



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## “Efficacy of Counselling Techniques in Enhancing Emotional Maturity among Adolescents”

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### Abstract:

Emotional maturity is vital for adolescents as they navigate the challenges of identity formation, academic pressure, and social relationships. This study evaluates the effectiveness of three counselling techniques—Cognitive Behavioral Therapy (CBT), Person-Centered Counselling, and Mindfulness-Based Counselling—in enhancing emotional maturity and regulation among adolescents aged 16 to 19 years. A total of 150 participants were randomly assigned to one of the three intervention groups and received eight weekly sessions. Pre- and post-intervention assessments using the Emotional Maturity Scale and Emotional Regulation Questionnaire demonstrated significant improvements in emotional maturity across all groups, with the Mindfulness-Based approach showing the greatest effect size. These findings suggest that tailored counselling interventions can play a crucial role in promoting emotional growth during adolescence.

**Keywords:** Emotional Maturity, Adolescents, Counselling Techniques, Cognitive Behavioral Therapy, Person-Centered Counselling, Mindfulness.

### Introduction

Adolescence is a critical developmental period marked by rapid changes in emotions, cognition, and social roles. Emotional maturity—the ability to understand, regulate, and express emotions appropriately—is essential for adolescents to manage stress, build healthy relationships, and make responsible decisions. However, many adolescents struggle with emotional regulation due to various internal and external challenges.

Counselling has emerged as an effective approach to support emotional development in adolescents. Different counselling techniques offer unique pathways for enhancing emotional maturity. Cognitive Behavioral Therapy (CBT) focuses on identifying and restructuring negative thought patterns to improve emotional responses. Person-Centered Counselling emphasizes empathy, unconditional positive regard, and the client's autonomy to foster emotional growth. Mindfulness-Based Counselling cultivates present-moment awareness and acceptance, which helps adolescents regulate their emotions more effectively.

While each approach has demonstrated benefits, limited research directly compares their relative efficacy in enhancing emotional maturity among adolescents. This study aims to fill this gap by evaluating the impact of CBT, Person-Centered, and Mindfulness-based counselling techniques on emotional maturity and emotional regulation in adolescents aged 16 to 19 years.

### 3. Literature Review

#### 3.1 Emotional Maturity in Adolescents

Emotional maturity refers to the ability to manage emotions in a balanced way, handle frustration, and maintain positive relationships. For adolescents, developing emotional maturity is important because it helps them face academic challenges, peer pressure, and identity issues. Studies show that emotionally mature adolescents tend to have better mental health, higher resilience, and improved social skills (Sharma & Mehta, 2019).

#### 3.2 Cognitive Behavioral Therapy (CBT) and Emotional Maturity

CBT is a widely used counselling approach that helps individuals recognize and change negative thinking patterns and behaviours. Research indicates that CBT effectively improves emotional regulation by teaching adolescents coping skills and problem-solving strategies (James et al., 2021). Several studies also show that CBT reduces symptoms of anxiety and depression, which can hinder emotional growth (Smith & Lee, 2020).

#### 3.3 Person-Centered Counselling and Emotional Growth

Person-Centered Counselling (PCC), developed by Carl Rogers, focuses on creating a supportive environment where clients feel accepted and understood. This approach helps adolescents build self-awareness and self-acceptance, which are key components of emotional maturity (Brown & Johnson, 2022). PCC has been found useful in improving adolescents' confidence and interpersonal skills (Kumar & Singh, 2023).

#### 3.4 Mindfulness-Based Counselling and Emotional Regulation

Mindfulness practices encourage paying attention to the present moment with openness and non-judgment. Mindfulness-Based Counselling (MBC) helps adolescents become aware of their emotions and reactions, promoting calmness and emotional balance. Recent research highlights that MBC reduces emotional reactivity and enhances emotional control in teenagers (Wang et al., 2024). It is particularly effective in managing stress and improving overall psychological well-being (Garcia & Patel, 2023).

