



ISSN (E): 2277-7695  
ISSN (P): 2349-8242  
NAAS Rating: 5.23  
TPI 2023; 12(8): 1339-1341  
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[www.thepharmajournal.com](http://www.thepharmajournal.com)

Received: 01-06-2023

Accepted: 07-07-2023

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## Relationship between dimensions of emotional and social maturity among adolescents of city Bikaner Rajasthan

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### Abstract

Social and emotional maturity is the adolescent's ability to regulate emotions, think realistically, understand themselves, and express emotions appropriately. Adolescence is an important period for developing social and emotional habits important for mental well-being, such as healthy sleep patterns, exercise, coping skills, etc. The emotional and social maturity of adolescents students in the Rajasthan city of Bikaner was the subject of this study. Rao's Social Maturity Scale was used to evaluate the respondents' social maturity, while Yeshver Singh and Mahesh Bhargava's Emotional development scale was used to evaluate their emotional development. Using the Pearson correlation coefficient, the data was evaluated. A purposeful random sampling procedure was used to choose 100 adolescents, 50 of whom were males and 50 were girls, for the interview schedule. According to the results, an adverse significant difference was discovered between the three emotional maturity aspects of emotional regression, social maladjustment, personality disintegration, and personal adequacy. Therefore, The negative correlation was found between social maturity and emotional maturity.

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

### Introduction

Adolescence is an important and vital time in a person's life when they start to assimilate into adult society. They develop the skills to deal with abstractions and possibilities at this era. During this period, adolescents experience social and emotional development. It's a time when emotions are running high. One of the main stages of growth that a person goes through is the social stage. An individual is supposed to demonstrate socially mature actions and interactions with age-mates, regardless of their sex, and to attain socially responsible behaviours through acquiring intellectual abilities and the ideas necessary for civic competency. A teenager is going through a lot of changes, and parents and even professionals find it difficult since emotions, hormones, judgement, identity, and the physical body are all changing at once for fully understanding.

Hurlock says, a socially mature person would conform since they realise that each person must be prepared to fit their wishes into the social pattern that has been broadly accepted rather than because they approve of established patterns of conduct or are scared of others. Social maturity is the result of combining the words social and maturity. Being "social" means "living in communities," whereas "maturity" means "adjusting himself to the social" environment around him. In order to have healthy connections with family, friends, neighbours, and other members of our society, one must achieve social maturity. Hurlock's loyalty to community standards, morality, and customs as well as his feeling of unity show his social maturity. Having emotional maturity is defined as being able to react to events correctly, control your emotions, and interact with people in a mature manner. It also requires having a solid awareness of oneself, the outside world, and life's reality. In the context of the current investigation, emotional maturity can be operationally defined as an outcome on the emotional maturity scale.

It is crucial to develop social and emotional maturity by this age since adolescence is the only period associated with mental, physical, and notably emotional and social maturity. Being emotionally mature means being able to control your emotions without letting them take control of your life.

Both emotional and social development are essential for achieving success and enjoyment in life.

Adolescents who are emotionally mature may make better judgements, make more intelligent decisions, have greater relaxation and experience less stress, which helps them maintain a better sense of balance in their lives. As adolescents frequently experiment with a substitute identities, roles, and behaviours as they test the boundaries of acceptable behaviour, good social adjustment is also crucial (Marder *et al.* 2003)<sup>[3]</sup>.

### Objective

1. Social and emotional maturity among adolescents students
2. Cor-relation between dimensions of emotional and social maturity.

### Materials and Methods

The goal of the current study was to examine the relationship between social and emotional maturity & co-relation between dimensions of emotional and social maturity. 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. Purposive sampling method was used to gather data for this study, students who expressed interest in participating in this study were taken into consideration. Emotional maturity was conducted by using Yeshver Singh & Prof. Mahesh Bhargave (1990) Emotional Maturity Scale and social maturity was

assessed by using Dr. Nalini Rao's Social Maturity Scale (1998). The result was assessed by using correlation methods of statistical analysis.

