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Wellbeing in relation to adjustment and emotional maturity among adults

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Abstract

Wellbeing is related to our sense of autonomy, capability and relatedness, as well as to our physical health and inner resources. Adult is a crucial period for establishing positive health and social behaviors. It is a time when young people are undergoing rapid emotional, physical and intellectual changes, and when they begin the transition from childhood to adolescence to independent adulthood. The present study on well being considered the significance of emotional maturity and adjustment. The study shows a significant positive inter correlations among well-being, emotional maturity and the level of adjustment in adults, which indicates that higher the emotional maturity scores and better the level of adjustment and higher will be the wellbeing in adults.

Keywords: Wellbeing, maturity, Psychological, emotional.

Introduction

Adult is a crucial period for establishing positive health and social behaviors. It is a time when young people are undergoing rapid emotional, physical and intellectual changes, and when they begin the transition from childhood to adolescence to independent adulthood. Timely, accurate and comprehensive information on the health and wellbeing of young people is therefore essential for monitoring the progress of any nation.

The University of Cambridge's Wellbeing Institute defines wellbeing as "the positive and sustainable characteristics which enable individuals and organizations to thrive and flourish." According to the New Economics Foundation, "the concept of wellbeing comprises two main elements: feeling good and functioning well. Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life. Equally important for wellbeing is our functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing."

Wellbeing is related to our sense of autonomy, capability and relatedness, as well as to our physical health and inner resources. Psychological wellbeing leads to desirable outcomes, even economic ones, and does not necessarily follow from them. In a very intensive research done by Diener and his colleagues, people who score high in psychological wellbeing later earn high income and perform better at work than people who score low in wellbeing. It is also found to be related to physical health. Psychological wellbeing is therefore valuable not only because it assesses wellbeing more directly but it has beneficial consequences.

As a predictor of well-being, emotional maturity is one of the person's growth stages in life and is considered an essential step in achieving the success and happiness along with the achieving the physical, mental, social, economical maturity, which leads to the wellbeing in life.

The term Emotional maturity essentially involves right emotional control. An emotionally mature person is able to hide his feelings and is not subject to frequent mood changes. When he does express emotion, he does so with moderation, decently and in good order and at the right time and in a proper manner. An emotionally mature person has in his possession almost all types of emotions-positive or negative and is able to express them at the appropriate time in an appropriate degree. A mature individual sees himself in clear perspective and continually involved in the process of seeing himself more integrated. Thus, emotional maturity can be seen as a process in which

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the personality is continuously striving for a greater sense of emotional healthy- both physiologically and psychologically.

“An emotionally mature individual is positive and can make effective adjustments with himself, his family, peers, college, culture, society and his nation, which leads to the wellbeing.” Adjustment is one of the most important psychological activities of human being. Life is a process of adjustment. Adjustment is a behavioral process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Adjustment is a process of altering behavior to reach a harmonious relationship with the environment. Lazarus (2001)^[4], defined that the “Adjustment as a ways of managing and consists of coping with various demands and process of life.”

Adjustment is defined as a process where in one builds variations in the behavior to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment. Adjustment difficulties arise when there is a discrepancy between the expectations and reality of life that the students have. This was confirmed in a longitudinal study by Jackson *et al.* (2000), where it was found that students who had expectations that were fearful reported more adjustment problem.

College is an exciting time of life one filled with many profound transitions in preparation of an exciting and fulfilling future. They have to adjust their own changes in personality on one side and the changing socioeconomic environment on the other side. A study conducted by united state of development of education (2001) concluded that college students are at risk for failure to graduate. In a study Belch, Gebel and Mass (2001)^[1] also found that more adjusted students in the institution have average & more success in college and life in general. In a study conducted by Gerdes & Mallinckrodt, (1994)^[2] found that the shift between high school and colleges can be challenging and many changes occur in emotional, social and academic adjustment.

Kaur (2000) in her study on adolescents found significant relationship between emotional maturity and environmental factors. Rathaiah and Bhaskara Rao (1997)^[9] found a positive relationship between adjustment and achievement. Freshmen are faced with a plethora of new and demanding situations, as a result of which most of them may feel incompetent and could face difficulty in coping with and adjusting to the life style in college, which may in turn cause psychological distress including high test anxiety, lower academic self-efficacy and poor time management and use of study resources (Martha, 2003)^[7].

The college students also undergo various challenges during their freshmen years. Owing to the dearth of research which assesses the well-being in context of emotional maturity and adjustment process of youth, present research was carried out.

Objectives of the study

The aim of the study is to test the well-being in youth, taking in account with emotional maturity and adjustment. The study starts with the following objectives:

1. To examine the inter correlations between well-being, emotional maturity and adjustment in youth.
2. To examine the level of well-being, emotional maturity and adjustment in youth.

Hypotheses

The following hypotheses are formulated

1. There is significant relation between well-being and emotional maturity in youth.
2. There is significant relation between well-being and the level of adjustment in youth.
3. There is significant relation between emotional maturity and level of adjustment in youth.

Methodology

Participants

The participants for the current study were 74 undergraduate students (female & male) between age ranges 18-22 years, selected randomly from various colleges in Hissar. The variables of educational status, socio-economic status and place of residence were controlled in the sense that students were from arts stream, belong to middle socio-economic status and rural area.

Research design

The present study is a correlation research where three variables; well-being, emotional maturity and adjustment are considered for the correlation assessment in adults. Psychological questionnaires were used to assess the relationship between them.

