

# Influence of Home Environment on the Self-Concept and Emotional Maturity of adolescents.

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**Abstract:** *Adolescence is the developmental stage between childhood and adulthood is a crucial period. Considerable biological change occurs as adolescents attain sexual and physical maturity. Adolescence begins at 12 or 13 years through 18 years old. Though the importance of home environment cannot be overruled during any of the developmental stages of a child. The home environment plays a significant role in overall development of the child. Home environment has been observed to have significant impact on the psychosocial competence of adolescents. Self concept is shaped by others and the environment Emotional Maturity is the product of interaction between many factors like home environment, school environment, society and culture.*

**Key words:** *Adolescents, Emotional Maturity, Home Environment, Self Concept.*

The term adolescence comes from the Latin word *adolescere*, meaning “to grow” or “to grow to maturity”. As it is used today, the term adolescence has a broader meaning. It includes mental, emotional and social maturity as well as physical maturity. This point of view has been expressed by Piaget when he said, Psychologically, adolescence is the age when the individual becomes integrated into the society of adults, the age when the child no longer feels that he is below the level of his elders, but equal, at least in rights.

Adolescence is the developmental stage between childhood and adulthood is a crucial period. It is a time of profound changes and occasionally turmoil. Considerable biological change occurs as adolescents attain sexual and physical maturity. At the same time, along with these rivaling physiological changes important social, emotional and cognitive changes occur as adolescents strive for independence and move toward adulthood. Adolescence begins at 12 or 13 years through 18 years old. Though the importance of home environment cannot be overruled during any of the developmental stages of child there is special need of support during the adolescence period. Adolescence is known as a period of strain and stress (Stanley Hall, 1904 ) The child experiences number of changes in this period.

Adolescence generally has a problem of getting along poorly with their families. They may face with problems of adjustment where there is a difference of opinions, ideas and attitudes with their parents. When the child enters the adolescence, his social roles and responsibility also will change. Change of role requires adjustment to new situations in a different ways by changing the old habits of childhood in home, school, and society.

The home environment plays a significant role in overall development of the child. The family is the first school where child understands himself and discovers the magnificence of the world around them. The families in general and parents in particular have the most important support system available to the child. Relationship with parents is the strongest factor in moulding a child's personality. An ideal home environment is one where there is proper reward to strengthen the desired behavior in keen interest in and love for the child. Provision of opportunities to express its views freely, where parents put less restrictions to discipline the child, not preventing the child from acting independently and not continuing infantile care, optimum use of physical and affective punishment, where the children are not compelled to act according to parental desires and expectations, where they are neither threatened of being isolated from beloved persons or deprived of love, respect and child care.

Home environment has been observed to have significant impact on the psychosocial competence of adolescents. Particularly high reward, high conformity, high nurturance, high protectiveness, high permissiveness at home have found to be significantly and positively the home competence related to problem solving behavior, decision making, coping with emotions, coping with stress, critical thinking, empathy, self-awareness, effective communication and overall psychosocial competence. Even the punishment dimension was also found to be positively and significantly related to critical thinking dimension of psychosocial competence. On the other hand, high control, high social isolation, high deprivation of privileges, high rejection dimensions of home environment have observed to have adverse effect on problem solving, decision making, critical thinking, empathy, self awareness, coping with emotions and coping with stress, interpersonal relations, effective communication and overall psychosocial competence.

Self-concept is defined generally as the way in which one perceives and evaluates oneself in specific domains .Self-concept is shaped by others and the environment and reciprocally influences how one perceives the self, others, and the environment (Hattie, 1992). The domains of self-concept are often differentiated from global self-worth, self-esteem, and general self-concept, all of which refer to the evaluation of one's worth as a person (Harter, 2006). Self-concept is the attitude of a person through which one identifies his roles and realizes his responsibilities. It is the mirror in which a student sees his face; he understands his feelings and emotions about the subjects, his class fellows and the teachers . Rogers (1951) and Maslow (1943) are the main contributors of the concept of self-concept. Rogers was of opinion that almost all people strive to be prominent in their fields.

