



ISSN (E): 2277-7695  
ISSN (P): 2349-8242  
NAAS Rating: 5.23  
TPI 2023; 12(8): 2355-2358  
© 2023 TPI

[www.thepharmajournal.com](http://www.thepharmajournal.com)

Received: 01-05-2023

Accepted: 04-06-2023

#### **Kusum**

PG Scholar, Department of Human Development and Family Studies, College of Community Science, SKRAU, Bikaner, Rajasthan, India

#### **Dr. Manju Kanwar Rathore**

Assistant Professor, Department of Human Development and Family Studies, College of Community Science, SKRAU, Bikaner, Rajasthan, India

#### **Shikha Kapoor**

Guest Faculty, Department of Human Development and Family Studies, College of community Science, SKRAU, Bikaner, Rajasthan, India

#### **Corresponding Author:**

#### **Kusum**

PG Scholar, Department of Human Development and Family Studies, College of Community Science, SKRAU, Bikaner, Rajasthan, India

## **Analysis of the level of emotional maturity among adolescents**

**Kusum, Dr. Manju Kanwar Rathore and Shikha Kapoor**

#### **Abstract**

The emotional development of a person has an impact on their behaviours. An emotionally mature person can adjust in any situation, handle every complication in a peaceful way with suitable decision needed. So, adolescents have to guide in a right way for developing a strong emotionally mature person with a balanced personality in life. The present study intends to measure emotional maturity level of adolescent students. A purposive sampling method was used to gather data and the assessment of the chosen subjects 'Emotional maturity' was conducted by using Yeshver Singh & Prof. Mahesh Bhargave (1990) Emotional Maturity Scale. The result of the study shows that the emotional maturity of adolescents students was unstable.

**Keywords:** Adolescent, maturity, social and emotional

#### **1. Introduction**

Adolescents' ability to regulate their emotions, which includes emotional development, independence, social adjustment, emotional stability, personality integration, etc., is called emotional maturity. Universal well-being is subjective well-being. The World Health Organization claims that the onset of physiologically normal puberty is the beginning of adolescence, which lasts until the acceptance of adult identity and behaviour. Emotional maturity is seen as one of the major factors in determining the personality, behaviour and attitude of an individual. It also helps in improving interpersonal relationships and a person's sense of self-worth. The extent to which the event is handled emotionally determines whether or not the individual will survive the given situation. Therefore, emotional maturity is important in developing the ability to adapt successfully with self, family, peers, society, culture, and environment. The ability to handle stress is one of the most notable indicators of emotional maturity, and it will enable the person to tolerate the frustration they are going through.

The ability to critically evaluate a situation before reacting blindly to it as an immature person or child is a major sign of emotional maturity. As a result, many of the triggers that could lead to emotional outbursts in younger age groups are ignored by adolescents. Adolescents who react to situations and feelings with greater emotional stability tend to grow into emotionally mature future adults. "Emotional maturity is a process in which the personality is constantly searching for deeper awareness of emotions, health, both internally and personally," says Walter D. Smitson.

Yashveer Singh and Mahesh Bhargava, Emotional immaturity involves emotional instability and is basically the inability of people to resolve issues. They will show anger and always seek help from others. They are also more stubborn and throw tantrums frequently. The second category is about emotional regression and includes symptoms like inferiority complex, restlessness, aggression, arrogance etc. The third category is social adjustment syndrome. People with social dysfunction lack social versatility, are hostile, appear aloof but always brag, and are commonly perceived as liars. The fourth area is personality integration; People with personality dissociation will display fear, dread etc. in this area. The fifth area is autonomy, where people who lack it tend to display more pathological dependence, or excessive reliance on others.

Follow-up studies have been conducted on adolescent emotional maturity. As Sunil Kumar (2014), reveals that there is a significant correlation between emotional maturity and family relationships. From the examination of various sources, it was found that no comprehensive study has been conducted on university students and the researcher makes an effort to identify

the level of emotional maturity of university students considering their level of education. Emotional maturity is of great importance in today's competitive world, where every individual learns to develop resilience both intra-personally and inter-personally.

