



Level of Emotional Maturity between Urban and Rural Professional Courses Students

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ABSTRACT

Professional course students have tough competition as they are expected to be successful in their career. Moreover, society in general has high expectations from professional course students. Parental or family expectations on one hand their own desire to succeed in their chosen course builds a lot of pressure on professional students, those results in stress Level compared to non- professional course students. Present study was carried out to examine whether Urban and Rural Professional students differ in their emotional maturity Level. The descriptive study design was employed, in which 30 Urban and 30 Rural Professional course students were included. Emotional maturity scale developed by yashvir singh and Mahesh Bhargava's (1990) was used to measure the emotional maturity of the samples. The sample chosen were in the age group between 18-23 years. The obtained data was analysed with the help of independent 't' test. The results indicated that Significant difference was found between Urban and Rural professional course students in Emotional maturity and Significant difference was also found between Male and Female professional course students in Emotional maturity.

Key words; Emotional maturity, Urban and Rural Professional course students.



INTRODUCTION

Emotional maturity plays a major role in the life of an individual. It prepares an individual for better adjustment. It can be understood in terms of ability of self-control, which in turn, is a result of thinking and learning. The capacities for thinking and learning are increased because of the varied experiences gathered by the professional students in the college campus, which results from his keen perceptions and his increased capacity to distinguish between persons, objects and situations. It leads to both realism and inhibition of emotional reactions. Emotional maturity thus enables individuals to see himself, his family and various other forces in his environment in their true perspective.

Emotional maturity essentially involves emotional control. It involves the kind of living that most richly and fully expresses what a person has in him at any level of his development 'Mature' emotional behaviour at any level of growth is that which most fully reflects the fruits of healthy development in all the interacting aspects of growing person's make up according to skinner.

Emotional maturity is the result of healthy emotional development or stability, though a child may have achieved emotional maturity without emotional stability, emotional maturity is a relative term, relative to the age and stage of the child. Emotional maturity develops throughout life. It is also a form of maturity from which one can regress most quickly. The child becomes more emotionally mature as the parents permit him to accept responsibilities



and becomes independent and self-sufficient. An emotionally mature person is that who feels proper emotion in a proper situation and expresses it in proper quantity. When he expresses, he does so with moderation decently and in good order.

Emotional maturity is the acquisition of adoptive behaviour that reduces, escapes and avoids emotional disturbances of an individual. A person is emotional mature or stable when his responses to a situation are appropriate to the demands of the situation and appropriate to the degree of development.

Therefore, the emotionally mature is not one who necessarily has resolved all conditions that arouse anxiety and hostility, but it continuously the process of seeing himself in clearer perspective, continually involved in a struggle to gain healthy integration of feeling, thinking and action.

Crow and Crow (1962), has also revealed "that emotionally mature or stable individual, regardless of his age, is the one who has the ability to overcome tension to disregard certain emotion stimulators that affect the young and view himself objectively, as he evaluates his assets and liabilities and strive towards an improved integration of his thought, his emotional attitude and his overt behaviour".

Everyone wants to live a happy, healthy and prosperous life. Undoubtly, 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.

NEED FOR THE PRESENT STUDY:

Our society is becoming increasingly more and more materialistic. Emotional pressure is increasing day-by - day, especially at the adolescent stage in students. Unrest and frustration are occurring in almost all the spheres of their lives leading to imbalanced personalities in society and thus hampering its progress. Parents have no time to guide their children. This study intends to find out the Level of Emotional maturity between Urban and Rural Professional course students.

METHODOLOGY

PROBLEM:

To study the emotional maturity between Urban and Rural Professional course students.

OBJECTIS

Keeping the problem of the study in view, the following objectives were drawn:

- 1) To study the emotional maturity between Urban and Rural professional course students.

- 2) To study the gender difference in emotional maturity between Urban and Rural professional course students.

HYPOTHESES

To understand the difference between professional course students on the variables mentioned, the following hypotheses were framed.

- 1) There will be a significant difference in emotional maturity between Urban and Rural Professional course students.
- 2) There will be a significant gender difference in emotional maturity between Urban and Rural professional course students.

VARIABLES

➤ **Independent variables**

Urban and Rural Professional students

Gender

➤ **Dependent variables**

Emotional maturity

INCLUSION CRITERIA



- Students between the age group of 18-23 would be included under Graduate Students only.

