



# A study on the emotional maturity of post graduate students

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## ABSTRACT

The term 'emotion' has been derived from Latin word 'emovere', which means 'to move', 'to excite', 'to stirrup' or 'to agitate'. In Psychology, 'maturity' is the ability to respond to the environment in an appropriate manner and this response is generally learned but not instinctive. Emotional maturity is defined as how well we are able to respond to situations and behave in an adult manner while dealing with others. As the post graduate students are considered as adults and after completion of their course, they may be going for different kinds of jobs or business and hence they will be facing different situations at different times. Therefore it is the responsibility of the teachers to make their students aware of the situations and how to deal with them in a proper way, through providing them proper guidance, so as to make them responsible citizens. Hence an attempt has been made to study the emotional maturity of post graduate students, who are generally considered as adults with some maturity. 100 students studying in 5 different post graduate colleges and affiliated to Rayalaseema University were taken as a sample for the present study. The investigator employed random sampling method for the present study. Emotional Maturity Scale developed by Singh & Bhargava (1998) was used to measure emotional maturity. The data was analyzed by using both descriptive and as well as inferential statistics. Mean, standard deviation and t-test were employed to analyze the data. The findings revealed that there is a significant difference between M.Ed. and non M.Ed. post graduate students in relation to emotional maturity and there is no significant difference in emotional maturity of post graduate students belonging to Kurnool and other districts.

Key words: Emotion, Maturity, Emotional maturity and post graduate students.

## 1. INTRODUCTION

Emotions influence us in many ways. The emotions which are expressed positively such as happy, joy, love etc. are called positive emotions and in the same way the emotions expressed during non-acceptable situations or atmosphere such as angry, sad, hate etc. are called negative emotions. Emotional development is concerned with development of techniques in expressing various positive and negative emotions. These techniques or ways of emotional expressions are learned through formal and as well as informal education or specialized training given to individuals. Emotional maturity is defined as how well we are able to respond to situations and behave in an adult manner while dealing with others.

As the post graduate students are considered as adults and after completion of their course, they may be going for different kinds of jobs or business and hence they will be facing different situations at different times. Therefore it is the responsibility of the teachers to make their students aware of the situations and guide them in dealing with them in a proper way through providing them proper guidance, so as to make them responsible citizens.

## 2. CONCEPT OF EMOTIONAL MATURITY

The term 'emotion' has been derived from Latin word 'emovere', which means 'to move', 'to excite', 'to stirrup' or 'to agitate'. It is subjective experience of prolonged feelings.

In Psychology, 'maturity' is the ability to respond to the environment in an appropriate manner and this response is generally learned but not instinctive.

Emotional maturity means being aware of the correct time and place to behave or act and according to the circumstances and the culture of the society one lives in. It is generally observed that in a critical situation not everyone comes up with the same reactions and results. Some are very expert to manage the things and turns an adverse situation to a favorable one and whereas some create havoc. In both situations one factor is playing a crucial role that is the control of mind which could be managed only by rich maturity level persons only.

## 3. NEED OF THE STUDY

As it is essential to develop emotional maturity among adults, so as to develop their capacity to control over their emotions and to respond or to do a right thing at the right time, hence an attempt has been made to study the emotional maturity of post graduate students, who are generally considered as adults with some maturity.

## 4. OBJECTIVES OF THE STUDY

1. To compare the emotional maturity of M.Ed. and non M.Ed. post graduate students.
2. To compare the emotional maturity of post graduate students belonging to Kurnool and other districts.

## 5. HYPOTHESES OF THE STUDY

1. There is no significant difference between M.Ed. and non M.Ed. post graduate students in relation to emotional maturity.
2. There is no significant difference in emotional maturity of post graduate students belonging to Kurnool and other districts.

## 6. LIMITATIONS OF THE STUDY

This study is limited to find the emotional maturity of post graduate students belonging to 5 different colleges of Kurnool town and affiliated to Rayalaseema University.

This study is confined to 5 post graduate colleges, which are affiliated to Rayalaseema University.

The level of significance considered in this study is 0.05.

## 7. METHODOLOGY

### 7.1 Population

Post graduate students who are studying in 5 different post graduate colleges of Kurnool town and affiliated to Rayalaseema University are considered as a population for this study.

### 7.2 Sample

100 students studying in different post graduate colleges and affiliated to Rayalaseema University were taken as a sample for the present study i.e. 20 students each from 5 different colleges were selected randomly. The investigator employed random sampling method for the present study.

### 7.3 Research tool

Emotional Maturity Scale developed by Singh & Bhargava (1998) was used to measure emotional maturity.

### 7.4 Administration of the tool

Emotional Maturity Scale was given to the respondents who have participated in the study with brief instructions to fill it.

### 7.5 Statistical techniques

The data was analyzed by using both descriptive and as well as inferential statistics. Mean, standard deviation and t-test were employed to analyze the data.

## 8. ANALYSIS AND INTERPRETATION OF DATA

**Table 1: Comparison of emotional maturity scores of M.Ed. and Non-M.Ed. post graduate students**

S.No	P.G Course	N	Mean	S.D	p-value associated with t-test	Result
1	M.Ed.	50	74.72	16.43	0.0468	Significant
2	Non M.Ed.	50	83.04	24.1		

From the above Table 1, it can be observed that the calculated p-value is 0.0468, which is less than  $\alpha = 0.05$ , hence the null hypothesis “there is no significant difference between M.Ed. and non M.Ed. post graduate students in relation to emotional maturity” is rejected.

It can be observed that the mean value of Non M.Ed. post graduate students is 83.04. It is higher than the mean value of M.Ed. post graduate students. Hence, it can be inferred that Non M.Ed. post graduate students are more emotionally immature than their counterparts.

**Table 2: Comparison of emotional maturity scores of post graduate students belonging to Kurnool and other districts**

S.No	Locality	N	Mean	S.D	p-value associated with t-test	Result
1	Kurnool district	56	82.14	24.20	0.0640	N.S
2	Other districts	44	74.72	15.13		

From the above Table 2, it can be observed that the calculated p-value is 0.0640, which is greater than  $\alpha = 0.05$ , hence the null hypothesis “there is no significant difference between M.Ed. and non M.Ed. post graduate students in relation to emotional maturity” is accepted.

## 9. FINDINGS

After analyzing the data, the findings are:

There is a significant difference between M.Ed. and non M.Ed. post graduate students in relation to emotional maturity i.e. Non M.Ed. post graduate students are more emotionally immature than their counterparts and there is no significant difference in emotional maturity of post graduate students belonging to Kurnool and other districts.

## 10. CONCLUSION

It is to be reported that M.Ed. post graduate students are more emotionally mature than their counterparts and there is no significant difference in emotional maturity of post graduate students of Kurnool and other districts. Studies may be carried out to find the influence of other variables on emotional maturity of post graduate students and as well as other districts.

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