

Emotional maturity among intermediate students of Sakra block of Muzaffarpur, Bihar

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Abstract- Emotional Maturity play very important role in our daily life. It is a tendency to express emotions with intellectually. It controls the growth of individual developments. The American Psychological Associations (APA) defines this term as a high and appropriate level of emotional control and expression. In other words, 'Emotional maturity defined as how capable a person is to respond to situations, control his/her emotions and behave in a sophisticated manner when dealing with others.'

The purpose of this study was to investigate the emotional maturity in an intermediate student's age group of 15 to 20 years of Sakra block of Muzaffarpur district of Bihar and 120 students participated in this study. The emotional maturity scale developed by Dr. Yashwir Singh and Dr. Mahesh Bhargava was used for assessing the emotional maturity of the students and t-test were used to analyze the data with the help of SPSS software. Our study shows that a significant number of male students have high level of emotional maturity than female students and no any significant difference between Hindu and Muslim students that means both community student having similar level of emotional maturity.

Keywords: Emotional maturity, Intermediate students, Gender, Religion.

INTRODUCTION

In present time, we all are suffering with some Psychological difficulties is daily life i.e. anxiety, tension, frustration and emotional upsets. So, the term emotional maturity play very important role in our life. It helps the better survival of human life.

Emotional maturity is a tendency to express emotions without restraint or disproportionately to the situation. The American Psychological Association (APA) defines emotional maturity as a high and appropriate level of emotional control and expression.

In other words, 'Emotional maturity defined as how capable a person is to respond to situations, control his/her emotions and behave in a sophisticated manner when dealing with others.'

Actually emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of individual developments. The concept 'mature' emotional behaviour of any level is that which reflects the fruits of normal emotional development.

According to Walter D. Smitson (1974), 'Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra – psychically and intra - personally'. Cole (1944) defines this term in concise way, 'Emotional maturity is the ability to bear tension.

L. S. Hollingworth (1928) mentions some characteristics of emotionally mature person in the following points.

- (i) He is capable of responding in gradation or degree of emotional responses.
- (ii) He is also able to delay his responses as controlled with the impulsiveness of young child.
- (iii) Handling of self-pity, instead of showing unrestrained self-pity, he tries to feel for him.

According to Fred Mc. Kinney, 'the characteristics of an emotionally mature person are heterosexuality appreciation of attitude and behaviour of others tendency to adopt the attitudes and habits of others and capacity to delay these own responses.

According to Seont L. J. (1951), 'If the emotional development of the individual is relatively complete his adaptability is high, his regressive tendencies are low and his vulnerability is minimal'.

Therefore, the emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but is continuously in process of

seeing himself in clearer perspective, continuity involved in a struggle to gain healthy integration of feeling, thinking action.

REVIEW OF LITERATURE

There are so many research conducted by the researcher on emotional maturity. Some important studies are discussed here.

Upadhyay H. M., et al. (2020) conducted a study on the topic. ‘A study on emotional maturity is an adolescent group studying at a higher secondary school in western India. The result shows that there is no significant difference in the emotional maturity level between adolescent boys and girls.

Bagh, B. (2018) conducted a study on the topic Emotional maturity among adolescent in relation to parental involvement and the result shows that there is no significant difference exists in the emotional maturity of adolescent with respect to gender.

Kumhar, B. (2018), conducted a study on ‘Difference of emotional maturity among adolescents of Dehradun’. This study shows that boys and girls differ significantly in only one dimension of emotional maturity i.e. emotional progression, while in other four dimension (emotional stability social adjustment, personality interjection and independence) and in total emotional maturity boys and girls do not differ significantly.

Shafeeq, N. Y., & Thaqib, A. (2015) conducted a comparative study of emotional maturity of Secondary school students in solution to academic achievement and found that there exists no significant difference between male and female adolescents on the measure of emotional maturity; male adolescents had higher emotional maturity than female adolescents.

Sharma, R., Prabhakar, K, & Madnavat, A.(2013) conducted a study of relationship between emotional maturity and adjustment for school students and found that boys and girls studying in secondary classes were not significantly differing in their adjustment and emotional maturity.

HYPOTHESES OF THE STUDY

The Hypotheses of the study are given below:-

- (a) The level of emotional maturity would be higher in male intermediate student than female intermediate students.

- (b) There is no significant difference between Hindu intermediate students and Muslim intermediate students is terms of their emotional maturity.
- (c) Hindu male students having high level of emotional maturity than Muslim male students.
- (d) Hindu female students having high level of emotional maturity than Muslim female students.

OBJECTIVE OF THE STUDY

In the above context, the present study purpose to examine the following research objectives: -

- 1.To find out that the impact of gender on emotional maturity of the students.
- 2.To find out that the impact of religion on emotional maturity of the students.

METHODOLOGY

A cross sectional study was carried out after taking permission from college and convenient sampling procedure was followed to select the participant for the study. The Participation in the study was voluntary and verbal consent from the participants was taken before the study.

Sample

A total of 120 intermediate students from colleges of Sakra block of Muzaffarpur, Bihar by using convenient and purposive sampling techniques.

The sample is divided into two gender group i.e., Male & Female. Each group represented by 60 students. The male and female has been further subdivided into two religious groups i.e. Hindu and Muslim, each groups represented by 30 students.

