

# Effect Of Family Environment on Emotional Maturity and Mental Health of Adolescents

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**Abstract**—In this modern era of stress and strain, tension and depression in adolescents, indeed affects their studies. Different other factors also affect the achievement of the children, such as family environment, mental health, emotional maturity, socio- economic status. Any human being whether a child, or an adolescents possesses a unique mental health which is reflected in all his action towards life. The role of good mental health in any human life is amply important for efficient learning and all round development of adolescents. Main purpose of the present study is to examine the mental health, emotional maturity and family environment of adolescents. A random sample of around 600 students was taken and they have been further categorized on the basis of gender and habitation. No significant difference found between rural and urban adolescent in relation to their family environment, emotional maturity and mental health.

**Key words**— Stress, Tension, Depression, Family environment, Mental health and Emotional-Maturity.

## I. FAMILY ENVIRONMENT

Family is oldest and the most valuable of all the institutions that man has devised for regulating and integrating his behavior. He strives to satisfy his basic needs. The family provides care and support to the child; child care may be equally shared by the parents. Though it is the total environment of a family that influences the child development, but one cannot deny that parents constitute a major part of family environment.

The family environment consists of family members, their attributes, their personality, their behavior, their inter relationships. Along with these

family environments it also consists of the physical appearance of house, home facilities, ventilation, the quality nutrition, family hygiene, parental education, parental occupation, their income, their living standard etc. It is the duty of each and every member of the family to pay due respect to the individuality of the child and foster in him a sense of belongingness and responsibility towards his own self and others. Because each family has its own culture and set up which is quite distinct from the other, therefore no two children are the same neither in the beginning, nor during development or as a growing up adult citizens.

During the education of the child the family plays the most important role. A family is the first agency through which a child gets education for sociability. The family is a primary social group; it attains the relationship among individuals is straight forward and direct way.

The family provides care and support to the child; child care may be equally shared by the parents. Though it is the total environment of a family that influences the child development, it is mainly believed by many that parents constitute a major part of family environment. “Families are in dynamic state as they grow and change in dimensions as well as attitude. Families vary in their size and composition in their expectation of parents and children’s behavior and in the personalities and coping strategies of, the members while the mother is certainly the dominant influence in her child’s infancy, it is only a matter of months before the entire family begins to exact moulding influence on the child’s developing personality. (Baler and Charles)

Thus, the family background, status and honour held by the parents and in community and neighbourhood, feeling of superiority, social and

intellectual bases in the family have been known to influence the behavior of child, his creativity and his habits & his career choices. Except these, various other factors in home environment like child rearing practices, child's relation with siblings and parents behavior etc. also affect their choices and decisions.

#### Emotional Maturity:

Emotional maturity is that characteristic of emotional behavior that is generally attained by an adult after his adolescence period Emotional maturity; makes him able to demonstrate a well-balanced emotional behavior in his whole life. A person may be said to be emotionally mature if he has in his possession almost all types of emotions-positive or negative and is able to express them at the appropriate time in an appropriate degree. According to a cognitive behavioural therapist, I believe our thought in conjunction with environment create our emotions. Fortunately, we can control our thoughts by becoming aware of our negative and accurate belief and ideas.

Chamberlain (1960) stated that "an emotionally mature person is one whose emotional life is well under control". "Emotional maturity" is regarded as a level of understanding or event of some kind, through the eyes of a certain age or person".

Intellectual and emotional maturity is a special characteristic of a mentally sound person. A mental person enhances his knowledge. He behaves like a responsible person and expresses his thoughts and feelings clearly and respects others' thoughts and feelings. A mentally healthy person behaves like a mature, balanced and cultured person in every field of life.

According to Freud (1924) the concept of maturity has not received a great deal of explicit priority in the literature. Delineation of libidinal development has yielded the important formulation of the genital level and the "object-interest." Recent emphasis on the conflict between the regressive, dependents, versus the progressive productive forces in the personality has directed interest toward the more elaborated nature of maturity.

Emotional maturity is that characteristic of emotional behavior which is generally attained by an adult after his adolescence period Emotional maturity; makes him able to demonstrate a well-balanced emotional behavior in his day-to-day life.

