



EMOTIONAL MATURITY OF ADOLESCENTS AND THE NEED FOR COUNSELING IN COLLEGES

Nirmala B. Baliga

Assistant Professor in Psychology

Dr. A.V.Baliga College of Arts and Science,
Kumta, Uttara Kannada - 581362.
Karnataka.

ABSTRACT

The sample of present study consists of 80 adolescent students, including 40 male and 40 female. The sample was randomly selected from different colleges of Kumta Taluk of Uttara Kannada district. The emotional maturity scale of Dr. Yashvir Singh and Dr. Mahesh Bhargava was used to assess the gender differences in emotional maturity of adolescent students. Mean shows that both the male and female students are extremely unstable in their emotional maturity and that there are significant gender differences in emotional maturity of adolescents. Hence this study underlines the necessity of counseling intervention in colleges to enhance mental health status of the adolescent students.

Key words: Emotional maturity, adolescent, counseling.

Introduction

A child is described as an adolescent when he or she reaches puberty that is, when the child has become sexually mature. He ceases to be an adolescent when he has acquired maturity to play the role of an adult in his society or culture. Maturity does not mean mere physical maturity, it also implies mental, emotional and social maturity.

With a view of a rough estimate for universal applicability, with regard to span of adolescence the adolescents can be referred to as teenagers-the individuals having chronological age between 11 to 19 years. The adolescence is the period of restlessness and disturbances, or as Stanley Hall puts it, 'a period of great stress and strain, storm and strife.' The adolescents change dramatically in seven ways – physically,

intellectually, emotionally, sexually, socially, spiritually and morally. Their emotional development is influenced by biological, cognitive and social factors.

Emotional development reaches its maximum during adolescence. It is a time of heightened emotional tension resulting from the physical and glandular changes that are taking place. The individual experience emotional instability and intensity during adolescence. He is very often touchy, sensitive, inflammable and moody. Self-consciousness, self-respect and personal pride is increased much more. Group loyalty and sentiments of love are developed which make an adolescent sentimental and passionate. What he feels, he feels it strongly and when he reacts, he reacts vigorously. There is increased desire to be alone and a tendency to exaggerate.

Emotional Maturity:

Emotional Maturity is the ability of adolescents to stabilize emotions which include their capability for Emotional progression, Independence, Social adjustment, Emotional stability, Personality integration, etc. (Dr.Molly Joy, Asha Mathew.2018)

Singh & Bhargava (1984), “Emotionally mature is not one who necessarily has resolved all conditions that arouse anxiety and hostility, but it is continuously in process of seeing himself in clearer perspective continually.”

The Need for Counseling in Colleges:

An adolescent emotionally needs to be loved, accepted and admired. They need security, group affiliation, freedom from anxiety, recognition of self, independence, justice for their demands. So counseling services should be available in all the educational institutions. The students differ from one another with regard to abilities, interests, attitudes, aspirations, family & social backgrounds. So counselors must identify such weaknesses of the students & provide remedial services.

There is a great need for counseling in colleges, but unfortunately there are no full-fledged counseling services available in all the educational institutions. The aim of higher education is to make the students creative and constructive individuals. It should help to develop healthy vocational & professional interests & also to provide assistance in health, residential, financial, social, recreational, vocational, and academic & placement assistance.

Literature Review:

Gakhar, S.C. (2003) conducted study on “Emotional Maturity of students at secondary stage; Self-concept & academic achievement”. They found that there was significant difference in the emotional maturity of boys and girls.

Vikrant Upadhyay & S.K. Upadgyay (2004) studied emotional stability & academic achievement of boys & girls at secondary level. It was found that boys are significantly emotionally stable than girls.

Lekhi (2005) in her study on a sample of 939 (male & female) from government & private schools of Punjab, found that there is no significant difference in the emotional maturity & emotional intelligence

of boys & girls as 't' ratio is found to be non significant. However, on comparing their mean scores, it is observed that boys scored little low (hence more emotionally mature) as compared to girls.

Surjit Singh & Praveen Thukral (2011) in their study found that there is no significant difference between boys & girls and rural & urban students on the basis of their emotional maturity.

Subbarayan & Visvanathan (2011) revealed in their study that emotional maturity of college students was extremely unstable.

Malliick et.al (2014) found extremely unstable emotional maturity in higher secondary school students. A significant difference was also found in emotional maturity between male & female students of higher secondary. Nikhat Yasmin Shafeeq & Afeefa Thaquist (2015) in their study found that most of the secondary school students are extremely unstable regarding emotional maturity.

Wani & Masih (2015) found that there is significant difference in the emotional maturity of college & university students based on their gender, female students have higher level of emotional maturity than male students.

Dr. Dona Rai & Yugal Kisore Khanal (2017) found that majority (76.23%) of college students are extremely unstable in emotional maturity followed by 19.67% of students are unstable in emotional maturity. A least number of college students are moderately stable & extremely stable in emotional maturity, 2.46% & 1.64% respectively.

