



Impact of different factors on Emotional Maturity of adolescents of Coed-School

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Available online at: www.isca.in, www.isca.me

Received 14th July 2014, revised 19th September 2014, accepted 7th November 2014

Abstract

The sample consists of 220 students of IXth, Xth, XIth and XIIth class selected from the coeducational english medium schools of Kanpur 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.

Keywords: Emotional Maturity, adolescents, Coed-School.

Introduction

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 give 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 ills. 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 adulthood¹. Morler² 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 behaviour 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.

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 IXth, Xth, XIth and XIIth class selected from the coeducational English medium schools of Kanpur 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 Bhargava³.

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 perusal of table reveals that effect of emotional maturity an adolescent, 55.5% of boys and 35.5% of girls adolescent were running away, whereas 53.6% of boys and 37.3% of girls were exhibit happiness as effect of emotional maturity. 47.3% of boys and 43.6% of girls were anger effect of emotional maturity whereas 41.8% of boys and 49.1% of girls were fear in emotional maturity

Table-1
Effect of emotional maturity on adolescent

Sl. No.	Effects	Percent (%)	
		Boys	Girls
(a)	Anger	52 (47.3)	48 (43.6)
(b)	Fear	46 (41.8)	54 (49.1)
(c)	Crying	44 (40.0)	56 (50.9)
(d)	Running away	61 (55.5)	39 (35.5)
(e)	Love	46 (41.8)	54 (49.1)
(f)	Happiness	59(53.6)	41 (37.3)
(g)	Jealousy	44 (40.0)	56 (50.9)

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*³, Subbaraun *et al*⁴, Samar *et al*⁵, Choudhary *et al*⁶, Date⁷ and Gakhar⁸.

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.

Sl. No.	Factors	Percent (%)	
		Boys	Girls
(a)	Parent child relationship	42 (38.2)	58 (52.7)
(b)	Sex	43 (39.1)	57 (51.8)
(c)	Family size	42 (38.2)	58 (52.7)
(d)	Order of Birth	59 (53.6)	41 (37.3)
(e)	Socio-economic status	53 (48.2)	47 (42.7)
(f)	School	56 (50.9)	44 (40.0)
(g)	Peer group	58 (52.7)	42 (38.2)
(h)	Society	45 (40.9)	55 (50.0)

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*⁹, Pomerantz *et al*¹⁰ and Alee¹¹.

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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