



# COMPARING AWARENESS TO EXPRESS EMOTIONAL GROWTH AMONG ADOLESCENTS GIRLS AND BOYS

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## **ABSTRACT:**

Emotional learning begins at a very young age, as children discover a wide range of emotions and evolves as they grow. Emotions aims to provide a better understanding of the key stages of emotional development, its impact, interrelated skills and the factors that influence emotional competence. (Corolyn, 2011)<sup>1</sup>.

**OBJECTIVES:** To find and compare awareness to express emotional growth among adolescent girls and boys and also to find association with selected demographic variables.

**Methods:** A comparative study including population of 1000 adolescents' girls and boys from 11<sup>th</sup> standard from selected colleges. Probability simple random sampling technique was used. Data was collected in 2019 using self-administered five point rating scales on awareness to express emotional growth. Test and re-test reliability method was done and  $r=0.83$ .

**Results:** The study shows average awareness score among boys was 86.6 with SD 2.5 whereas average awareness score among girls was 86.5 with SD 2.5. Z-value for this comparison was 1 with 998 degrees of freedom. Corresponding p-value was 0.147, which is large (greater than 0.05), there is no evidence against null hypothesis. The awareness to express emotional growth among boys and girls is same.

**Conclusion:** The awareness to express emotional growth among boys and girls was found same can be due to setting of the study was urban were parents were graduate and post graduate and could give adequate teaching on emotional awareness to their child.

**Index Terms:** Awareness, Emotional growth, Adolescents.

## **1. Introduction**

Emotional growth is filled with curiosity, fear, happiness, enjoyment, pleasure in various things among adolescents. They are girls or a boy, both has same thoughts and feelings. But each adolescent fails to express and share their views.

Grounded- theory analyses were used on process of emotional development. Participants in age 14 to 17 years demonstrated their capacity to actively extract emotional knowledge and to develop strategies for managing emotions. Youth showed 'Hot' experiences of unfolding emotional episodes and also learned by drawing internalized emotions in culture using concepts.(Larson, 2007)<sup>2</sup>

Similarly the study aimed to find role of the family in the emotional growth of the adolescents from 10 to 21 years among 145 adolescents. The analytical descriptive method was used and findings indicated the emotional growth of sons and daughters by feeling the needs of security, appreciation, religion, independence, caring, warmth and passion. Study showed controlling the adolescents sons emotions such as love, boasting, arrogance, anger and fear. (Ahmed, 2017)<sup>3</sup>

So, this topic aims to provide a better understanding and express understood emotions in areas like physical, physiological, family bonding, financial needs and scholastic performance.

### 1.1 OBJECTIVES OF THE STUDY:

- 1) To find awareness to express emotional growth among adolescent girls and boys.
- 2) To compare awareness to express emotional growth among adolescent girls and boys.
- 3) To find association with selected demographic variables.

### 1.2 HYPOTHESIS:

Ho- There will be no statistical significant difference in awareness to express emotional growth among adolescent girls and boys.

## 2. METHODOLOGY

Exploratory descriptive approach research with non-experimental survey design assessed 1000 adolescents girls and boys from 11<sup>th</sup> standard from selected colleges selected with simple random sampling technique. Proper rapport was established and was informed about the confidentiality of their details.

### 2.1 Research measures:

#### 2.1.1 Inclusion criteria:

- Adolescent girls and boys.
- From 11<sup>th</sup> standard girls and boys from 16 to 18yrs of age.

#### 2.1.2 Exclusion criteria:

- Those not willing to participate.
- Those who are absent when selected.

### 2.2 TOOLS AND TECHNIQUES:

**2.2.1** Section I: Demographic variable: Investigator collected the following demographic information from adolescents: age in years, gender, educational stream, educational status of parent, Occupation of parent, family monthly income in rupees, Number of siblings, type of family, size of family and always shared thoughts to.

**2.2.2** Section II: five point rating on awareness to express emotional growth of adolescents. It was prepared in five areas: Physical change, physiological change, family bonding, financial changes and scholastic performance. Total 25 items with scoring of SA-Strongly agree 4, Agree- 3, Sometimes-2, Never-1, and Strongly Never-0. Highest (maximum) score is 100 and lowest- (minimum) score is 00. Score was divided as poor awareness (1-35), average awareness (36-60), good awareness(61-85) and extremely good awareness (86-100). Face and content validity done from subject experts and Test and re-test reliability method was done and  $r=0.83$

Pilot study will be conducted on 10% of actual sample to check the feasibility of the study.

### 2.3 Data collection and procedures:

The sample was drawn from selected colleges of Pimpri-Chinchwad area of Pune district. Written permission was sought from the Principal of all selected colleges for research study. Rapport was established by the researcher and the adolescent was well informed about the purpose of research. Before beginning the data collection a written consent was taken from the participants with the assurance that the data and name shall not be disclosed and shall be used for the purpose of the said study.<sup>5</sup> All those who have shown willingness to participate in the research study were given proper instruction for the test and accordingly test was administered. The collected raw data were

scored as per the scoring key given in the test. The raw data was analyzed using differential and inferential statistics as per the objectives of the study.

