



## RESEARCH ARTICLE

### A STUDY ON THE EMOTIONAL MATURITY OF HIGHER SECONDARY SCHOOL STUDENTS

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#### ARTICLE INFO

##### Article History:

Received 12<sup>th</sup> January, 2011  
Received in revised form  
29<sup>th</sup> February, 2011  
Accepted 21<sup>st</sup> March, 2011  
Published online 17<sup>th</sup> April, 2011

##### Key words:

Emotional Matur  
Normative survey  
Higher Secondary Students

#### ABSTRACT

The present investigation has been undertaken in order to study the Emotional Maturity of Higher Secondary Students in Coimbatore District. By using the purposive random sampling technique 220 Higher Secondary Students were selected from various schools in Coimbatore District and utilized as subjects of this study. Normative survey method was used. This study is intended to find out the levels of Emotional Maturity of Higher Secondary Students and if there is any significant difference between the selected pairs of sub-samples. Emotional Maturity scale was used to collect the data. This study reveals that the majority of Higher Secondary Students in Coimbatore District are in Emotionally Unstable condition. There exists significant difference between all the sub-samples except the age group of Higher Secondary Students. The findings of this study will be an eye opening to the researchers, curriculum practitioners and parents.

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#### INTRODUCTION

Education is a man making process according to Swami. Vivekananda. Whatever sober the human mind, nurture the human mind, nourish the human mind, sooth the human mind will be accounted the real purpose of education. Education is a means to maintain the mental equilibrium. Maintenance of Emotions are the end product of the education.

##### *Emotional maturity*

Emotional maturity is the key to a happy, fulfilled life. Without which, the individual falls an easy prey to the dependencies and insecurities.

In the present circumstance, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psychosomatic problems such as anxiety, tensions, frustrations and emotional upsets in the day-to-day life. Emotional Maturity is a measure of one's capacity to create in a positive mental attitude. Emotional Maturity is the process of impulse control through the agency of self. Morgan (1924) stated the view that an adequate theory of Emotional Maturity must take an account of the full scope of the individual powers and his ability to enjoy the use of his powers. According to Walter D. Smithson (1974) Emotional Maturity is a process in which the

personality is continuously striving for greater sense of emotional health both intra-psychically and intra-personally. Emotional Maturity actually is, "A process of readjustment, the infant learns under parental supervision what situations after permissible opportunities for emotional reactions and to what extent, so that primitive elemental psychological response that we call 'emotion' becomes patterned in accordance with approved from the expression and repression favoured by culture" – Frank (1963).

### Need of the study

Emotional Maturity is said to be the foundation for leading a happy and contented life. If anyone lacks Emotional Maturity the life of the individual will be a sorrowful affair. Higher Secondary stage seems to be the formative stage. Lot of opportunities and avenues are there to get them Emotionally disturbed. The events and incidents projected in the media portrays how the youth of today are fall as victims in the name of modernity and spoiling their life due to emotional imbalance. This motivates the Investigator to conduct a study on Emotional Maturity of Higher Secondary Students particularly in Coimbatore District.

### Statement of the problem

The problem selected for the present investigation is,

***"A study on The Emotional Maturity of Higher Secondary School Students"***.

### Objectives of the study

This study has been conducted in order to find out the following: The level of Emotional Maturity of Higher Secondary Students.

- Is there any significant difference between the selected pairs of sub-samples in respect of their Emotional Maturity.

### Hypotheses

- The level of Emotional Maturity of Higher Secondary Students is high.

There is no significant difference between the selected pairs of sub-samples of Higher Secondary Students in respect of their Emotional Maturity.

## MATERIALS AND METHODS

Normative Survey Method has been used.

### Sampling design

By using Purposive Random Sampling Technique in order to fulfill the rationale of the study 220 Higher Secondary School students comprising in all sub-samples have been selected from Coimbatore District and used as subjects of this study.

### Data collection

The Emotional Maturity Scale standardized by Roma Pal (1984) have been utilized to collect the data from the above mentioned sample of the study.

**Table 1. Levels of emotional maturity of higher secondary students**

	Extremely Stable	Moderately Stable	Unstable	Extremely Unstable
N	25	69	106	20
Percentage	11 %	31%	48 %	10 %

**Table 2. The significance of the difference between the means of emotional maturity scores of various sub-samples**

Sub-Samples	N	Mean	S.D	C.R	Significance at 0.05 Level
Male	120	98.60	14.26	2.89	(df – 218) P(1.97) < 2.89 Significant
Female	100	95.36	14.12		
Age 16	128	100.56	14.28	1.60	(df – 218) P(1.97) > 1.60 Not Significant
Age above 16	92	98.63	14.19		
Urban School Students	130	103.84	14.14	2.08	(df – 218) P (1.97) < 2.08 Significant
Rural School Students	90	96.56	14.32		
Joint Family	100	96.73	14.78	2.37	(df – 218) P (1.97) < 2.37 Significant
Nuclear Family	120	101.30	14.13		

## **RESULT AND DISCUSSION**

This study reveals as a maximum of 106 (48%) of the students are in the Emotionally Unstable condition. Followed by this 66 (30%) students are lie in Moderately Stable condition. 26 (12%) students are Extremely Unstable condition. As a negligible minimum of 22 (10%) students are lie in Extremely Stable condition. As per the manual of the Tool interpretation has been made i.e., minimum score indicates Emotionally Stable condition and maximum score indicates Emotionally Unstable condition. Female students proved high in their Emotional Maturity than their male counterparts. Students who are in the age group of above 16 registered well in their Emotional Maturity than the students in the age group of 16. Rural students succeeded than their urban counterparts. The students who hail in joint family system surpassed than the students who live in nuclear family system. There is significant difference between male and female students, urban and rural students and the students who live in joint family and nuclear family system in respect of their Emotional Maturity. There is no significant difference between the students who are in the age group of 16 and above 16.

## **Conclusion**

This study clearly portrays that the Higher Secondary Students who are studying in various schools of Coimbatore District are Emotionally Unstable condition. Only very less number of students are lie in Extremely Stable condition. This findings should be taken into account. Emotional disturbance will lead to many havocs in life. Higher Secondary stage is said to be the formative stage. The career of the particular individual will be decided only during this stage. On the basis of findings of this study suitable mechanism, curricular practices, counselling to the parents and other appropriate activities should be adopted to counterbalance the Emotional Instability of Higher Secondary Students.

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