



EMOTIONAL MATURITY AMONG EMERGING ADULTS

Social Science

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ABSTRACT

Emotional maturity is an expression of emotion that is constructive and interactive. Individuals who have reached emotional maturity is characterized by the presence in the ability to control emotions, to think realistically, understand themselves and be able to show emotion when and where appropriate. Emotional Maturity is an aspect that is very close to the personality. Personality is what will shape the individual brought in daily life for themselves and their environment. A person can be said to have matured emotionally when they have been able to think objectively. The present study compares the emotional maturity of Emerging adults. 30 male and 30 female participants total 60 emerging adults were selected for the study. The emotional maturity scale developed by Dr. Yashvir Singh (1971) was used for data analysis and concluded result, t test was used. There is a significant difference in the emotional maturity among Emerging adults. The result indicates the working females significantly differ on Emotional maturity score as compared to Male female shown better Emotional Maturity.

KEYWORDS

Emotional maturity, Emerging Adults,

INTRODUCTION

The expression, "maturity," refers to a significant phase in the growth of a living organism. Maturity is achieved when individual growth is completed and the organism is ripe for propagation. The concept of maturity is also used in psychology and psychiatry. In this field it designates that phase of personality development which corresponds to biological and psychological maturation.

The Emotional Maturity has the different levels and different authors have mentioned the different kind of Level. These are the few level of Emotional Maturity's. The six levels of emotional maturity are presented from lowest to highest. However, the interdependence of the levels of emotional maturity makes listing them from lowest to highest somewhat artificial.

Feel free to reorder the list as suits your needs. The six levels are emotional responsibility, emotional honesty, emotional openness, emotional assertiveness, emotional understanding, and emotional detachment. Level 1 is Emotional Maturity: Emotional Responsibility, Level 2 is Emotional Maturity: Emotional Honesty, Level 3 is Emotional Maturity: Emotional Openness, Level 4 of Emotional Maturity, Level 5 of Emotional Maturity: Emotional Understanding, Level 6 of Emotional Maturity: Emotional Detachment. The research study shows that study there is a significant relationship between emotional maturity and general well-being of adolescents. The adolescents are shown that they good emotional maturity (Molly Joy, Ms Asha Mathew (2018)).

Last Adolescence/ Early adulthood: -

In order to define maturity, it is helpful to point out in detail the striking differences between adolescent and mature emotional attitudes. The mentality of the adolescent can best be understood if we consider this physio difference between the faster biological and the slower psychological maturation. Adolescence is as if the biological functions of mature sexuality were foisted upon an organism which emotionally is not fully prepared for it. The outstanding features of adolescence are insecurity and awkwardness which often makes a comical effect. Here is a young man or woman. Biologically full-grown but in many respects emotionally still a child. I have the impression that they do not know adolescent assertiveness is the natural manifestation of this state of mind. The feeling of inadequacy which the adolescent tries to overcome by competing with others. The research states that that are significant difference in emotional maturity among marital status and occupation status variables. Here married women more emotionally mature as compare unmarried women. Working women more emotionally mature as compare non-working women (Shrinkhla Ek Shodhparak Vaicharik Patrika,(2018)),

Psychological Maturity:-

The understanding of adolescence gives the clue to the essence of the mature state of mind this consists in overcoming the insecurity and in being able to take one's self for granted. The period of competition during adolescence gives the person opportunity to prove him to others

and to one's own self. Moreover, this steady competition affords a continuous practice of one's full-grown capacities. During the period of adolescence the young person gradually grows emotionally into the advanced mature status which biologically he had already reached several years ago as a consequence of this inner security the mature adult's interests no longer centre on the self. It can now be turned outwards towards the environment.

Biological Maturity:-

Maturity can be best understood from the so-called concept of life the individual biological unit and follows the pattern of the propagation in unicellular organisms. The process of growth has a natural limit when the cell reaches maturity.

Actually emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescents development the concept "Mature" emotional behaviour of any level is that which reflects the of any level is that which reflects the feints of normal emotional development a person who is able to broke delay and to suffer without self-pity. Weight steel be emotionally stunted and childish morgan (1934) stated the view that are adequate theory of emotional maturity must take account of the full scope of the individuality powers. And his ability to enjoy the use of his powers

Emotionally disturbed behaviour can be described in the following way:

He/she reacts like a child .He looks for sympathy conceited. Quarrelsome. Infantile self-centred and demanding people have preservative emotions. Is emotionally excitable and feels very much upset to lose a gane (Gibb.1942:Brogden.1944,Cattel, 1945)

Emotional Maturity, Understanding and Influencing Factors

Emotional Maturity is an aspect that is very close to the personality. Personality is what will shape the individual brought in daily life for themselves and their environment. A person can be said to have matured emotionally when they have been able to think objectively. Emotional maturity is an expression of emotion that is constructive and interactive. Individuals who have reached emotional maturity is characterized by the presence in the ability to control emotions, to think realistically, understand themselves and be able to show emotion when and where appropriate.

METHODS**AIM:-**

To study the Emotional Maturity among Emerging adults.

Specific Objective:-

To study the Influence of gender on emotional maturity among Emerging adults.

Hypothesis:-

There is a significant gender difference in emotional maturity among Emerging Adults.

Research Design

For the present study, non-experimental comparative research design can be used. It is a research design in which variables are not deliberately manipulated nor is the setting is manipulated. Comparative design is used to compare two distinct groups based on selected emotional maturity level. In this study, difference is measured between Male and Female Emerging adults.