EXCLUSION CRITERIA

- 1) Students from broken family, divorced families.
- 2) Students who are mentally or physically challenged.

OPERATIONAL DEFINITION

1) Professional course

A professional student majoring in what are considered the professional degrees. These includes, law, medicine, engineering, architecture.

2) Emotional maturity

Emotional Maturity is a state of balanced feelings and self-control. Person is said to be emotionally mature who has in his possession almost all kinds of emotions (positive as well as negative) and is able to express them justly, skilfully and timely in different situations of life. As per the author of emotional maturity scale, Singh and Bhargava (1999), 'Emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but it is continually involved in a struggle to gain healthy integration of feeling, thinking and action'.

TOOLS

- 1) Semi structure interview schedule to obtain the demographic details.
- 2) Emotional maturity scale-yashvirsingh and Mahesh Bhargava's (1990)

RESEARCH DESIGN

Between groups design was used for the study.

SAMPLE

The Purposive Sampling technique was used to select the sample. On the whole, a total of 60 students were chosen as the sample. Among them 30 Urban and 30 Rural Professional course students which included male and female subjects.

STATISTICAL ANALYSIS

Data was analysed with the help of descriptive statistics, mean SD, independent 't'-test. The statistical analysis was done with the help of SPSS 20.0 version.

RESULTS AND DISCUSSION:

- 1) Table 1: Showing the mean, S.D and 't' value between Emotional maturity between Urban and Rural professional course students.

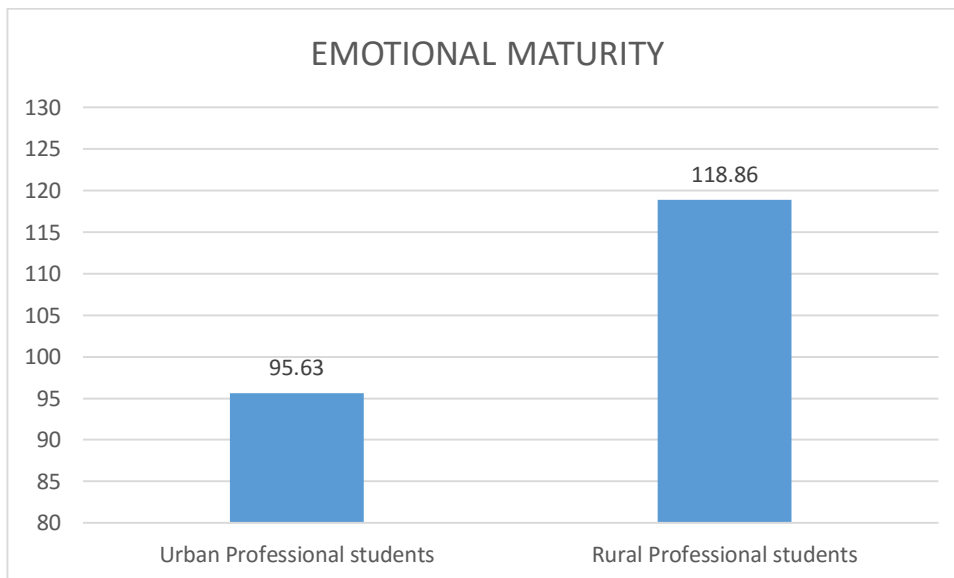
Variable	Group	N	Mean	SD	't' value
Emotional maturity	Urban Professional students	30	95.63	12.54	3.57**
	Rural Professional students	30	118.86	33.32	

**Significant at 0.01 level

Table-1 Shows the result of Emotional Maturity between Urban and Rural professional course students. As per the above table, the mean obtained is 95.63 and 118.86, with the standard deviation being 12.54 and 33.32 in Emotional maturity for Urban and Rural professional course students respectively and obtained 't' value is 3.57, which revealed that it is Significant at 0.01 level. Hence, the hypothesis which states that "There will be a Significant

difference in Emotional Maturity between Urban and Rural professional course students” has been accepted.

The Graph that follows depicts the mean difference in Emotional Maturity between Urban and Rural professional course students.



Graph-1 depicting the mean scores of Emotional Maturity between Urban and Rural professional course students.

Table 2: Showing the mean, S.D and ‘t’ value Gender difference between Urban and Rural professional course students in Emotional Maturity.

