

## Impact of Various factors on Emotional Maturity of Adolescents of Coed-School of Meerut.

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### **Abstract**

*Adolescence is the stage of development which produces a number of social problems for a person. These problems arise out of adolescent adjustment with social group. The social group expects him to be socially matured when he becomes an adolescent by establishing more mature relationship with age mates to achieve socially responsible behavior, develop intellectual skills and concepts necessary for civil competence and achieves a more autonomous state. The sample consists of 220 students of XIth and XIIth class selected from the coeducational english medium schools of Meerut district. Out of which 110 were boys and 110 were girls. The sample was collected by using multistage random sampling technique. Self designed socio-demographic questionnaire was used to study the socio-demographic characteristics of respondents. Emotional maturity of the respondents was assessed by emotional Maturity scale developed by Singh and Bhargava. The most critical time in life is during emotional maturity in adolescent years. We learn to love, hate, fear and feel anger. It is very important that adults influence a child's thinking and actions in a positive manner. Many life decisions happen during the short span of adolescent emotional maturity Positive emotions include enthusiasm, joy and love. Emotionally mature adult grows from a childhood where one successfully struggles with failure, disappointment, and a high I.Q. (intelligence, quotient) does not necessarily lead one to develop emotion all maturity; may who are born with few advantages can develop into mature well adjusted adults. Adolescence can be a time of high risk, where new found freedoms can result in decisions that drastically open up or close off life opportunities. So family, peer group, school and society plays an important role in the emotional stability of adolescent and this comes by the emotional maturity of adolescent girls and boys.*

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## **Introduction**

No one is born with emotional maturity; it is shaped by our relationship with and upbringing by our parents, and life experiences. Parents raise mature children by validating, mirroring, loving, and accepting their children. Parents who have achieved personal fulfillment and their own emotional maturity tend to raise mature children. In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psychosomatic problems such as anxiety, tensions, frustration and emotional upsets in day to day life. So the study of emotional life is now emerging as a descriptive science, emotional maturity is not only the effective determinant of personality pattern, but it also helps to control the growth of adolescent development. Emotional maturity is something that we must develop in our lives by knowing how to respond to situations in a mature and responsible manner. Emotional maturity implies controlling our emotions rather than letting our emotions. Emotional maturity depicts our capacity to manage and to check our emotions, to evaluate other's emotional state and to persuade their judgment and actions. A person's emotional maturity is very much influenced by his/her relationship history. Emotional intelligence makes an important part of life, together with intellectual intelligence and relationship intelligence. Such intelligence can help one to assess emotional maturity and emotional freedom. How well do we tackle any relationship, is a major dissemble factor to check our level of emotional maturity. Among other things, emotional maturity means we will gave a healthy self-concept not thinking too highly or too lowly of ourselves. We will also have a healthy sense of self-acceptance and self worth, which are both vital for loving relationships and making the best use of our life. We were created for relationships and thus healthy relationships and thus healthy relationships are vital for both physical and emotional wellbeing, while impaired relationships are one of the main causes of unhappiness and a major cause of stress, anxiety and physical ill. We do not see things as they are. We see things as we are. The message is that everything we experience reflects our inner selves. This extent of reactivity determines our emotional maturity. Parents and other significant members in the family have major role in contributing to healthy development of an adolescent. It is necessary for the parents to provide best possible environment at home, so as to create a conducive, fostering and supportive experience for smooth transition from adolescence into adulthood. Morler said while emotional intelligence can be learned, emotional maturity is a choice. Beyond adolescence, an individual has to choose maturity and to enable this choice, they need supportive adults. Emotional Maturity is a single effective determinant to shaping the personality, attitudes and behavior of adolescents into accepting responsibility making decisions,

teaming with groups, developing healthy relationship and enhancing self worth. Emotional stability is one of the seven important indicators of mental health.

### **Emotional Maturity**

Emotions are the complex state of mind. These are not the feelings or state of mind but also refer to how people act and react. A person is said to be emotionally mature when he feels proper emotion in a proper situation and expresses it in a proper quantity. Therefore it is all about self control after attaining emotional maturity; a person is able to demonstrate a well-balanced emotional behaviour in his day to day life. A person may be said to be emotionally matured if he has in his possession almost all types of emotions-positive or negative and is able to express them at appropriate time in an appropriate degree. Emotional Maturity is degree to which the person has realized his potential for richness of living and has developed the capacity to enjoy things, to relate himself to others, to love and to laugh; his capacity for whole hearted sorrow when an occasion of grief arise and his capacity to show fear when there is occasion to be frightened, without feeling a need to use a false mask of courage. Therefore, the emotionally mature is not one who necessarily has resolved all conditions that around anxiety and hostility but it is continuously in process of seeing himself in clearer perspective, continually involved in struggle, to gain healthy integration of feelings, thinking and action. It is still thought by some psychologists that the development of much behavior may be maturational (Hurlock 1968).

- Ø Development normally proceeds in an orderly sequence.
- Ø Development can be viewed in terms of stages, each having its own characteristics.
- Ø Each new stage of development builds on and is limited by previous development and in turn, provides the foundation for the stages that follow.
- Ø The pathway from infancy to maturity involves increasing differentiation, integration and complexity of structure and behavior.
- Ø There are both similarities and differences in the development of individuals.
- Ø Development may be normal or depending on the quality and interaction of genetic and environmental factors.

