

A COMPARATIVE STUDY ON EMOTIONAL MATURITY OF THE ARTS STREAM POSTGRADUATE STUDENTS AND RESEARCH SCHOLARS OF DIBRUGARH UNIVERSITY

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Abstract: Emotional maturity is not only the affective determinant of personality pattern, but also helps to control the growth of individual development. Emotional maturity depicts our capacity to manage and to check our emotions, to evaluate other's emotional state and to persuade their judgment and actions. The objectives of the present study was to study and compare the level of emotional maturity among the arts stream postgraduate students and research scholars of Dibrugarh University. In order to collect the required data for the study, Descriptive survey method was adopted. The samples for the study were selected by using both simple random and incidental sampling technique. The results of the study revealed that the arts stream postgraduate students and research scholars of Dibrugarh University are extremely emotionally immature. The study also pinpointed that there is a significant difference on emotional maturity among the postgraduate students and research scholars of Dibrugarh University.

KEY WORDS: Emotional Maturity, Postgraduate students, research scholars.

1.0 INTRODUCTION:

In the present era of globalization and technological revolution, education is considered as a first step for every human activity. Education not only modifies human's experience, but also transforms his instinctive urges and impulses and determines his attitudes and beliefs. There are so many factors which influence the development of education and contribution of the national understanding, the competence and the character of students are undoubtedly most significant so it become necessary and significant that they should be emotionally matured. Emotional maturity is not only the affective determinant of personality pattern, but also helps to control the growth of individual development. Emotional maturity is something that we must develop in our lives by knowing how to respond to situations in a mature and responsible manner. Emotional maturity depicts our capacity to manage and to check our emotions, to evaluate other's emotional state and to persuade

their judgment and actions. The emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but it is continuously in process of seeing himself in clearer perspective, continually involved in a struggle to gain healthy integration of feeling, thinking and action. Emotional maturity implies proper emotional control, which means neither repression nor violent expression. In brief, a person can be called emotionally matured if he is able to display his emotions in appropriate degree with reasonable control at the appropriate time.

2.0 REVIEW OF RELATED LITERATURE:

Subbarayan, and Visvanathan (2011) conducted “A study on emotional maturity among college students”. The objectives of the study were to study the level of emotional maturity of college students and to study the difference in emotional maturity between the college students with reference to their gender, religion, community, and type of family. The results of the study revealed that, Emotional Maturity of college students was extremely unstable. It was also found that there was a significant difference between the college students with respect to gender, religion, community, and type of family.

Tiwari (2012) conducted “A comparative study of emotional maturity among 8th to 12th class students with reference to internet surfing.” The objectives of the study were to study the differences of emotional maturity between Internet users and not users student, and to study the difference of emotional maturity between internet user boys and girls students. The major findings of the study revealed that there was a significant difference between students who are using internet and not, the level of emotional maturity of not users is better than users. There was also a significant difference in emotional maturity between the boys and girls who are not using internet. The level of emotional maturity of boys was better than girls.

Resmy, and Sujatha (2012) conducted “A comparative study on emotional maturity of adolescent boys and girls”. The major findings of the study revealed that adolescent girls have higher emotional maturity than adolescent boys and there was significant association between emotional maturity and selected variables like gender, aggregate marks in previous year, educational status of fathers, educational status of mothers, occupation of mothers and monthly family income.

Dutta, Chetia, Soni (2013) conducted a “A Comparative Study on Emotional Maturity of Secondary School Students in Lakhimpur and Sonitpur Districts of Assam”. The objectives of the study was to study and compare emotional maturity of secondary school students in relation to their gender, locality, and type of school (government/private) of Lakhimpur and Sonitpur districts of Assam. The findings of study showed that there are major differences in the emotional maturity of secondary school students of both districts whether they belong to rural and urban male/female, government and private male/female, secondary schools students. This

study also showed that there was no difference between urban male/female, private male/female and secondary students of both the districts on emotional maturity.

Nuzhat (2013) conducted “A Comparative Study on Emotional Maturity of Male and Female Kashmir University of India Distance Learners”. The objectives of the study was to assess and compare the emotional maturity of Male and Female University Distance Learners. The major findings of the study indicate that female University distance learners and male University distance learners do not differ significantly on emotional maturity on composite score.

Sarita, et. al., (2016) conducted “A comparative study on emotional maturity of undergraduate and post graduate students”. The objectives of the study were to compare the emotional maturity of under graduate and postgraduate art students in relation to their locality (rural and urban). The major findings of the study revealed no significant difference in emotional maturity between undergraduate and postgraduate students. There was no significant difference in the emotional maturity of rural undergraduate and urban undergraduate students. Moreover, there was no significant difference in the emotional maturity of rural postgraduate and urban postgraduate students.

