



GENDER BASED EMOTIONAL MATURITY OF HIGHER SECONDARY SCHOOL STUDENT'S OF AIZAWL CITY

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Abstract: The purpose of the present study is to find out the emotional maturity of higher secondary school students in Aizawl city. For this, a sample of 200 students from four higher secondary schools (2 Deficit and 2 Private School) in Aizawl City was collected. The Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used for the study. It was found that majority of the students i.e. 55% were extremely emotionally immature and that male and female secondary school students of Aizawl city do not differ significantly in their emotional maturity.

Index Terms - Emotional Maturity, Higher Secondary School Students

I. INTRODUCTION

Emotional maturity is the ability of an individual to understand and thereby control and manage one's emotion. It enables an individual to live life in accordance with their needs and aspirations. An emotionally mature person has his own definition of success and not in a way society approaches or defines success, this very aspect enable them to strive towards success and development.

Emotional maturity enables an individual to have deep insight to their thoughts and emotions, which enables them to choose right from wrong. During adversity, the level of emotional maturity decides how people overcome the situation. Emotional maturity is one of the most important traits of human being which enable a person to understand and control their feelings.

Emotional maturity is reflected in the way an individual express oneself, through words or action and is also characterized by the ability to control and adapt in varying situations gracefully. It is an important quality that is required to live a meaningful personal and social life. However, it is rather a trait that is quite difficult to maintain since it is a combination of various characteristics that make up the whole. Therefore, to be emotionally mature means equal development of a wide variety of personality traits that enrich a person's ability to understand and analyze what is going on and exert efficiency in dealing with situations with ease.

II. NEED AND IMPORTANCE OF THE STUDY

Emotional maturity denotes accountability and the ability to respond to situations in an appropriate manner. The present study is an attempt to provide a clear picture on the emotional maturity of Higher Secondary School students. There is a certain level of maturity that each person has to possess based on chronological age as well as development.

The presence of emotional maturity in a person is considered to be indicative of a healthy and sound existence, while the lack of it can stir up problems be it personal, social, intellectual endeavour etc. therefore, the development of emotional maturity through strategies that come up with the help of relevant studies conducted in this area has to be the main focus.

Most Higher Secondary Students are at emotional stage. The changes that take place in these young adults require a high level of emotional maturity to cope with what has been considered to define this particular stage of human life i.e stress and strain. There is an alarming concern on the mental health and emotional adjustment of adolescents in the country and in Mizoram as well, mainly due to the instances that indicate that they are faced with high stress and inability to adjust in changing situations, indicating a low level or absence of emotional maturity.

Thus, the striking resemblance to lack of emotional maturity among the youths, lack of a compact body of knowledge and research in the area, the aspiration to come up with accurate findings that reveal the exact state as well as the commitment to come up with further suggestions and recommendations that could be of great help in addressing the need for developing emotional maturity among secondary school students have all contributed to the significance of this study and a major catalyst for the investigator to take up this particular study.

III. OBJECTIVES OF THE STUDY

1. To find out the level of emotional maturity among higher Secondary School students.
2. To study and compare the difference between the emotional maturity level of students in relation to gender.

IV. RESEARCH METHODOLOGY

This study is descriptive in nature as it deals with present condition of emotional maturity among higher secondary school students.

It is descriptive because it aims to describe the nature and present status of the phenomenon with the intent of employing data to justify current conditions and practices or to make more intelligent plans for improving them.

V. POPULATION AND SAMPLE OF THE STUDY

In the present study, two Deficit Higher Secondary Schools and two Private Higher Secondary Schools in Aizawl City are selected for the sample to represent the total population.

Table 1
LIST OF SCHOOLS AND SAMPLES SELECTED FOR THE STUDY

Sl. No.	Name of School	Sample		Total
		No. Of Boys	No. Of Girls	
1	Deficit Higher Secondary School	50	50	100
2	Private Higher Secondary School	50	50	100
Total		100	100	200

VI. TOOLS USED

The researcher used the Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava published by National Psychological Corporation, 4/230, KacheriGhat, Agra – 282 2004 (India).

