

Self- Esteem and emotional maturity amongst working woman in India

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Abstract

You may design the life you want when you are emotionally mature. a life full of pleasure and happiness. Instead of using society's definition of success as your guide, you set out to attain it. Self-esteem is a measure of how much we value ourselves, how much we believe other people appreciate us, and how much the world values us. Self-esteem has an impact on almost every aspect of our life, including our relationships, career, and ability to trust people. A strong sense of self-worth empowers us to take command of our life and learn from our errors without worrying about being rejected. Investigating emotional maturity in working and non-working women was the goal of the current research. The ability to react appropriately to novel circumstances, regulate one's emotions, and act responsibly around others is known as emotional maturity. The most crucial element in the formation of a fully developed mature personality is the emotional component of emotional maturity.

Keywords: life, society, emotional development, self-esteem

1. Introduction

The complex psycho physiological experience of a person's mental state as it interacts with biochemical (internal) and environmental (external) factors are referred to as emotion. In essence, "physiological arousal, expressive behaviours, and cognitive experience" make up human emotion. Mood, temperament, personality, disposition, and motivation are all related to emotion. Emotions give the emotional component to motivation, whether it be good or negative, while motivations lead and stimulate behaviour. Between the emotion and its outcomes, namely behaviours and emotional manifestations, is another difference that is connected. People often act in specific ways, such as sobbing, arguing, or running away, as a direct consequence of their emotional condition. If a person may experience an emotion without exhibiting a matching behaviour, we may conclude that the behaviour is not necessary for the feeling to exist.

Individual development leads to bodily and psychological maturation as well as emotional maturity. A personality quality, emotional maturity is the result of emotional maturity and emotional age-appropriateness. It often shows a lessening growth of biological and psychological maturation. According to Kaplan and Baron (1986), an emotionally mature individual is one who can tolerate a delay in the satisfaction of demands. Who believes in long-term planning and is capable of managing and changing expectations in light of situational circumstances. A youngster that is emotionally mature has the ability to successfully adapt to himself, his family, his peers, society, and culture. But maturity also includes the ability to appreciate all of life's facets, not only the capability for such an attitude and functioning.

Our mental lives are built by the interaction of our two minds—one that thinks and one that feels—which are essentially distinct from one another. The mode of understanding we are normally more aware of, attentive about, and capable of reflecting about is the rational mind. The emotional mind may be strong, impetuous, and even unreasonable. Most of the time, emotions are necessary for thinking, and most of the time, ideas are necessary for feeling. These two brains work together harmoniously. But when emotions run high, the scales tip: emotional intelligence matters more than merely intellectual quotient.

A person who has reached emotional maturity consistently works to improve their emotional well-being on an intrapersonal and interpersonal level. Emotional maturity is defined as a person's capacity to respond to situations and manage their emotions in a mature manner while interacting with others. Emotional maturity occurs before biological development does. Psychological perception often defines biological growth; for example, a newborn infant is entirely dependent on his mother, and his emotional attitude defines his emotional attitude. He searches for a solution to his demand.

In India today, women have greater options to seek higher education, and an increasing number of women are beginning to work outside the house. Women must conform to cultural norms and values because they are expected to do so by their families, and working women must do the same. Thus, this in turn causes working women to experience various forms of stress and strain. The WHO states that "full physical, mental, and social well-being" and "merely the absence of sickness or infirmity" constitute a condition of being "healthy"? According to reports, a person's mental health has a significant impact on their numerous habits, activities, enjoyment, and performance. The mental health issues that develop as a result of numerous illnesses are mostly caused by mental stress. If a woman's mental health is in excellent shape, she may take on a variety of household obligations, comprehend challenges, work to overcome them, make plans for the future, and adapt to social situations by building her mental fortitude.

The capacity to adequately adapt socially and emotionally to one's surroundings on a realistic level is a sign of mental health. To put it another way, it is the capacity to acknowledge and accept life's truths (Bhatia, 1982). For women who work outside the house and must fulfil both professional and personal responsibilities, the interface between the two is more difficult. This causes stress in the individual, which has an impact on mental

health. According to Rastogi and Kashyap (2001), there is a strong negative correlation between occupational stress and mental health among married workers in the teaching, nursing, and administrative fields. Women who work and women who do not work experience stress from a high task, a lack of cooperation from coworkers or neighbours, and a bad attitude in the community.

2. Literature review

Cole (1954) asserts that "the capacity to withstand strain is the fundamental indicator of emotional development." This point of view places more emphasis on "self-control" than "self-fulfillment."

