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## Emotional maturity among adolescents

Dr. Smritikana Ghosh<sup>1\*</sup>

### ABSTRACT

The aim of present study was to find out the gender differences in emotional maturity among school students. The study was conducted on a sample of 240 school students (120 boys & 120 girls) of IXth and Xth classes of Ranchi. Emotional maturity scale developed by Singh and Bhargava (1990) was used to collect the data. To test the hypothesis 't' test was calculated. Result showed that there was a significant differences between boys and girls on emotional maturity ( $t = 8.37, P < 0.01$ ). Boys were more emotionally mature than girls.

**Keywords:** *Emotional, Maturity and Adolescents.*

Adolescence is the period of transition between childhood and adulthood that involves biological, cognitive and socio-emotional changes. Adolescence is a major period in the life and major changes takes place because of the transitions from the childhood to adulthood. Genes and hormones play a vital role in overall growth and development of Children and adolescents. However, beyond adolescence, an individual has to choose maturity. An individual can learn emotional intelligence but emotional maturity is a matter of choice. So it has to be made consciously, otherwise an individual will not be able to move beyond the emotional immaturity of an adolescent despite any and all trappings of material success. In psychology, maturity is the ability to respond to the environment in an appropriate manner. As emotions do play central role in the life of an individual, one is expected to have higher emotional maturity in order to lead an effective life. It is also true that our behavior is constantly influenced by the emotional maturity level that we possess. Especially, the adolescents who are observed to be highly emotional in their dealings need to be studied. This response is generally learned rather than instinctive. A person can be said to have matured emotionally when they have been able to think objectively. Emotional maturity is an expression of emotion that is constructive and interactive. Individuals who have reached emotional maturity is characterized by the presence in the ability to control emotions, to think realistically, understand themselves and be able to show emotion when and where appropriate. A person's emotional maturity is very much influenced by his/her relationship history. Emotional maturity better in person than communicate with others. Adolescence is a period where the behaviour gets influenced highly by the emotions. Emotions are complex conditions underlying such feelings, action and physiological changes as occur in joy, fear, rage excitement and so on. It is an acute condition characterized by activities and experiences which are different from routine and normal. Maturation is the process within development

<sup>1</sup>Assistant Professor, Department of Psychology, Radha Govind University, Ramgarh, Jharkhand, India

\*[Responding Author](#)

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which sets the stage for learning requiring exercise or observation of performance of others. Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning.

Emotional Maturity is not only the effective determinant of personality pattern but also helps to control the growth of individual development. The concept mature emotional behaviour at any level is that which reflects the fruits of normal emotional development. It is a stage, which is very essential in humane life. One of the major aims of any good educational programme is to help the learner to gain emotional maturity. An emotionally mature person has full control over the expression of his feelings. A person who is emotionally stable will have better adjustment with himself as well as with others. Emotionally mature persons will have more satisfaction in life; he will be satisfied with what he is having, of course trying to achieve more. He will have balanced attitude. He will have more positive than negative attitude towards life. Our relationships are dependent upon one total emotional development. Emotional maturity becomes very important in the behaviour of the individuals, as students are the pillars of the nation and future generations, so their level of emotional maturity becomes very vital.

### REVIEW OF LITERATURE

Aleem (2005) have found that there is a significant difference between the mean scores of male and female students on emotional stability. Female students are less emotionally stable as compared to male students Kaur (2006) revealed insignificant difference on emotional maturity between boys and girls. Sivakumar (2010) and Subbarayan and Visvanathan (2011) concluded that the sex, community and the family type they belong did not play any role in the emotional maturity of the college students. Rajakumar and. Soundararajan (2012) found significant differences between male and female`s emotional maturity score. Kumar (2014) studied the difference between boys and girls adolescent students in terms of their emotional maturity and found no significant difference between boys and girls adolescent students in terms of their family relationship and emotional maturity. Wani and Masih (2015) studied the level of emotional maturity among university students and found significant differences in emotional maturity across gender and their level of education.

