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Emotional Maturity of Student Athletes in the Faculty of Sports Science

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Student's success in academic activities influenced by their emotional maturity. Emotional maturity is defined as the level of balanced emotional management, responding positively to external stimuli, and making appropriate decisions or acting based on mature considerations and remaining consistent with mood.

The purpose of this study was to assess the emotional maturity of student athletes in the Faculty of Sport Science. The method used in this study was a quantitative descriptive questionnaire. The questionnaire consisted of 36 items with five main indicators. The questionnaire used a Likert scale with four response options: Very Appropriate (VA), Appropriate (A), Not Appropriate (NA), and Very Not Appropriate (VNA), with a reliability value of 0.792. The subjects in this study were 128 student athletes. In this study, only 108 students completed the questionnaire, while 20 others did not complete it due to participating in training camps and other competitions, both domestically and internationally.

The results showed that the majority of student athletes 15 students fell into the very high category (13.9%), 42 students fell into the high category (38.9%), 34 students fell into the moderate category (31.5%), 13 students fell into the low category (12%), and 4 students fell into the very low category (3.7%). The conclusion of this study indicates that the majority of student athletes in the Faculty of Sport Science, UNIMED, have a high level of emotional maturity. This indicates that they are able to manage academic and athletic pressures in a balanced manner.

Keywords: Emotional Maturity, Academic Activities, Student Athletes.

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