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### **Emotional Maturity: A Comparative Study**

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#### **ABSTRACT**

Emotional maturity is the ability to bear tension and develop high tolerance for certain circumstances. A person's life would lack any sheen hadn't it been for emotions. The way in which a person responds is the level of maturity he has. He can endure anxiety and conflict in an apt way. A person is said to be emotionally mature if a person is able to express emotions in appropriate manner and degree and at the suitable time. The present study incorporates finding out the emotional maturity of students of Ahmedabad and comparison between the groups. The findings revealed that boys and girls differ on emotional maturity. This study may be helpful to teachers, students, administrators and educational planners.

**KEYWORD:** Emotional maturity

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## 1. INTRODUCTION

Emotions are essential aspects of personality. A person would be dull and lacklustre without emotions. Disturbance in emotions are the cause of many disorders, hence adequate expression of emotions is vital to development of personality. Emotion is “a moved or “Stirred up” state of an organism. It is a stirred up state of feelings, i.e. the way it appears to an external behavior.”(1)

“An emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response and a behavioral or expressive response”.(2)Maturity is “the capacity of mind to endure an ability of an individual to respond to uncertainty, circumstances, or environment in an appropriate manner.”(3)A person is said to be emotionally mature if a person is able to express emotions in appropriate manner and degree and at the suitable time. Emotional maturity is “a process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra personally.”(4)An emotionally mature person is able to tolerate impediment in achievement of goals and a certain degree of anxiety. Any hassle will not cause anxiety, frustration or anger, on the contrary an emotionally mature person will be able to tolerate and face any challenge. He will be able to endure hindrance in fulfilment of his desires and needs. He does not have irrational apprehension and is able to be content in different conditions. An emotionally mature person can manage his emotions and is not subject to changes in mood. Emotional maturity is the ability to bear tension and develop high tolerance for certain circumstances.

## 2. OBJECTIVES

1. To study emotional maturity according to gender.
2. To study emotional maturity according to zone.
3. To study emotional maturity according to the type of school.

## 3. HYPOTHESIS

1. There will be no significant difference in mean scores of boys and girls.
2. There will be no significant difference in the mean scores of students belonging to east and west zone.
3. There will be no significant difference in the mean scores of students studying in Grant in aid schools and Non grant in aid schools.

## 4. METHOD

The present study incorporates descriptive survey method. The individual scores are found out with the help of standardised test.

## 5. SAMPLE

The population was all the students of Ahmedabad city. From the population size a representative part called the sample was taken. The sample consists of students of class IX selected from different schools of Ahmedabad. It was done using multistage sampling method. The schools were selected by a random method. The sample comprised 1289 students and they were selected by cluster sampling method. The sample is the representative of the population.

## 6. TOOL

The researcher has used Emotional maturity tool prepared by Dr Manoj C. Shastri. The emotional maturity scale comprises 35 items. The items are arranged in five sections each measuring a certain component in the emotional maturity factor.

## 7. TECHNIQUE FOR DATA ANALYSIS

For the analysis of data, initially scoring was done and individual scores of all students on emotional maturity were found out. Incomplete forms were ruled out and taken for analysis. The statistical techniques are Mean, Standard deviation and t test. The t scores were found out to know the significance of difference between boys and girls, east and west zone of Ahmedabad and Grant in aid and Non grant in aid schools of Ahmedabad on the basis of their emotional maturity scores.

## 8. RESULT AND DISCUSSION

The first hypothesis was tested by t-test and the  $t_{cal}$  is 2.85 which is greater than  $t_{tab}$  2.58 required for significance at 0.01 level. So, it is concluded that both the groups differ significantly in terms of their emotional maturity. Hence the hypothesis that there will be no significance difference between the mean scores of emotional maturity of the boys and girls of Ahmedabad is rejected at 0.01 level. It means there is significant difference in emotional maturity of boys and girls of Ahmedabad.

Table-1 Mean, S.D and t-value of boys and girls on emotional maturity

Variables (Gender)	Mean	Standard Deviation	t-value	Significance
Boys	141.02	16.97	2.85	Significant
Girls	143.66	16.14		

The second hypothesis was tested by t-test and the  $t_{cal}$  is 1.75 which is less than  $t_{tab}$  2.58 required for significance at 0.01 level. So, it is concluded that both the groups do not differ significantly in terms of their emotional maturity. Hence the hypothesis that there will be no significance difference between the mean scores of emotional maturity of the students belonging to east and west zone of Ahmedabad is not rejected at 0.01 level. It means there is no significant difference in emotional maturity of the students belonging to east and west zone of Ahmedabad.

**Table-2** Mean, S.D and t-value of students belonging to east and west zone on emotional maturity

Variables (Zone)	Mean	Standard Deviation	t-value	Significance
East	141.32	15.73	1.75	Not Significant
West	142.94	17.28		

The third hypothesis was tested by t-test and the  $t_{cal}$  is 2.54 which is less than  $t_{tab}$  2.58 required for significance at 0.01 level. So, it is concluded that both the groups do not differ significantly in terms of their emotional maturity. Hence the hypothesis that there will be no significance difference between the mean scores of emotional maturity of the students belonging to Grant in aid schools and Non grant in aid schools of Ahmedabad is not rejected at 0.01 level. It means there is no significant difference in emotional maturity the students belonging to Grant in aid schools and Non grant in aid schools of Ahmedabad.

**Table-3** Mean, S.D and t-value of students belonging to Grant in aid and Non grant in aid schools on emotional maturity

Variables (Type of school)	Mean	Standard Deviation	t-value	Significance
Grant in aid	141.38	17.18	2.54	Not Significant
Non grant in aid	143.76	15.53		

## 9. CONCLUSION

The analysed and interpreted findings have led to the following conclusions that male and female students differ in terms of emotional maturity. Whereas the students belonging to east and west zone of Ahmedabad do not differ in terms of emotional maturity. Similarly, the students belonging to the grant in aid and non grant in aid schools of Ahmedabad do not differ in terms of emotional maturity. Emotional maturity helps in determining the personality of an individual. This study shall be helpful for educationists as they can find the gaps in the education system which led to lower emotional maturity of students and how they can improve by incorporating changes in the education system.

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