A person is said to be emotionally mature when he feels proper emotion's in a proper situation and expresses it in a proper form.

Mentally healthy persons are generally good workers, good friends and citizens. Mental health means health of mind. A healthy mind maintains an even temper, an alert intelligence, socially considerable behavior and a happy disposition.

#### Mental Health in the Family environment:

The environment of home built child's health. There is enough caring and sharing. Most of the problems of disturbed children originate in their early years. Some of the unnecessary aspects of child's up bringing from the mental point of views are overprotection, indifference, and unfair comparison, and excessive permissiveness, unrealistic level of aspiration, perfectionism and ignorance.

#### Mental Health in School Environment:

School environment greatly affects mental health of the students. If the students feel insecure in school, their mind is always shadowed with worries and fear. Communalism, discrimination and misadministration cause various animosities which make the environment troublesome and it hinders development. These factors have adverse effect on the mental health of the students.

#### Mental health in Society:

Man is born in family. He has to behave according to social customs and traditions. If the child cannot build him according to the society, then he becomes mentally ill. Man generally feels insecure. In present time the development is so slow that man finds it difficult to live with satisfaction in the present times. There are several, religions, communities and castes having different belief & cultures. These castes and communities fight with each other for fulfilment of narrow, thoughts. Such situations give mental tension.

In other words though society is not an organized centre meant to prevent mental illness responsibly, but it is certain that its condition influences the child. A child learns the principle of discipline and other traits in the healthy environment of society. Healthy social standards provide direction to behavior.

#### Adolescence:

Adolescence period have been regarded as one of the most important period of life in all the societies of the world, may it be primitive or modern. This is the period which has stirred up an amount of anxiety in the minds of parents and rightly has it also exercised a great stress on the adolescents themselves. Adolescence is a period of great stress and strain and it is because of this that educationists and psychologists have focused their attention on the study of the problems of adolescence.

Adolescence period in recent years has been called the “Terrible Teens”. The concept of adolescence which characterized by Hall’s writings and of many others down to the present can be summarized in three generalizations. In the first place, adolescence was considered to be a period when marked with rapid changes which occur in all aspects of Personality, rather than suddenly in the child becomes a new being and develops a totally new outlook. In fact, so rapid and complete changes presumed to be that Hall spoke of adolescence as “NewBirth”.

In the second place, these developments were thought to be biologically generated. They were presumably promoted by the maturity of certain instincts, which result in the flowering of new and curiously wonderful behavior patterns. A child was then pre-destined to experience adolescence change by his very biological make up. And thirdly, it was thought that the period of adolescence was the period of new birth and was essentially erratic, vacillating, unpredictable and stressful. Adolescence was accompanied by “Strom and Stress” occasioned by the speed of change and pervasive nature of adjustments.

Adolescence, in the words of Thomas (1932) is one of the most interesting and important periods in the entire life circle which is regarded between the ages of 11 and 13 years to the age of the maturity that is, 21 years.

#### Importance of the Study:

In today’s era of modernization, where the buzz of tension inculcates, stress, depression major even in adolescents. It affects even the studies of students. Different factors affect the achievement of the child, such as family environment, mental health, emotional maturity, social economic status. Adolescents’ period is surrounded by a number of stressful situations. Any human being whether a child, or an adolescents possesses a unique mental

health which is reflected in all his action towards life. The role of good mental health in any human life is amply important for efficient learning and all round development of adolescent. This is so because the adolescent is a period of stress and strain adolescents’ period faces a number of problems which affects their mental health. A mentally healthy person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, optimistic, self-reliant, self-assured, forward moving and leadership qualities.

For any type of education, healthy mind is the first condition. If adolescents are not in sound mental health, they cannot concentrate in learning and retain the knowledge received in classroom. Learning is dependent on the sound mental health. Healthy adolescents have desire to acquire more and more information and skills that will give them better control over their environment. So mental health is an essential ingredient for the learning process mental health of the adolescents is not inbuilt but acquired .Thus emotional maturity and family environment is the most important factor for attaining the mental health of the adolescents. It is the emotional factor, maturity and the family environment, which influences the mental health of a person. This is because the norms of do’s and don’ts of society are formed for the child first by the family and then at the school. The parents who valorise themselves and have a determinant attitude towards will always be able to inculcate in their children a high mental health.

