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Exploring emotional maturity of male and female adolescents

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Abstract

The present study was conducted to explore the level of emotional maturity of male and female adolescents. 100 male and 100 female adolescents were selected from different higher secondary schools of Kashmir Division with due representation of gender. These respondents were selected by using random cum stratified sampling technique. Emotional Maturity Scale (EMS) developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) was used for data collection. The data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. The results indicate that there is insignificant impact of gender on the level of emotional maturity of adolescents. Identical level of emotional maturity was observed among male and female adolescents.

Keywords: Emotional maturity, female adolescents, male adolescents

Introduction

Globalization and Information Technology have brought revolutionary changes in human culture and civilization. These unique trends are transforming the life of all individuals all over the world, especially of adolescents. The modernization has caused stress, anxiety and emotional disturbances in the youth and depression and anxiety rates have risen dramatically. The present era has witnessed the importance of emotional maturity in the harmonious development of the adolescents. The term emotion is derived from Latin term "emovere" which means to stir, to agitate, to move. Hence, an emotion is referred to as a stirred up state of the individual. In our day to day life, we feel agitated or excited in the form of anger, fear, joy, grief, disgust, etc. An emotional state of an individual consists of feelings, impulses, physical and physiological reactions. A feeling is the experience of pleasantness or unpleasantness. Every emotion is also accompanied by an impulse or inner drives towards action of one kind or another. The mode of expression depends upon the intensity of emotion. Physical and physiological components refer to the actual body movements. An emotion is always aroused by certain stimulus which may be any people, object or event. However, among all the stages of life, adolescence is considered the period in which the emotional sentiments of an individual. Singh *et al.* (2013) ^[43] viewed emotional stability as a multi-trait non-cognitive psychological concept. He described it as a process in which personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personally. It enables the person to develop an integrated and balanced way of perceiving the problems of life. Pasty, G. and Aminbhavi, V. (2006) ^[31] conducted a study on Emotional Intelligence among female and male adolescents of Bandipora and Kupwara districts of Kashmir and revealed that male female adolescents showed a higher level of emotional intelligence than female students. Further the study revealed insignificant differences between the male and female adolescents on the measure of emotional intelligence in female group. However, significant difference was found among the male female male and female adolescents. Sinha, V. K. (2014) examined the level of emotional maturity among female and male female adolescent girls and identified the impact of socio economic status and family structure on emotional maturity. Findings showed that male female adolescent girls had high level of emotional maturity in comparison to the female adolescent girls. Further, data analysis concluded that emotional maturity had been affected by socio economic status and family structure.

Gopal, D. V. V. *et al.* (2013) ^[15] conducted research on the effect of ethnicity and gender on emotional and behavioural problems in young adolescents and revealed that female adolescents have higher emotional, aggressive and other problems than their male counterparts. Thus, the above studies provide ample opportunity for the research to conduct a research study which reads as:

Statement of The Research Problem: In the present study an attempt has been made by the investigator to study the research problem which reads as:

Exploring Emotional Maturity of Male and Female Adolescents

Operational Definition of The Terms and Variables: The operational definitions of the terms used in the present study are:

- a. **Emotional maturity:** In the present study emotional maturity refers the dominant set of scores obtained by the respondents on Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999).
- b. **Male and female adolescents:** Male and female adolescents in the present study refers the dichotomy made on the basis of gender of the respondents. However, in the present study male and female adolescents were selected from different higher secondary schools of Kashmir Division.

Objectives of The Study: Present study consists of the following objectives:

- 1) To explore the level of emotional maturity of male and female adolescents on below mentioned dimensions:
 - a) Emotional stability
 - b) Social adjustment
 - c) Emotional Progression
 - d) Personality integration
 - e) Independence

Hypotheses: For the present study below mentioned hypothesis has been formulated on the basis of richness background of the knowledge of the investigator:

- 1) There exists no significant difference between female and male adolescents on their level of emotional maturity on below mentioned dimensions:
 - a) Emotional stability
 - b) Social adjustment
 - c) Emotional Progression
 - d) Personality integration
 - e) Independence

Delimitation of The Problem: The present study will be delimited to following domains:

- 1) The study will be delimited to only secondary school adolescents within the age group of 14-22. In addition to this the study will be delimited to Kashmir Division of the Union Territory of Jammu and Kashmir.