Variables:-

Independent variables: - Gender

Dependent variables: - Emotional maturity

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 fulfilment. You define success in your own terms, not societies, and you strive to achieve it.

Emerging adulthood is the phase between when one relies on their parents and adults for all their needs – financial, social or mental and when one is fully ready to make serious and long term commitments in love and work. During this time they focus on themselves more than anything else. They are more concerned about their appearance, and they focus mainly on developing their skills, knowledge and the understanding what they will need for their adult life later.

Sample:-

Sample Description:-

In the present study the respondents were age range for 18 years to 25 years and the participants from Karnataka.

Sample size

The present study sample was 60 Emerging adults (30 male and 30 female young adults).

Sampling method

For the current study participants were chosen using Snowball and Convenient sampling techniques. Snowball sampling is a technique where participants recruit other participants for a test or study. Convenience sampling is a type of sampling where the first available primary data source will be used for research without additional requirements.

INCLUSION CRITERIA

Students

Age range between 18 years to 25 years

Who know read and write english

EXCLUSION CRITERIA

Distance education students

Students staying alone.

Tools:

Informed consent

The informed consent was used to obtain the consent of the subjects before starting the data collection.

Socio Demographic sheet

Socio-Demographic characteristics include for example Name, Age, Gender, Qualification, ethnicity, marital status, household, employment, and income ext..

Emotional Maturity scale: (EMS) 1999

Emotional Maturity Scale was developed by Singh and Bhargava (1991). This scale measures a list of five broad factors of Emotional Immaturity - Emotional Un stability, Emotional regression, social maladjustment, personality disintegration and lack of independence. It is a self-reporting five point scale. Items of the scale are in question form demanding information for each in any of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5, 4, 3, 2 and 1 respectively. Therefore, the higher the score on the scale leads to greater the degree of emotional immaturity and vice versa. The scale has a total of 48 items. There are 10 items per factor except the fifth factor which has 8 items. The highest possible score for the first 4 areas are 50 and the lowest is 10 while for the fifth factor the highest score is 40 and lowest is 8.(For all the first 4 factors the extremely unstable range from 10-20 (for 5th factor-8-16), moderately unstable from 21-30 (17-24), unstable from 31-40 (25-32), stable from 41-50(33-40).

Reliability of the scale was determined by test retest reliability which was 0.75 and internal consistency for various factors ranged from .42-.86. The scale was validated against external criteria, i.e. the area of the adjustment inventory for college students (Sinha and Singh, 1995).

Procedure for data collection:

The researcher was contacted by different areas in Bangalore. After that the researcher was explain them the purpose of the study. The individuals were verbally instructed to fill all necessary details on the socio demographic sheet. Following the Emotional maturity scale was administered. Soft copies or hard copies of the questionnaire were circulated to those individuals who were available at the time of administration.

Procedure for Data analysis:

The collected data was entered in the SPSS. The t test was used to check the gender difference between the emotional maturity among Emerging adults.

Analysis and results

This chapter deals with the analysis results and discussion of the objectives and hypothesis Complete statistical analysis of the date obtained the statistical package for social science (SPSS 16) was used to perform the date entry and analysis working and un-working Sample pie chart.

RESULTS AND DISCUSSION

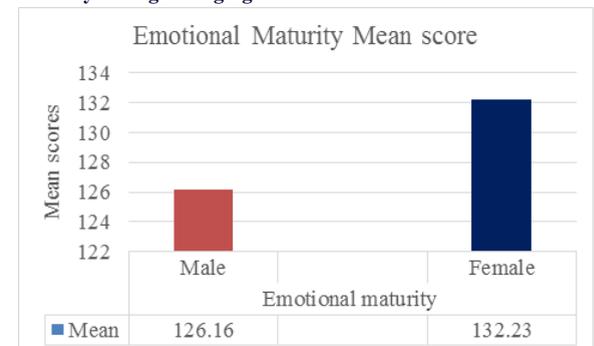
The Present study aim was studying the Influence of gender on emotional maturity among Emerging adults. The Hypothesis was There is a significant gender difference in emotional maturity among Emerging adults. The Emotional Maturity scale was used to study the level of Emotional Maturity of the Emerging adults.

Table 1: Showing the test variables, sectors, Mean, Standard deviation, t score, df and significant of Male and Female Emerging adults.

Variable	Sector	N	Mean	SD	t	Sig.
Emotional maturity	Male	30	126.16	9.12	4.48	.000
	Female	30	132.23	5.78		

For the research sample (N=60), both Male and Female Emerging adults. Emotional maturity mean score are= 126.16 and 132.23, standard deviation =9.12 and 5.78, t score = 4.48, and sig =.000. The results show that there is a significant influence of Emotional Maturity among Male and Female Emerging adults.

Graph 1: Showing the values of both Mean Score Emotional Maturity among Emerging adults.



CONCLUSION

The current study aimed finding the difference in Influence of gender on emotional maturity among Emerging adults. To achieve the same, data was collected from 60 Emerging adults belonging to the age group of 18 to 25 years using snowball and convenience sampling method. The sample consisted of married females only. Further, to obtain the data Emotional maturity scale Questionnaire were administered to the participants along with a form specifying socio-demographic details.

The results indicated that there is a significant gender difference in Emotional maturity among Emerging adults.

Limitations of the present study

The limitation of the present study is that it does not cover a larger representation of the samples as the sample size chosen for the study

was smaller representation The data collected only comprises of samples from Karnataka, which limits the generalization of the research findings.

Suggestions

This study can be done with samples from other states of India and can increase the size of samples as well.

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