It has been found that less emotionally mature people tend to prefer ineffective coping methods over helpful ones, while more mature people prefer more wise and helpful methods. Singh (2013) study of high school adolescent social and emotional maturity by gender found that girls tended to score higher on the social adequacy component of social maturity, while boys scored higher on the social adjustment component of emotional maturity. Pастey & Aminbhavi (2006) on the effect of emotional maturity on adolescent stress and self-confidence found that adolescents with high emotional maturity had less stress and high self-confidence.

### Objective

1. Analysis of profile of respondents
2. To examine the level of emotional maturity among adolescents.

### Methodology

The sample size consists of 100 adolescent students (N=100) 50 boys and 50 girls living in Bikaner city of Rajasthan state. The school/college students for the final sample were approached according to their availability in Bikaner. The purpose of the study was explained to them and requested to fill up the questionnaires. They were also ensured that whatever information they provide will be used purely for research purposes only and would be kept confidential. A simple random sampling method was used to gather data and the assessment of the chosen subjects 'Emotional maturity assessment' was conducted by using Yashvir Singh's (1977) Emotional Maturity Scale. Independent variables taken in the study were Personal variables of respondents: Age (chronological age), Gender, Academic class, Marital status etc. Parental variables: Parental age & Occupation. Socio-economic variables: Caste category, Religion, & Monthly

income, etc. whereas emotional maturity was taken as Dependent variable.

## 2. Results and Discussion

### 2.1 Analyses of profile of the respondents

Adolescents' personal profile via frequency distribution portrayed that on an overall basis, 20 percent of adolescents were between the age range 16-17 years old followed by 57 percent and 23 percent 18-19 years old and 20-21 years old respectively. In total, half of the adolescents 50 percent were male and another half were female. only 4 percent respondents accounted for 11<sup>th</sup> & 12<sup>th</sup> standard were followed by B.Sc/B.A./B.Com. 1<sup>st</sup> year and B.Sc/B.A./B.Com. 2<sup>nd</sup> year standard 76 percent and 20 percent respectively. Information regarding marital status of the respondent indicated that only 1 was married and rest of 99 was unmarried. The respondent were 50 percent each from rural and urban area. With regard to caste, majority of the respondents of belonged to OBC category (41.00%), followed by 37 percent of adolescents were in General category and only 22 percent were in SC/ST category.

The family income status of the families highlighted that majority (61.00%) of the families residing in the area had low monthly income up to Rs.40,000 and 29 percent had medium monthly income up to 70,000 whereas 10 percent had high monthly income up to 1 lakh. Turning to paternal occupation, data revealed that almost 34 percent of respondent's fathers were farmers, followed by business/service oriented and labourer around 33 percent, 33 percent respectively from rural area. More than half (59%) of the respondent's fathers were engaged as labourer, 36.80 percent were engaged in business/services in urban area.

### 2.2 Level of emotional maturity among adolescents

#### 2.2.1 Level of emotional un-stability among adolescents

The data furnished in table 1 depicts gender wise distribution of adolescents for emotional un-stability a component of emotional maturity on the basis of residential area.

**Table 1:** Emotional un-stability among adolescents

S. No.	Residential area Emotional un-stability	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	20(57.14%)	10(66.67%)	6(40%)	21(60%)	26(52%)	31(62%)
2.	Medium	15(42.86%)	5(33.33%)	8(53.33%)	14(40%)	23(46%)	19(38%)
3.	High	0(00%)	0(00%)	1(6.67%)	0(00%)	1(2%)	0(00%)

The overall data pertaining to males and females divulged that although gender differences existed for personal adequacy dimensions yet large percentage of both gender adolescents were highest in medium level on most of the personal adequacy dimensions.

Turning to inter and intra gender wise comparison of adolescent, Emotional un-stability data unfolds that in rural area almost 58 percent of males and 67 percent of females had low level of emotional un-stability. On the contrary in urban area no males and females had low level of Emotional un-stability whereas 40 percent of males and 60 percent of

females from urban area accounted for low level and almost 54 percent of males and 40 percent of female had medium level of personal adequacy aspect.