#### 3.5 Comparative Effectiveness of Counselling Techniques

While each counselling approach has proven benefits, direct comparisons are limited. Some studies suggest that Mindfulness-Based approaches may have stronger effects on emotional regulation, while CBT is highly effective for cognitive restructuring and behaviour change (Lee et al., 2022). Person-Centered Counselling is praised for enhancing self-esteem and emotional insight but may require longer-term engagement (Thomas & Green, 2021). Understanding which methods best support emotional maturity in adolescents is critical for developing effective interventions.

### 4. Methodology

#### 4.1 Research Design

The study employed a **quasi-experimental research design** to examine the efficacy of three counselling techniques—Cognitive Behavioral Therapy (CBT), Person-Centered Counselling (PCC), and Mindfulness-Based Counselling (MBC)—in enhancing emotional maturity among adolescents. A pre-test/post-test format

was used to measure changes in emotional maturity and emotional regulation before and after the intervention in each group.

#### 4.2 Population and Sample

The target population comprised adolescents aged **16 to 19 years** enrolled in various educational institutions and community centers. The sample size consisted of **150 participants**, with an equal number of 50 adolescents assigned to each counselling group. Both male and female adolescents from diverse socio-cultural and economic backgrounds participated in the study to ensure representativeness.

#### 4.3 Sampling Technique

Participants were recruited using **stratified random sampling**. Initially, the adolescent population was divided into strata based on gender and socio-economic status to ensure proportional representation. Subsequently, participants were randomly selected from each stratum and then randomly assigned to one of the three counselling intervention groups (CBT, PCC, MBC).

#### 4.4 Intervention Procedure

Each intervention group participated in **eight weekly counselling sessions**, each lasting approximately 60 minutes. Sessions were conducted by licensed counsellors who had prior training and experience in their respective counselling modalities. The intervention details were as follows:

- **CBT Group:** Sessions focused on identifying negative and distorted thought patterns, cognitive restructuring, and teaching coping and problem-solving skills. Homework assignments reinforced session learnings.
- **PCC Group:** Sessions provided a supportive and non-judgmental environment emphasizing empathy, unconditional positive regard, and genuineness to help adolescents explore and accept their emotions and thoughts.
- **MBC Group:** Sessions included mindfulness exercises such as breathing techniques, body scans, and guided meditation to cultivate present-moment awareness and improve emotional regulation.

#### 4.5 Tools for Data Collection

- The **Emotional Maturity Scale (EMS)**, developed by Singh & Bhargava (1990) was administered before and after the intervention to assess participants' emotional maturity across dimensions such as emotional stability, social adjustment, and independence. The scale consisted of 48 items rated on a Likert-type scale.
- The **Emotional Regulation Questionnaire (ERQ)** (Gross & John, 2003) was used to evaluate the frequency of cognitive reappraisal and expressive suppression strategies employed by adolescents. The ERQ is a 10-item self-report measure with demonstrated reliability and validity.
- A **demographic questionnaire** was also administered to collect information regarding age, gender, family type, socio-economic status, and cultural background.

#### 4.6 Ethical Considerations

Before data collection, ethical approval was obtained from the Institutional Ethics Committee. Written informed consent was secured from all participants and, where applicable, their guardians. Confidentiality and

anonymity of participants was maintained throughout the study. Participants were informed of their right to withdraw at any stage without penalty.

#### 4.7 Data Analysis

Data were analyzed using **IBM SPSS version 26**.

- **Descriptive statistics** (means, standard deviations, frequencies) were computed to summarize demographic variables and baseline emotional maturity and regulation scores.
- **Paired sample t-tests** were conducted within each counselling group to compare pre-intervention and post-intervention scores on emotional maturity and emotional regulation, assessing the effectiveness of each intervention.
- **One-way ANOVA** was performed to compare the mean change scores (post-pre difference) across the three counselling groups to identify which counselling approach yielded the greatest improvement.
- When ANOVA results were significant, **post hoc tests** (Tukey's HSD) were applied to examine pairwise group differences.
- **Effect sizes (Cohen's d)** were calculated for within-group comparisons to determine the practical significance of changes.
- Additionally, **multiple regression analysis** was used to explore the predictive power of gender, socio-economic status, and counselling type on the degree of improvement in emotional maturity.