Self-concept as the core of human personality refers to the sum total of people's perceptions about their physical, social and academic competence. It is the view that one has of oneself. It is the set of perceptions that the person has about himself, the set of characteristics, attributes, qualities and deficiencies, capacities and limits, values and relationships that the subject knows to be descriptive of him.

Emotional Maturity is a process which the personal is continuously striving for greater sense of emotional health both intra-psychically and intra-personally. Emotional pressure is increasing day by day at adolescent stage. Emotions are basic primeval forces by nature to enable the organism to cope up with circumstances which demand the utmost effort for survival. The emotions are a way of acting, as a way of getting along in the world; they may be constructive and destructive. Emotions have strong link with urges, needs and interests. A healthy emotional development cultivates in emotional maturity. Emotional maturity is the product of interaction between many factors like home environment, school environment, society, culture and to a great extent on the programmes watched on television. Emotionally matured person can make better adjustment with himself as well as with others. He accepts the reality and doesn't grumble for petty things. Emotional maturity can be called as a process of impulse control through the agency of self or ego. Dosanjh (1960), "Emotional maturity means balanced personality. It means ability to govern disturbing emotion, show steadiness and endurance under pressure and be tolerant and free from neurotic tendency".

### **Review of Literature**

A Study conducted by Arun et al.,(2015) of self concept in relation to family environment among adolescents examines the following facts. The study revealed that there is no significant difference between male and female adolescents in their self-concept, and also there is no significant difference between male and female in their family environment. There is a highly significant positive correlation between self concept and family environment among adolescents. The fact that the significant people who come and go in a child's life leaving an edible mark on how he views himself / herself, are many and varied. It leads us to believe that the basic factor in the development of self-image is flexibility. Adolescence is a period of life in which the sense of self changes profoundly. Family is the first school of the child. Family plays an important role in the development of the child. Family is the social agency, which develops the skill of socialization in the child.

A study done by Gibson & Jefferson (2006) also revealed that parental involvement has an influence on children self-concept.

A study conducted by Eitzen (2003) reported that adolescents present concept of self, and his / her relationship to the other children and to the teacher, is profoundly affected by such factors as his social-class membership, family structure, parental behavior, ethnic background, religion and the language spoken in the home.

A study conducted by Mondal & Sutradhar (2015) found the effect of home environment on different dimensions of emotional maturity of adolescents. The adolescents in this age group face many kinds of pressures at home and also outside. It is a globally accepted fact that during adolescence a child goes through a lot of changes physically, emotionally and socially. These changes have a great impact on them; they can either make or break an individual. The family nurtures the individual and prepares him for his role and function in society. Consciously, or unconsciously the home environment moulds the behavior, personality, and attitude, level of aspiration, aptitude of the child. The emotional maturity is also affected by home environment and mental health, which means that these two factors also play an important role in shaping emotional maturity of an individual. The modern era of globalization and liberalization has not only changed the economy of our nation but also embarked a great revolution in the society and culture as a whole. These ongoing changes in the society have not only affected the thinking of people but has also changed the perceptions of people, their lifestyles, even the dimensions of anxiety have changed, now even the small children are facing different kinds of pressures, so adolescence which is considered an age of storm and strife is bound to have more pressures which affect their emotional maturity. Emotional maturity plays an important role in how an individual behaves at home, school and society.

A study by Kumar (2014) reveals that there is a significant difference in emotional maturity of boys and girls adolescent. The result also reveals that there is significant relation between emotional maturity and family relationship of adolescent students. This shows that family relationship determinates emotional maturity of adolescent students..

Thakur (2013) found that there exists a positive relationship between home environment and emotional maturity and Larsen, Juhasz, Tyagi, Kaur (2013) also reported the positive relationship of home environment and emotional maturity.



Chandanshive (2014) found that there is significant difference in emotional maturity of boys and girls. Girls are more emotional maturity as compare to boys. There is no significant difference in emotional maturity of adolescents from urban and rural areas. There is no significant difference in self concept of boys and girls. There is no significant difference in self concept of urban and rural adolescents. There is a strong positive relationship between emotional maturity and self concept.