#### 2.2.2 Level of emotional regression among adolescents

Emotional regression data unfolds that in rural area 60 percent of males and almost 74 of females accounted for low level of Emotional regression, while 32 percent of males and 27 percent of females had medium level and only 9 percent of male had high level of Emotional regression.

**Table 2:** Emotional regression among adolescents

S. No.	Residential area Emotional regression	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	21(60%)	11(73.33%)	7(46.67%)	18(51.43%)	28(56%)	29(58%)
2.	Medium	11(31.42%)	4(26.67%)	7(46.67%)	16(45.71%)	18(36%)	20(40%)
3.	High	3(8.58%)	0(00%)	1(6.67%)	1(2.86%)	4(8%)	1(2%)

On the contrary in urban area 47 percent males and almost 52 percent females had low level emotional regression and 47 percent male and 46 percent female had medium level of emotional regression whereas very few male 7 percent and female almost 3 percent had high level of emotional regression. In total emotional regression more than half percent of male and female respondents had low level of emotional regression.

**2.2.3 Level of social mal-adjustment regression among adolescents**

The data furnished in table 3 Social mal-adjustment data unfolds that in rural area around 52 percent of males and 87 of females accounted for low level of Social mal-adjustment, while 43 percent of males and almost 14 percent of females had medium level and only 6 percent of male had high level of Social mal-adjustment.

**Table 3:** Social mal-adjustment regression among adolescents

S. No.	Residential area Social mal-adjustment	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	18(51.43%)	13(86.67%)	5(33.33%)	24(68.58%)	23(46%)	37(74%)
2.	Medium	15(42.86%)	2(13.33%)	9(60%)	11(31.42%)	24(48%)	13(26%)
3.	High	2(5.71%)	0(00%)	1(6.67%)	0(00%)	3(6%)	0(00%)

On the contrary in urban area 33 percent males and 69 percent females had low level Social mal-adjustment and 60 percent male and 32 percent female had medium level of Social mal-adjustment whereas very few male 7 percent had high level of emotional regression. In total Social mal-adjustment equal number of male respondents had low and medium level and very few were accounted in high level of social mal-adjustment whereas 74 percent female respondents had low level and 26 percent had medium level of Social mal-adjustment. There were no female respondents accounted for

high level of total social mal-adjustment.

**2.2.4 Level of personality disintegration among adolescents**

The data furnished in table 4 personality disintegration data unfolds that in rural area almost 69 percent of males and around 32 of females accounted for low level of personality disintegration, while almost 94 percent of males and 7 percent of females had medium level of personality disintegration.

**Table 4:** Personality disintegration among adolescents

S. No.	Residential area Personality Disintegration	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	24(68.57%)	14(93.33%)	7(46.67%)	26(74.29%)	31(62%)	40(80%)
2.	Medium	11(31.43%)	1(6.67%)	8(53.33%)	9(25.71%)	18(36%)	10(20%)
3.	High	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)

Instead of this in urban area around 47 percent males and almost 75 percent females had low level personality disintegration and 54 percent male and 26 percent female had medium level of personality disintegration. In total personality disintegration equal number majority of male and female respondents had low level of personality disintegration whereas 36 percent male and 20 percent female respondents had medium level of personality disintegration. There were no respondents accounted for high level of total personality

disintegration.

**2.2.5 Level of lack of independence among adolescents**

The data furnished in table 5 Lack of independence data unfolds that in rural area almost 57 percent of males and 54 percent of females accounted for low level of lack of independence, while 40 percent of males and 47 percent of females had medium level and only almost 3 percent of male had high level of Social mal-adjustment.

**Table 5:** Lack of independence among adolescents

S. No.	Residential area Lack of independence	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	20(57.14%)	8(53.33%)	8(53.33%)	16(45.71%)	28(56%)	24(48%)
2.	Medium	14(40%)	7(46.67%)	7(46.67%)	18(51.42%)	21(42%)	25(50%)
3.	High	1(2.86%)	0(00%)	0(00%)	1(2.86%)	1(2%)	1(2%)

Whereas in urban area almost 54 percent males and around 46 percent females had low level lack of independence and almost 47 percent male and around 52 percent female had medium level of Lack of independence whereas very few female almost 3 percent had high level of Lack of independence. In total Lack of independence almost equal number of female respondents had low and medium level and very few were accounted in high level of Lack of

independence whereas 56 percent male respondents had low level and 42 percent had medium level of Lack of independence. There were only 2 percent of female respondents accounted for high level of total Lack of independence.

