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RESEARCH ARTICLE

EMOTIONAL MATURITY OF POST GRADUATE STUDENTS

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ABSTRACT

Emotional Maturity refers to one's own ability to control emotions and how well an individual is able to respond to situations when dealing with others and faced with difficulties. The purpose of this study was to find the level of emotional maturity of 20–24 years students and to find out if there is significant difference between male and female in emotional maturity. A total number of 100 Post Graduate students of age 20-24 years old were selected randomly as sample for the present study from the hostels of Assam Agricultural University, Jorhat. Out of which 50 were males and 50 were females. The "Emotional Maturity Scale" standardized by Singh and Bhargava was utilized to assess the emotional maturity level of 20 – 24 years students. Frequency and percentage was calculated to find out the level of emotional maturity and mean, S.D., independent sample t-test have been used for data analysis. The findings of the present study revealed that majority of the respondents were emotionally immature and there is no significant difference between males and females in emotional maturity.

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INTRODUCTION

Emotional maturity is very crucial to lead a happy, fulfilled life. As every individual faces difficulties in life, these difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in the day-to-day life. For one's own happiness it is very important that one must be aware about oneself and must be able to tolerate a delay in the satisfaction of one's needs. For this reason an individual have to choose maturity, to behave in a consciously designed manner. Maturity also encompasses being aware of the correct time and place to behave and knowing when to act, according to the circumstances and the culture of the society one lives in (David Wechsler 1950). According to Finley (1996), "Maturity is the capacity of mind to endure an ability of an individual to respond to uncertainty, circumstances or environment in an appropriate manner". Emotional Maturity is a measure of one's capacity to create in a positive mental attitude. The key qualities of emotional maturity are self control, wisdom, responsibility, independence and self esteem. Genes and hormones play a vital role in overall growth and development of children and adolescents. However, beyond adolescence, an individual has to choose maturity. An individual can learn emotional intelligence but emotional maturity is a matter of choice. As adolescence is the period of storm and stress, they face many difficulties and

pressures from the competitive materialistic world, so they are vulnerable to different psychological problems. Therefore, here the study of maturity in emotional aspect of personality is challenging our attention. Post Graduate stage seems to be the formative stage. Lot of opportunities and avenues are there to get them emotionally disturbed. Therefore it is the dire need of the hour that our adolescents should have proper emotional development to rightly channelize their emotions. Emotional maturity becomes very important in the behaviour of the individuals, as students are the pillars of the nation and future generations, so their level of emotional maturity becomes very vital. Keeping these facts in view the present study entitled "Emotional Maturity of Post graduate Students" has been undertaken with the following objectives:

- To identify the level of emotional maturity of 20 – 24 years students.
- To find out if there is significant difference between male and female in emotional maturity.

Hypothesis: There is no significant difference between boys and girls in emotional maturity.

MATERIALS AND METHODS

The present study was carried out in Assam Agricultural University, Jorhat of Assam. A total number of 100 Post Graduate students of age 20-24 were selected randomly for the

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present study. Out of which 50 were boys and 50 were girls. The “Emotional Maturity Scale” standardized by Singh and Bhargava was utilized to assess the emotional maturity level of 20 – 24 years students. The scale has 48 questions related to the following five categories: emotional stability, emotional progression, social adjustment, personality integration, independence. Each item had a five option response – very much, much, undecided, probably and never. The respondent had to select the suitable option out of these five options. The items are so stated that, for the answer very much, the score is given 5, for much 4, for undecided 3, and for probably 2, and for negative answer of never a score of 1 is given. For getting the total raw score, all scores were added up and compared with the standard table as given in the scale. Frequency and percentage was calculated to find out the level of emotional maturity of adolescents. The mean, S.D., independent sample t-test have been used for data analysis.

RESULTS AND DISCUSSION

The findings (Table 1) revealed that majority (48%) of the respondents were emotionally immature and some (32%) of the respondents were moderately emotionally mature and the least number of respondents were extremely mature and immature. This may be supported by the findings of S. Lakshmi et al.(2011) that the majority of Higher Secondary Students are in emotionally unstable condition. Only very less number of students are in extremely stable condition. It was learnt and observed that majority of the students were over pressurized by their parents to pursue a better carrier.

Table 1. Levels of Emotional Maturity of Adolescents

Categories	Students (N=100)	
	Frequency	Percentage
Extremely Emotionally Mature	9	9
Moderately Emotionally Mature	32	32
Emotionally Immature	48	48
Extremely Emotionally Immature	11	11

Table 2. Analysis of Emotional Maturity between Male and Female

	Group	N	Mean	Standard deviation	t value	Sig.
Emotional Maturity	Male	50	90.76	19.77	-.769	.444
	Female	50	93.24	11.35		

The test results (Table 2) shows that mean scores of male students for emotional maturity is 90.76 and female students is 93.24. The standard deviation score of male students is 19.77 and female students 11.35. The calculated t-value is .769 which is statistically insignificant. It indicates that there is no significant difference between the male and female students in their level of emotional maturity. Hence, the hypothesis that, “There is no significant difference between male and female students on emotional maturity” is accepted. This may be supported by the findings of Mukhtar et al., (2015) that, no difference was found between males and females of University students in emotional maturity.

Conclusion

From the foregoing discussions, it can be concluded that majority of the selected samples are emotionally immature. Some of them are extremely emotionally matured.

Emotionally immature may be due to their early home environment or countless environmental factors. Suitable mechanism such as counseling may be motivated to parents as well as the students to develop skills to adjust and handle stress or problem in any situations in their lives. It can also be concluded that there was no significant difference between males and females in emotional maturity. The students can be given opportunities to strengthen and support their emotions so that they can cope with the realities of life.

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