*All statistical tests were conducted at a 0.05 significance level.*

### 5. Data Analysis and Results

#### 5.1 Descriptive Statistics

The study sample consisted of 150 adolescents (75 males and 75 females), aged 16 to 19 years ( $M = 17.2$ ,  $SD = 1.1$ ). Participants were evenly divided into three groups: CBT ( $n = 50$ ), PCC ( $n = 50$ ), and MBC ( $n = 50$ ). Baseline scores on the Emotional Maturity Scale (EMS) and Emotional Regulation Questionnaire (ERQ) were comparable across groups, indicating successful random assignment.

Group	Mean EMS Pre-test	SD	Mean ERQ Pre-test	SD
CBT	65.4	8.2	3.10	0.7
PCC	66.0	7.9	3.05	0.6
MBC	65.8	8.0	3.12	0.7

#### 5.2 Within-Group Comparisons (Paired t-tests)

Paired sample t-tests compared pre- and post-intervention scores for each group.

- **CBT Group:** Emotional maturity significantly increased from 65.4 ( $SD = 8.2$ ) to 73.6 ( $SD = 7.5$ ),  $t(49) = 8.12$ ,  $p < 0.001$ , Cohen's  $d = 1.15$  (large effect). Emotional regulation scores also improved significantly,  $t(49) = 6.87$ ,  $p < 0.001$ .

- **PCC Group:** Emotional maturity improved from 66.0 (SD = 7.9) to 71.2 (SD = 7.8),  $t(49) = 5.48$ ,  $p < 0.001$ , Cohen's  $d = 0.78$  (moderate effect). Emotional regulation showed significant gains as well,  $t(49) = 5.12$ ,  $p < 0.001$ .
- **MBC Group:** Emotional maturity increased from 65.8 (SD = 8.0) to 75.9 (SD = 7.0),  $t(49) = 9.45$ ,  $p < 0.001$ , Cohen's  $d = 1.33$  (large effect). Emotional regulation improved markedly,  $t(49) = 8.54$ ,  $p < 0.001$ .

### 5.3 Between-Group Comparisons (ANOVA)

One-way ANOVA compared the mean change scores (post-pre) in emotional maturity and emotional regulation across the three groups.

- For emotional maturity, there was a significant difference between groups,  $F(2,147) = 6.84$ ,  $p = 0.002$ . Post hoc Tukey tests revealed that the MBC group had significantly greater improvement than the PCC group ( $p = 0.001$ ) and the CBT group ( $p = 0.04$ ). The CBT group also showed significantly greater improvement than the PCC group ( $p = 0.03$ ).
- For emotional regulation, group differences were also significant,  $F(2,147) = 7.45$ ,  $p = 0.001$ , with MBC outperforming PCC ( $p < 0.001$ ) and CBT ( $p = 0.02$ ).

### 5.4 Regression Analysis

Multiple regression showed that counselling type (coded as dummy variables) and socio-economic status significantly predicted improvements in emotional maturity ( $R^2 = 0.32$ ,  $p < 0.001$ ). Gender was a weaker but still significant predictor ( $\beta = 0.15$ ,  $p = 0.04$ ), with females showing slightly lower gains.

### 5.5 Interpretation

All three counselling techniques significantly enhanced emotional maturity and regulation among adolescents. However, Mindfulness-Based Counselling (MBC) demonstrated the largest effect, suggesting its strong potential in promoting emotional growth through awareness and acceptance strategies. CBT was also effective, particularly in cognitive restructuring, and showed greater impact than Person-Centered Counselling (PCC), which had moderate but significant effects likely due to its focus on self-acceptance and empathy.

The findings align with prior research emphasizing mindfulness's role in emotional balance and suggest that tailored counselling programs incorporating mindfulness may provide the most benefit for adolescent emotional development.

## 6. Discussion

The present study evaluated the efficacy of three counselling techniques—Cognitive Behavioral Therapy (CBT), Person-Centered Counselling (PCC), and Mindfulness-Based Counselling (MBC)—in enhancing emotional maturity and emotional regulation among adolescents aged 16 to 19 years.

### 6.1 Effectiveness of Counselling Techniques

All three approaches significantly improved emotional maturity and regulation, confirming that counselling interventions play an important role in adolescent emotional development. This aligns with previous research highlighting the benefits of psychological support during this crucial developmental stage (Sharma & Mehta, 2019; Brown & Johnson, 2022).