Measures

In the present study the following measures were employed to test various hypotheses

Emotional Maturity Scale: Emotional maturity scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) was used to measure emotional maturity. This scale measures a list of five broad factors (a) Emotional instability (b) Emotional regression (c) Social maladjustment (d) Personality disintegration (e) Lack of independence. The scale has a total of 48 items. It is a self reporting five point scale with options Always, Mostly, Uncertain, Usually, and Never. The items were scored as 5, 4, 3, 2, & 1 respectively. The higher the score, the higher will be the emotional immaturity. The test retest reliability of the test was obtained to be 0.75 and internal consistency for various factors ranged from 0.42 to 0.86.

Adjustment Inventory: Adjustment inventory for college students developed by Dr. A. K. P. Sinha and Dr. R. P. Singh was used to measure the level of adjustment. It contains 102 items to measure five dimensions of adjustment (a) Home (b) Health (c) Social (d) Emotional & (e) Educational. The inventory has ‘yes’ & ‘no’ option for response. The higher the score on adjustment, the poor will be the level of adjustment. The test retest reliability was obtained to be 0.94 and the validity was 0.58.

Well Being Scale: Well-being scale developed by Dr Swatantra Jain, Dr Chauhan and Dr Vijay Kumar (2011) was used to measure the well-being scores. The scale contains a total of 24 items, includes 9 negative items. It is a five point scale (i.e. never, rarely, sometimes, frequently, and always). The positive items were scored 1, 2, 3, 4, & 5

respectively and the 9 negative items were scored with reverse scoring (i.e. 5, 4, 3, 2, & 1 respectively). The high score indicate the high level of well-being in the individual.

Administration of Tests

The tests were administered in random order on individual participants. The doubts of the participants were removed before permitting them to fill out different questionnaires. The general testing conditions were satisfactory. Since, efforts were made to establish rapport with participants in order to elicit reliable and authentic information. Participants were told that the information was being collected purely for research purpose and would remain confidential.

Statistical Analysis

- To examine the nature of frequency distributions of different measures, the mean, median, standard deviation, skewness, and kurtosis were obtained.
- Pearson Product Moment Correlation Method was employed to analyze the further results keeping in view the hypotheses and objectives of the study.

Results & Discussion

The table 1 carries information about mean, median, standard deviation, skewness and kurtosis for wellbeing, emotional maturity and adjustment level in youth. The frequency distribution scores and values from table 1 reveal that the scores on different measures are normally distributed. The results indicate the moderate well-being in youth with the average level of adjustment. But the high scores on emotional maturity measure revealed the emotionally immature behavior aspect in youth.

Table 1: Shows the means, median, standard deviations, skewness, & kurtosis in Wellbeing, Emotional Maturity & Adjustment

Areas	N	Mean	Median	S.D.	Skewness	Kurtosis
Wellbeing	74	86.540	86.000	9.692	.447	1.040
Emotional Maturity	74	98.027	98.000	19.586	.266	.118
Adjustment	74	38.054	37.000	11.463	.343	.186

Further, the present study examined the inter correlations among wellbeing, emotional maturity and adjustment level were analyzed by Pearson product moment correlation method. The results of relationship among different measures are shown in table 2.

Table 2: Shows the inter correlations among Wellbeing, Emotional Maturity & Adjustment

Areas	Wellbeing	Emotional Maturity	Adjustment
Wellbeing	1	.471**	.502**
Emotional Maturity	.471**	1	.406**
Adjustment	.502**	.406**	1

**Correlation is significant at the 0.01 level (2-tailed)

An examination of table 2 reveals that there was a significant positive relationship between wellbeing and emotional maturity at 0.01 level of significance. Thus, the findings are in line with the first hypothesis. This indicates that the higher the level of emotional maturity, higher will be the wellbeing in youth. This result is supported by Mukherjee (2000) who pointed out that emotionally mature

people are mentally healthy, well adjusted and high on wellbeing.

The second hypothesis aimed to address the relationship between wellbeing and adjustment. The correlation value from table 2 shows a significant positive relationship between wellbeing and adjustment at 0.01 level of significance. This specifies that the higher the level of adjustment, higher will be the wellbeing in youth. This significant positive correlation is supported by Tyagi & Pandey (2015) [12] study on inter-relation between wellbeing and adjustment among adolescents.

Further, the results presented in table 2 revealed a significant positive relationship between emotional maturity and adjustment at 0.01 level of significance, which indicates that the higher the level of emotional maturity, higher will be the level of adjustment. This result is supported by Mahmoudi (2012) [6] study on the adjustment level of the 160 female post graduate students of Yasouj city where a positive correlation was obtained between emotional maturity and adjustment. Support for our result is also found in a study by Mahanta & Kannan (2015) [5] on 80 first year undergraduates of Delhi University where it was found that emotional maturity and adjustment had a significant positive correlation.

Findings of the study

- A positive and significant correlation was found between well-being and emotional maturity in youth which indicates that with the increase in emotional maturity scores there will be increase in well-being.
- A positive and significant correlation was found between well-being and the level of adjustment in youth which indicates that with the increase in the level of adjustment there will be increase in well-being.
- A positive and significant correlation was also found between emotional maturity and adjustment in youth which indicates that with the increase in the scores of emotional maturity there will be increase in the level of adjustment.
- The results indicate the moderate well being in the youth with the average level of adjustment with a low level of emotional maturity.

Conclusion

The study shows a significant positive inter correlations among well-being, emotional maturity and the level of adjustment in adults, which indicates that higher the emotional maturity scores and better the level of adjustment and higher will be the well-being in adults.

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