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A comparative study of an emotional maturity of undergraduate & postgraduate students

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Abstract

Emotional Maturity is a natural and inevitable essential outcome of student growth and development. The Emotional maturity becomes important in the behaviour of individuals. As the students are the pillars of the future generations, their value pattern of Emotional Maturity are vital. So the present study intends to study the Emotional Maturity of undergraduate and postgraduate art stream students. This was an empirical research with a sample of 100 students studying in four colleges belonging to undergraduate art stream and postgraduate art stream selected randomly from Rewari city of Haryana. The study was conducted through descriptive survey method. Emotional maturity of the college students was assessed by using Emotional Maturity Scale (EMS) developed by Singh, Y. & Bhargava, M. (1998). 't' test was applied to find out the significance of difference between means. The results indicated that there was no significant difference in emotional maturity between undergraduate and postgraduate students. Further, the results also indicated that there was no significant difference in the emotional maturity of rural undergraduate and urban undergraduate students. There is no significant difference in the emotional maturity of rural postgraduate and urban postgraduate students.

Keywords: Emotional Maturity, Undergraduate students, Postgraduate students.

Introduction

Everyone wants to live a happy, healthy and prosperous life. Undoubtedly, the youth is under tremendous pressure not only from teacher and parents but also from peers. It is evident that mental imbalance, disturbed environment and emotional immaturity adversely affect the efficiency of an individual. An emotionally mature and moderately person adjusts with considerable ease in every society. The concepts of emotional maturity become quite important when we talk about college and university students as they are supposed to be the future of nation. A person is said to be emotionally mature when feel proper emotion in proper situation and expresses it in a proper quantity. Emotional maturity means the degree to which the person has realized his potential for richness of living & has developed his capacity to enjoy thing to relate himself to others to love for grief arise; his capacity for experiencing anger when faced with thwarting that would rise the temper of any reasonably tolerant or sensible person & his capacity to show fear when there is occasion to be frightened. Emotional maturity defined as, "A process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally". In brief emotional maturity can be called as the process of impulse control through the agency of "self" or "ego".

Sharma B. (2012) [7] found that first year undergraduate students were less emotionally mature, and had difficulty in adjusting emotionally and socially to the changing demands of the environment and faced more academic difficulty as compared to final year students. Subbarayan & Visvanathan (2011) [8] study shows that the emotional maturity of college students is extremely unstable. Sivakumar (2010) [5] found that the sex, community and the family type they belong did not play any role (no significant difference) in the emotional maturity of the college students. But it is inferred from that the religion the college students belongs to shows significant difference in their emotional maturity. Vyas (2008) [6] investigated comparative study of emotional maturity among adolescent of co-edu. & unisex education schools found that insignificant difference in emotional maturity of adolescence boys coming from co-edu. & unisex education schools from girls. Lohithakshan (2002) [1]

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Emotional instability is an indication of emotional immaturity, as emotionally unstable response is characterized by the lack of agreement between the emotional response and the provoking stimulus. Adolescents' emotional maturity has significantly difference with relation to locality. (Nelson, 2000) [2].

There is a paucity of research on assessing the emotional maturity of students in colleges in India. Not much work done on student emotional maturity & related interventions. Deducing from above studies it has found that entering to college is considered as a time full of stress and strain many emotional and psychological issues are raised as a result. Since pursuing college degree students put their major time, energy and money into it, it is crucial to give proper attention to the problems related to emotional maturity among college students. Hence Based on the above reviews the investigators also intended to study the emotional maturity of the undergraduate and postgraduate students.

Statement of the Problem

The present study stated as “A comparative study of emotional maturity of under graduate & post graduate students”

Operational Definitions of the Related Terms

Emotional Maturity: Emotional maturity is the refined & developed ability to understand & use one’s emotions in personally controlled ways.” Thus, lack of emotional maturity in an individual can lead to various problems such as maladjustment in the society various other reasons of maladjustment are anxiety, fear & bad mental health.

Under Graduate & Post Graduate Arts Students: - B.A. and M.A. Class students fall under this category and take the same for this present study.

Objectives of the Study

The followings are the objectives of the present study:

- To compare the emotional maturity of under graduate and postgraduate art students.
- To compare the emotional maturity of rural and urban undergraduate art students.
- To compare the emotional maturity of rural& urban postgraduate art students.

Hypotheses of the Study

The following hypotheses are framed for verification in the present study:

- There is no significant difference between the emotional maturity of under graduate and postgraduate art students
- There is no significant difference between the emotional maturity of rural undergraduate and urban undergraduate art students.
- There is no significant difference between the emotional maturity of rural postgraduate & urban postgraduate art students.

Design of the Study

Method

Keeping in view the objectives and nature of the study, Descriptive survey method used.

Population

The undergraduate & postgraduate students of art colleges of Rewari district of Haryana comprised the Population of the present study.

Sample

For the present study the investigator randomly selected of 100 students from four art colleges studying in B.A. & M.A. class belonging to urban and rural area of Rewari district of Haryana.

Tools Used

Emotional Maturity Scale: - The emotional maturity scale by Singh, Y. & Bhargava, M. (1998) [3] consists of 40 questions in which they are categorized into five areas viz. emotional instability, emotional regression, faulty social adjustment, lack of independency, flexibility and adaptability. Reliability of the scale was determined by the split half method (0.91), test-retest method (0.95) & internal consistency method (0.70). The validity coefficient of the present scale was found to be .84.

Statistical Techniques Used for Data analysis

In the present study the following statistical measures used:- Descriptive analysis (Mean, Standard Deviation) & inferential analysis (t-test).