### Results and Discussion

#### Reported social and emotional maturity among adolescents' students

**Table 1:** Social and emotional maturity among adolescents' students

		(N=100)		
Level of Maturity		low	Medium	High
Social Maturity	Male (n-50)	0(00%)	49(98%)	1(2%)
	Female (n-50)	0(00%)	48(96%)	2(4%)
Emotional maturity	Male (n-50)	32(64%)	18(36%)	0(00%)
	Female (n-50)	35(70%)	15(30%)	0(00%)

Total social maturity revealed that majority of both male and female had the medium level of social maturity. Majority of total percent of both male & female had low level of emotional maturity and rest of fall in medium level of emotional maturity.

#### Investigation of correlation between dimensions of emotional and social maturity

**Table 2:** Relationship between social maturity and emotional maturity

Sr. No.	Total Social maturity	Total Emotional maturity
1. Total Social maturity	1	-.277**
2. Total Emotional maturity	-.277**	1

\*\*Highly significant at level 0.01%

**Table 3:** Correlation between dimensions of emotional and social maturity

Emotional Maturity Social maturity	Emotional Instability	Emotional Regression	Social Maladjustment	Personality Disintegration	Lack of Independence
Personal adequacy	-0.27**	-0.32**	-0.25*	-0.17 <sup>NS</sup>	-0.08 <sup>NS</sup>
Inter-personal adequacy	-0.12 <sup>NS</sup>	-0.10 <sup>NS</sup>	-0.13 <sup>NS</sup>	-0.18 <sup>NS</sup>	0.08 <sup>NS</sup>
Social adequacy	-0.11 <sup>NS</sup>	-0.06 <sup>NS</sup>	-0.23*	-0.19 <sup>NS</sup>	-0.00 <sup>NS</sup>

\*\*Highly significant at level 0.01%

\*Significant at level 0.05%

NS- Non-significant difference

Table 3 unfolds that negatively significant difference was found between three dimensions of emotional maturity i.e. (Emotional Regression, Social Maladjustment, Personality Disintegration and Personal adequacy dimension of social maturity. Whereas Social adequacy dimension of social maturity and Social Maladjustment dimension of emotional maturity also had negatively significant difference.

Similarly, Bhaskarachary & Magalingam (2022)<sup>[1]</sup>, showed that there is a negative correlation between emotional intelligence and social maturity of higher secondary students. The results are in tune with the findings of Minchekar (2017)<sup>[4]</sup>, revealed that boys and girls did not differ significantly in their self-efficacy and social maturity. Further, the analysis revealed that girls are having high emotional intelligence compared to boys, which is significant at 0.01 level. It is also found that there is a significant and positive correlation between self-efficacy and emotional intelligence, self-efficacy and social maturity and emotional intelligence and social maturity. Some developmental strategies to strengthen the self-efficacy, emotional intelligence and social maturity of

high school students are suggested in the study. Whereas, Singh & Johnson (2013)<sup>[6]</sup>, indicated that these dimensions of social maturity are significantly different in relation to emotional intelligence. Joy & Mathew (2018)<sup>[2]</sup>, showed that there is a significant relationship between emotional maturity and general well-being of adolescents. Sasikumar & Nagooran (2021)<sup>[5]</sup>, reported a positive relationship between emotional maturity and social adjustment.

### Conclusion

Social and emotional maturity in an individual is very important for a smooth functioning of their social as well as emotional life in the society but the data revealed that highly significant difference was found in social maturity and emotional maturity and showed that there was a negative correlation between emotional maturity and social maturity of adolescents students. Emotional maturity can also be defined as "adolescent's ability to regulate emotions including emotional progress, independence, social adjustment, emotional stability, personality integration, etc." Emotional

maturity is considered to be one of the major determinants in shaping the personality, behavior and attitude of an individual and helps in enhancing relationships with others and enhancing the self-worth of the individual. Emotional maturity enables teenagers to create a full happy life which helps them to lead a healthy social and personal life.

### Conflict of Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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