

A Study on Emotional Maturity Among Adolescents

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Abstract:

One of the most powerful factors in shaping a person's personality, attitudes, and behaviour is their emotional maturity. This helps them take ownership of their actions, make intelligent choices, work well in groups, build strong bonds with others, boost their self-esteem, and learn to adapt to their circumstances rather than blaming others for their shortcomings.

Methodology: A total 200 samples of boys and girls' students was selected through random sampling methods. A self-constructed questionnaire was used to collect the background information. For collecting the emotional maturity, Emotional Maturity Scale developed by DR. Yashvir Singh and Dr. Mahesh Bhargava was used to collect the required information.

Results: majority of adolescents are in the age group of 16-17 years and 55% of respondents were from nuclear family. The overall mean score indicated that the adolescent's have low level of emotional maturity and in relation with the gender, it shows that the female adolescents are less emotionally stable then male adolescents.

Conclusion: Adolescents' emotional state should be raised in the home and in institutions by using various forms of role play and parental encouragement.

Keywords: Adolescents, Emotional Maturity, Encouragement

Introduction

Individuals' behaviour is heavily influenced by emotions, which in turn shapes an individual's daily experiences and ultimately shapes their personality. Every emotional experience drives the body to go through several physiological and psychological changes. Knowing our feelings gives us the ability to recognize what is going on inside of us, which increases our self-awareness and gives us the strength to stand for ourselves. Physiological changes are usually accompanied by emotions. A child's growth and development, intelligence level, biological environment, social and school environment, and health can all have an impact on their emotional development. Four stages comprise human growth and development: infancy, childhood, adolescence, and adulthood or maturation. Every stage has unique emotional development characteristics. (Zairemtluangi,2019). These last two stages of human growth and development are a very crucial and important period in one's life. It is a transitional period and they require attention, guidance, care and protection.

The primary goal of education is to advance students' emotional, social, physical, and cognitive ability. Good human resources are created by proper education in a nation that is developing quickly. To improve successful implementation, numerous nations have been working to improve the quality of education

through national policies and strategies (Roja et al., 2013). Education changes a person's experience, changes his inherent impulses and desires, and shapes his attitude and perspective. Through education, a person might uncover their hidden abilities. Through productivity training, they are better equipped to serve society with greater effectiveness. A person's emotional development and self-concept are influenced by their education. Emotions such as fear, hate, anger, disgust, affection, joy, and so on are easier to categorize as a person grows from childhood to adolescent and adulthood. In addition to being a useful predictor of personality, emotional maturity is also helpful with the development of adolescents. Being emotionally mature means that you manage your feelings instead of allowing them to control you. Your ability to control and monitor your emotions, as well as to assess the emotional states of others and influence their decisions and behavior, is reflected in your emotional maturity. According to Sangeeta (1998), emotional maturity is a stage that people reach over a long time and is crucial to human existence. Apart from the times of changing circumstances, the present youngsters are constantly captivated with technology and the effects of globalization, including social networking, mobile phones, computers, iPads, and the internet. Their way of life was altered by them, and it continues to influence virtually every aspect of human life. That's why today's youth are referred to as "generation tech." Globalization and technological advancement have many positive effects, but not everyone uses them properly. This is especially true for college students, who are negatively impacted because they become more disconnected from reality and become less intelligent due to their over-reliance on technology. This can result in emotionally unstable people because there are many pressures from various experiences and ways of living. The present study was undertaken to find out the level of emotional maturity among adolescents and to compare the level of emotional maturity with reference to their gender.

Materials and methods

The study was conducted in the Jagannath Prasad Block, Ganjam District, Odisha, India. A total 200 samples of boys and girls' students was selected through random sampling methods. After the selection of samples, the objective of the study was briefly explained before distribution of the questionnaire. A self-constructed questionnaire was used to collect the background information. For collecting the emotional maturity, Emotional Maturity Scale developed by DR. Yashvir Singh and Dr. Mahesh Bhargava was used to collect the required information.

Statistical analysis

Data was coded, entered, and analysed using statistical packages. Mean, SD, and CV value were calculated to analyse the required information.

Results & Discussion

Table 1 shows the demographic characteristics of the respondents, it depicts that out of total samples an equal number of samples were from male and female respectively. The majority of 53% of samples were in the age group of 16-17 years. In terms of types of family majority of 55% were from nuclear family. It is because most of them were in the urban area and also many of them were shifted to the urban area, to fulfil the needs of their children such as better education, health facilities, and exposure. It was also observed that the influences of modernization and urbanization have changed the traditional joint family practices to the nuclear family. Majority 75 percent respondents have 1-3 numbers of siblings.

(Table -1 Demographic characteristics of the respondents)

	Total No. of Respondents (N=200)	
	Frequency	Percentage (%)
Age		
15-16 years	95	47
16-17 years	105	53
Gender		
Male	100	50
Female	100	50
Class		
Class XI	100	50
Class XII	100	50
Types of family		
Nuclear family	110	55
Joint family	90	45
No. of siblings		
1-3	150	75
3-5	50	25
5 and more	0	0

Table-2 Overall mean of Emotional Maturity of adolescents

	No. of Respondents (N)	Mean	SD
Emotional Maturity	200	2.495	1.27

Table 2 revealed the overall level of emotional maturity of respondents. It can be seen that out of 200 respondents the mean score of adolescents was 2.495 and the standard deviation was 1.27. Therefore, the overall mean score indicated that the adolescent’s low level of emotional maturity. Sharma (2012) conducted a study on a topic “Adjustment and emotional maturity among first year college students”. The study showed that the first year undergraduate students were low emotionally mature and had difficulty in adjusting emotionally and socially to the changing demands of the environment and faced more academic difficulty as compared to final year students.

Table-3 level of emotional maturity with reference to their gender.

Gender	N	Mean	SD	CV value
Boys	100	3.11	1.30	41.8
Girls	100	1.88	0.90	47.87

Table 3 depicted the level of emotional maturity with reference to their gender. As the cv value of female is 47.87 which is greater than the male cv value 41.8, hence the female adolescents are less emotionally stable than male adolescents. This can be supported by Saimons *et al.*, (2016) conducted a study on effect of emotional maturity on self- concept of adolescents, and the results show that there is significant difference between the effect of Emotional Maturity among Boys and Girls adolescents.

Conclusion

Individual behaviour starts to depend on their level of emotional maturity. Since students are the backbone of the next generation, it is essential that they adopt an emotionally developed mindset. For students in their early (pre-adolescent) educational fields, emotional maturity is important. Students should be encouraged to think about this in order to enhance their educational standing courageously. In addition to intelligence, emotional maturity is a higher state of consciousness that is guided by one's emotions and senses, feelings, and intuition. In order to raise the emotional state of teenagers in both the home and the institution, various forms of role play and parental encouragement should be implemented.

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