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A REVIEW ON EMOTIONAL MATURITY OF SECONDARY STUDENTS

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ABSTRACT:

Emotional maturity is nothing but a pattern of behaviour expressed by an individual in an appropriate manner with proper control. It is the ability to control, acknowledge and manage one's feelings and understanding the same of other's. It enables the individual to respond appropriately and effectively. This study aims to make a review of studies on emotional maturity of secondary students. It also strives to find out the relationship of emotional maturity with gender. The investigator has found out some gaps in the review of literature which can be useful for further research.

KEYWORDS: Emotional maturity, secondary students, gender.

INTRODUCTION:

Emotion is that basic aspect of human functioning which arises from a complex interplay among physiological, cognitive and situational variables. Emotions influence our behaviour instantly. They are the motivating forces of our lives which directly or indirectly affect our actions, reactions, aspirations, thoughts etc. Erika Landau (2010) said emotional maturity is nothing but a balance between the brain and emotions and inner-outer world of an individual. The emotional aspect of maturity is a powerful essence of personality development. It contributes to the integration, fulfillment and development of all the aspects of human personality viz. intellectual, social, moral, cultural, creative etc. The word 'maturity' does not only mean the capacity to adjust with the environment merely, it means to enjoy those adjustments fully. Emotional maturity also shapes attitude and behaviour of the individual. It makes people responsible, helps them in decision making, developing healthy relations with others and also enhancing self. It is generally understood as the capability of a person to control his emotions and not let his emotions to control him. An emotionally matured adolescent has the capacity of adjustment with himself and society as well. Presence of emotional maturity allows him to understand and manage his own emotions along with the emotions of others, and

makes him efficient enough to respond appropriately and effectively according to the demand of the situation. Different studies often say adolescents are highly emotional, they face difficulty in regulating emotional behaviors, sometimes they are over-reactive and fail to control or operate different emotional skills. But, an emotionally matured adolescent deal with all adolescence related problems effectively and develops integration among his feelings, thinking, attitude and behaviour. Emotional maturity has a very close relationship with test anxiety also, as anxiety is nothing but an emotion which is characterized by the feeling of tension and worry. It brings worried thoughts and physical changes too. Many studies has also explained the various states of emotional maturity on the basis of gender as well. Researchers have been always curious to find out the difference between boys and girls regarding their status of emotional maturity. This paper covers the studies conducted on secondary students only and hence a detailed study is conducted on emotional maturity of secondary students in relation to their gender as well.

REVIEW OF LITERATURE:

This paper records the findings of different researches in order to have a clear idea about the emotional maturity of secondary students. Attempt has also been made to figure out the gender based differences regarding emotional maturity.

A study on "Emotional Maturity across gender, locality, and stream of Higher Secondary level students" stated that there existed a significant difference in emotional maturity between boys and girls. Gender plays a significant role but no difference was found in relation to locality (Joshi, 2017). Singh (2017) enquired about "A study of academic achievement of adolescents in relation to their emotional maturity". He found that majority of the secondary students possessed an average emotional maturity level. A significant and positive correlation was found between academic achievement and emotional maturity of adolescent students. Duhan, Punia, and Jeet conducted a study in the year 2017 and found that male adolescents were more moderately emotionally mature than females. Emotional maturity of adolescents was found positively correlated with the occupation of the father and their level of education. Singh, M. (2016) enquired about "A study of aggression among adolescents in relation to their emotional maturity" and found that there was a significant difference between boys and girls regarding aggression and emotional maturity. A significant relationship was also found between emotional maturity and aggression. A study on "Emotional maturity and loneliness as correlates of life satisfaction among adolescents" revealed that male adolescents were found more emotionally mature, socially maladjusted and personally disintegrated than females. A significant positive relation was found between emotional immaturity and loneliness and again, life satisfaction had a significant relation with emotional immaturity and loneliness (Johns, Mathew, and Mathai, 2016). Kumar and Sunilima (2016) investigated about "Effects of gender and locality on emotional maturity" with the objectives to find out differences between male-female and urban-rural undergraduate students regarding their emotional maturity. The findings of the study revealed that no significant difference was found in the emotional maturity of undergraduate students on the basis of their gender and locality. Male and females of the urban