In a study of "Emotional maturity of adolescents in relation to their adjustment" by Dr. Parminder Kaur (2019), there exists significant difference between male & female college students in respect to emotional maturity.

Dr. Molly Joy & Helen Aji (2019) in their study "Emotional maturity & Happiness among Emerging Adults", found that females are more emotionally mature than males.

Statement of Problem:

Emotional Maturity of adolescent college students.

Objectives of the study:

1. To study the level of emotional maturity of adolescent college students.
2. To study, if there is any significant difference in emotional maturity between the male & female adolescent college students.

Hypotheses:

1. The adolescent college students are not stable in their Emotional Maturity.
2. There is no significant difference between male and female adolescent college students in Emotional maturity.

Methodology:

In this study an attempt has been made to know the gender differences in emotional maturity and why counseling is needed for adolescents.

The sample of present study consists of 80 adolescent students including 40 male and 40 female of 17 – 20 year age-group. The sample was randomly selected from different colleges of Kumta Taluk of Uttara Kannada district, Karnataka.

Emotional maturity scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used to collect the data. The scale consists of 48 items which are classified into 5 broad categories of emotional maturity.

1. Emotional stability – 10 items
2. Emotional Progression – 10 items
3. Social Adjustment – 10 items
4. Personality Integration – 10 items
5. Independence – 8 items.

It is a self reporting five –point scale with the scoring of very much-5, much-4, undecided -3, probably -2, Never-1. Higher the score on the scale, greater the degree of emotional in maturity. The test-retest reliability has been estimated at 0.75 and validity against the Adjustment Inventory by Singh & Bhargava (1980) at 0.46,. The interpretation of the scores: 50-80 extremely stable; 81-88 moderately stable; 89- 106 unstable; 107-240 extremely unstable.

Mean, standard Deviation and ‘t’ test was used to measure the Emotional maturity.

Results and Discussion:

Table No.1. Distribution of the male & female respondents by their level of Emotional Maturity.

Emotional Maturity	Male (N=40)	Percentage	Female (N=40)	Percentage	Total Respondents N=80	Percentage
Extremely stable	0	0	02	5.0	2	2.5%
Moderately stable	0	0	0	0	0	0
Unstable	21	52.5	11	27.5	32	40%
Extremely unstable	19	47.5	27	67.5	46	57.5%

The above table shows that very few students (2.5%) are extremely stable in their emotional maturity. 40% students are unstable and 57.5% students are extremely unstable in their emotional maturity.

Hence hypothesis 1 is accepted. Female students are extremely unstable (67.5%) compared to male students (47.5%).

Table No. 2. shows the mean, S.D and t value of male & female students in different dimensions of Emotional Maturity.

Variables	Males		Females		t value	d.f	P value	Significance at 0.05 level
	Mean	S.D	Mean	S.D				
Emotional Stability	23.58	4.1130	24.90	6.2912	-1.11	78	.2683	Not Significant
Emotional Progression	21.72	4.1199	23.95	4.8089	-2.22	78	.0291	Significant
Social Adjustment	22.60	4.2895	26.98	5.4748	-3.98	78	.0001	Significant
Personality Integration	20.95	4.6517	22.55	6.0508	-1.33	78	.1887	Not significant
Independence	19.38	3.7872	19.95	4.2302	-0.64	78	.5237	Not significant

Table 2 shows that $p > .05$ for emotional stability, personality integration and independence. Hence, there is no significant difference between male and female students in these variables. But there exists significant difference in emotional progression and social adjustment of male and female students ($p < .05$).

Table 3 shows mean, SD and t value of male and female students on emotional maturity scale.

Gender	N	Mean	S.D	t	d.f	P value	Interpretation
Male	40	108.23	13.89	-2.48	78	.0152	Significant at .05 level
Female	40	118.33	21.66				

The above table shows that the mean score of males is 108.23, S.D=13.89 and females is 118.33, S.D = 21.66 which shows both male and female students are extremely unstable in their emotional maturity. However, on comparing their mean scores, it is observed that boys scored little low (hence more emotionally mature) as compared to girls. The calculated t value is -2.48 which is greater than the table value at .05 level of significance with d.f 78. The p value is $.0152 < .05$. Hence the hypothesis there is no significant difference in the emotional maturity of male and female adolescent college students is rejected.

Conclusion:

Based on the analysis of the data, it is found that both male & female adolescent college students have extremely unstable emotional maturity but males are better compared to females. There exists significant difference in emotional maturity of male and female students. Hence, counseling intervention is required in colleges to enhance mental health status of the adolescent students.

Suggestions:

1. A comprehensive study needs to be conducted on a larger domain of sample to obtain more precise results.
2. Other psychological variables can be taken to get a better understanding of the students' behavior.
3. Appropriate counseling interventions should be designed to help the students. For this professional counselors should be appointed in the colleges to sensitize young students about their emotions to have control on their behavior.
4. Value based education should be introduced in the curriculum for the wholesome development of the students.
5. Students should be provided with physically & mentally stimulating activities in the college. This will help the adolescents to glide into maturity and help them to become a well-balanced person.

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