3.0 TITLE OF THE STUDY:

The present study has been entitled as “A Comparative Study On Emotional Maturity Of The Arts Stream Post Graduate Students And Research Scholars Of Dibrugarh University.”

4.0 SIGNIFICANCE OF THE STUDY:

In the present circumstances, youth as well as children are facing difficulties in life. Youngsters of today are well and easily exposed to vast, unlimited and most importantly censored information and are subject to high pressure because of ever increasing competition and expectations from their family and peers. This give rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upset in day to day life. Therefore the study of emotional life is emerging as a descriptive science, comparable with anatomy. Students are the pillars of the future generations, their value pattern of emotional maturity are vital. The younger generation, especially, the educated citizens are supposed to be the future leaders, decision makers, and builders of the nation. Therefore, youngsters need to be emotionally matured in their dealings in order to overcome efficiently the emotional stressors and shape their future as well as that of the nation. Therefore, the present

study has been undertaken to study and compare the level of emotional maturity of the postgraduate students and research scholars of Dibrugarh University, as they constitute a big proportion of the future leaders of the nation. It is to be noted that very few study has been conducted on the present construct under consideration with the present population. Therefore the present study bears immense significance.

5.0. OBJECTIVES OF THE STUDY: The present study has been undertaken to fulfill the following stipulated objectives:

- 5.0.1 To study the level of emotional maturity of the arts stream postgraduate students of Dibrugarh University.
- 5.0.2 To study the level of emotional maturity of the research scholars of Dibrugarh University.
- 5.0.3 To compare emotional maturity of the arts stream post graduate students and research scholars of Dibrugarh University.

6.0 HYPOTHESIS OF THE STUDY:

By considering the above stated objectives of the study, following hypothesis has been formulated:

H₀: There is no significant difference on emotional maturity among the arts stream post graduate students and research scholars of Dibrugarh University.

7.0 CONCEPTUAL AND OPERATIONAL DEFINITIONS OF THE KEY TERMS:

7.01 Emotional Maturity:

7.01.01. Conceptual Definition: Emotional maturity implies the capacity to manage and to check our emotions, to evaluate other's emotional state and to persuade their judgment and actions.

7.01.02. Operational Definition: In the present study, lower score on the Emotional Maturity Scale by Yashvir Singh and Mahesh Bhargava means higher level of emotional maturity and gradual increase in the scores on the same scale indicates increase in the level of emotional immaturity or lower level of emotional maturity of the respective respondent.

7.02 Post-graduate students:

7.02.01. Conceptual Definition: Post- graduate students means the group of students who have completed their under-graduate programmes and are enrolled in higher studies, usually in an university, for the post-graduate degree.

7.02.02. Operational Definition: In the present study, Post Graduate students refer to the group of students studying in the Post Graduate CBCS programmes of arts stream of Dibrugarh University.

7.03 Research Scholars:

7.03.01. Conceptual Definition: Research Scholar simply means scholars who are working in research.

7.03.01. Operational Definition: In the present study, Research scholar refers to the research scholars M.Phil programme of different disciplines of arts stream of Dibrugarh University batch of 2016-17.

8.0 DELIMITATIONS OF THE STUDY:

The study being exploratory in nature had the following delimitations:

- 8.01. The study was delimited to the post graduate students of CBCS programme only.
- 8.02. The study was delimited to the first semester students of postgraduate programmes of Arts stream only.
- 8.03. The study was delimited to the M.Phil research scholars of Arts stream only.

9.0 METHODOLOGY AND PROCEDURE:

9.01 Method: Descriptive survey method has been adopted by considering the nature and objectives of the study.

9.02 Population: All the Post Graduate students of CBCS programmes of Arts stream of Dibrugarh University batch of 2017-2019 and all the M.Phil research scholars of different disciplines of Arts stream, batch of 2016-2017 constitute the population for the present study.

9.03 Sample: Three departments of arts stream were first selected randomly by using lottery method. Those students and research scholars who were present at the time of visiting the respective departments were taken as sample for the study. Finally the sample comprised of a total of 110 i.e., 80 postgraduate students & 30 research scholars of Dibrugarh University.

9.04 Statistical Techniques: The collected data has been analyzed by using both descriptive and inferential statistics. These are:

9.04.01 Descriptive Statistics: Mean (M) and Standard Deviation (SD).

9.04.02 Inferential Statistics: 't' value.

9.05 Tool Used: Emotional Maturity Scale (EMS) by Yashvir Singh and Mahesh Bhargava was adopted to collect the data. EMS has 48 items in question form. EMS is a self-reporting five point scale. Higher the score on the scale, greater the degree of emotional immaturity and vice-versa. The obtained score of the respondents are interpreted as given below:

Table: 1

norms for the interpretation of level of emotional maturity

Scores	Interpretation (Level of Maturity)
50-80	Extremely Emotionally mature
81-88	Moderately Emotionally Mature
89-106	Emotionally Immature
107-240	Extremely Emotionally Immature

9.05 **Procedure of data collection:** For the collection of the required data, the researcher went to sampled departments of Dibrugarh University after taking permission from the respective Head of The Departments. After establishing a good rapport with the students and the research scholars, the researcher enumerated the objectives of her study and gave oral instructions to let them to complete the booklet of the scale and thereafter the filled copies of booklet were collected.