area showed equal levels of emotional maturity, but it was found different regarding the rural area. The emotional maturity of rural male students was found higher than the rural female students. Bindu T.S. and Vajeela B. (2015) studied "Relationship between emotional maturity and academic achievement of secondary school students". They found in their study that the level of emotional maturity is moderate among the secondary students; it's neither high nor low. They identified some differences in emotional maturity related to locale and family type, but no difference was found among the students with respect to gender. An investigation entitled "A comparative study on emotional maturity among adolescent boys and girls" found that adolescent girls possessed high emotional maturity than boys. A significant association was also found between emotional maturity and occupation of mothers. Children of employed mothers had significantly high emotional maturity than others. Another association was also found between emotional maturity and monthly income of the family and educational status of the parents (Jose Resmy and R. Sujatha, 2015). Again, Shafeeque, N. Y. and Thaqib, A. conducted a survey in 2015. The findings of the study stated that the majority of the students possessed the extremely unstable emotional maturity and higher emotional maturity was found in government secondary school students than private school students. No significant difference was found between male and female students regarding emotional maturity. Kaur, Maheshwari, Bahetra, and Kaur (2015) studied the "Effectiveness of psycho-education on emotional maturity of adolescents" and found that the majority of the adolescents were emotionally immature. Psycho-education was found effective in managing emotional immaturity of the adolescents which can be used in the school setting. Lal (2014) in his study found a significant difference between male and female students, but the findings had shown some similarity regarding the emotional maturity of urban and rural adolescents. Kapoor (2014) investigated the "Impact of emotional maturity level on stress of adolescents with respect to demographic factor, gender and parents education". The main objectives of the survey were to study the effect of levels of emotional maturity among adolescents on their stress on the basis of gender, education of the father and mother. Regarding results, no significant difference was found between the male students belonging to high and low emotional maturity groups in relation to their stress levels. But, a significant difference was found in female students regarding this. A significant difference was found between boys and girls on their stress with respect to high and low groups of emotional maturity, thus it concluded that the level of stress was affected by emotional maturity. Another study on "Emotional Maturity and adjustment of senior secondary school students" found that no significant difference exists among students in relation to the type of schools (private and government) and gender (male and female) regarding emotional maturity (Jain and Pasrija, 2014). A case study of adolescent students of Pantnagar conducted by Singh, Pant, and Valentina (2013) found gender-based differences regarding social and emotional maturity. Majority of the students (both boys and girls) were found to be moderately stable regarding social and emotional maturity. Dutta, Chetia, and Soni (2013) investigated "A comparative study on emotional maturity of secondary school students in Lakhimpur and Sonitpur Districts of Assam". The findings of the study revealed that there were major differences in the emotional maturity of secondary school students of Lakhimpur and Sonitpur districts on the basis of gender

(male and female), area (urban and rural) and type of school (private and Govt.). Lakshmi S. and Krishnamurthy S. (2011) enquired about "A study on the emotional maturity of higher secondary school students" with an objective to find out the level of emotional maturity of higher secondary students. The findings stated that majority of the students (48%) were in the emotionally unstable condition. Female students possessed higher emotional maturity in comparison to the male students. Pастey and Aminbhavi (2006) and found that students with higher emotional maturity possessed higher stress and self-confidence.

RESEARCH GAP:

Above mentioned studies revealed that most of the secondary students are not emotionally mature. But, no such clear evidences are found reflecting the reasons of this unstable state of emotions. A gender-based difference can also be identified but the factors affecting such differences are still not clear. A research gap has also been felt regarding the measures which can promote emotional maturity.

DISCUSSION AND EDUCATIONAL IMPLICATION:

After going through all the studies mentioned above thoroughly it has been observed that most of the researchers found the secondary students emotionally unstable. They are unable to manage their emotions properly. For receiving academic achievement it is very important to have a balanced emotional sphere. If the students are emotionally drained or unstable they will not be able to achieve success in their academic activities. They will experience more worries, tensions, anxiety, nervousness etc. throughout their academic life and it will definitely hamper their performance negatively. Some studies mentioned the benefits of psycho-education. This should be promoted for creating an emotionally healthy individual. Parenting style also affects the emotional status of adolescents. Hence, parents should also receive proper education so that they can understand the emotions of their children. We always hear about healthy mind in a healthy body. So, physical education should be provided to balance the mental and emotional state of the secondary students. As the reviews of different studies have revealed the fact about the emotional immaturity of the students, so it is very important to frame a suitable curriculum for this stage. In this regard, Activity Approach of education will definitely help in balancing psycho-physical coordination of students.

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