VII. PROCEDURE OF DATA ANALYSIS

The data was collected personally with the help of Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava.

7.1. Data Analysis

The following statistical techniques were used for analyzing data:

- i) **Simple Percentage:** Simple Percentage is used to find out Emotional Maturity Level of Higher Secondary School Students
- ii) **Mean:** Mean is used to find out the different levels of Emotional Maturity among Higher Secondary School Students for comparative analysis.
- iii) **Standard Deviation:** Standard Deviation is used to show how the group scores are spread out from the average. A low standard deviation means that most of the scores are close to the average and a high standard deviation means that most of the scores are more spread out.
- iv) **'t' test:** It is used to find out the significant level of Higher Secondary School Students between male and female, Deficit and Private, Arts and Science students.

VIII. ANALYSIS AND INTERPRETATION OF THE STUDY

Objective 1: To find out the level of emotional maturity among higher Secondary School students.

Table-2 Overall Emotional Maturity Level of Students

Sl. No.	LEVEL OF MATURITY	SCORE	NO OF STUDENTS	%
1	Extremely Emotionally Mature	50-80	10	5%
2	Moderately Emotionally Mature	81-88	15	7.5%
3	Emotionally Immature	89-106	65	32.5%
4	Extremely Emotionally Immature	107-240	110	55%

Table-2 shows the overall emotional maturity level of students. Out of 200 students, 5% (which is 10 students out of 200) fall in Extremely Emotionally Mature and 7.5% (i.e. 15 students out of 200) fall in Moderately Emotionally Mature. 32.5% score at Emotionally Immature and majority of students score at Extremely Emotionally Immature which is 55% out of 200 students.

Objective2: To study and compare the difference between the emotional maturity level of students in relation to gender.

Comparative analysis of Male and Female student's emotional maturity

GENDER	N	MEAN	SD	SED	T-VALUE	LEVEL OF SIGNIFICANCE
MALE	100	110.64	20.47	2.92	0.76	NOT SIGNIFICANT
FEMALE	100	112.88	20.75			

The above table reveals that Male students have 110.64 Mean value and 20.47 standard deviation value whereas Female students have 112.58 Mean value and 20.75 standard deviation value. The critical t-ratio was found to be 0.76, which is smaller than critical value of t at 0.05 levels and hence is not significant. So, the hypothesis, "There is no significant difference between male and female levels of emotional maturity" is accepted.

VIII. FINDINGS

8.1 OBJECTIVE 1

It was found out that out of 200 students, 10 students are in Extremely Emotionally Mature and 15 students fall under Moderately Emotionally Mature, while 65 students fall under Emotionally Immature. However, out of 200 students, 110 students fall under Extremely Emotionally Immature which means that majority of students are Extremely Emotionally Immature.

8.2 OBJECTIVE 2

The critical t-ratio was found to be 0.76, which is smaller than critical value of t at 0.05 levels and hence is not significant. So, the hypothesis IS accepted which means there is no significant difference between male and female levels of emotional maturity.

DISCUSSION

The present study is to find out the emotional maturity level of Deficit and Private Higher Secondary School students in Aizawl City. For this, a sample of 200 students is taken from two Deficit and two Private Higher Secondary Schools. According to the analysis of data collected, out of 200 students, majority of students are found to be extremely emotionally immature. The present study findings is also related to a study by Datta, J. (2018) who conducted a research on A Study on Emotional Maturity and Intelligence of Secondary School Students of Assam and most of the students emotional maturity is low among Secondary School Students.

The same comparison is also carried out by Lekhi (2005) in her study on a sample of 939 (male and female) from govt. and private schools of Punjab, found that there is no significant difference in the emotional maturity.

CONCLUSION

The present study reveals that most of the secondary school students are extremely unstable regarding emotional maturity. It also reveals that female students are almost equally emotionally mature as their male counterparts. The higher secondary school students must be given awareness on the need and importance of education and moral behaviour. It is a stage of vital importance in human life and hence major aim of any good educational programme will help the learner to gain emotional maturity. Emotional maturity at all levels will help a person to lead a healthy life.

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