



## Relationship Among Mental Health and Emotional Maturity of 10Th Class Adolescents

### KEYWORDS

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**ABSTRACT** *The objective of the present study is to investigate the relationship between Mental Health and Emotional Maturity of adolescents. The study was conducted on a sample of 580 adolescents of 10th class of Bhatinda District of Punjab state. Stratified random sampling technique was used to collect the sample. Mental health battery by Singh & Gupta (1983) and Emotional Maturity Scale by Singh & Bhargava were used for data collection. The data was analyzed by using coefficient of Correlation. The study revealed that no significant relationship exists between mental health and emotional maturity of adolescents. (a)Significant negative correlation is found between emotional stability, security- insecurity and intelligence dimensions of mental health and emotional maturity. (b)Mental health and overall emotional maturity of adolescents are negatively correlated.*

### Mental Health

The Role Of Mental Health In Human Life Is Very Important As It Plays Its Role Not Only In The Lives Of Individual, But Also In The Life Of Societies. There Is No Area Of Human Life Which Is Beyond The Range Of Mental Health. The Term Mental Health Does Not Refer To Dimension Of Human Personality. It Encompasses All The Aspects Of The Individual's Adjustment With Himself And Others. If This Adjustment Is Characterized By Wholesome Personal, Social, Intellectual, Emotional Or Philosophical Orientations, The Individual Is Deemed To Have Good Mental Health.

**Western Concept Of Mental Health:** Preliminary Reports (1930) Defined Mental Health As "The Adjustment Of An Individual To Themselves And To The World At Large With A Maximum Of Effectiveness, Satisfaction, Cheerfulness And Socially Acceptable Behavior And The Ability Of Life." **Indian Concept Of Mental:** Indian Concept Of Mental Health Is Available In The 'Atharva Veda' Which Provides Health Detailed Information On Mental Disorders And Their Treatment. According To Atharva Veda- Human Personality On The Physical Side Has Three Components For 'Gunas' Or 'Vata' Pitta And Kaph. The Mental Personality Also Contributes Three Gunas Or Characteristics Sattva, Rajas And Tamas. The Imbalance Of Three Gunas Cause Mental Disorders. These Gunas Are In 'Manas' (Mind), Since Birth But They Keep A Certain Equilibrium In Normal Person. Thus Normal Mental Health Means Living In Rajas And Tamas To Certain Degree.

### Emotional Maturity

One Outcome Of Healthy Emotional Development Is Increasing "Emotional" Emotional Maturity Should Be Regarded As Relative, Not Final Or Absolute. The Process Of Maturing Emotionally Is Never Complete, For A Person In Fairly Good Health Mentally Continues To Grow More "Mature" In His Attitude Toward Life And Toward Himself As Long As He Lives. A Person Is Said To Be Emotionally Mature When He Feels Proper Emotion's In A Proper Situation And Expresses It In A Proper Form. **Jerrild's View** "Emotional Maturity Means The Degree To Which The Person Has Realized His Potential For Richness Of Living And Has Developed His Capacity To Enjoy Things, To Relate Himself To Others, To Love And To Laugh, His Capacity For Whole-Hearted Sorrow When An Occasion For Grief

Arises; His Capacity For Experiencing Anger When Faced With Thwarting That Would Rise The Temper Of Any Reasonably Tolerant Or Sensible Persons And His Capacity To Show Fear When These Is Occasion To Be Frightened, Without Feeling A Need To Use A False Mask Of Coverage Such As Must Be Assumed By Person Afraid To Admit That They Are Afraid." **Colet's View** "The Chief Index Of Emotional Maturity Is The Ability To Bear Tensions. This View Point Lays Stress Upon, 'Self-Control' Not On 'Self-Fulfillment.'" **Alexander Magnum's View** - Regarding Emotional Maturity It Is The Refined And Developed Ability To Understand And Use One's Emotions In Personally Controlled Ways.