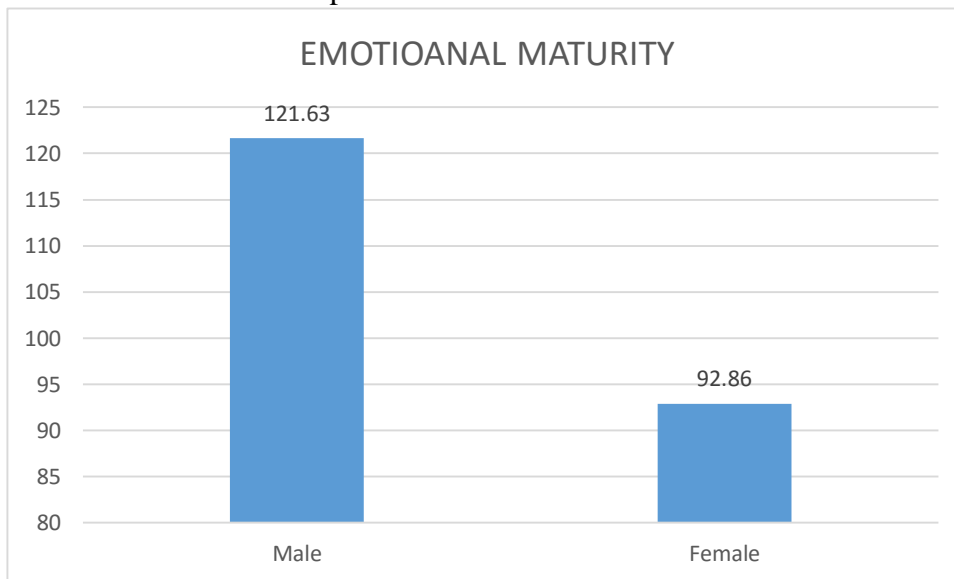
Variable	Group	N	Mean	S,D	‘t’ value
Emotional maturity	Male	30	121.63	28.84	4.71**

	Female	30	92.86	16.93	
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**Significant at 0.01 level

Table-2 Shows the result of Emotional Maturity between Male and Female Urban and Rural professional course students. As per the above table, the mean obtained is 121.63 and 92.86, with the standard deviation being 28.84 and 16.93 in Emotional maturity for Male and Female Urban and Rural professional course students respectively and obtained ‘t’ value is 4.71, which revealed that it is Significant at 0.01 level. Hence, the hypothesis which states that “There will be a Significant difference in Emotional Maturity between Male and Female Urban and Rural professional course students” **has been accepted.**

The Graph that follows depicts the mean difference in Emotional Maturity between Male and Female Urban and Rural professional course students



Graph-1 depicting the mean scores of Emotional Maturity between Male and Female Urban and Rural professional course students.

SUMMARY AND CONCLUSION

The present study aimed at studying the emotional maturity between Urban and Rural professional courses students. It was hypothesized that there would be a significant difference between Urban and Rural professional course students; there would be significant difference between Male and Female Urban and Rural professional course students. Based on the finding of the present study, the following conclusions were drawn.

1. Significant difference was found between Urban and Rural professional course students in Emotional maturity.
2. Significant difference was found between Male and Female Urban and Rural professional course students in Emotional maturity.

IMPLICATIONS OF THE STUDY:

The present study has made an attempt to analyse the Emotional maturity in students of Urban and Rural professional courses. The Professional courses students must be given awareness on the need and importance of education and moral behaviour. Emotional Maturity is not only the effective determinant of personality pattern, but also helps to control the growth of individual development. It is a stage of vital importance in human life. Hence, the major aim of any good educational programme will help the learner to gain emotional maturity. Emotional maturity at all levels will help a person to lead a healthy life. Life skill education must be initiated in Professional colleges for their self-development. Skill development programmes and vocational training programmes can be given to the students.



LIMITATIONS OF THE PRESENT STUDY:

- 1) Since it was a pilot study, the sample was restricted to 60 students and it may not be sufficient for generalization.
- 2) The study was restricted to the colleges of Bangalore City only.

SUGGESTIONS FOR FUTURE RESEARCH:

- 1) The study was conducted only on a limited sample of colleges providing Professional Courses. Efforts need to be made to broaden the size of the sample including more colleges. Larger samples would help to generalize the results.
- 2) Non- Professional courses can be included in the future research to draw a more comprehensive picture.

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