### **Method and Materials**

Normative survey method was followed. The present study is based on correlation method where the dependent variable is factors affecting emotional maturity where the independent variable is emotional maturity.

### **Sample**

The sample consists of 220 students of XIth and XIIth class selected from the coeducational English medium schools of Meerut district. Out of which 110 were

boys and 110 were girls. The sample was collected by using multistage random sampling technique.

#### **Tools**

Self designed socio-demographic questionnaire was used to study the socio-demographic characteristics of respondents. Emotional maturity of the respondents was assessed by emotional Maturity scale developed by Singh and Bhargava.

#### **Administration**

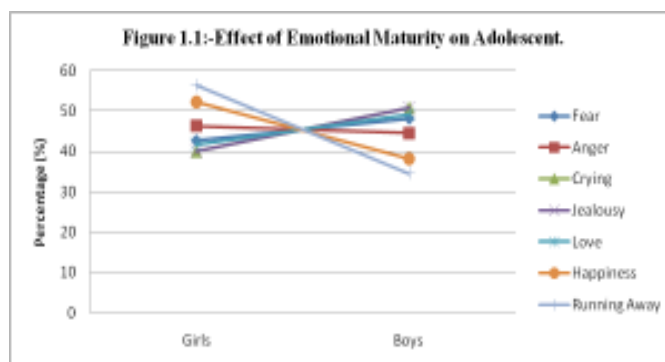
Firstly, the purpose of the study was made clear to them. They were requested to give honest response and were assured that their identity would be kept confidential and information provided by them would be used exclusively for the purpose of research work. Each sampled student was given questionnaires under the supervision of the investigator. The respondents were asked to fill the questionnaires within the given time and then the investigator collected the questionnaires from the students immediately. Statistical analysis was done by using Arithmetic mean and correlation coefficient.

#### **Results and Discussion**

The data of table shows that effect of emotional maturity an adolescent, 56.36% of boys and 34.54% of girls adolescent were running away, whereas 52.27% of boys and 38.18% of girls were exhibit happiness as effect of emotional maturity. 46.36% of boys and 44.54% of girls were anger effect of emotional maturity whereas 42.72% of boys and 48.18% of girls were fear in emotional maturity.

**Table 1.1: Effect of Emotional Maturity on Adolescent.**

Sl. No.	Effects	Percentage	
	Girls	Boys	
1	Fear	47(42.72)	53 (48.18)
2	Anger	51 (46.36)	49 (44.54)
3	Crying	44 (40.0)	56 (50.9)
4	Jealousy	44 (40.0)	56 (50.9)
5	Love	46 (41.8)	54 (49.1)
6	Happiness	58(52.27)	42 (38.18)
7	Running Away	62 (56.36)	38 (34.54)



The most critical time in life is during emotional maturity in adolescent years. We learn to love, hate, fear, feel and anger. It is very important that adults influence a child's thinking and actions in a positive manner. Many life decisions happen during the short span of adolescent emotional maturity. Positive emotions include enthusiasm, joy and love supported by Singh et al, Subbaraun et al<sup>4</sup>, Samar et al, Choudhary et al, Date and Gakhar. Factors affecting emotional maturity of adolescent. Table shows that factors affective emotional maturity of adolescent, 53.6% of boys and 37.3% of girls adolescent as per birth order.

**Table 1.2: Factors Affecting Emotional Maturity of Adolescent.**

Sl. No.	Effects	Percentage	
		Girls	Boys
1	Sex	43(39.1)	57 (51.8)
2	School	56 (50.9)	44 (40.0)
3	Society	45 (40.9)	55 (50.0)
4	Family size	42 (38.2)	58 (52.7)
5	Socio-econimes status	53 (48.2)	47 (40.0)
6	Parent child relationship	42(38.2)	58 (52.7)
7	Peer group	58 (52.7)	42 (38.2)

Whereas 52.7% boys and 38.2% girls affect emotional maturity by peer groups. In emotional maturity boys 50.9% and girls 40% affect by school. Whereas the lowest effect of family size in emotional maturity for boys and higher effect on girls. However, sex affect, that is boys 39.1% and girls 51.8% on emotional maturity. The sex, family size, school, peer group, society, birth order and socio-economic status affect emotional maturity. This is also supported by Chouhan et al, Pomerantz et al and Ale .

### **Conclusion**

The most critical time in life is during emotional maturity in adolescent years. We learn to love, hate, fear, feel and anger. It is very important that adults influence a child's thinking and actions in a positive manner. Many life decisions happen during the short span of adolescent emotional maturity. Positive emotions include enthusiasm, joy and love. Emotionally mature adult grows from a childhood where one successfully struggles with failure, disappointment, and a high I.Q. (intelligence, quotient) does not necessarily lead one to develop emotion all maturity; may who are born with few advantages can develop into mature well adjusted adults. Adolescence can be a time of high risk, where new found freedoms can result in decisions that drastically open up or close off life opportunities. So family, peer group, school and society plays an important role in the emotional stability of adolescent and this comes by the emotional maturity of adolescent girls and boys.

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