



---

## **Study emotional maturity of adolescents in relation to their home environment of Ferozpur district**

**Ranjit Kaur**

Principal, Lala Jagat Naryan Education College, (NAAC 'A' Grade College) Jalalabad (West), Fazilka, Punjab, India

---

### **Abstract**

Emotional maturity is the tendency to deal with extreme emotional at adverse phases of life. Emotional Ups and downs are commonly observed at adolescent stage. It is a transitional period from childhood to being an independent adult characterized by physical, psychological, social and emotional changes. Positive changes could only be achieved if parents maintain healthy home environment to rear their children.

The present study was carried out on 200 students of 9<sup>th</sup> and 10<sup>th</sup> class in the age ranging 14 to 16 years. Sample was taken from the different schools (govt-private) of Ferozpur Distt.

**Keywords:** emotional maturity, adolescents, psychological

---

### **Introduction**

Education is a never-ending process of inner growth and development. Its period stretches from cradle to grave. Education in real sense is to humanize humanity and to make life progressive, culture and civilized. Education is very important for the progress of individual. It develops his thinking and reasoning, problem solving and creativity, intelligence and aptitude, positive sentiments and skill, good value and attitudes.

The impact of education environment on the development of individual's personality is undoubtedly a significant one. Emotional development is one of the significant parts of growth and development Each individual has different emotions influenced by environment. All modes of behavior of a man are guided to some degree by the emotions. A person is said to be emotionally stable can easily adjust in his environment.

### **Emotional Maturity**

Emotional maturity is a state of balanced feeling and self-controlled. Person is said to be emotionally mature who has in his possession almost all kind of emotions (positive as well as negative) and is able to express them justly, skillfully and timely in different situations of life. The important attribute of maturity is a sense of reality, flexibility and adaptability. It is the ability to tolerate a reasonable amount of frustration. The chief index of emotional maturity is the ability to bear attention. Good (1981) Started that Emotional Maturity is the emotional pattern of an adult who has progressed through inferior emotional stage, characteristics of infancy, childhood and adolescence and is now fitted to deal successfully with reality and participate in adult love relationship without under emotional strain.

### **Maturity**

In Psychology, maturity is the ability to respond to environment in an appropriate manner. This response is generally learned rather than instinctive. 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.

### **Home Environment**

It refers to the climate prevailing in the home, which varies from culture to culture, society to society and family to family. It is well known that home is most important place where a child gets the love, care and sympathy through playful learning activities. The warmth of relationship between parents and children and siblings is the most important factor of home-environment. Home environment affects the various spheres of one's life-intelligence, personality, learning ability, adjustment behavior, life style, emotions, habits, Attitudes etc. the parents provide pure affection and love to child which helps the child to be himself, to try out new things, to explore, to make mistakes in the process, to learn.

### **Need of the study**

In the present era of modernization, life has become quite complex and hectic. Lots of changes have also come in the educational system. Education is becoming very complex and very broad day by day. All these causes many problems such as stress, anxiety, depression and emotional disturbance. Emotional development is one of the significant aspects of growth and development.

Emotional pressure and disturbance are increasing day by day at adolescence stage. It is because of changes that occur in adolescent period. These changes are physical, mental and social and emotional. Because of these changes adolescent get disturbed and upset. Emotional maturity is considered very important in the harmonious development of child. As the students are the pillars of future generation, so their emotional maturity is very important. The present study has aimed at studying the emotional maturity of adolescents in relation to their home environment.

### **Review of Literature**

Geeta and Vijaylaxmi (2006) conducted a study on impact of emotional maturity on stress and self-confidence of adolescents

and found that adolescents with high emotional maturity have significantly higher stress and self-confidence than those with lower emotional maturity.

Nasar and Nasar (2008) have made an attempt to ensure the presence of higher emotional maturity in adolescent girl students in comparison to the boys. Their study on 330 college going students results in the higher score of females in emotional maturity than males. Lower emotional maturity in males shows principally the inability to perceive emotional and to use emotions to facilitate thought was associated with negative outcomes.

Kaur (2009) studied gender differences in perceptions of home environment among school-going adolescents with a sample of 30-45 adolescents studying in eleventh grade from randomly selected 44 schools from different districts of Punjab, total 1011 adolescents (448 male and 563 female). Results revealed that male adolescents perceive their parents to be exercising significantly more control upon them as compared to their female counterparts. There are no significant gender differences in perceptions of home environment components of punishment, conformity and nurturance among adolescents.

Yashoda, K and Kalyan (2016) has come up with the conclusion that there was no significance difference in the home environment and the type of school on emotional maturity of adolescents while working on a sample of 120 adolescents and found that there was no significant difference in home environment and type of school on emotional maturity of adolescents.

**Objectives of the Study**

1. To study the emotional maturity and home environment of adolescent students.
2. To find out the relationship between emotional maturity of adolescent and their home environment.
3. To find out the difference between boys and girls adolescent students in term of emotional maturity.
4. To find out the difference between boys and girls adolescent students in term of home environment.

