



## EMOTIONAL MATURITY AMONG DAY SCHOLAR AND HOSTELER ADOLESCENTS: COMPARITIVE STUDY.

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### ABSTRACT

Emotional maturity becomes important in the behavior of individuals. Present adolescents are the future leaders they need to have emotional maturity like being emotionally stable, emotional progression, personality integration, being competent and need to have social adjustment etc .But researches have shown that, the present generation lacks it and also few factors like parental bonding ,affection and being with family has connection with increase in emotional maturity ,in this regard this study is intended to compare the day scholar and Hosteller adolescents on emotional maturity. Result showed that there is significant difference among day scholars and hostel students on emotional maturity.

**KEYWORDS :** Emotional Maturity, Day Scholar, Hosteller, Adolescents.

### INTRODUCTION

The term adolescence comes from the Latin verb "adolescere", which simply means to grow, or to grow to maturity. NCERT (1999) defined adolescence as a period of physical, psychological and social maturity from childhood to adulthood. It is a critical period of human development manifested at the biological, psychological and social levels of interaction, of variable onset and duration, but marking the end of childhood and setting the foundation for maturity. Maturity as defined by Finley (1996) is "the capacity of mind to endure an ability of an individual to respond to uncertainty, circumstances or 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 a effective life. It is also true that our behavior is constantly influenced by the emotional maturity level that we possess. In a study by Hiremani, et al, (1994) it is indicated that destitute girls were emotionally unstable due to sociocultural deprivation and parental deprivation.

### IMPORTANCE OF EMOTIONAL MATURITY:

In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in day to day life. So, the study of emotional life is now emerging as a descriptive science, comparable with anatomy. It deals with interplay of forces with intensities and quantities. As emotions do play central role in the life of an individual, one is expected to have higher emotional maturity in order to lead a 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.

### EMOTIONALLY INTELLIGENT, BUT EMOTIONALLY IMMATURE:

Being emotionally mature means we seldom act out on, or suppress our emotions. Emotionally intelligent, but "immature" adults are often unable to identify or manage their emotions. They usually avoid their emotions by intellectualizing, explaining, analyzing, disagreeing, attacking, flattering, joking, apologizing, evading, going silent, becoming aloof or suspicious, rejecting, criticizing or judging. They often come across as superior, arrogant, stubborn, defiant, hostile, people-pleasing, wishy-washy, phony, resentful, intolerant, self-pitying or victimized. Because they haven't explored their emotional development, many of

them aren't aware that they superimpose their childhood emotions on to their adult life. Their past is leaking out in the present.

In contrast, the emotionally mature adult understands that "my emotions are not me, but mine – I'm in control, not my emotions". So they are more objective are less judgmental. They are better able to detach themselves from triggers that would normally provoke an emotional reaction. They experience states of equanimity, serenity and inner peace. Blaming others is no longer a strategy they use to make themselves feel safe.

That's not to say that an emotionally mature individual isn't child-like. In fact they are often lively, excited, adventurous, joyful, happy and open. But they are also nurturing, supportive, firm, fair, helpful, respectful, self-responsible, non-judgmental, honest, and sincere and focused on the well-being of themselves and of others.

The emotionally immature adult, however, is often childish, rather than child-like. They are reactive and throw tantrums. They are fearful, scared, needy, angry, resentful, pushy, bullying, jealous or envious. They can be quiet, withdrawn, defensive, argumentative or grandiose. They can come across as overbearing, micromanaging, controlling, disrespectful, fearful, angry, negative, judgmental, critical, abusive (mentally, emotionally, psychologically, physically), dishonest, insincere, narcissistic and focused on the self and the ego.

Emotional maturity implies proper emotional control, which means neither repression nor violet expression. An emotionally mature person has in his possession almost all types of emotional positive or negative and is able to express them at appropriate time in appropriate degree. In the opinion of Murray (2004), an emotional mature person has the following characteristics: 1.The ability to give and receive alone. 2. The ability to face reality and deal with it. 3. Just as interested in giving as receiving. 4. The capacity to relate positively to life experiences. 5. The ability to learn more experience. 6. The ability to accept frustration. 7. The ability to handle hostility constructively. 8. Relative freedom from tension symptoms. Mostly, emotional balance' and 'emotional maturity' is taken as synonymous terms. But actually, they are not. Emotional balance emphasizes the value of learning to cope with both pleasant and unpleasant emotions. One can attain emotional maturity without having attained emotional

balance although the vice versa is not true. An emotionally balanced person will necessarily be emotionally mature person. Emotional balance is quality of an adult and not a child. Thus, emotional maturity is a relative term. It is directly related to age and stage of development of the individual

**REVIEW OF LITERATURE**

**Chaudhary and Bajaj, (1993)** compared the emotional maturity adolescents staying at home and at orphanage and concluded adolescents staying with parents at home had high level of emotional maturity as compared with their counterparts staying at orphanage.

