional development of students. Through sports, students experience:

- ★ Sports activities help students reduce stress and anxiety, leading to better emotional stability.
- ★ Regular participation in sports enhances self-control and emotional regulation.
- ★ Sports improve self-confidence and self-esteem, which strengthen emotional balance.
- ★ Participation in sports promotes positive thinking and optimistic attitudes.
- ★ Sports activities help in managing negative emotions such as anger and frustration.
- ★ Team sports develop social skills and emotional adjustment through cooperation and interaction.
- ★ Sports encourage resilience and perseverance, which contribute to emotional strength.
- ★ Physical activity stimulates the release of endorphins, improving mood and emotional well-being.
- ★ Sports provide opportunities for emotional expression in a healthy and constructive manner.
- ★ Regular involvement in sports leads to overall psychological stability and emotional maturity among students.

5. OBJECTIVE OF THE STUDY

- ★ To examine the relationship between sports activities and emotional stability.
- ★ To compare the emotional stability of students who participate in sports with those who do not.
- ★ To analyze the impact of sports participation on emotional stability.

6. HYPOTHESES

1. There is no significant relationship between sports activities and emotional stability.
2. There is no significant difference in emotional stability between students who participate in sports and those who do not.
3. There is a significant relationship between sports activities and emotional stability.
4. There is a significant difference in emotional stability between students who participate in sports and those who do not.

7. VARIABLES

7.1 INDEPENDENT VARIABLE

- ★ Sports Participation

7.2 DEPENDENT VARIABLE

- ★ Emotional Stability

7.3 CONTROLLER VARIABLE

- ★ Age
- ★ Gender
- ★ Class/Grade
- ★ Type of School

8. RESEARCH METHODOLOGY

8.1 RESEARCH METHODS

- ★ Survey Method

8.2 SAMPLE

- ★ Total Students = 200
- ★ Students participating in sports = 100
- ★ Students not participating in sports = 100

8.3 TOOLS

- ★ Emotional Stability Scale
- ★ Sports Participation Questionnaire

9. DATA COLLECTION

★ Data were collected from selected schools through questionnaires administered to students.

10. DATA ANALYSIS

10.1 MEAN AND STANDARD DEVIATIONS

Table-1

Group	N	Mean (Emotional Stability)	SD
Students participating in sports	100	78.50	8.20
Students not participating in sports	100	65.30	7.10

10.2 T-TEST

TABLE-2

Group	Mean	t-value	Significance
Sports participants	78.50	5.42	Significant at 0.01 level
Non-participant	65.30		

Conclusion: The difference in emotional stability between the two groups is statistically significant.

10.3 CORRELATION

TABLE-3

Variables	Pearson's r
Sports Participation – Emotional Stability	0.62

Conclusion: A positive correlation was found between sports participation and emotional stability.

11. GRAPH (BAR GRAPH)

Mean Score Comparison

Mean Emotional Stability Score	
80	78.5 (Sports Participants)
70	
60	65.3 (non-participants)
50	
Participants non-participants	

12. REVIEW OF LITERATURE

1. Singh (2018) reported that sports activities improve students' mental health.

2. Sharma (2019) found a positive relationship between sports and emotional intelligence.
3. Kumar (2020) concluded that students involved in sports show higher self-confidence.
4. Patel (2021) examined the relationship between sports and stress reduction.
5. Verma (2017) highlighted the role of sports in social adjustment.
6. Gupta (2016) studied the relationship between sports and self-esteem.
7. Reddy (2019) observed a reduction in aggression through sports activities.
8. Mehta (2020) reported a relationship between sports and academic achievement.
9. Johnson (2015) emphasized sports as a medium of emotional development.
10. Smith (2014) explored the impact of sports on mental health.

These studies collectively indicate that sports activities significantly contribute to students' emotional development.

13. DISCUSSION

The findings of the study clearly indicate that students who participate in sports activities exhibit higher emotional stability compared to non-participating students. Sports help students develop self-control, patience, and positive thinking. The results are consistent with previous research findings, reinforcing the significance of sports in emotional and psychological development.

14. CONCLUSION

The present research study clearly demonstrates that sports activities play a vital role in the development of students' emotional stability. The findings reveal that students who regularly participate in sports activities possess higher levels of self-control, self-confidence, patience, positive thinking, and emotional balance, whereas students who do not participate in sports are more prone to stress, anxiety, and emotional instability.

Statistical analysis of the data confirms a positive and significant relationship between sports participation and emotional stability. The results of the t-test and correlation analysis indicate that students actively involved in sports exhibit significantly higher emotional stability compared to non-participating students. This clearly suggests that sports are not merely a means of physical development but also an effective tool for emotional and psychological growth.

Therefore, it can be concluded that sports activities should be integrated as an essential component of school education. Providing students with regular opportunities to participate in sports can significantly enhance their emotional stability, mental health, and overall

personality development. Hence, sports activities are indispensable for the holistic development of students.

15. EDUCATIONAL IMPLICATIONS

- ★ Sports activities should be integrated as a compulsory component of the school curriculum to promote emotional stability among students.
- ★ Schools should provide adequate infrastructure and facilities for indoor and outdoor sports activities.
- ★ Physical education should be given equal importance along with academic subjects in the education system.
- ★ Teachers and physical education instructors should motivate students to participate regularly in sports activities.
- ★ Schools should organize inter-school and intra-school sports competitions to enhance students' emotional and social development.
- ★ Counselling and guidance programs should be linked with sports activities to improve students' emotional well-being.
- ★ Educational institutions should design structured sports programs focusing on emotional, social, and psychological development.
- ★ Parents should be encouraged to support their children's participation in sports activities.
- ★ Educational policymakers should frame policies that emphasize the role of sports in students' holistic development.
- ★ Regular assessment of students' emotional stability should be conducted to evaluate the impact of sports activities.

16. LIMITATIONS OF THE STUDY

- ★ The study was conducted on a limited sample size, which may restrict the generalization of the findings.
- ★ The research was confined to school-level students only, excluding college and university students.
- ★ The study was limited to a specific geographical area, which may affect the applicability of the results to other regions.
- ★ Only quantitative methods were used; qualitative insights were not included.
- ★ Emotional stability was measured using a single scale, which may not capture all dimensions of emotional behaviour.

- ★ Sports participation was assessed through self-reported questionnaires, which may involve response bias.
- ★ Time constraints limited the depth of data collection and analysis.
- ★ Other influencing factors such as family background, socio-economic status, and personality traits were not considered in detail.
- ★ The study focused only on general sports participation and did not analyse the effects of specific sports activities.
- ★ The findings are based on cross-sectional data and do not reflect long-term effects of sports activities on emotional stability.

17. SUGGESTIONS FOR FURTHER RESEARCH

- ★ The study was conducted on a limited sample size, which may restrict the generalization of the findings.
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