## 2.4 Statistical analysis

The data obtained from the questionnaire printed on paper were double-entered into Microsoft Excel. Discrepancies between data were solved by checking out the printed questionnaires. Later, imported them into Statistical Package for the Social Science software (SPSS). Within the study analyses, awareness of emotional growth scores and demographic data was computed. Investigator used nonparametric tests for the data analysis.

## 2.5 Ethics issues

The study began after receiving approved from the Research Ethical Committee. The permission was taken from authority of research site for data collections. The informed consent was taken from participants prior to their inclusion in the study. Investigator ensured the participants that confidentiality would be preserved, they were free to refuse participating in the study, no remuneration to participate and are free to withdraw from the participation in the study at any time without suffering any prejudice. The researcher did not have a work relationship or managerial role at the study sites.

## 3. Results and Discussion:

### 3.1 Sample characteristics

The data presented in demographic indicates that 60.3% of the adolescents had age 16-17 years and 39.7% of them had age 17-18 years. 45.1% of them were males and 54.9% of them were females. 3.3% of them had Arts stream, 49.4% of them had commerce stream and 47.3% of them had science stream. 2.6% of the parents had primary education, 0.5% of them had secondary education, 13.1% of them had higher secondary education, 43.3% of them were graduates and 40.5% of them were postgraduates. 52% of the parents had service, 44.3% of them had business, 2.9% of them were farmers and 0.8% of them had daily wages. 5.3% of them were below poverty line, 2.7% of them had monthly family income Rs.5000-15000, 47.3% of them had family income Rs.15001-25000 and 44.7% of them had monthly family income Rs.25001 and above. 61.7% of them had one sibling, 15% of them had two siblings, 5.8% of them had three siblings, 0.3% of them had 4 and more than 4 siblings and 17.2% of them did not had siblings. 51.1% of them had joint family, 46.1% of them had nuclear family and 2.8% of them had extended family. 31.1% of them had 2-3 family members, 50.7% of them had 4-5 family members and 18.2% of them had 6 and more family members. 15.8% of them share thoughts with mother, 34.7% of them share thoughts with father, 41.1% of them share thoughts with friends and 8.4% of them share thoughts with siblings.

### 3.2 Analysis of data related to the awareness to express emotional growth among adolescent girls and boys.

Table 2: Awareness to express emotional growth among adolescent girls and boys

N=451, 549

Gender	Awareness	Freq	%
Male	Extremely good	349	77.4%
	Good	102	22.6%
Female	Extremely good	423	77.0%
	Good	126	23.0%

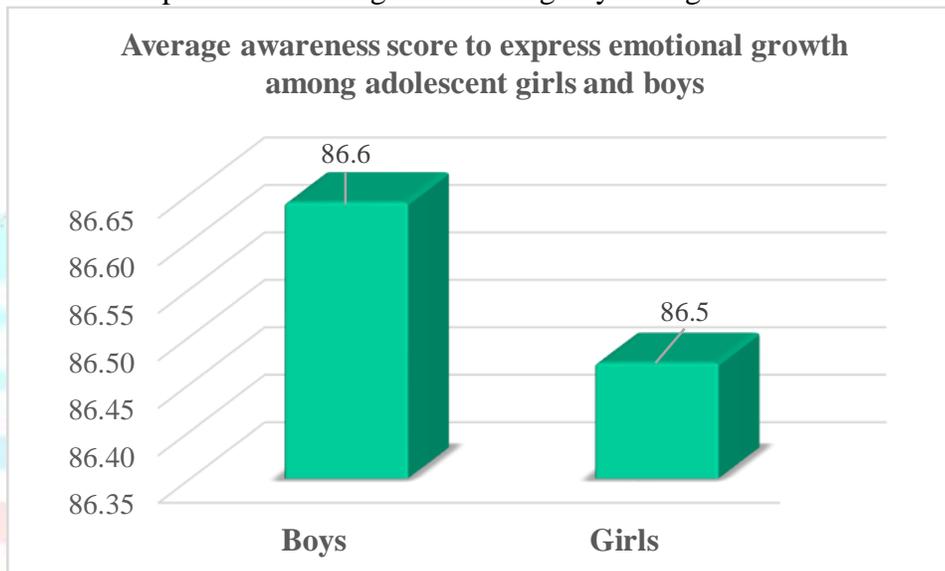
The table shows that 77.4% of the adolescent boys had extremely good awareness (Score 86-100) and 22.6% of them had good awareness (Score 61-85). 77.0% of the adolescent girls had extremely good awareness (Score 86-100) and 23% of them had good awareness (Score 61-85) to expression emotional growth.

### 3.3 comparison of awareness to express emotional growth among adolescent girls and boys

**Table 3: Two sample z-test for comparison of awareness to express emotional growth among adolescent girls and boys**  
N=451, 549

Gender	Mean	SD	z	df	P-value
Boys	86.6	2.5	1.0	998	0.147
Girls	86.5	2.5			

The table shows that applied two sample z-test for the comparison of awareness to express emotional growth among adolescent girls and boys. Average awareness score among boys was 86.6 with SD 2.5 whereas average awareness score among girls was 86.5 with SD 2.5. Z-value for this comparison was 1 with 998 degrees of freedom. Corresponding p-value was 0.147, which is large (greater than 0.05), there is no evidence against null hypothesis. The awareness to express emotional growth among boys and girls is same.



