



A Study of Emotional Maturity and Adjustment of College Student

KEYWORDS

Emotional Maturity, Adjustment.

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ABSTRACT *The purpose of the present study was to see the relationship between emotional maturity and adjustment of college student and to see the impact of gender on emotional maturity and adjustment. For this purpose 200 student of BA-I (100 boys + 100 girls) were selected from different college of Ranchi. They were in the age group between 16-18 years and belonging to MSES. To collect the required data for the present study EMS developed by Singh and Bhargava (1990) and Bell adjustment inventory (Hindi Adaptation) was administered on all subjects. The obtained data were analyzed with the help of Mean, SD, 't' test and correlation.*

The result revealed that 1) Level of emotional maturity and adjustment of students were positively correlated. 2) There were significant differences between boys and girls student in term of their emotional maturity and adjustment viewpoint.

Emotional Maturity is an effective determinant to shaping the personality, attitudes and behavior of the adolescents into accepting responsibility, making decision, teaming with groups, developing healthy relationship and enhancing self worth. Emotional maturity is defined as how well you are able to respond to situations, control your emotions and behave in an adult manner when dealing with others.

According to Walter D. and Smitson W. S. emotional maturity is a process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally. An emotionally mature child has the capacity to make effective adjustment with him, and in society.

Aleem and Sheema 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 compared to male students. Sivakumar found that the sex, community and the family type they belong did not play any role in the emotional maturity of the college students. Subbarayan, K & Visvanathan, G. (2011) concluded that the sex, community and the family type did not play any role in the emotional maturity of the college students. Rajakumar and Soundararajan found significant difference between male and female's Emotional Maturity score. Kaur (2001) revealed insignificant difference on emotional maturity between boys and girls.

Adjustment is a process by which living organisms satisfy their needs and circumstances. Adjustment is the process of establishing satisfactory relationship between individual and his environment. It refers to the interaction between the inner demands and external demands of the individual. A person is said to be adjusted to the extent that he is maintaining a balance between the personal and the environmental demands.

According to Gates et al., (1950) the term adjustment has two meanings. In one sense it is a continual process by which a person varies in behavior to produce a more harmonious relationship between himself and his environment. In another sense adjustment is a state, i.e., the condition of harmony arrived at by a person whom we call "well adjusted".

According to Cronbach (1953) a well-adjusted person is one who commits oneself to socially desirable goals and uses their energies effectively in working towards them. Gupta and Gupta (2011) found that female children were better in social adjustment while in educational adjustment boys and

girls have same order of adjustment.

Enochs and Roland (2006) examined the relationship between living environment, gender, overall adjustment to college and social adjustment in freshmen's academic and overall adjustments. The study found that boys had significantly higher overall adjustment levels than girls regardless of living environment. Suman Nehra (2014) found no significant relationship between Adjustment and emotional maturity in own study. Armin Mahmoudi found high positive correlation (0.78) between emotional maturity and adjustment.

Objectives of the Study

The researcher has framed the following objectives for the present study.

- 1- To study the relationship between the level of emotional maturity and adjustment.
- 2- To examine the impact of gender on emotional maturity and adjustment level of students.

Hypothesis:-

It was hypothesized that

- 1- There will be positive correlation between emotional maturity and adjustment.
- 2- Boys and girls will differ significantly on emotional maturity and adjustment.

Sample:-

For this study a sample of 200 (100 boys + 100 girls) college students of BA part I were randomly selected from different colleges of Ranchi. All the students were Hindu and belong to middle socio-economic status (MSES). The age range of respondents was from 17 to 19 years.

Tools

- 1- Personal Data Sheet (PDS):-To collect the basic information regarding age, sex, education, SES, and other details about the respondents has been used, which was designed by researcher.
- 2- Emotional Maturity Scale (EMS):-To measure the level of emotional maturity of respondents, Emotional Maturity Scale has been used. It 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.
- 2- Hindi Adaptation of Bell's Adjustment Inventory: -To measure the level of adjustment this Scale has been

used. Hindi adaptation of Bell's Adjustment Inventory was done by Mohsin and Shamshad. This inventory was originally developed by H.M. Bell in English language. Mohsin and Shamshad translated it into Hindi in 1969. This inventory has two forms and total 124 items. It measures adjustment level of individuals in four fields. These four fields are Home, Health, Social, & Emotional.

Procedure

The above mentioned scales were administered on the selected sample with proper instruction. The obtained responses were served with the help of standard procedure given in the manual.

Result and Discussion

TABLE NO -1 RELATIONSHIP BETWEEN EMOTIONAL MATURITY AND ADJUSTMENT

VARIABLE	CORRELATION	Df	P value
EMOTIONAL MATURITY	0.92	198	< 0.01
ADJUSTMENT			

TABLE NO 2 COMPARISON BETWEEN BOYS & GIRLS ON EMS

GROUP	N	MEAN	SD	t Value	df	SIGNIFI- CANCE LEVEL
BOYS	100	88.15	25.23	2.91	198	0.01
GIRLS	100	98.59	25.50			

TABLE NO- 3 COMPARISON BETWEEN BOYS & GIRLS ON ADJUSTMENT SCORE

GROUP	N	MEAN	SD	t value	df	SIGNIFICANCE LEVEL
BOYS	100	49	21.92	4.55	198	0.01
GIRLS	100	63.88	24.49			

Discussion:-

The result table no-1 shows that mean score of emotional maturity significantly correlated with the mean score of adjustment. The results indicate that students who are emotionally mature also well-adjusted in their life. On the other side, students who have more emotional immaturity have poor adjustment in their life. The obtained correlation between the two is 0.92, which means that the two concerned variables are highly correlated to each other. Armin Mahmoudi has also found a positive relationship between emotional maturity and adjustment level of college students in his study.

Table 2 indicates a significant difference between the boys and girls' emotional maturity scores. The mean score of girls was 98.59 and boys' mean score was 88.15. The obtained difference between these two means is significant on 0.01 levels. It means that boys are more emotionally mature than their counterparts' girls.

A close look at Table 3 indicates that the "t" value (4.55) of adjustment score is significant at the 0.01 level. Hence, it is concluded that the difference in the level of adjustment between male and female students is significant. The mean score of girls was 63.88 and boys' mean score was only 49. The obtained difference between these two means is significant on 0.01 level. It means that boys have better adjustment than their counterparts' girls. So the research hypothesis No. 2 is accepted.

Conclusion

Based on the analysis of the data, it is clear that there is a high positive relationship between emotional maturity and adjustment. It is also clear that boys have more Emotional Maturity than girls and boys are well-adjusted than girls.

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