### Justification Of The Study

Today Is The Era Of Modernization, Globalization And Liberalization. In This Busy World Tension, Stress, Depression Has Arisen As Major Problem Even In Adolescents On Seeing This Problem Being A Student; I Too Have Crossed This Stage. It Affects Even The Studies Of Students. One Of The Purposes Of Education Is To Develop All Round Personality Of The Child. It Is A Systematic, Efficient And Deliberate Influence Exerted By The Teacher Upon The Pupils. It Also Unfolds And Expands The Inherent Powers, Mental Health, Emotional Maturity, Interest, Self Confidence And Attitude Of The Learners. Mental Health Directly Influences The Education. Mental Health And Emotional Maturity Refer To The Kind Of Conditions Which Influence The All Round Development Of The Individual. It Is Mental Health And Emotional Maturity That Learns Child Honesty, Truth, Discipline And Character. Emotional Maturity Allows Individual To Have Positive And Realistic View Of Them Which Is Very Essential. The Parents Who Valorize Themselves And Have A Determinant Attitude Toward Them Will Be Cultivated The Child With High Mental Health. Mental Health Is A Personality Trait. A Mental Healthy Person Perceives Himself To Be Socially Competent, Emotionally Mature, Intellectually Adequate, Successful, Optimistic, Self-Reliant, Self-Assured, Forward Moving And Leadership Qualities. To Keep The Relations Strong And Healthy We Need To Control Our Emotions And Also Need Maturity. In The Present Study An Attempt Would Be Made To Study The Relationship Between Mental Health And Emotional Maturity Of Adolescents.

**Statement Of The Problem**

Relationship Among Mental Health And Emotional Maturity Of 10<sup>th</sup> Class Adolescents

**Objectives Of The Study**

1. To Study The Mental Health And Emotional Maturity Of 10<sup>th</sup> Class Adolescents Of Bhatinda District.
2. To Study The Relationship Among Mental Health And Emotional Maturity Of 10<sup>th</sup> Class Adolescents Of Bhatinda District.

**Hypotheses Of The Study**

There Exists Positive Inter-Co-Relation Between Mental Health And Emotional Maturity Of Adolescents.

A). There Exists Significant Correlation Among Dimensions Of Mental Health And Emotional Maturity Of Adolescents.

B). There Exists Significant Correlation Among Mental Health Of Adolescents And Factors Of Emotional Maturity.

**Method Of The Study**

Method Of The Study Is A Way That The Researcher Selects Before Proceeding So As To Draw The Meaningful Conclusion. In The Present Study Descriptive Survey Method Is Used.

**Sample**

The Sample For The Present Study Consisted Of 580 Adolescents Of 10<sup>th</sup> Class Of Bhatinda District. Stratified Random Sampling Technique Was Used To Collect The Sample.

**Delimitations Of The Study**

The Study Is Delimited To 580 Adolescents Of 10<sup>th</sup> class Adolescents Of Punjab School Education Board Of Bhatinda District Only.

**Tools Used For The Study**

The Following Tools Were Used For The Collection Of Data:

1. Mental Health Battery ( Singh & Gupta,1983)
2. Emotional Maturity Scale (Singh & Dr. Mahesh Bhargavs).

**Statistical Techniques**

The Following Techniques Were Used For Testing The Hypotheses:-

1. Descriptive Statistics Like Mean And Standard Deviation Was Used To Analyze Primary Data.
2. Pearson's Product Moment Co-Efficient Correlation.

**Analysis And Interpretation**

**Table-1**

**Relationship Between Mental Health And Emotional Maturity 10<sup>th</sup> Class Adolescents**

N	Variable	r	
580	Mental Health	-.154**	Significant at 0.05 & 0.01 levels
580	Emotional Maturity		

As Shown In Table -1 The Coefficient Correlation Between Mental Health And Emotional Maturity Is -.154 Which Is Significant At 0.05 & 0.01 Level Of Significance. So Our Hypothesis That There Is A Significant Relationship Between Mental Health And Emotional Maturity Of Adolescents Is Rejected.