Rationale of The Study: The methodology of the study has been stated in the following sub-headings:

Method of the study: Keeping in view the research evidences, objectives and hypotheses; the researcher followed descriptive survey method.

Sample: As regarding to the aim, sample for the study, both

Female and Male Secondary School Adolescents (M&FSSA) were selected from various Government and Private Higher Secondary Schools of Kashmir Division. Their age range was 14 to 22 years. The representation of gender of the respondents was kept under consideration. The sample for the present study consists of 200 respondents.

Sampling Technique: Whole sample for the present study was selected with the help of stratified Random Sampling Technique (RST).

Instrument Used: For measuring emotional maturity below mentioned tool was used:

- a) **Emotional Maturity Scale (EMS):** To measure the level of emotional maturity of respondents, EMS (Emotional Maturity Scale) has been used. EMS (Emotional Maturity Scale) is a self-reporting scale developed by Singh and Bhargava (1990) ^[45]. This scale has a total of 48 items, measures 5 areas of emotional maturity that are emotional instability, emotional regression, social maladjustment, personality disintegration and lack of confidence.

Analysis of The Data: The data has been analysed with the help of suitable statistical treatment. Descriptive and comparative analysis was used for processing the data. The detailed description of the statistical treatment is given as under:

Table 1: Showing Descriptive analysis of male and female secondary school adolescents on various levels of Emotional Maturity (EM).

Category	Percentage				Total
	ES	MS	US	EU	
MA	50 (F=100)	25 (F=50)	13 (F=26)	12 (F=24)	100
FA	52 (F=104)	28 (F=56)	14 (F=28)	06 (F=12)	100

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- FA= Female Adolescents
- MA= Male Adolescents
- ES= extremely stable
- MS= moderate emotional stability
- US= unstable level of emotional maturity
- EU= Extremely unstable level of emotional maturity

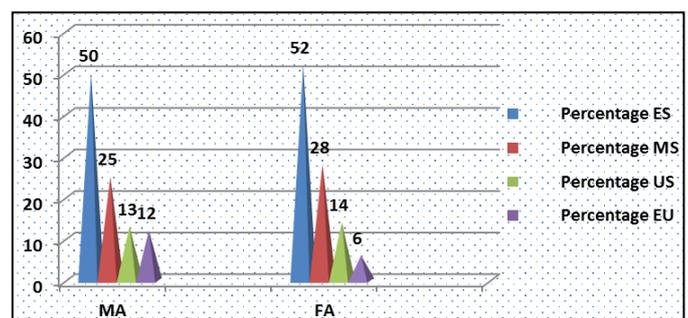


Fig 1: Showing graphical representation of the male and female adolescents on various level of emotional maturity.

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- FA= Female Adolescents
- MA= Male Adolescents
- ES= Extremely stable
- MS= Moderate emotional stability
- US= Unstable level of emotional maturity
- EU= Extremely unstable level of emotional maturity

Table 2: Showing means significant difference between male and female adolescents on different dimension of emotional maturity. (N=100 each)

Dimensions of Emotional Maturity	MA		FA		t-value
	Mean	S.D	Mean	S.D	
I Emotional stability	11.02	1.40	10.99	1.53	0.28**
II Emotional Progression	12.03	1.40	11.99	1.78	0.21**
III Social adjustment	13.56	2.16	12.90	2.09	0.30**
IV Personality integration	13.56	1.86	11.35	2.47	0.81**
V Independence	13.56	1.99	12.90	2.00	0.30**
VI Composite score	76.99	6.19	74.91	9.12	0.90**

Index

MA= Female adolescents

FA: Female adolescents

**= Insignificant at 0.01 level of confidence.

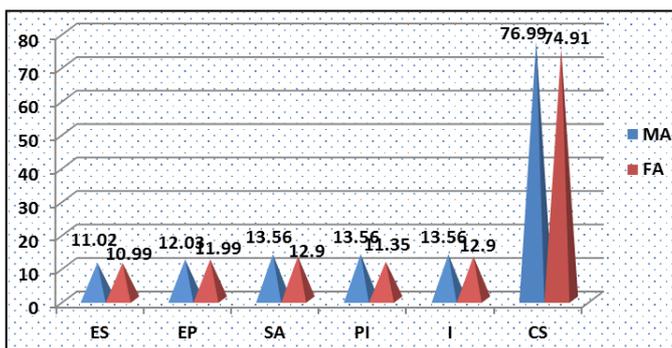


Fig 2: Showing graphical representation of male and female Secondary school adolescents on different dimension of emotional maturity.