Thus there are four sub groups i.e., Male Hindu students, Male Muslim students, Female Hindu students and Female Muslim students. Each group represented by 30 students.

A complete sample design in given below: -

Male		Female	
Hindu	Muslim	Hindu	Muslim
30	30	30	30

Inclusion Criteria

- (a) Age between 15-20 years.
- (b) Minimum educational qualification was intermediate.
- (c) Hindu and Muslim students by religion.

Exclusion Criteria

- (a) Age below 15 Years and above 20 years excluded.
- (b) Education qualification below intermediate and above post graduate excluded.
- (c) Sikh and Christians by religion was excluded.

- Emotional maturity scale in a self reporting five points scale. Items of the scale are in the question from demanding information for each in any of the five options i.e., very much, much, undecided, probable and never.
- The reliability of this scale is 0.75.

Measures

- (1) Personal Data Questionnaires area (P.D.Q.): - This PDQ was prepared by self collecting the detailed information regarding participants including their name, age, sex, religion, residence, qualification, name of college, name of father address etc.
- (2) Emotional Maturity Scale (E.M.S.): - This scale was used to measures the emotional maturity of the students. It has been developed by Dr. Yashvir singh and Dr. Mahesh Bhargava. This test contains 48 items under five categories i.e., emotional instability, emotional regression, social maladjustment, personality disintegrations and lack of independence.

Procedure

After contacting the prospective participants and taking their consent, the emotional maturity scale along with personal data questionnaire were given to intermediate students. The purpose of the study was explained and proper information was given to them. The students gave their responses separately. After the screening the procedure was completed.

RESULT AND DISCUSSION

The finding of the study has been tabulated in table- I, II, III & IV respectively.

Table – I Comparison between male and female intermediate students on emotional maturity scores

	N	M	SD	t	Lp
Male	60	115.33	25.95	2.36	0.05
Female	60	106.01	17.52		

Table- I shows the emotional maturity of male and female intermediate students. The N, M and SD scores of male intermediate students are 60, 115.33, 25.95 and the N, M and SD score of female intermediate students are 60, 106.01, 17.52 respectively. The difference between both means score are found significant at 0.05 levels.

Thus, the hypothesis that is, ‘Emotional maturity would be higher in male intermediate students than female intermediate students’ is supported by the findings. The finding indicates that intermediate students are more emotional maturity in comparison to female intermediate students.

Table – II Comparison between Hindu and Muslim intermediate students on emotional maturity scores

	N	M	SD	T	Lp
Hindu	60	111.13	26.73	0.11	NS
Muslim	60	111.68	30.29		

Table- II shows that emotional maturity of Hindu and Muslim intermediate students. The N, M and SD score of Hindu intermediate students are 60, 111.13, 26.73 and the N, M and SD score of Muslim intermediate students are 60, 111.68, 30.29 respectively. The difference between both means score are found no significant at any level.

Thus, the hypothesis that is, ‘There is no any significant difference between Hindu intermediate students and Muslim intermediate students in term of their emotional maturity’ is supported by the findings. This finding indicates that there is no any difference between both Hindu and Muslim intermediate students on their emotional maturity score.

Table- III Comparison between Hindu male and Muslim male students on emotional maturity scores

	N	M	SD	t	Lp
HM	30	109.83	19.55	1.72	NS
MM	30	121.23	30.34		

Table- III shows the emotional maturity of Hindu male and Muslim male intermediate students. The N, M and SD score of Hindu male students are 30, 109.83, 19.55 and the N, M and SD of Muslim male students are 30, 121.23, 30.34 respectively. The difference between both means score are found no significant at any level.

Thus, the hypothesis that is ‘Hindu male students having high level of emotional maturity than Muslim male students’ is not supported by the findings. This findings indicates that there is no any difference between both Hindu and Muslim male intermediate students on their emotional maturity scores.

Table – IV Comparison between Hindu female and Muslim female students on emotional maturity scores

	N	M	SD	t	Lp
HF	30	105.86	18.70	0.07	NS
MF	30	106.16	16.59		

Table: IV shows the emotional maturity of Hindu female and Muslim female intermediate students. The N, M and SD score of Hindu female students are 30, 105.86, 18.70 and the N, M and SD score of Muslim female intermediate students are 30, 106.16, 16.59 respectively. The difference between both means score are founded not significant at any level.

level of emotional maturity than female intermediate students and no any significant difference between Hindu and Muslim intermediate students, Hindu male and Muslim male intermediate students and Hindu female and Muslim female intermediate students on scale of emotional maturity.

Thus, the hypothesis that is ‘Hindu female students having high level of emotional maturity than Muslim female students’ is not supported by the findings. This finding indicates that there is no any differences between both Hindu female and Muslim female intermediate students on their emotional maturity scores.

Keeping in view the above finding, there is a need to cultivate the emotional maturity among the students for their growth of individual developments and betterment of future.

REFERENCE

FINDINGS OF THE STUDY

The findings of the presented study are as follows:

- (1) The Male intermediate students have a high level of Emotional maturity than female intermediate students.
- (2) Both Hindu and Muslim intermediate students have a similar level of Emotional maturity.
- (3) Both Hindu male and Muslim male students have a similar level of Emotional maturity.
- (4) Both Hindu female and Muslim female students have a similar level of Emotional maturity.

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CONCLUSION

From the findings of our study shows that a significant number of male intermediate students having high

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