10.0 ANALYSIS AND INTERPRETATION OF DATA:

Objective 1: To study the level of emotional maturity of the arts stream postgraduate students of Dibrugarh University.

The results of the study regarding the level of emotional maturity of the arts stream postgraduate students of Dibrugarh University are presented below:

Table: 2

level of emotional maturity of the arts stream postgraduate students of dibrugarh university

N	Mean	SD	Skewness	Kurtosis
80	109.83	22.96	-0.39	0.27

Table 2 shows that the calculated value of Mean (M) and Standard Deviation (SD) of the scores on emotional maturity obtained by the arts stream postgraduate students of Dibrugarh University are 109.83 and

22.96 respectively. Therefore, it can be said that the average of the scores on emotional maturity $109.83 \approx 110$, falls under the category of Extremely Emotionally Immature, as evident from the Table 1.

The computed value of Skewness of the distribution is -0.39 , which indicates that the distribution is negatively skewed to the left, which means score are massed at the high or right end of the scale, and are spread out gradually toward the low or left end. The Kurtosis value of the distribution is 0.27 , which indicates that the distribution of scores is leptokurtic, i.e., the distribution is more peaked than the normal.

Table 3 shows the total number and percentage of the postgraduate students of Dibrugarh University falling under different levels of emotional maturity.

Table: 3
categorization of samples on different levels of emotional maturity

Levels of Emotional Maturity	Total No of Students	Percentage (%) of Students
Extremely Emotionally Mature	7	8.75%
Moderately Emotionally Mature	10	12.5%
Emotionally Immature	18	22.5%
Extremely Emotionally Immature	45	56.25%

From the above table, it is clear that the majority of the postgraduate students, i.e., 45 (56.25%) are found to be extremely emotionally immature. A large number i.e., 18 (22.5%) students are emotionally immature, 10 (12.5%) students are Moderately Emotionally Mature, and only 7 (8.75%) students are extremely emotionally mature.

The graphical representation of the above tabulated data has been shown below:

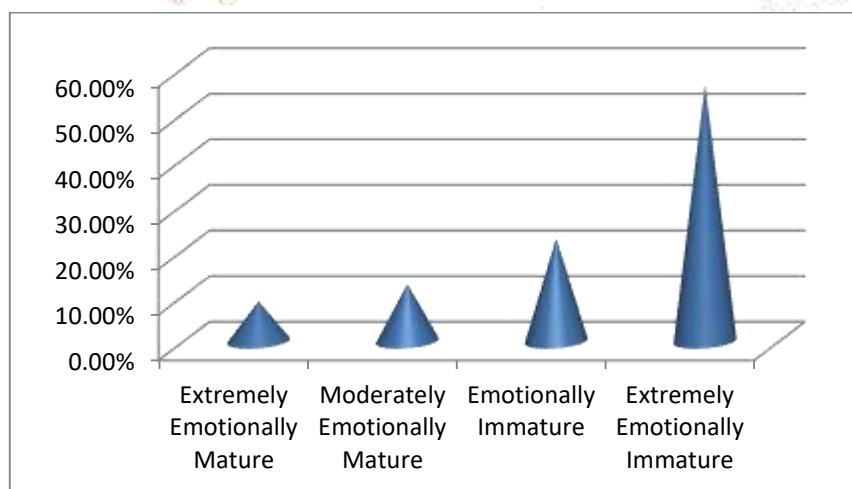


Figure 1: percentage-wise distribution of the samples on the levels of emotional maturity

Therefore, from the persual of the Table 5 and Figure 2, regarding the level of emotional maturity of the arts stream postgraduate students of Dibrugarh University, it can be concluded by saying that the arts stream postgraduate students of Dibrugarh University are extremely emotionally immature.

Objective 2: To study the level of emotional maturity of the research scholars of Dibrugarh University.

Table: 4
level of emotional maturity of the research scholars of dibrugarh university

N	Mean	SD	Skewness	Kurtosis
30	101.57	25.26	1.03	0.12

Table 4 shows that the calculated value of Mean (M) and Standard Deviation (SD) of the scores on emotional maturity obtained by the research scholars of Dibrugarh University are 101.57 and 25.26 respectively. Therefore, it can be said that the average of the scores on emotional maturity $101.57 \approx 102$, falls under the category of Emotionally Immature, as evident from the Table 1.