A Study on emotional maturity and self concept at Higher Secondary Level by Roja ,Sasikumar and Fathima in (2013). The findings in this study indicate a positive relationship between emotional maturity and self concept. In summary, it is clear that emotional maturity among higher secondary students mean scores between the variables taken for this study are same except gender and type of management. Also self concept among higher secondary students means scores between the variables taken for this study are same except gender and locality of residence. The present findings of the study reveal the following recommendations may be carried out to improve the emotional maturity and self concept of higher secondary school students.

### **Need and Significance of the Study.**

The purpose of the present study was to assess the emotional maturity and self concept among adolescents in the age group of 13 to 15 years . The adolescents in this age group face many kinds of pressures at home and also outside. It is globally accepted fact that during adolescence a child goes through a lot of changes physically, emotionally and socially. These changes have a great impact on them; they can either make or break an individual. The family nurtures the individual and prepares him for his role and function in society. Consciously, or unconsciously the home environment moulds the behavior, personality, and attitude, level of aspiration, aptitude of the child. The emotional maturity is also affected by home environment and mental health, which means that these two factors also play an important role in shaping emotional maturity of an individual. The modern era of globalization and liberalization has not only changed the economy of our nation but also embarked a great revolution in the society and culture as a whole. These ongoing changes in the society have not only affected the thinking of people but has also changed the perceptions of people, their lifestyles, even the dimensions of anxiety have changed, now even the small children are facing different kinds of pressures, so adolescence which is considered an age of storm and strife is bound to have more pressures which affect their emotional maturity. Emotional maturity plays an important role in how an individual behaves at home, school and society.

Emotional Maturity is said to be the foundation for leading a happy and contented life. If anyone lacks Emotional Maturity the life of the individual will be a sorrowful affair. It is a process which the personal is continuously striving for greater sense of emotional health both intra-psychically and intra-personally. In the present circumstances, youth as well as children are facing many difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tension, frustration and emotional troubles in day-to-day life. So, the study of emotional life is now emerging as a descriptive science, comparable with anatomy. It deals with interplay of forces with intensities and quantities. Therefore, the emotionally mature is not the one who necessarily has all conditions that arouse anxiety and hostility but it is continuously seeing himself involved in a struggle of healthy integration of feeling, thinking action. This motivates the Investigator to conduct a study on Emotional Maturity of adolescents

During the period of adolescence, self-concept is particularly vulnerable and is easily influenced by feedback from the environment. However, the most important and factors that influence students' self-concept are parents. Teenagers coming from homes where there was acceptance, mutual confidence and compatibility between parents and children, were better adjusted, more independent, thought more positively about them and having positive self-concept. The parental involvement has an influence on children self-concept. In relating the family environment to adolescent development, most of the previous studies have focused on the relationship dimension of the family and on the self-concept aspect of development. It has been found that good perceived parent-child relationship is related to positive general self-concept and personality development of the adolescents self-concept is learned, organized and dynamic individuals have within themselves relatively boundless potential for developing a positive and realistic self-concept The environment in which the family lives as a setting of learning which has vital effects on the child. The child is affected by the sources of the family environment to a great degree while gaining experiences relating to life. Furthermore, consistent with developmental theories of self-esteem, strong family relationships often have a positive effect on self-esteem over time.

## Methods

### Research Problem

The study entitled as “*Influence of Home Environment on the Self Concept and Emotional Maturity among Adolescents*”.

## Objectives

- 1) To find out the influence of home environment on self-concept among adolescents
- 2) To find out the influence of home environment on emotional maturity among adolescents
- 3) To find out the relationships between self-concept and emotional maturity among adolescents.
- 4) To find out whether there are significant differences in the above variables categorized on the basis of important socio-demographic variables of adolescents
- 5) To find out whether there are significant gender differences in adolescents in perceived home environment, self concept, and emotional maturity

## Hypotheses

Based on the above objectives, following hypotheses are formulated.