Analysis and Interpretation of the Data

Table 1: Mean, Standard Deviation and ‘t’ value of Emotional Maturity of Under graduate and Postgraduate Students.

| Variable | Sample | N | M | SD | t- value | Level of Significance |
|--------------------|------------------------|----|--------|-------|----------|-----------------------|
| Emotional Maturity | Undergraduate students | 50 | 129.36 | 20.02 | 3.20* | Significant |
| | Postgraduate students | 50 | 113.36 | 29.37 | | |

*0.01 level

Table 1 revealed that the mean scores of emotional maturity of undergraduate and postgraduate students are 129.36 and 113.36 with SD’s 20.02 and 29.37 respectively. The t-value came out from the above two groups is 3.20. Therefore, the hypothesis (H₁) is rejected which means there is highly significance difference between the emotional maturity of undergraduate students and postgraduate students. It was found that postgraduate students are most emotionally mature than undergraduate students. A graphical representation is also given in figure 1 showing mean scores of emotional maturity of undergraduate and postgraduate students through bar diagram.

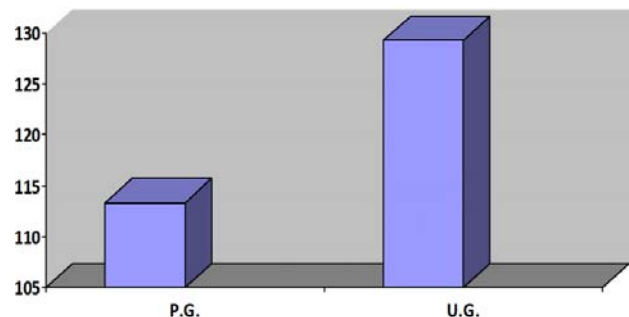


Fig 1: Showing means scores of Emotional Maturity of Undergraduate & Postgraduate Students

Table 2: Mean, Standard Deviation and ‘t’ values of Emotional Maturity of Rural Undergraduate and Urban Undergraduate Students.

| Variable | Sample | N | M | SD | t-value | Level of Significance |
|--|--------|----|--------|-------|---------|-----------------------|
| Emotional Maturity of Undergraduate Students | Rural | 25 | 125.80 | 16.08 | 0.53** | Not Significant |
| | Urban | 25 | 122.92 | 21.75 | | |

**0.05 level

Table 2 revealed that the mean scores of emotional maturity of rural and urban undergraduate students are 125.80 and 122.92 with SD’s 16.08 and 21.75 respectively. The t-value came out from the above two groups is 0.53. Therefore, the null hypothesis (H₂) stating is not to be rejected which means there is no significant difference between the emotional difference of rural undergraduate and urban undergraduate students. A graphical representation is also given in figure 2 showing mean scores of emotional maturity of rural and urban undergraduate students through bar diagram

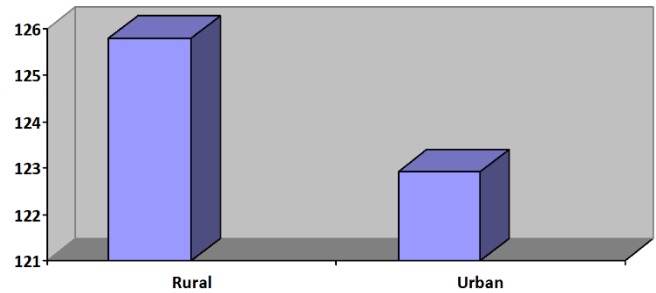


Fig 2: Showing means scores of Emotional Maturity of Rural & Urban Undergraduate Students

Table 3: Mean, Standard Deviation and ‘t’ value of Emotional Maturity of Rural Postgraduate students and Urban Postgraduate students

| Variable | Sample | N | M | SD | t- value | Level of Significance |
|---|--------|----|--------|-------|----------|-----------------------|
| Emotional Maturity of Postgraduate Students | Rural | 25 | 139.36 | 20.05 | 3.66* | Significant |
| | Urban | 25 | 113.36 | 29.37 | | |

*0.01 level

Table 3 revealed that the mean scores of the emotional maturity of rural and urban postgraduate student’s are 139.36 and 113.36 with SD’s 20.05 and 29.37 respectively. The t-value came out from the above two groups is 3.66 Therefore, the hypothesis (H₃) is rejected which means there is significant difference between the emotional maturity of rural and urban postgraduate students. It was found that rural postgraduate students are emotionally mature than urban postgraduate students. A graphical representation is also given in figure 3 showing mean scores of emotional maturity of rural and urban postgraduate students through bar diagram

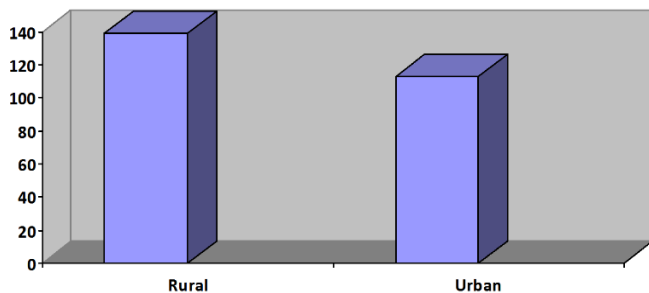


Fig 3: Showing mean scores of Emotional Maturity of Rural and Urban Postgraduate Students

Conclusion

The result of this study concluded that the undergraduate students are less emotionally mature than postgraduate students are. An undergraduate student is emotionally less capable of adjustment with his surroundings as age also plays an important role in this case. There is no significant difference between emotional maturity of undergraduate students of urban and rural area but there is significant difference in rural and urban postgraduate students based on emotional maturity. Urban postgraduate students are more emotionally mature than rural postgraduate students are.

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