**Figure 1: Bar graph showing comparison of awareness to express emotional growth among adolescent girls and boys**

### 3.4 Analysis of data related to the association of awareness to express emotional growth among adolescents with selected demographic variables.

Fisher's exact test for association of awareness to express emotional growth among adolescents with selected demographic variables was used. Demographic variables age in years, gender, educational stream, educational status of parent, Occupation of parent, family monthly income in rupees, Number of siblings, type of family, size of family and always shared thoughts to, and since all the p-values are large (greater than 0.05), none of the demographic variables was found to have significant association with the awareness to express emotional growth among adolescents.

### 3.5 Discussion

The comparison of awareness to express emotional growth among adolescent girls and boys is average awareness score among boys was 86.6 with SD 2.5 whereas average awareness score among girls was 86.5 with SD 2.5. Corresponding p-value was 0.147, which is large (greater than 0.05), so there is no evidence against null hypothesis. The awareness to express emotional growth among boys and girls is same. This might be due to educated parents 2.6% of the parents had primary education, 43.3% of them were graduates and 40.5% of them were postgraduates.

Similar study Anjali U S, Dr.K.Sathyamurthi (2019) <sup>4</sup>, Psychosocial Competence among School going Adolescents also shows that the education of father's groups of the adolescents and their emotional competence, Social competence and psychosocial competence development, the groups Diploma, Graduate have scores obtained 25.13 and 22.04 respectively for emotional competence, 30.38 and 27.74 respectively for social competence, 128.88 and 113.74 respectively for psychosocial competency. The result 25.17 and 22.57 respectively

for cognitive competence, 126.33 and 115.14 respectively for psychosocial competency, shows that mother's education of adolescent influences their cognitive competence and psycho social competency. The result shows that parents education of adolescent influences their emotional competency, social competency and psycho social competency. As the parents degree of education increases, the psycho social competence of the adolescent increases.

The present study indicates that all were working parents like 52% of the parents had service, 44.3% of them had business, 47.3% of them had family income Rs.15001-25000 and 44.7% of them had monthly family income Rs.25001 and above. they were well cared by their parents as 61.7% of them had one sibling, and 17.2% of them did not had siblings.

Similarly the study aimed to find role of the family in the emotional growth of the adolescents from 10 to 21 years among 145 adolescents. The analytical descriptive method was used and findings indicated the emotional growth of sons and daughters by feeling the needs of security, appreciation, religion, independence, caring, warmth and passion. Study showed controlling the adolescents sons emotions such as love, boasting, arrogance, anger and fear.(Ahmed, 2017)<sup>3</sup>

The present study also indicates that family plays major role in emotional growth of adolescents as 51.1% of them had joint family and someone to care at home makes major impact on emotional growth. Sharing of thoughts also was with parents friends and siblings like 15.8% of them share thoughts with mother, 34.7% of them share thoughts with father, 41.1% of them share thoughts with friends and 8.4% of them share thoughts with siblings.

#### **4. CONCLUSION:**

The study shows average awareness score among boys was 86.6 with SD 2.5 whereas average awareness score among girls was 86.5 with SD 2.5 The awareness to express emotional growth among boys and girls is same. This overall can due to setting of the study was urban were parents were graduate and post graduate and could give adequate teaching on emotional awareness to their child. Family bonding and educated parents make major impact on emotional growth of adolescents.

#### **5. LIMITATIONS**

A limitation was this research was that it was in urban setting. Findings may be generalized only adolescents staying in urban setting. Study was conducted in Junior colleges. Adolescents above 18 were excluded in the study.

#### **6. IMPLICATIONS FOR MENTAL HEALTH NURSING**

This study elaborated that Mental health nurses must assess the stress of adolescents, meet their family members, motivate their children's and other members to take part in sharing their problems, understanding their needs and problems, fulfilling the essential needs and make them feel that they lived a satisfied life. Should teach various alternative therapies within their reach.<sup>6</sup> They can work with social workers, clinical psychologist and help the adolescents towards promotion of emotional health, prevention or early detection. Family welfare agencies with trained social workers through school health help their families, understand the nature of the environment which they live.<sup>7</sup>

Emphasis should be laid on Guidance and Counseling services. Formulation and development of curriculum should emphasis on alternative medicine for better mental health. Working staff for stress reduction also need to introduce to relaxation therapies, imagery to reduce stress and change living style in positive way<sup>8</sup>.

#### **7. RELEVANCE STATEMENT**

General public, families as well as adolescents need to be motivated to avoid emotional issues leading to stress through health education. This study provides important insight in all area of emotional growth in life and helps to understand the importance of standard of living with improved lifestyle.

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## 10. Conflict of Interest

The author declared no conflicts interest with respect to the authorship and/or publication of this paper.

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