The computed value of Skewness of the distribution is 1.03, which indicates that the distribution is positively skewed to the right, which means score are massed at the low or left end of the scale, and are spread out gradually toward the high or right end. The Kurtosis value of the distribution is 0.12, which indicates that the distribution of scores is leptokurtic, i.e., the distribution is more peaked than the normal.

Table 5 shows the total number and percentage of the research scholars of Dibrugarh University falling under different levels of emotional maturity.

Table: 5
categorization of samples on different levels of emotional maturity

Levels of Emotional Maturity	Total No of Students	Total Percentage (%) of Students
Extremely Emotionally Mature	5	16.67%
Moderately Emotionally Mature	8	26.67%
Emotionally Immature	6	20%
Extremely Emotionally Immature	11	36.66%

From the above table, it is clear that the majority of the research scholars, i.e., 11 (36.66%) are found to be extremely emotionally immature. A large number i.e., 8 (26.67%) students are moderately emotionally mature, 6 (20%) students are emotionally immature, and only 5 (16.67%) students are extremely emotionally mature.

The graphical representation of the above tabulated data has been shown below:

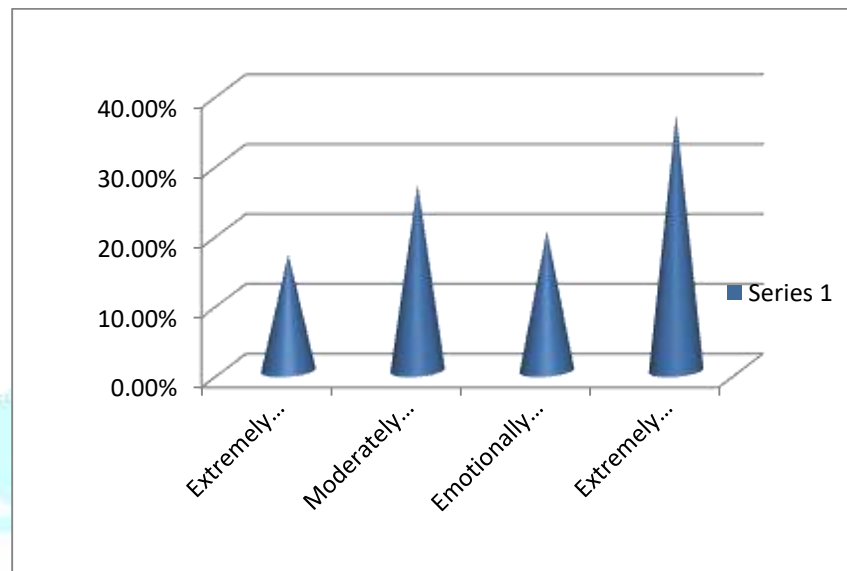


Figure 2: percentage-wise distribution of the samples on the levels of emotional maturity

Therefore, from the persual of the Table 5 and Figure 2, regarding the level of emotional maturity of the research scholars of Dibrugarh University, it can be concluded by saying that the research scholars of Dibrugarh University are extremely emotionally immature.

Objective 3: To compare emotional maturity of the arts stream post graduate students and research scholars of Dibrugarh University.

Table: 6

comparison of emotional maturity between the arts stream post graduate students and research scholars of dibrugarh university

Postgraduates	Mean	SD	SEd	df	't' Value	Significance
	109.83	22.96	23.78	108	17.57	Significant at .05 level
Research Scholars	101.57	25.26				

Table 6 shows that the 't' value came out from the two groups of students, viz., arts stream postgraduates and research scholars, is 17.57 which is larger than the table value 1.98 (at .05 level of significance) leads to the rejection of the null hypothesis i.e., "There is no significant difference on emotional maturity among the arts stream post graduate students and research scholars of Dibrugarh University." Therefore, the results of

the study revealed that the postgraduate students and research scholars of Dibrugarh University differ significantly as far as their level of emotional maturity is concerned.

11.0 FINDINGS OF THE STUDY:

The major findings of the study can be enumerated as given below:

1. The study reveals that most of the arts stream postgraduate students of Dibrugarh University are extremely emotionally immature.
2. The study reveals that most of the research scholars of Dibrugarh University are extremely emotionally immature.
3. There is a significant difference on emotional maturity among the arts stream postgraduate students and research scholars of Dibrugarh University.

12.0 CONCLUSION:

As far the present study is concerned; it was found that most of the postgraduate students and research scholars of Dibrugarh University are extremely emotionally immature. In the present era of industrialization, and modernization, due to the constantly changing mindset and broad outlook of people as well as due to the increasing demand of money, most of the parents are busy in their own business or in earning livelihood. Many of them cannot offer the care, love and affection, and emotional warmth which is of immense importance for the development of emotional life. But for a happy, successful personal and professional life, human beings have to choose emotional maturity as a conscious choice.

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