



Emotional maturity among adolescents of government and private schools in Lucknow: A comparative study

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Abstract

Emotional compulsion or pressure is growing day by day at teenager's stage. Emotions are basic pre historic passion by nature to authorise the creature to manage with situation which command the greatest effort for constancy. Emotional maturity is the result of inter activity between many elements like school environment, home environment, culture and to a substantial expand on the programs views or watched on television. It has been predicted that in the next decade, the population of adolescents will cross billion. Therefore, the emotional maturity among adolescents needs to be studied to give them proper guidance and prepare them for future endeavours. The present study accomplished with the following objectives which are to compare emotional maturity between student of government school and private schools and to compare the significant difference in emotional maturity in relation to their gender. For the present study, the investigator adapted the descriptive survey method where data from 50 senior secondary students was collected through random sampling technique from two private senior secondary schools and two government senior secondary schools in Lucknow. To measure the emotional maturity, Emotional Maturity Scale developed by Dr. Yashwir Singh and Dr. Mahesh Bhargava was used. Finding of the study revealed that students of private senior secondary schools are more highly emotional matured as compared with the students of government senior secondary schools. Study also revealed that female students are more highly emotional matured as compared with male students of senior secondary schools in Lucknow city.

Keywords: adolescents, emotional maturity, government school, private school, senior secondary students

Introduction

An emotion takes crucial parts in an individual life. Emotion is not only a word it is affection which is inter-related to our hearts. Very few of us are emotionally strong enough to take appropriate decision so that feelings of other does not get affected. It has been predicted that in the next decade, the population of adolescents will cross billion (Naaz, 2015) [13]. Adolescence is the time of change between childhood and adulthood that includes cognitive biological and socio-emotional changes. "Adolescence is a crucial time in the life and crucial convert draw a place because of the adulthood. An independent can learn emotional intelligence but emotional maturity is the situation of choice. So, it has to be constructed purposely, otherwise a single person will not be clever to move far away emotional immaturity of an adolescent in spite of any and all confine of substance success" (Ghosh, 2019) [5]. It is very necessary for students to be enough matured so that they can handle their emotions in each situation whether it is positive or negative. Many of the times emotions takes in a position where we have to select a correct decision without affecting the emotions of other individuals.

"Emotional maturity is a role in which the character is continuous effort for the outstanding care of emotional health both intra personally and inter psychically (Walter D Smitson, 1974)." In the current scenario it is not easy for the students to control over their emotions. Emotional matured person always thinks from their mind and takes the decision which does not affect the feelings of other individual. Emotional maturity is the effectual certain of personality

design as well as it also helps to command the extension of an adolescent's development or evaluation. On the other hand, an individual who is clever to retain his emotions under control or command to stream detain and to tolerate without self-pity or depression might quiet be emotionally knockout or stunned.

According to Palak, "Emotional Maturity is the capacity of the individual to entrance a relationship or situation and to move according to what is talk or premier for an individual and for the other or the second person in the relationship. Emotional maturity is the procedure in which the character is continuously seeking for greater feeling of emotional health both intra personal and intra physically". Emotional maturity helps students in taking the decisions by their own to make them independent and emotionally matured. Emotional maturity helps in building the individuals behaviour mostly. We cannot learn emotional maturity in schools or college's rather emotional maturity comes from the atmosphere where we live. Emotional maturity will be developed by individual through own self no one can be taught the lesson of emotional maturity. "Emotions play an important character in the life of a person for an individual and essential emotional maturity to guide an effectual life, mainly the adolescent who is noticed to be really emotional in their trading needs to be studied. Emotional maturity authorises an individual to generate the life they want or desire. A person describe achievement in their expression not societies and contented to attain it" (Ramgopal, 2020). Sometimes students are not able to take correct decision for them which may leads to the tough situations in the future.

Sometimes students are stick towards their parent's decision which may leads to not make themselves emotionally matured enough. Emotional matured students are able to take the appropriate decisions for they rather depend upon the decisions taken by their parents because in some case students don't want any restrictions in their personal life and always want to take decisions by own.

Rationale of the Study

The main aim of the present study is to study the emotional maturity among the student's government school and private school in the age group of 15 to 18 years. In the present study, the emotional maturity of male and female student of senior secondary school has been investigated. At this level many of the students are not enough emotionally matured to take appropriate decision while some of the students are able to take decision according to their needs. Emotional maturity of the students plays a key role in the individual behaviour like how they respond to the situation in every kind of situations.

In the present study we examined that few of the senior secondary students are not enough matured to extract some useful decisions immediately rather they choose to depends upon the decision taken by their parents which cause many of the times unfavourable for themselves and many of the times give favourable effect on themselves.