Study on the emotional development of working and non-working women, Vaghela, K. (2014). The results showed that working women scored considerably higher on emotional maturity than non-working women, indicating more emotional maturity in working women.

Study on emotional Maturity & Mental Health Among Females from Joint & Divided Families by Lunagariya, U. B. (2013). The results showed that there was a substantial difference in the emotional maturity and mental health of women from joint and separated families.

In their 2012 research, "Comparative study of mental health of working and non-working women," Mankani, R. V. and Yenagi, G. V. The findings showed that there was no correlation between the working and unemployed women's mental health characteristics. When compared to women who were not employed, the working women had greater mental health.

Study on Mental Health and Depression Among Working and Non-Working Women by Dudhatra, R.R. and Jogsan, Y.A. (2012). The findings showed that there was a substantial difference in the mental health and depression of working and non-working women. While there is a 0.71% strong positive link between mental health and depression,

A balanced personality is what emotional development, according to Dosanjh (1956), entails. It denotes the capacity to control troubling emotions, demonstrate composure and endurance under stress, and exhibit tolerance and be devoid of neurotic tendencies.

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

Emotional maturity, according to Walter D. Smitson (1974), is a process in which the personality continually aspires to a higher feeling of emotional health, both intra- and intra-personally.

According to Menninger (1999), emotional maturity comprises the capacity to respond to reality in a healthy way. When explaining the traits of an emotionally mature individual, Kaplan and Baron note that one of them is the ability to tolerate delays in demand fulfilment. He can take a little bit of frustration, but not much. He believes in long-term planning and is able to defer or adjust his expectations in response to circumstances. A youngster that is emotionally mature has the ability to successfully adapt to oneself, family members, and classmates in the classroom, community, and culture. However, being mature also implies being able to completely embrace such attitudes and behaviours, not only having the capability to do so. Women are one of the many different elements that have an impact on emotional maturity.

Subjective well-being, perceived self-efficacy, autonomy, competence, generational reliance, and realisation of the capacity to reach one's intellectual and emotional potential are some concepts of mental health (WHO, 2003a).

3. Research Techniques

A total of 1000 samples of working women from various regions of India were chosen for the research, which had that goal in mind. Out of 1,000 entries, 500 were deleted because of missing data, inadequate information, or odd circumstances. Accordingly, the following methods for data gathering were employed:

3.1 Scale of Emotional Maturity

Singh and Bhargava created the emotional maturity scale (1991). The five main components of emotional immaturity are measured by this scale: emotional instability, emotional regression, social maladjustment, personality disintegration, and lack of independence. It uses a five-point self-rating scale. The scale's items are presented in a question-and-answer style, requesting information for each of the five possible answers: Always, Mostly, Uncertain, Usually, Never. The items each received a score of 5, 4,3,2,1. Therefore, the bigger the score on the scale, the more emotional immaturity there is, and vice versa. There are 48 total items on the scale.

3.2 Collection

Random sampling was used in this investigation. The participants' first meeting was held at a different location. A sample of all 1000 participants was chosen. They were made aware of the investigation's goal. Each participant received an explanation of the study's purpose during the first meeting.

3.3. Research Plan

The current study sought to examine the emotional development and mental health of working and non-working women. 1000 samples total was collected using the random approach.

4. Findings and Conclusions

The primary goal of the current research was to evaluate the emotional development and mental health of working and unemployed women. It employs the statistical t-test approach. The Karl Pearson "r" approach is used to examine the relationship between emotional maturity and mental health. The following is a discussion of the study's findings.

Table 1 displays the mean, standard deviation, and t-value for emotional maturity among working and unemployed women.

Sr. No.	Variable	N	Compl	Mean	SD	t	Sig.
1	Working women	500		171.93	13.21	2.99	0.01

According to Table 1, the average emotional maturity score for working women is 171.93. The standard deviations are 13.21 for both working and unemployed women. The t-value was 2.99, and the significance threshold was set at 0.01.

Table 2 displays the mean, standard deviation, and t-value for the mental health of working and unemployed women.

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Working women	500	95.47	18.22	3.44	0.01

According to table 2, working women's average mental health score is 95.47. The working women's standard deviations are 18.22. The t-value was 3.44, and the results were significant at the 0.01 level.

Conclusion

The mean emotional maturity ratings of the two groups differed significantly from one another. The mean ratings of the two groups in terms of mental health differed significantly from one another. Emotional maturity and mental health are positively correlated, with a 0.43 connection between the two. It implies that as emotional maturity rises, mental health rises and as emotional maturity falls.

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