



## A Comparative Study of Emotional Maturity and Self Concept Among College Students

<sup>1</sup>Dr. Palak Malhotra, <sup>2</sup>Dr. Piyali Arora, <sup>3</sup>Silony Chirag

<sup>1</sup>Assistant Professor, Psychology, G.C.W Parade, Jammu

<sup>2</sup>Assistant Professor, Psychology, G.C.W Parade, Jammu

<sup>3</sup>Assistant Professor, Psychology, G.C.C Parade, Jammu

### ABSTRACT

Emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescents development. Emotional maturity must take account of the full scope of the individuality, power and his ability to enjoy the use of his powers. Emotional maturity and self concept become important in the behavior of individuals. As the students are the pillars of the future generations, their value pattern of emotional maturity and self concept are vital. So the present study intended to measure emotional maturity and self concept among college students of Jammu city out of which 50 were boys and 50 were girls. The researcher used Emotional Maturity Scale by Yashvir Singh and Mahesh Bhargava and Self concept Questionnaire by R.K. Saraswat. Raw scores were subjected to various statistical analyses (mean, S.D., and t-test). The study revealed some new perspectives about the effect of emotional maturity on self concept of adolescents.

Key words:- Emotional Maturity, Self Concept, Adolescents, Gender.

### I. INTRODUCTION

In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psychosomatic problems such as anxiety, tension, frustration and emotional upsets in day to day life. Adolescence is the age of immaturity and a critical transition period of human growth and development between childhood and adulthood. So the study of emotional life is now emerging as a descriptive science.

“Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra personally. An emotionally mature child has capacity to make effective adjustment with himself members of his family, his peers in the school, society and culture. Emotional maturity is the capacity of the mind to endure an ability of an individual to respond to uncertainty, circumstances or environment in an appropriate manner. Emotional maturity is the ability to bear tension and it is the ability to develop high tolerance for circumstances. (Brown Fain 1999).

An emotionally mature person is one who is able to keep a lid on feelings. (Mathur, W.G. 2006)



Naik, D.P.K., & Samons, S.K. (2014) reported that there is extensive research linking healthy social and emotional development to effective parenting.

There are several terms that are synonymous with self concept. Popular among them are “self image”, the “ego”, “self-understanding”, “self perception” and “phenomenal self”. Self concept is defined as an organized configuration of perceptions of the self which are admissible to awareness. Self concept is an agreement with ourselves to appreciate, validate, accept and support who we are at every moment. Self concept is the degree to which an individual having considered his personal characteristics is able and willing to live with them. (Amatora, M. 1955)

Self concept is composed of such elements such as the perception of one's characteristics and abilities, the percepts and concepts of the self in relation to others and to the environment, the value qualities perceived as associated with experiences and objects, and the goals and ideals perceived as having positive or negative valence.

Saraswati (1984) defined self concept as individual's view of looking at himself. It also signifies his/her way of thinking, feeling and behaving. Adolescence is a period of life with its own peculiar characteristics and problems. Hence for deep penetration into their perceptions, their own physical, social, temperamental, educational moral and intellectual spheres of self concept need to be explored. Singh (2007) found that social support and maturity plays an important role in maintaining the health and well being, loved, cared for, esteem, valued and belonging.

#### **Objectives of the study:**

1. To study emotional maturity of male and female college students.
2. To study self concept of male and female college students.

#### **Hypotheses of the study**

1. There will be no significant gender difference in emotional maturity of male and female college students.
2. There will be no significant gender difference in self concept of male and female college students.

#### **Method**

##### **Participants**

The total sample comprised of 100 adolescents aged 18-20 from two colleges of Jammu city, out of which 50 were boys and 50 were girls.



## Instruments

Following tools were used for data collection:

- 1. Emotional Maturity Scale:-** It was developed by Yashvir Singh and Mahesh Bhargava. It contains 48 items and it is under 5 categories- Emotional Stability, Emotional progression, Social adjustment, Personal integration and Independence. The items are scored on a 5 point Likert scale with options – very much, much undecided, probably neva. Higher score indicates higher emotional maturity level.
- 2. Self concept questionnaire:-** It was developed by R.K. Saraswat. It provides 6 separate dimensions of self concept which are physical social, intellectual, moral, educational and temperamental. It contains 48 items. A high score on the inventory indicates a higher self concept while a low score shows low self-concept.

## Data collection and Analysis

In order to collect the data, emotional maturity scale and self concept questionnaire were administered individually on sampled college students. The data so obtained was scored individually for each subject and then analysed by using appropriate techniques i.e. mean, S.D. and t-test.

## Results:-

H1“There will be no significant gender difference in emotional maturity of male and female college students”.

**Table1: Mean, S.D. and t-value of male and female college students (N=50 in each group) for emotional maturity.**

Group	N	Mean	S.D.	t-value	Level of significance
Male	50	35.32	3.254	.724	N.S
Female	50	34.76	4.396		

\*Significant at .05 level.

The above table no.1 shows the descriptive statistics of emotional maturity. The mean scores of male and female college student were 35.32 and 34.76 respectively. The obtained t-value of .724 was found to be non significant at 0.05 level.

Therefore it can be concluded that the H1. There will be no significant gender difference in emotional maturity of male and female college students stands accepted.

H2. There will be no significant gender difference in self concept of male and female college students.

**Table 2. Mean, S.D and t-value of male and female college students (N=50 in each group) for self concept.**



Group	N	Mean	S.D.	t-value	Level of significance
Male	50	28.66	5.117	1.035	N.S
Female	50	27.64	4.728		

The above table no.2 shows the descriptive statistics of self concept. The mean scores of male and female college student were 28.66 and 27.64 respectively. The obtained t-value of 1.035 was found to be non significant at 0.05 level. Therefore it can be concluded that the H2 “There will be no significant gender difference in self concept of male and female college students” stands accepted.

**Conclusion:-** Self concept reflects how an adolescent evaluates himself or herself on domains (or areas) in which he or she considers success important. Problems and difficulties can lower self concept but low self concept can also cause problems. The end of the 20<sup>th</sup> century and beginning of 21<sup>st</sup> century have seen an unprecedented upsurge in activities revolving around adolescent students. It is the desirable need of the hour that as teenage study, we should have proper emotional development to rightly use our human emotions. Emotional maturity moves beyond intelligence to a higher state of consciousness, guided by what one senses, feels and intuitions and one’s heart. Emotional maturity and self concept are a tool for promoting student mental health and personality.

## REFERENCES

- [1]. Amatora, M. (1955). “Self appraisal in Teacher Personality”, *Journal of Educational Psychology*. Pp.44, 94-110
- [2]. Brown Fain, J.J. (1999) Stability of the self-conception as a dimension of personality” *J.Abounoun Soc. Psychol.*47, 597-606.
- [3]. Mathur W.G. (2006) “The courtship ideals of high school youth”. *Sociology and Social Research*, 19, 166-172 Naik, D.P. X., & Saimons, S.K. (2014), “Effect of parenting on Emotional and Social Maturity among Adolescents”. *European Academic Research* Vol II Issue 3, June 2014.
- [4]. Saraswat, R.K. (1984). Manual for Self Concept Questionnaire New Delhi NCERT.
- [5]. Singh 4. (1965). A comparative study of Emotional Stability of Superior and Average Children. Unpublished master’s dissertation, Agra University.