Emotional Maturity of First Generation and Non First Generation College Students

Psychology

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ABSTRACT

Every day our life is tinged with feelings and emotions. Happiness and sad, excitement and disappointment, love and conflict, fear and surprise, hope and frustration all these and many more are feelings we often experience in the course of a day. They add life to our living. Whenever our emotions are too intense and too easily aroused they can easily get us in to trouble. The present study was done to know the emotional maturity of first generation and non first generation first year college students. The samples were college students (25 first generation students and 25 non first generation students) who were randomly selected. Dr.Yashvir Singh and Dr. Mahen Bhargava emotional maturity scale was used to collect the data. Results revealed that there were significant difference between first generation and non first generation in different aspects of emotional maturity(emotional unstability, emotional regression,social maladjustment, personality disintegration and lack of independence).

INTRODUCTION

Every individual is gifted with a inevitable natural phenomena called emotion. Through emotions one can express his/her inner feelings thoughts, needs, desires etc. Life would be dry without such feelings. Emotions acts as a bridge to reflect his/her inner world and to make satisfying relationship with his/her environment. As we mature we are able to shape & manage our emotions and to express it effectively. A person who is able to keep his emotions under control, the one who is stable, flexible, adjust and mobilize. According to Walter D. Smitson(1974) Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health both intra psychically and intra personally. The individual who is emotionally immature finds difficult to deal with their intra and inter demands. When our emotions are too high and easily aroused, they can easily get us in to problem. They alter our judgments, turn loved one in to enemies and trap us in to a miserable situation.

In one study Sunil Kumar (2013) with 30 boys and 30 girls of higher secondary level observed there were significant difference in their emotional maturity and also positive relationship between emotional maturity and family relationship. In another study on emotional maturity and self actualization among 40 under graduates and post graduates by Bhagyashri and Jogsan (2013) examined there were significant difference in their emotional maturity and positive relationship between emotional maturity and self actualization. Lakshmi and Krishnamurthy (2011) conducted a study on emotional maturity of 220 higher secondary students. Results revealed that significant difference exist between gender, urban and rural students, students living in joint and nuclear family and expect the age group of higher secondary students.

The specific needs for identifying these phenomena of emotional maturity among college students is because they are the pillars of the future world their value pattern of emotional maturity are vital. Especially the study sample includes first generation because they are first in their family to enter in to a level of higher education. As being first in their family to attend college they are struggling hard to prove themselves in all areas. There are number of internal and external factors which influence their career growth and personal wellbeing. With this background this present study intends to measure the emotional maturity of first generation and non first generation first year college students.

Objective:

To know the level of emotional maturity of first generation and non first generation college students.

Hypothesis:

1. There would be significant difference between first generation and non first generation in emotional unstability.
2. There would be significant difference between first generation and non first generation in emotional regression.
3. There would be significant difference between first generation and non first generation in social maladjustment.
4. There would be significant difference between first generation and non first generation in personality disintegration.
5. There would be significant difference between first generation and non first generation in lack of independence.

Methodology:

The present study was conducted in south Chennai. The study sample comprises of 50 college students (25 first generation and 25 non first generation) studying first year. Stratified random sampling technique was used to select the sample. Dr.Yashvir Singh and Dr. Mahen Bhargava standardized emotional maturity scale was used to collect the data. The scale has a total of 48 items under five categories emotionalunstability,emotional regression, socialmaladjustment,Personality disintegration and lack of independence. The items are so stated that if the answer is positive say very much, a score of 5 is given, for much, a score of 4 is given, for undecided, a score of 3 is given, for probably, a score of 2 is given and for negative response never, a score of 1 is to be awarded. Therefore the higher the score on the scale greater the degree of emotional immaturity and vice versa. Descriptive statistics was used to analyze the data and to tabulate the results.

Results and Discussion:

Table 1 shows the Mean, SD, t- Value and level of significance of first generation and non first generation college students on emotional unstability

S.No	Variable	Group	Mean	SD	t- Value
1	Emotional unstability	First generation (n = 25)	29.28	72.77	8.51 P< 0.001
		Non first generation (n = 25)	30.2	55.47	

From the table 1 it shows there would be significant difference between first generation and non first generation college students in emotional unstability. As per the Nasreen Taj and Krishnamurthy,2014 both male and female rural students

showed significant difference in the level of emotional maturity and anxiety.

Table 2 shows the Mean, SD, t- Value and level of significance of first generation and non first generation college students on emotional regression

S.No	Variable	Group	Mean	SD	t- Value
1	Emotional regression	First generation (n = 25)	29	6.84	9.14 P< 0.001
		Non first generation (n = 25)	31.8	6.38	

It is evident from the table2 there is significant difference between first generation and non first generation college students in emotional regression**.**

Table 3 shows the Mean, SD, t- Value and level of significance of first generation and non first generation college students on social maladjustment

S.No	Variable	Group	Mean	SD	t- Value
1	social maladjustment	First generation (n = 25)	28.08	4.59	2.28 P< 0.05
		Non first generation (n = 25)	28.72	5.37	

The result from table3 reveals that there is significant difference between first generation and non firstgeneration college students in social maladjustment. The mean of social maladjustment showed that non first generation students are more than first generation students.

Table 4 shows the Mean, SD, t- Value and level of significance of first generation and non first generation college students on Personality disintegration

S.No	Variable	Group	Mean	SD	t- Value
1	Personality disintegration	First generation (n = 25)	28.4	7.90	3.42 P< 0.001
		Non first generation (n = 25)	29.36	5.97	

From the table 4 it is known that there is significant difference between first generation and non first generation college students in Personality disintegration. The mean of Personality disintegration showed that first generation students are higher than non first generation students.

Table 5 shows the Mean, SD, t- Value and level of significance of first generation and non first generation college students on Lack of independence

S.No	Variable	Group	Mean	SD	t- Value
1	Lack of independence	First generation (n = 25)	22.76	6.17	8.14 P< 0.001
		Non first generation (n = 25)	25.04	6.32	

It is evident from the table 5 there is significant difference between first generation and non first generation college students in lack of independence.

Therefore increased self awareness and motivating & supporting environment is essential to improve their emotional wellbeing.

Conclusion:
There is significant difference between First generation and non first generation college students in different aspects of emotional maturity which includes emotional unstability,emotionalregression, socialmaladjustment,personality disintegration and lack of independence.

Implications of the study:
The result of this study may be an eye opener to know the differences in different aspects of emotional maturity among first generation and non first generation college students.

Proper guidance and counseling is suggested to enhance their emotional health which would make them to balance their emotions and face life challenges hopefully and successfully.

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