**Table 1:** Showing the difference between emotional maturity of adolescent boys and girl.

Sr. No	Groups	N	Mean	S. D	S. Ed.	't'	Level of significance
1	Boys	100	129.22	43.71	19.59	.89+	Insignificant at 0.05 and 0.01 level of significant
2	Girls	100	111.77	3.1			

It is evident from the table that the t-value between the mean score of boys and girls is .89 that is not significant at both 0.05 and 0.01 levels. This shows that there is insignificant difference in emotional maturity of boys and girls. So, our hypothesis stands accepted.

**Hypothesis2**

There will be no significant difference between Emotional Maturity of rural and urban adolescents.

**Table 2:** Showing no difference between emotional maturity of rural and urban adolescent.

Emotional Maturity	Group	N	Mean	S.D.	t-test
	Urban	100	72.14	12.35	179
	Rural	100	72.31	12.64	

**Hypotheses of the Study**

1. There will be no significant difference between emotional maturity and home environment of adolescents.
2. There will be no significant relationship between emotional maturity and home environment of adolescents.
3. There will be no significant difference between boys and girls adolescents in terms of emotional maturity.
4. There will be no significant relationship between boys and girls adolescents in terms of home environment

**Delimitation of the Study**

1. The study is delimited to 200 adolescent students from Ferozepur district.
2. The study is restricted to 100 boys and 100 girls.
3. The study is restricted to urban and rural students.

**Sample of the study**

The sample was consisting of 200 adolescents of Ferozepur Distt. Which was taken through random sampling.

**Statistical Treatment**

Mean, SD and t test and co-relation co-efficient were used for the analysis of the data.

**Research tools to be used**

Emotional Maturity scale by Yashvir Singh (1977) and home environment inventory by karuna Shankar Mishra (1989) were used to gather the data.

**Analysis and interpretation of the data to find the relationship between the two variables.**

**Hypothesis-1**

There will be no significant difference in emotional maturity of adolescent boys and girls.

For this purpose, t' value between the mean scores of boys and girls was calculated.

Table 4.2 indicates that, the mean score of emotional maturity of urban adolescents is 72.14 with S.D. 12.35. The mean score of emotional maturity of rural adolescents is 72.13 with S.D.12.64. The t-test comes out to be. 179 which is not significant even at 0.0 level of significance. So, it can be concluded that there is no significant difference between rural and urban adolescents on emotional maturity in this sample. Thus, there will be no significant difference between emotional maturity of rural and urban adolescents was rejected.

**Hypothesis 3**

There will be no significant difference in the Home Environment of Adolescent boys and Adolescent girls.

**Table 3:** mean, S.D. t-test scores the Home Environment of Adolescent boys and Adolescent girls.

International journal of environment and ecology,2016:6(4):9-14.

Home Environment	N	Mean	S.D.	T-test	Df	Significance level
Adolescent Boys	100	95.6	25.6	0.606	198	0.05=>1.98
Adolescent Girls	100	92.7	28.2			0.01=>2.62

The above table shows that, the calculated value is 0.606 which is less than the table value at 0.05 level i.e., 1.98 and 0.01 level i.e., 2.60 with df 198. Hence the hypothesis there will be no significant difference in the Home Environment of adolescent boys and adolescent girls is rejected.

#### Hypothesis 4

There will be no significant relationship between emotional maturity and home environment of adolescents.

For this purpose, the co-efficient of correlation was calculated by using Pearson product moment method.

**Table 4:** Showing coefficient of correlation between emotional maturity and home environment of adolescents

Variables	N	R value	Level of Significance
Emotional Maturity	200	0.31	Insignificant at both 0.05 and 0.01 level
Home Environment	200		

It is evident from the table that the R-value between emotional maturity and home environment is found to be 0.31 that is insignificant at both 0.05 and 0.01 levels. This shows that there is no relationship between emotional maturity and home environment of adolescents. So, our hypothesis stands accepted.

#### Conclusion

On the basis of above findings following conclusions have been drawn by the investigator. The study shows a significant positive correlation between emotional maturity and home environment. It can be concluded that student who received rewards, nurturance and permissiveness at home are found to have better emotional maturity. Students who experienced more control, protectiveness, punishment, deprivation of privileges, conformity, rejection and social isolation were found to possess lesser emotional maturity which indicates that higher the control, protectiveness, punishment, deprivation of privileges, conformity, rejection and social isolation the lower the emotional maturity and vice versa.

#### References

1. Geeta Vijaylaxmi. "Impact of Emotional Maturity on stress and self-confidence of adolescent", journal of the Indian academy of applied psychology,2006:32(1):66-70.
2. Good Dictionary of education. New York, NY: McGraw Hill Book Company, 1981.
3. Kaur. "Home Environment and academic achievement as correlation of self-concept among adolescent", Research paper, Department of Education. Punjab University, Patiala, 2009.
4. Nasar, Nasar. "Emotional Intelligence & Creativity", Indian psychological review,2008:71:251-254.
5. Yoshoda, Kalyan. "Influence of home environment and type of schools on emotional maturity of adolescent."