## ***6.2 Superior Impact of Mindfulness-Based Counselling***

Mindfulness-Based Counselling showed the greatest improvement in emotional maturity and regulation compared to CBT and PCC. This supports the growing body of evidence that mindfulness interventions effectively enhance adolescents' ability to remain present, reduce emotional reactivity, and manage stress (Garcia & Patel, 2023; Wang et al., 2024). The large effect size observed indicates mindfulness's practical importance in cultivating emotional skills.

## ***6.3 Cognitive Behavioral Therapy's Role***

CBT demonstrated strong effects, particularly through cognitive restructuring and the development of adaptive coping strategies. This confirms its established effectiveness in addressing negative thought patterns that impair emotional regulation (James et al., 2021; Smith & Lee, 2020). The moderate superiority of CBT over PCC suggests that structured cognitive approaches may produce more measurable change in emotional maturity within an eight-week timeframe.

## ***6.4 Person-Centered Counselling's Contributions***

PCC also significantly enhanced emotional maturity, although to a lesser extent. The emphasis on empathy and unconditional positive regard likely helped adolescents develop self-acceptance and interpersonal skills (Kumar & Singh, 2023). However, the more client-led and non-directive nature of PCC might require longer-term engagement to achieve changes comparable to CBT and mindfulness approaches.

## ***6.5 Influence of Socio-Demographic Factors***

The regression analysis indicated that socio-economic status and gender influenced the degree of improvement. Adolescents from higher socio-economic backgrounds showed greater gains, potentially due to better access to supportive resources. Females exhibited slightly lower improvements, which may reflect gendered emotional socialization patterns and suggest the need for gender-sensitive adaptations in counselling.

## ***6.6 Implications for Practice***

These findings highlight the importance of selecting counselling techniques tailored to adolescents' needs and contexts. Mindfulness-based programs can be prioritized for their strong impact on emotional regulation. CBT remains valuable for targeting maladaptive cognitions, while PCC offers a supportive space for emotional exploration. Integrating these approaches could provide a comprehensive framework for enhancing emotional maturity.

## ***6.7 Limitations and Future Directions***

Limitations include the relatively short intervention period and reliance on self-report measures, which may introduce bias. Future research could explore longer-term effects, combine counselling methods, and include objective physiological measures of emotional regulation.

# **7. Conclusion and Recommendations**

## ***7.1 Conclusion***

The study demonstrated that Cognitive Behavioral Therapy (CBT), Person-Centered Counselling (PCC), and Mindfulness-Based Counselling (MBC) are all effective in enhancing emotional maturity and emotional regulation among adolescents aged 16 to 19 years. Among these, Mindfulness-Based Counselling showed the most significant improvement, followed by CBT, with PCC also producing meaningful but comparatively smaller gains. These findings underscore the value of counselling interventions in supporting adolescents'

emotional development during a critical phase of growth. Furthermore, socio-economic status and gender were found to influence the extent of improvement, indicating the need for tailored approaches that consider these factors.

## 7.2 Recommendations

Based on the findings, the following recommendations are proposed:

1. **Incorporate Mindfulness Practices:** Schools and counselling centers should incorporate mindfulness-based techniques in their adolescent support programs to enhance emotional regulation and maturity effectively.
2. **Utilize Cognitive Behavioral Strategies:** CBT should be integrated for adolescents struggling with negative thought patterns and behavioural challenges, as it provides structured methods for emotional growth.
3. **Support Person-Centered Approaches:** PCC can be valuable for adolescents needing a supportive, empathetic environment to build self-awareness and self-acceptance, particularly for long-term counselling needs.
4. **Develop Gender-Sensitive Programs:** Counselling interventions should be adapted to address gender-specific emotional needs, ensuring that both males and females receive appropriate support.
5. **Address Socio-Economic Disparities:** Extra focus and resources should be directed toward adolescents from lower socio-economic backgrounds to bridge gaps in emotional development opportunities.
6. **Future Research Directions:** Longitudinal studies and combined intervention models should be explored to better understand sustained impacts and synergistic benefits of multiple counselling approaches.

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