

A STUDY OF EMOTIONAL MATURITY OF ADOLESCENTS ON THE BASIS OF GENDER

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ABSTRACT

The present study was concentrated on the Emotional Maturity of adolescents on the basis of gender. A sample of 200 adolescents from graduation colleges above 17years studying in B.A. first year class was chosen. By using the purposive sample technique, 200 students were chosen, with 100 boys and 100 girls. The sample was gathered using a descriptive survey technique. Emotional Maturity Scale (EMS) by Singh and Bharagava(1999) was used to collect the data. The t-test was used to ascertain the difference of means between genders. The findings of the study revealed that there is significant difference between boys and girls in respect of Emotional Maturity. Due to the earlier onset of puberty, girls also develop physically more rapidly than boys. Due to biological differences, girls reach puberty around 1-2 years earlier than boys do, and they typically go through the stages of puberty more quickly than men do. Thus, from the findings of the study, it is recommended that parents should give their kids a friendly environment since it has a real effect on emotional maturity of teenagers.

Keywords: Emotional Maturity, Adolescents, Gender

INTRODUCTION

Emotional maturity is the development of coping mechanisms for threats, irritations, upsetting circumstances. Emotional maturity is a lifestyle that, according to values, demonstrates a person's abilities to handle difficult situations. A person's ability to relate to others, live life to the fullest, and experience deep sadness when something tragic happens are all examples of having developed their potential for emotional maturity. Even while "mature" signifies

"ripe" or "full development," its psychological connotation is more open-ended. A young child may be mature in that he has reached the developmental stage that is typical for his age.

Emotional adjustment and emotional stability are both related to the idea of emotional maturity. Adolescence, one of life's most crucial stages, is marked by a variety of particular problems. The sorts and amounts of challenges have changed throughout time as a result of the demands of globalisation. Families are undergoing structural, emotional, and interactional changes, which are important for the development of adolescent personalities. Someone who is emotionally stable will have an easier time adjusting to himself and others. Being emotionally mature is essential for improving life satisfaction and preserving a positive outlook. Teenagers' maturity level affects their educational experiences because they go through physical, emotional, psychological, cultural, and social changes at this age.

According to Skinner (1949), a person who can control his emotions is considered emotionally mature. He may endure his suffering in silence and wait out the discomfort. He does not experience mood swings and is not easily agitated. When he does show emotion, he does so in a decent, well-controlled manner.

REVIEW OF RELATED LITERATURE

Mahendra and Thakur (2020) explored the emotional maturity of secondary school students in relation to self-concept in Sirsa district of Haryana. A Sample of 150 Students comprising 75 students from government schools and 75 students from private schools of the district. The schools were randomly selected from the Haryana district. From the interpretation of the scores it was found that there is significant difference between emotional maturity of boys and emotional maturity of girls of secondary schools.

Baliga (2021) studied a sample consists of 80 adolescent students, including 40 male and 40 female. The sample was randomly selected from different colleges of Kumta Taluka of Uttara Kannada district. Emotional maturity scale by Singh and Bhargava was

used to study the gender differences in emotional maturity of adolescent students. Mean shows that both the male and female students are extremely unstable in their emotional maturity and that there are significant gender differences in emotional maturity of adolescents.

Kumar and Rawat (2022) focused on the relationship between social and emotional maturity of the secondary school students. A sample consisting of 100 students studying in secondary school in Raipur block of Dehradun district was used. The study revealed that the social and emotional maturity was found to be significantly correlated amongst students and the relationship between social and emotional maturity of male students are significant whereas of female students is not significant. The result also examined that the female students are significantly more socially matured than male students. The difference between emotional maturity of male and female students is significant. Thus the present paper studied a study of emotional maturity of adolescents on the basis of gender.

NEED OF THE STUDY

According to Hall (1904), adolescence is a time of stress, strain, storm, and strife. Throughout this stage of life, the person deals with a variety of issues relating to his or her social, emotional, psychological, physical aspects. Since adolescence is a time of emotional instability and unrestrained emotions, the emotional issues among these are those that merit consideration. The personality and coping mechanisms of the person are significantly shaped by these emotional issues.

The emotional characteristics of a person might be impacted by tensions, depressions, and disappointments. The teenagers' emotional growth is hampered by these tensions or depressions, which also has an impact on how they adjust. Teenagers must therefore be emotionally matured in order for them to adjust appropriately to their homes, schools, and societies. This finally aids adolescents in developing into respectable, sociable adults who, directly or indirectly, contribute to the advancement of the country.

Making the students emotionally mature is therefore necessary in order to facilitate their adjustment processes. Therefore, it is crucial to understand the emotional development and coping mechanisms of adolescent students. Significant tendencies in predictability, relationship maturity, and adjustment will be shown by this investigation. So, recognizing the emotional maturity level has an impact on how well male and female adolescents adjust. Thus the present paper will demonstrate how teenagers' adjustment styles are influenced by emotional maturity.

OBJECTIVES OF THE STUDY

1. To study the emotional maturity of boy and girl adolescents.

HYPOTHESIS OF THE STUDY

1. There will be no significant difference in the Emotional maturity of boy and girl adolescents.

DELIMITATIONS OF THE STUDY

The present study has been delimited in the following manner:-

1. For the study, 200 students above 17-year-old from graduation colleges served as the representative sample
2. The study was restricted to Ludhiana only.

SAMPLE OF THE STUDY

A sample of 200 adolescents from graduation colleges over 17 years enrolled in their first year of B.A. was selected from the colleges situated in the Ludhiana District. By using the purposive sampling technique, 200 students were chosen, with 100 boys and 100 girls. The data was gathered using a descriptive survey technique.

TOOLS USED FOR THE STUDY

- Singh and Bharagava (1999) Emotional Maturity Scale (EMS).

RESULTS AND DISCUSSION

Table showing the Emotional Maturity of Boys and Girls Adolescents

N	M	SD	MD	SE	t-value	Remarks
100 Boys	88.90	9.954	5.29	1.22	4.33	Significantat
100 Girls	94.19	7.093				0.5 level

The table depicts that in purposive sample of 100 college boys value of Mean is 88.90, SD is 9.954 and t-value is 1.1. The value of Mean of 100 college girl adolescents is 94.19, S.D is 7.093 and t-value is 1.1. The result shows that there exists a significant difference between boy and girl students in respect of Emotional Maturity. So, hypothesis that there is no significant difference in the level of emotional maturity of boy and girl adolescents is rejected. Gunde and Parit (2015) also revealed that the male and female college students differ in their emotional maturity. The faculty of college students also affect significantly on their emotional maturity. Kumar and Rawat (2022) examined that the female students are significantly more socially matured than male students. The difference between emotional maturity of male and female students is significant.

Thus the hypothesis there will be no significant difference in the emotional maturity of boy and girl adolescents is rejected.

CONCLUSIONS

The result shows that there is significant difference between boys and girls in respect of Emotional Maturity. Due to the earlier onset of puberty, girls also develop physically more rapidly than boys. Due to biological differences, girls reach puberty around 1-2 years earlier than boys do, and they typically go through the stages of puberty more quickly than men do.

EDUCATIONAL IMPLICATIONS

1. Parents should give their kids a friendly environment since it has a real effect on emotional maturity of teenagers.
2. A stable emotional foundation, social adjustment, personality integration, and greater emotional maturity are all benefits of a healthy home environment.

SUGGESTIONS AND RECOMMENDATIONS

1. A similar study can be replicated on large sample.
2. More variables in relation to emotional maturity can be studied like Achievement Motivation, home environment, self-esteem etc.
3. A similar study can be conducted in other states also.

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