- 1) Poor home environment will lead to poor self-concept among adolescents.
- 2) Poor home environment will lead to poor emotional maturity among adolescents.
- 3) There exists a significant relationships between self-concept and emotional maturity among adolescents.
- 4) There will be significant gender differences in perceived home environment among adolescents
- 5) There will be significant gender differences in self concept among adolescents
- 6) There will be significant gender differences in emotional maturity among adolescents

## Research Design

The purpose of the present study is to assess the influence of home environment on adolescents' self-concept and emotional maturity. To provide valid answers to the specific research questions, the investigator adopted descriptive research design. Out of many descriptive research methods, survey method will be used for the

collection of data. A survey is an attempt to collect data from a representative sample of specified population. Descriptive research design will be used to test the tenability of the hypotheses. Ex post facto Research design will be adopted for the study

### **Sample**

The study comprises of male and female school going adolescents in the age group of 12-18 years old. The subjects will be collected from different streams of school, giving due representation to both the sexes and different subject combination. The total sample size will be 120 in number.

### **Instrument/Tools**

Only questionnaire measures will be used for the study, the main instruments are ,

### **Personal data schedule**

It consists of age, sex, class of study, name and place of school, number of siblings in the family, birth order, place of residence, type of family education of parents (father and mother), Occupation of Parents, and SES of the samples.

### **The home environment scale**

The home environment scale developed by Sarla Jawa is used to measure the perceptions of the adolescents toward various aspects of their home environment. The scale consist of 74 items measuring 13 components of home environment with a 5 point response category from always (5) to never (1). The scale is scored manually. The 13 components of the scale are personal freedom, critical, social isolation, acceptance, understanding, severity of discipline, emotional stability in disciplinary action, neglecting, rapport with parents, rapport with siblings, socio economic image, inter parental relations and general satisfaction.

### **Reliability and Validity**

The split half reliability coefficient using the Spearman-Brown formula is found to be 0.88. The scores of 400 students for the 13 components were factor analyzed using the principal component method, the results of which



yielded only one factor. Guilford (1963) suggests that if a test measures only one factor, it is desirable to combine the sub-test scores in order to increase the reliability of the criterion. The scale demonstrated its validity as a good measure of perceived home environment in many studies .

### **The Self Concept Questionnaire**

The 'Self –Concept Questionnaire' developed by Dr. Raj Kumar Saraswat is used to measure the variable of self-concept. Developed specifically for adolescents, the inventory measures six separate dimensions of self concept, viz, Physical, Social, Intellectual, Moral, Educational and Temperamental self-concepts. It also gives a total self-concept score. The inventory consists of 48 items, each dimension containing eight items. The respondent is provided with five alternatives to give his responses ranging from 'most acceptable to 'least acceptable' description of his self concept. The alternatives or responses are arranged in such a way that the scoring system for all the items will remain the same, i.e, 5,4,3,2 and 1, whether the items are positive or negative. The summated score of all the 48 items provide the total self-concept of an individual. A high score on this inventory indicates a highest self-concept.

### **Yashvir Singh & Bhargava's Emotional Maturity Scale (EMS)**

Emotional maturity scale prepared by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used to measure emotional maturity. Emotional maturity scale deals with interplay of forces with intensities and quantities in terms of different aspects: (a) Emotional instability , (b) Emotional regression (c) Social maladjustment (d) Personality disintegration (e) Lack of independence

### **Statistical Analysis**

Descriptive statistics were computed for all variables pertinent to the study and demographic details of adolescents. Mean and standard deviation of all the scores on variables were computed and independent two sample t- test was used to differentiate on two groups. Spearman correlation coefficients were calculated in order to explore relationships between variables. For all analyses the level of significance will be set at 0.05 and 0.01.

## Implications of the Study

The findings of the study may be submitted to school authorities so that they may have a better understanding about the children and provide adequate support and school counselling for the needy. Thus the students can become emotionally matured and they will have adequate amount of self concept.

The study may be submitted to the authorities and the psychologists since this may be a warning signal for the deteriorating mental health among adolescents. Thus they may make the necessary intervention to educate the parents in order to inculcate the necessity of a good home environment.

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