



A STUDY ON EMOTIONAL MATURITY AND SELF – ESTEEM AMONG ADOLESCENTS

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ABSTRACT

Emotional maturity enables a person to create the life they desire. A life filled with happiness and fulfilment. An individual defines success in their terms, not society's, and strive to achieve it. Similarly, Self-esteem focuses on how we value ourselves; how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. The research design used in the study is ex- post facto survey research and the sample size of the study consisted of 30 adolescents of age ranged from 15 - 18 years. The tools used in the present study are Self Esteem Scale (Dhar & Dhar, 2005) and Emotional Maturity scale (Singh & Bhargava, 1990). The results of the study conclude that there is no relationship between Self – Esteem and Emotional Maturity and gender was not found to be significant for any of the variables, Self – Esteem and Emotional Maturity.

KEYWORDS : Emotional Maturity, Self – esteem, Adolescents

INTRODUCTION

Emotions play an important role in the life of an individual and require emotional maturity to lead an effective life, especially the adolescents who are observed to be highly emotional in their dealings need to be studied. Emotional maturity enables a person to create the life they desire. A life filled with happiness and fulfilment. An individual defines success in their terms, not society's, and strive to achieve it. An emotionally stable child can make effective adjustments with himself, members of his family, and his peers (Smitson, 1974).

Adolescents are the citizens of tomorrow so it is important to study their emotional maturity. Self-esteem is the one key ingredient that level of proficiency in all fields of endeavour. Self-esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection. Self-esteem has been correlated to job success, school achievement, and general happiness.

The relationships between self-esteem and emotional maturity have received much attention. 'Both emotional maturity and self-esteem are associated with life satisfaction' (Behera and B. Rangaiyah, 2017). Gender is generally asserted to impact upon the growth demonstration and manifestation of self-esteem. Few kinds of research show a significant positive correlation between emotional maturity and self-esteem; emotional maturity and mental health which indicates that higher the self-esteem and better the mental health and higher will be the emotional maturity (Singh and Rashee, 2011). Therefore, the study intends to investigate the self-esteem and emotional maturity of an adolescent.

METHOD OF INVESTIGATION

Aim: The present study aims to find the relationship between self – esteem and emotional maturity among adolescents and also to find gender difference based on the Independent and Dependent variables.

Objectives:

- To study the self-esteem of adolescents.
- To study the emotional maturity of adolescents.
- To study the difference in gender on self-esteem and emotional maturity of adolescents.

Hypotheses:

- Self-esteem would be related Emotional maturity of adolescents (**Hypothesis 1**)
- There would be no gender difference between the self-esteem of male and female adolescents (**Hypothesis 2**)
- There would be a gender difference between the emotional maturity of male and female adolescents (**Hypothesis 3**)

Variables Of The Present Study

The variables measured in the study are Self – esteem and Emotional Maturity. Self – esteem is taken as independent variables with Emotional Maturity as the dependent variable. The demographic variable of gender was also considered in the study.

Operational Definition

- **Emotional Maturity:** Singh and Bhargava (1990), 'Emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but it is continually involved in a struggle to gain healthy integration of feeling, thinking and action'.
- **Self – Esteem:** 'The total score obtained by the individual on the various subscales such as Positivity, Openness, Competence, Humility, Self-worth and Learning Orientation.' (Dhar & Dhar, 2005)

Research design: Ex post facto research design is used in the study

Description Of The Sample

The sample consisted of 30 adolescents who were pursuing their 10th, 11th and 12th. The age group of the sample ranged from 15 - 18 years of 13 females and 17 males. The mean age was found to be 17 years. Most of the samples were undergoing the schooling.

Sampling Technique: Convenient sampling technique was used in the study.

Tools Used

- Self Esteem Scale (Dhar & Dhar, 2005)
- Emotional Maturity scale (Singh & Bhargava, 1990)

Statistical Analysis

Data analyses of all the variables were performed using the Statistical Package for the Social Sciences (SPSS) 20.0.

Pearson's product-moment correlation was used to find the relationship between the independent variables and the dependent variable. Independent sample t-test was used to find the difference in gender on the variables of Self – esteem and Emotional Maturity.