**Table -2**

**Co-Efficient Correlation Between Dimensions Of Mental Health And Emotional Maturity**

S. No	Dimensions of Mental health	Emotional maturity	Level of significance
1	Emotional Stability	-0.197**	Significant at 0.05 & 0.01 levels
2	Over-All Adjustment	-0.016	Insignificance
3	Autonomy	-0.066	Insignificance
4	Security-Insecurity	-0.157**	Significant at 0.05 & 0.01 levels
5	Self Concept	-0.057	Insignificance
6	Intelligence	-0.118**	Significant at 0.05 & 0.01 levels

**\*\* Significant At 0.05 & 0.01 Levels**

From The Result Of Table- 2 Significant Negative Correlation Is Found Between Emotional Stability, Security- Insecurity And Intelligence Dimensions Of Mental Health And Emotional Maturity. Other Dimensions Of Mental Health That Is Over-All Adjustment, Autonomy And Self Concept Are Found To Be Insignificantly Correlated With Emotional Maturity.

**Table- 3**

**Co-Efficient Correlation Among Mental Health And Factors Of Emotional Maturity**

S. No.	Factors of Emotional maturity	Mental health	Level of significance
1	Emotional Stability	-0.135**	Significant at 0.05 & 0.01 levels
2	Emotional Progression	-0.087	Insignificant
3	Social Adjustment	-0.134**	Significant at 0.05 & 0.01 levels
4	Personality Integration	-0.033	Insignificant
5	Independence	-0.138**	Significant at 0.05 & 0.01 levels
	Emotional Maturity(Total)	-0.154**	Significant at 0.05 & 0.01 levels

**\*\* Significant At 0.05 & 0.01 Levels**

Table – 3 Describes Significant Negative Correlation Between Mental Health And Emotional Stability, Social Adjustment And Independence Factors Of Emotional Maturity. However, Correlation Between Mental Health And Emotional Progression And Personality Integration As Factors Of Emotional Maturity Are Found To Be Insignificant. Mental Health And Overall Emotional Maturity Of Adolescents Are Negatively Correlated.

**Conclusion**

On The Basis Of The Above Findings, Following Conclusion Can Be Drawn:

So Our Hypothesis That There Is A Significant Relationship Between Mental Health And Emotional Maturity Of Adolescents Is Rejected.

(A) Significant Negative Correlation Is Found Between Emotional Stability, Security- Insecurity And Intelligence Measures Of Mental Health And Emotional Maturity. Other Dimensions Of Mental Health That Is Over-All Adjustment,

Autonomy And Self Concept Are Found To Be Insignificantly Correlated With Emotional Maturity.

(B) Significant Negative Correlation Between Mental Health And Emotional Stability, Social Adjustment And Independence Factors Of Emotional Maturity. However, Correlation Between Mental Health And Emotional Progression And Personality Integration As Factors Of Emotional Maturity Are Found To Be Insignificant. Mental Health And Overall Emotional Maturity Of Adolescents Are Negatively And Significantly Correlated.

#### Educational Implications

The Present Study Was Carried Out With Specific Aim To Show Impact Of Mental Health On Emotional Maturity Of 10<sup>th</sup> Class Adolescents. The Following Are The Educational Implications Of The Study:-

1. It Is Useful For Providing Guidance To The Students To Develop A High Emotional Maturity. The Present Study Will Help In Developing A Conducive Environment At Home.
2. This Study Will Be Very Helpful For Guidance Purposes As It Will Help The Guidance Worker To Have Deeper Insight Into The Emotional Maturity And Mental Health Of The Adolescents.

#### Suggestions For Further Research

For Understanding And Modifying The Behavior Of Teachers, Intensive Research In Education Is Needed On Various Aspects Of Teacher's Behavior. No Single Study Can Explore It. There Is A Wide Scope For Further Research Can Be Enlisted Below:

- Present Study Was Confined To Only Bhatinda District. Similarly Study Can Be Undertaken In Other Districts Of Punjab.
- The Present Topic Of Investigation Can Be Repeated With Large Sample To Get More Valid And Reliable Results.
- This Study Was Confined To Punjab School Education Board Only. It Can Cover C.b.s.e And I.c.s.e Boards Also.
- A Similar Study Can Be Conducted On The College Students.
- More Studies Can Be Conducted With Other Variables I.e. Stress, Emotional Intelligence And Adjustment.

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