The present study conveys that how teenagers or young adult cope up with their emotions, how to promote or inspire own self and confessing emotions to others according to their maturity, and how they regulate or modify their emotional maturity between families and their different gender. Adolescents can face numerous problems such as depression, stress, exam pressure etc to realise about their quantity of maturity and stress that how they face and control their problem according to their level of maturity.

Objective of the Study

The present study is based upon the following objectives:

1. To study the emotional maturity among adolescents of government and private schools in Lucknow.
2. To study the emotional maturity among adolescents in relation to their gender.

Delimitation of the Study

To describe the reach of complication of the study under examination and storing perspective of limitation in resources and time, the current study was conveyed out with the given delimitations:

1. The study was delimited to selected private senior secondary school and government senior secondary school.
2. The study was delimited to the Lucknow city of Uttar Pradesh.
3. The population of 50 students were randomly selected for the study.
4. The study was delimited to senior secondary students.

Research Methodology

The descriptive survey method has been incorporated in the present study. The survey was conducted entirely for the senior secondary students in two each government school (A and B) and private school (C and D) selected senior secondary schools of Lucknow, Uttar Pradesh. Researcher collected the sample of 50 students using random sampling

technique. Emotional Maturity Scale (EMS) for students was developed by Dr. Yashwir Singh and Dr. Mahesh Bhargava (2019) where the scale consists of 48 items, fewer than in five categories which is Emotional Stability, Emotional Progression, Social Adjustment, personality Integration, and Independence. The data gathered were combined, coded score and put into the electronic spreadsheet for statistical analysis using software package Microsoft Excel. Statistical techniques used in the research were mean, median, mode, standard deviation and descriptive statistics were considered. Reliability of the scale was 0.75 by test-retest method and the validity of the emotional maturity scale was 0.64.

Description of the Tool used

Emotional maturity scale developed by Dr. Yashwir Singh and Dr. Mahesh Bhargava used for the measurement of emotional maturity among students. There are five broad dimensions of emotional maturity Scale which are as follow:

1. Emotional Stability
2. Emotional progression
3. Social Adjustment
4. Personality Integration
5. Independence

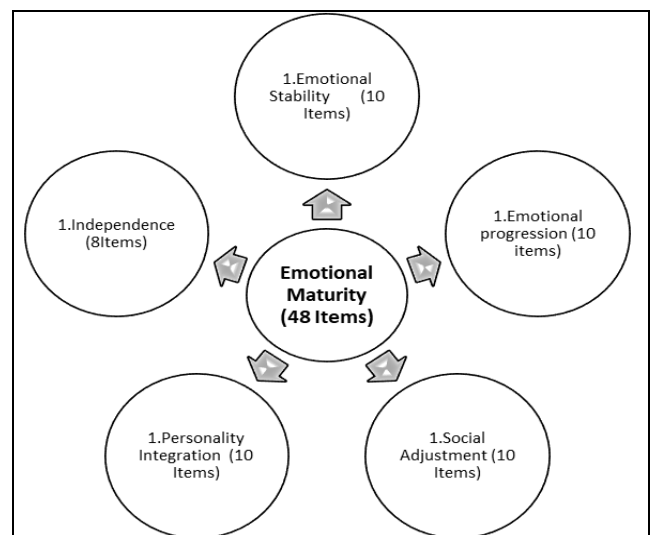


Fig 1: Categories of Emotional Maturity Scale

Analysis and Interpretation of Data

In the current study researcher used descriptive statistic techniques. The standard deviation, mean, median and mode have been put in the study and the detection of which has been summarised into the table 1 and table 2.

Objective 1: To study the emotional maturity among adolescents of government and private schools in Lucknow. It is displayed from table 1 that mean, median, mode and standard deviation of students of government school and private schools on all the dimension mention in emotional maturity scale. In the given table, total mean value of private school students is higher than the student of government school which indicates that emotional maturity among the student of private schools is higher which means students of private schools are more stable in emotional maturity in comparison with the students of government schools. All values of the private school students are higher

than the student of government schools which indicates that students of private schools are highly emotional stable. Mean, median and mode of the private students are higher in emotional progression dimensions which indicates that students of private schools are slightly higher emotional progression in comparison with government schools. All values of the private school students are higher than the students of government schools which indicates that

students of private schools are highly social adjustable. Mean, median and mode of the private students are higher in personality integration dimensions which indicates that students of private schools are slightly higher personality integrated in comparison with government schools. Values of the private school students are higher than the students of government schools which indicates that students of private schools are mostly independent.