Individual aspect of mental health can be correlated with the emotional maturity of the individual. Individual aspect relates to internal adjustment which is only possible if the individual is emotionally mature. A person who is confident, well adjusted, free from internal conflicts is mature enough to understand and adapt the changing of environment. Social aspect of mental health can be correlated with relationship between family environments. The social aspect emphasizes on mental health which result in social forces for influencing the individual in beginning of his formative years and continuing through the life.

In today's world, good education provided to students is necessary for the development of personality of child and also good for the nation. A child cannot acquire good education until is home

environment is not healthy. To keep the relations strong and healthy we need to control our emotions and should also have enough maturity. All these things are possible only if the relation between the child's family members is healthy and sweet. The significance of the present investigation is to study the mental health of adolescent in relation to emotional maturity and family environment.

#### Objectives of the Study

- To examine the mental health, emotional maturity and family environment of adolescents.
- To explore the differences between male and female adolescents on their mental health, emotional maturity and family environment.
- To find out the difference between rural and urban adolescents on their mental health, emotional maturity and family environment.
- To see the co-relation between mental health and emotional maturity of adolescents.
- To find out the co-relation between mental health and family environment of adolescents.

#### Hypotheses

- ❖ There would be no significant difference between male and female adolescents on their mental health, emotional maturity and family environment.
- ❖ There would be no significant difference between rural and urban adolescents on their mental health emotional maturity and family environment.
- ❖ There would be positive co-relation between mental health and emotional maturity of adolescents.
- ❖ There would be significant relationship between emotional stability and five factors of emotional maturity. .
- ❖ There would be positive co-relation between mental health and family environment of adolescents.

## II. METHODOLOGY

Research methodology involves the systematic procedure by which the researcher starts from initial identification of the problem to its final scientific and valid manner. It consists of procedure and techniques for conducting a study. The present study

was conducted through descriptive survey method of research.

In the present study the investigator has used survey method to study the family environment mental health and emotional maturity of adolescents of the 10th class in Muzaffarpur district. A random sample of around 600 students was taken for the present study. They have been further categorized on the basis of gender and habitation.

Family Environment Scale by Harpreet Bhatia & N. K. Chadha (1993) and Mental Health battery by Arun Kumar Singh & Alpana Sen Gupta (1983) and Emotional Maturity Scale by Yashvir Singh & Mahesh Bhargava (1993) were applied in this study..

Appropriate statistical methods were also applied to analyse and interpret the collected data.

## III. RESULTS AND CONCLUSIONS

On the basis of the analysis and interpretation of data with the help of appropriate statistics the following results were obtained:

No significant difference found between rural and urban adolescent in relation to their family environment. Urban adolescent have better family environment than rural adolescents.

No significant difference found between male and female adolescent in relation to their emotional maturity, both are equal.

No significant difference found between rural and urban adolescents in their emotional maturity, both are equal

No significant difference found between rural and urban adolescent in relation to their mental health. Urban adolescent have better mental health than rural adolescents.

Significant difference found between male and female adolescent in relation to their mental health. Female adolescents have better mental health than male adolescents.

No significant difference found between rural and urban adolescent in relation to their mental health, both are equal.

No significant relationship found between mental health and family environment of adolescents.

Negative correlation found between mental health and emotional maturity of adolescents.

#### Implications of the research

So far as the present investigation is concerned, it can be claim that valuable information has been obtained on the different aspects of mental health of adolescents in relation to family environment. Following are the educational implications of the present study:

Teachers should know the areas where the students lack mental health and try to give better conditions for proper development in every sphere of life.

School should provide facilities to differently abled students for better mental health.

School should provide facilities to differently abled students for better emotional maturity.

Parents should be aware of school environment before getting their wards admitted to schools.

Home should provide facilities to differently abled child for better family environment.

Parents should be aware about family environment in support in their children.

Parent must be aware to behave the children.

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