## 2.2.6 Level of total emotional maturity among adolescents

**Table 6:** Total emotional maturity among adolescents

S. No.	Residential area Total Emotional maturity	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	25(71.42%)	14(93.33%)	7(46.67%)	21(60%)	32(64%)	35(70%)
2.	Medium	10(28.58%)	1(6.67%)	8(53.33%)	14(40%)	18(36%)	15(30%)
3.	High	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)

**Note:** Figures in parentheses indicate percentage

The overall data for total emotional maturity revealed that irrespective of area, majority of respondent from rural area had low level of emotional maturity which was 64 percent male and 70 percent female. Majority of total percent of both male & female from rural and urban area had low level of emotional maturity and rest of fall in medium level of emotional maturity.

Similarly, Lakshmi & Krishnamurthy (2011), reported that the majority of Higher Secondary Students in Coimbatore District are in Emotionally Unstable condition. Wani & Masih (2015) [7], revealed that majority of the post graduate students and research scholars of the university are emotionally unstable. On the same line the resent research study Jobson (2020) [1], showed that more than 70 % of adolescents who were involved in this study was found to be emotionally immature.

The reasons for this unstable emotional maturity may be due to the present competitive environment and the very busy and fast life going ahead, where university students didn't give any preference to their emotional aspect of their development. But for happy, successful personal and professional life human beings has to choose emotional maturity as a conscious choice. The reasons for this unstable emotional maturity may be many like competition, employment, increasing stress due to changing environment etc. May be due to these circumstances the students find it hard to pay attention towards emotional aspect of their development.

### 3. Conclusion

This study revealed majority of total percent of both male & female from rural and urban area had low level of emotional maturity and a few fall in medium level of emotional maturity. There were no respondents accounted for high level of total emotional maturity. Therefore, in this study almost all the respondents are emotionally unstable. A pattern of dynamic interaction exists between developing adolescents and their social environments, which includes influential factors from different levels of ecological analysis at the biological, physical, psychological, and sociocultural levels. Adolescents often experience more extreme emotions, both negative and positive, than their parents, even in response to the same event. An increase in negative emotional experiences emerges in association with the ability for abstract thinking during early adolescence. Adolescents often experience emotional distress in response to ambiguous and

hypothetical romantic exchanges, and their ability to experience complex and varied emotions further promotes the development of abstract thinking. As teens grapple with increasingly abstract and complex social problems, they often seek a stable peer group as a point of reference for emotional management. If they are successful in connecting a stable and understanding peer group then they attain emotional maturity otherwise they feel emotional instability in their behaviour.

### 4. Reference

1. Jobson MC. Emotional Maturity among adolescents and its importance. *Indian Journal of Mental Health*. 2020;7(1):35-41.
2. Krishnamoorthy L, Arif PM, Ahmedkhan R. Separation of proteins from aqueous solution using cellulose acetate/poly (vinyl chloride) blend ultrafiltration membrane. *Journal of materials science*. 2011;46:2914-2921.
3. Rajan CS, Joseph HB. Self esteem and emotional maturity among adolescents. *Int J Nurs Care*. 2019;7(1):27-9
4. Rawat C, Gulati R. Influence of Home Environment and Peers Influence on Emotional Maturity of Adolescents. *Integr J Soc Sci*. 2019;6(1):15-8.
5. Rawat C, Singh R. The Paradox of Gender Difference on Emotional Maturity of Adolescents. *J Hum Ecol*. 2017;58(3):126-31.
6. Smitson WS. The meaning of emotional maturity. *MH*. 1974;58(1):9-11.
7. Wani MA, Masih A. Emotional maturity across gender and level of education. *The International Journal of Indian Psychology*. 2015;2(2):63-72.