Table 1: Showing score obtained by senior secondary students in government school and private school on Emotional Maturity Scale (EMS)

Sr. No	Dimension	Government School				Private School			
		Mean	Median	Mode	S. D.	Mean	Median	Mode	S. D.
1	Emotional Stability	29	24	30	2.5	30.8	34	33	3.55
2	Emotional Progression	30.4	35	35	4.32	32.8	35	35	3.67
3	Social Adjustment	26.6	26	25	3.39	29.6	32	31	5.14
4	Personality integration	26.2	29	28	3.19	27.2	34	26	5.53
5	Independence	18	22	23	5.40	23.36	18	27	4.54
	Total	130.2	136	141	18.8	143.76	153	152	18.03

Objective 2: To study the emotional maturity among adolescents in relation to their gender.

It is manifested from table 2 that mean, median, mode and standard deviation of male students and female students on all the dimension mention in emotional maturity scale. In the given table total mean value of female students is higher than the male students which indicates that emotional maturity among the female students is higher which means female students are more stable in emotional maturity in comparison with the male students. All values of the female students are higher than the male students which indicates that female students are highly emotional stable. Mean,

median and mode of the female students are higher in emotional progression dimensions which indicates that female students are slightly higher emotional progression in comparison with male students. All values of the female students are higher than the male students which indicates that female students are highly social adjustable. Mean, median and mode of the female students are higher in personality integration dimensions which indicate that female Students slightly higher personality integrated in comparison with male students. Values of the female students are higher than the male student which indicates that female students are mostly independent.

Table 2: Showing score obtained by male and female senior secondary school students on Emotional Maturity Scale (EMS)

Sr. No	Dimension	Male Students				Female Students			
		Mean	Median	Mode	S. D.	Mean	Median	Mode	S. D.
1	Emotional Stability	30	34	30	3.22	29.8	35	30	3.19
2	Emotional Progression	30.2	35	29	4.58	32.4	45	35	3.90
3	Social Adjustment	28.6	32	21	5.48	27.6	32	25	3.51
4	Personality integration	27.4	34	25	4.85	26	28	25	4.39
5	Independence	20.4	18	19	3.57	24.6	32	23	2.78
	Total	136.6	153	124	21.68	140.4	172	138	17.77

Discussion

The current research planned to study the emotional maturity level among the adolescents of senior secondary schools both private schools as well as government schools. The result concluded that the students of senior secondary schools of private schools have emotional stability, emotional regression, social adjustment, personality integration and independence in comparison with students to government schools in Lucknow city. It maintains the fact that the environment provided by the private schools is far better than the atmosphere of government schools. Sometimes atmospheric condition affects the emotional maturity level among the students. Another result concluded that female students of senior secondary school are more emotional stable, emotional regression, social adjustment, personality integration and independence as compare with male students of senior secondary school. In table 1, mean score of government schools of emotional stability (m=29) is lower than the mean score of private schools (m=30.8). In table 2, mean score of female students on independence (m=24.6) is higher than the mean score of male students on independence (m=20.4) which shows that girls are more

emotionally matured to take corrective decisions.

Findings

The interpretation and finding of raw data, finished to definite findings which are follows:

1. Finding of the study revealed that students of private senior secondary schools are more highly emotional matured as compared with the students of government senior secondary schools
2. Study also revealed that female students are more highly emotional matured as compared with male students of senior secondary schools in Lucknow city.

Educational Implications

1. Today’s child will compete in the global market tomorrow. Researches have the present-day work places require emotionally intelligent people who can control their impulses, communicate clearly, make thoughtful decisions, and solve the problem effectively. Therefore, the schools should incorporate emotional literacy program in their curriculum.
2. In the light of findings of the present investigations it

was seen that the government school students scored less in emotional stability when compared to private school students. Interventions program for children should be organized to improve their emotional self-awareness. The children should be able to critically evaluate themselves and learn to identify their internal negative and positive aspects.

3. In the light of findings of the present investigations, it was seen that the government school girls scored less in emotional progression, workshops are highly recommended for adolescents in the age group 16-17 years.

Conclusion

Emotional maturity is the attribute or quality of emotional behaviour that is normally achieved by a matured person or an adult person after the finishing of his adolescence time. After achieving emotional maturity, he is wise to indicate a well adjustment emotional behaviour in his day-to-day life. Emotional matured always try to make everyone happy by doing any kind of activity. Finding of the study revealed that students of private senior secondary schools are more highly emotional matured as compared with the students of government senior secondary schools. Study also revealed that female students are more highly emotional matured as compared with male students of senior secondary schools in Lucknow city.

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