#### *Objective*

1. To examine the gender difference on emotional maturity among school going adolescents

#### *Hypothesis*

1. The Boys will have higher level of emotional maturity than Girls.

#### *Participants*

Two hundred forty students from different schools of Ranchi town participated in this study. They were selected using a stratified random sampling technique. There were 120 boys and 120 girls respondents ranging are-group 14 to 16 years studying of IX<sup>th</sup> and X<sup>th</sup> classes.

#### *Tool*

##### **Emotional Maturity Scale**

Emotional maturity scale is a self reporting scale developed by Singh and Bhargava (1990). This scale has a total of 48 items, measures 5 areas of emotional maturity that are emotional instability, emotional regression, social maladjustment, personality disintegration and lack of confidence. Items of the scale are in question from demanding information for each in

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either the 5 option, these are very much, much, undecided, probably and never. Higher the score on the scale greater the degree of the emotional immaturity. The reliability of the scale is .75 and validity .64

### Procedure

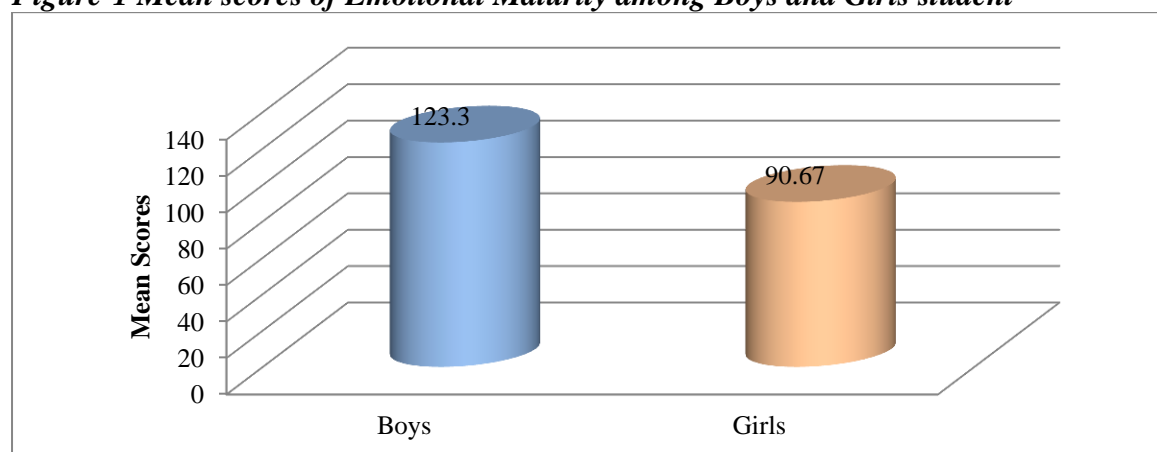
The Emotional maturity scale was administered to both groups with instructions to complete all questions honestly and not to discuss the questions with fellow students. Scoring was done according to the respective scoring keys. In order to fulfill the objective of the study the score obtained were analyzed with mean, SD's and t values.

## RESULT AND DISCUSSION

*Table –I Comparison of Emotional Maturity among Boys and Girls student*

Groups	N	Mean	SD	t value	P value
Boys	120	123.30	33.14	8.37	0.01
Girls	120	90.67	26.87		

*Figure-1 Mean scores of Emotional Maturity among Boys and Girls student*



## DISCUSSION AND CONCLUSION

The present study highlights the emotional maturity of boys and girls adolescents. It was marked in the above table and figure that means scores on emotional maturity found higher in boys student as compared to girls student. The finding of the study pinpointed that boys were more emotionally mature against girls. Hence, hypothesis was proved. The differences in the emotional maturity between boys and girls may be due to the fact that girls become anxious very soon. Their feeling of insecurity makes them emotionally immature. They get frustrated easily as compared to boys.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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