**David J. Landry and Jacqueline E, Darroch (2002)** in his research topic 'Journal Summary on Emotional Education' says the, environmental factors do affect the physical and emotional maturity of child.

**Kaur, S. (2000)** found significant relationship between emotional maturity, school, home and psychological environment. Girls were found to be more emotionally mature than boys. Rural students were found to be more emotionally mature than urban students.

**NEED FOR THE STUDY:**

Not many studies have done in this field and also questions were raised that whether day scholars emotionally mature compare with Hosteler adolescents.

**OBJECTIVES:**

- To Compare The Emotional Maturity Among Day Scholar And Hosteler Adolescents.

**OPERATIONAL DEFINITION:**

- Emotional maturity refers to your ability to understand, and manage, your emotions. Emotional maturity enables you to create the life you desire. A life filled with happiness and fulfillment. You define success in your own terms, not society's, and you strive to achieve it
- Adolescent: It is a transitional stage of physical, psychological and emotional, human development that generally occurs during the period from puberty to legal adulthood .age range from 13 to 21 years.

**HYPOTHESES:**

- There is no difference on emotional maturity among day scholar and Hosteler adolescents.

**SAMPLING DESIGN:**

The sample consisted of 60 degree students among them 30 day scholar and 30 Hostelers randomly selected from the private degree college.

**TOOLS USED:**

- The following tools were adopted to collect the data:
- The Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bharagava, (2012).: This scale has 48 questions related to the following 5 categories: Emotional stability, Emotional progression, Social adjustment, Personality integration and Independence. The test-retest reliability has been estimated at 0.75 and validity against the Adjustment Inventory by Singh and Bhargava (1980) at 0.46. total score on the scale indicative of emotional maturity where as the greater the total score on the scale expressed in terms of emotional immaturity.

**PROCEDURE:**

Permission was sought from the principal of respective college from which sample was collected. Subsequently subjects were personally contacted to participate in the study and rapport was established. Before handing over the questionnaire a detailed explanation of the purpose of the study was

explained. After obtaining their consent, emotional maturity scale was administered. The subjects were asked to follow the instructions as mentioned in the questionnaire. Doubts were clarified and they were assured that their responses would be kept confidential. After the subjects answered the questions the questionnaire were collected back and subjects were thanked for their cooperation. The data thus collected was subjected to further statistical analysis.

**STATISTICAL ANALYSIS:**

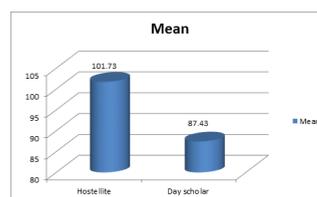
The statistical technique includes Mean, S.D, Mean difference and 't' test for analysis of data.

**RESULT AND DISCUSSION:**

**Table 1: Showing Mean, standard deviation, and 't' value of day scholar and hostel students on emotional maturity.**

	N	Mean	SD	't' value
Hosteler	30	101.73	14.74	3.78*
Day scholar	30	87.43	14.51	

Note: significant at 0.05 levels



**Figure 1: Mean score on emotional maturity among day scholar and Hosteler adolescents.**

**DISCUSSION**

The present study is aimed at compare emotional maturity among day scholar and Hosteler adolescents and try to find out whether day scholar is emotionally mature compare to Hosteler students. Result showed that day scholar is emotionally mature with the mean of 87.43, compare with the hostel students who got the mean score 101.73 on emotional maturity scale. Higher the score in the scale indicates the level of immaturity of an individual .So mean score indicates those Hostelers are immature compare to day scholar. This study result found to be supporting the earlier studies. Studies have proved that good home environment leads to better emotional maturity (Shah-1989, Thakur (2002) who in her study "Emotional Maturity as related to Home Environment" found that there exists a positive relationship between home environment and emotional maturity. Some other studies like Larsen and Juhasz (1985), Tyagi (1985), Arya A.(1997), Kaur S.(2000) etc. also reported the positive relationship of home environment and emotional maturity. Chaudhary and Bajaj, (1993) compared the emotional maturity of adolescents staying at home and at orphanage and concluded that adolescents staying with parents at home had high level of emotional maturity as compared with their counterparts staying at orphanage which also supports the findings of present investigation.

**LIMITATIONS:**

- Sample size was small when compared with population, so it is difficult to generalize.
- Not considered socio economic status, gender etc

**SUGGESTION:**

- More sample size can be taken.
- Different Geographical area and age group can be considered for study.

**CONCLUSION:**

Study showed that there is difference among day scholar and Hosteler adolescents on emotional maturity. Earlier studies proved that 'a positive relationship between home

environment and emotional maturity'. In this study difference among day scholar and hostel adolescent on emotional maturity is may because of the above reason where day scholar students are having everyday meeting with family member and able to share their emotions and making them strong enough to handle the emotional situation independently when compare with hostel student where they might not getting proper way and time to bring out their emotions and may be having problem in handling emotions.

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