RESULTS AND DISCUSSION

Table 1. Relationship between Self - Esteem and Emotional Maturity in Adolescents

Variables	N	r	Sig
Self – Esteem	30	0.096	0.615
Emotional Maturity			

Table 1 shows the relationship of Self - Esteem with Emotional Maturity of adolescents. The 'r' value shows that Self – Esteem is not related to Emotional Maturity. Therefore the hypothesis 1 (Self-esteem would be related Emotional maturity of adolescents) was not accepted.

Table 2. Gender difference in Self – Esteem and Emotional Maturity

Variables	Group	N	Mean	SD	t	Sig
Self – Esteem	Males	17	78.35	17.93	1.172	0.251
	Females	13	80.92	14.72		
Emotional Maturity	Males	17	131.82	26.74	1.121	0.272
	Females	13	131.85	37.12		

Table 2 shows the 't' value for the difference in gender for Self – Esteem and Emotional Maturity of adolescents. The 't' value indicates that there is no gender difference in Self – Esteem and Emotional Maturity. Therefore the hypothesis 2 (There would be no gender difference between the self-esteem of male and female adolescents) was accepted and hypothesis 3 (There would be gender difference between the emotional maturity of male and female adolescents) was not accepted.

The present study attempted to identify the relationship between Self – Esteem and Emotional Maturity of Adolescents. The results of Pearson's Correlation analysis revealed that Self-esteem is not related to Emotional maturity of adolescents. Adolescence is a period between childhood and adulthood. It is certainly a period of change, and adolescents do have various pressures on them. This is particularly true in early adolescence when physical appearance tops the list of factors that determine global self-esteem. During this period a person is confused about the most appropriate role to play in life may lack a stable identity. During the identity-versus-role-confusion period, an adolescent feels pressure to identify what to do with his or her life. Because these pressures come at a time of major physical changes as well as important changes in what society expects of them, adolescents can find the period an especially difficult one. In most families with adolescents, the amount of arguing and bickering clearly rises. Most young teenagers, as part of their search for identity, experience tension between their attempts to become independent from their parents and their actual dependence on them. Studies have found that one-third to one-half of adolescents struggle with low self-esteem, especially in early adolescence (Harter, 1990; Hirsch & DuBois, 1991). The results of low self-esteem can be temporary, but in serious cases can lead to various problems including depression, anorexia nervosa, delinquency, self-inflicted injuries and even suicide. While adolescents' self-esteem can fluctuate, from approximately eighth grade on, studies have found that self-esteem appears relatively stable. Individuals with high self-esteem in childhood are likely to be adolescents with high self-esteem. Many studies have demonstrated that during middle and late adolescence, and into early adulthood, self-esteem stabilizes or even increases (Savin-Williams & Demo, 1983; Harter, 1990) Similarly, Subbarayan and Visvanathan (2011) in their study on emotional maturity among students revealed that the emotional maturity is extremely unstable.

Similarly, the present study identified that there is no significant difference between the self-esteem of male and female adolescents. Kaur (2001) revealed an insignificant difference in emotional maturity between boys and girls. It was also found that is no significant difference between the emotional maturity of male and female adolescents. The results helped us overcome the stereotype that women are emotionally mature comparing to men. Similarly, Subbarayan and Visvanathan (2011) in their study on emotional maturity among college students revealed that the emotional maturity of college students is extremely unstable but is not dependent on gender.

SUMMARY AND CONCLUSION

From the present study, it can be concluded that there is no relationship between Self – Esteem and Emotional Maturity. It can also be concluded that when accounted for differences in gender, gender was not found to be significant for any of the variables, Self – Esteem and Emotional Maturity.

Limitations Of The Study

1. More data could have been collected from adolescents.
2. All data were collected from self-reports. Further researches should be undertaken by employing some other method of data collection e.g., observation, interview etc.

Implications

- The results of the study help us overcome the stereotype that women are emotionally mature comparing to men. As the results of the study indicate that there is no gender difference in emotional maturity.
- The results can be used by parents and teachers to understand that training must be given to students to work to the best of their ability, teachers can enhance the self-esteem of all students, regardless of their talent. Parents can do the same and by encouraging their children to participate in extracurricular activities that match their talents, which further promotes self-esteem.
- From the study, we can understand the emotional maturity in adolescence. The study can help parents and teachers to develop student's emotional maturity, understand the kind of changes an adolescent is going through and the kind of pressures they face. So that everyone can help the child grow into an adult so perfectly who turns out to be a responsible and mature individual who can handle situations with calm and maturity.
- Integrating emotional intelligence into educational programs for adolescents in schools.

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