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- Index: MA= Female adolescents
- FA: Female adolescents
- ES= Emotionally Stable
- EP= Emotional Progression
- SA= Social Adjustment
- I= Independence
- CS= Composite Score

Interpretation of The Data: The analysed data was carefully tabulated and was systematically processed. However, after processing the data results was tableted more empirically. For clear facilitation of understanding that data was put to graphical representation. The detailed interpretation is given as under:

The results presented in Table 1 (Please refer Fig. 1) gives information about the percent-wise distribution of male and female secondary school adolescents on various levels of emotional maturity. A fleeting look on the table shows that among female secondary school adolescent's adolescents, 50% (F=100) female adolescents belong to the extremely stable level of emotional maturity whereas 25% (50) female adolescents possess moderate social maturity. However, it was observed that 13% (26) male adolescents were observed with unstable level of emotional maturity. Apart from this it was found that 12% (F=24) female adolescents were observed with extremely unstable level of emotional maturity. Coming towards the female secondary school adolescent's adolescents it was found that 52% (104) male female adolescents belong to the extremely stable level of emotional maturity whereas 28% (F=56) male adolescents possess moderate social maturity. However, it was observed that 14% (F=28) female adolescents were observed with unstable level of emotional

maturity. Apart from this it was found that 06% (12) female adolescents were observed with extremely unstable level of emotional maturity.

The perusal of the Table 2 (Please Refer Please Fig 2) gives information about the mean comparison of male and female secondary school adolescents on various levels of emotional maturity. The results indicate that both the group under discussion were observed with identical level of emotional maturity. While exploring the first dimension "*Emotional stability*" of emotional maturity scale it has been observed that the two groups under discussion possess identical level of emotional maturity. The mean score of male adolescents (M=11.02) has been found almost similar with female secondary school adolescents (M=10.99). The calculated 't' value came out to be 0.28, which is significant at 0.01 level of confidence.

Coming towards the second dimension (Emotional progression) of emotional maturity, it has been observed that two groups possess identical level of mean emotional progression. The mean score of male female adolescents was reported to be almost similar. The calculated 't' value came out to be 0.21, which is insignificant at 0.01 level of confidence. Thus, it can be inferred that the two groups under discussion does not differ significantly with each other. Therefore, from the above results it can be said that feeling of adequate advancement and growing vitality of emotions in relation to the environment to ensure a positive thinking imbued with righteousness and contentment was observed among male and female adolescents.

The comparative analysis of the two groups (female and male female adolescents) on third dimension (*Social adjustment*) indicates again insignificant difference between two groups under discussion. The mean score of Male adolescents (M=13.56) was reported almost similar with their counterparts (female adolescents) (M=12.90). The calculated valued (t=0.30) also indicated the insignificant difference between two groups under discussion. While glancing on the fourth dimension (Personality integration) of "emotional maturity scale" it has been observed that the two groups under discussion possess identical level of personality integration. The calculated "t" value came out to be 0.30, which is insignificant at 0.01 level of confidence.

While analysing the two groups on last dimension "*Independence*" it has been observed that two groups (male and female adolescents) did not differ with each other. The mean score of male female adolescents was reported to be (M=13.56) as and incase of female adolescents it was reported (M=12.90). The calculated 't' value came out to be 0.30, which is insignificant at 0.01 level of confidence. Thus, it can be inferred that the two groups under discussion differ insignificantly with each other. While analysing the two groups on composite score, it has been observed that two groups (male and female adolescents) did not differ with each other. The mean score of male female adolescents was reported to be almost identical (M=76.99). The mean score of female adolescents was found (M=74.91). The calculated 't' value came out to be 0.99, which is insignificant at 0.01 level of confidence. Thus, it can be inferred that the two groups under discussion differ insignificantly with each other on their composite score.

Conclusions of The Study: After keen evaluation of the statistical treatment of the data, it was found that there is insignificant impact of gender on the emotional maturity of male and female adolescents. Male and female adolescents

were observed with identical level of emotional maturity. Identical level of social adjustment, emotional progression, independence, personality integration and emotional stability was observed among male and female adolescents.

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