

AN ANALYSIS OF EMOTIONAL MATURITY AT SECONDARY LEVEL STUDENTS STUDYING IN GURUKUL AND GOVERNMENT SCHOOLS

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Abstract: The physical, mental and spiritual development of a person is only possible through education during their lifespan. Emotion plays an important role in the mental development of human beings. People having emotional maturity are aware of their privileges in the society and try to take steps towards changing their behavior. They always try to do as much good as they can and support those around them. They behave according to the accepted social values and ideas. The purpose of the researcher in the present work is to make a comparative study of the emotional maturity of the secondary level students studying in Gurukul and Government schools. During the investigation, emotional maturity scale 2012 by Dr. Yashvir Singh and Mahesh Bhargava is used for collection of data. 100 secondary level students were selected from Mathura district by random sampling method from Gurukul and Government schools. Mean standard deviation and T-test were used for the personalization of data. It is observed from the findings that female students of Gurukul schools and Government schools have much emotional maturity than the male students. Students of Gurukul schools have considerable emotional maturity than the students of government schools.

Key words: - Secondary level students, Emotional Maturity, Gurukul School and Government School

INTRODUCTION

As the child grows mature the emotional stability and depth of social adjustment, vocational and professional aptitude, life's ambitions etc. go on developing. An emotionally mature person is expected to understand a situation without any one's help and realize his duties and responsibilities himself. He has better adjustment with himself as well as with the others and also has more satisfaction in life.

During the adolescent stage child has to face mental instability, dis-adjustment, uncontrolled emotions, mental stress and pressure at peak level due to physical and glandular changes takes place rapidly. In the study conducted by Gasol and his partners found that the intensity of anger is higher in 13-14 years old students but it decreases by the age of 18-19 years. An emotionally mature person is able to do creative and constructive work which seems to be impossible for him in normal condition.

McDougall (2006): "Emotion is a type of experience which is associated with some basic instinctive action."

Crow and Crow (2006): "Emotion is the affective experience of a person's internal adjustment, influenced by mental and bodily-physical states, reflected in his behavior."

Emotional maturity: It is the control of a child or a person on his emotions and displaying his emotions according to the circumstances.

- ❖ Emotionally mature adolescent can successfully win the heart of others through his behavior which helps in his physical, mental and social development. It helps in channelizing stimulating stimuli, improving communication and reducing stress.
- ❖ Emotional behavior in infancy is often unstable which becomes stable in childhood but leads to a more violent and effective adolescent stage. Mental ability, physical health, family environment etc., influences the emotional development and maturity of adolescents. Education is the powerful medium through which emotions can be scoured and improved.

Subrian and Viswanathan (2011) studied the emotional maturity of school students and found that the nature of schools and gender affects emotional maturity. Singh, kaur and Durija (2012) made a comparative study of emotional maturity among University students and found that the nature of school affects emotional maturity.

RESEARCH OBJECTIVES

1. To the study of the emotional maturity of secondary level students (boys & girls) studying in Gurukul schools.

2. To the study of the emotional maturity of secondary level students (boys & girls) studying in Government schools.
3. Comparative Study of Emotional maturity of secondary level students studying in Gurukul and Government schools.

RESEARCH HYPOTHESIS

- ❖ H_0 : There is no significant difference in the emotional maturity of secondary level boys and girls studying in Gurukul schools.
- ❖ H_0 : There is no significant difference in the emotional maturity of secondary level boys and girls studying in Government schools.
- ❖ H_0 : There is no significant difference in the emotional attitude of secondary level students studying in Gurukul and Government schools.

RESEARCH METHODOLOGY

In this study, an investigator has used the random sampling methods for data collection.

SAMPLE

In the present study, students are included from the Gurukul and Government schools of Mathura district. 50-50 students are selected from 5 Gurukul and 5 Government schools through random sampling techniques.

STATISTICAL TOOLS

The investigator used Emotional Maturity Measurement scale (2012) by Dr Yashvir Singh & Mahesh Bhargava for collection of data.

STATISTICAL METHOD

In this research, an investigator has used Mean, Standard Deviation, and 't' test for the analysis of the data on the basis of the research objectives.

DATA ANALYSIS AND INTERPRETATION

The details of emotional maturity in secondary level boys and girls studying in government schools are given in Table No 02.

Table No-01

Gurukul School	Total Number (N)	Mean	SD	df	'T' Value
Boys	25	68.5	14.7	48	5.02
Girls	25	85.2	22.0		

- ❖ H_0 : There is no significant difference in the emotional maturity of secondary level boys and girls studying in Gurukul schools
- H_0 : 't' Value \geq t Critical Value; ($5.02 \geq 2.00$) = (Null Hypothesis Rejected)

It is obvious from the above table 01 the mean and standard deviation of boys and girls at the secondary level of Gurukul schools are 68.5 and 85.2 respectively. The standard deviation is 14.7 and 22 respectively, and the 't' value is 5.02. The 't' value is significant at 0.05 level and it is greater than critical value (2.00) of degree of freedom 48. Hence the null hypothesis is rejected. Therefore, the emotional maturity of the students is influenced by the nature of their gender. It is clear from this, that the emotional maturity of the girls is more as compared to the boys.

The details of emotional maturity in secondary level boys and girls studying in government schools are given in Table No 02.

Table No-02

Government School	Total Number (N)	Mean	SD	df	'T' Value
Boys	25	81.5	18.9	48	2.91
Girls	25	94.5	23.9		

- ❖ H_0 : There is no significant difference in the emotional maturity of secondary level boys and girls studying in Government schools
- 't' Value \geq t Critical Value; $(2.91 \geq 2.00) =$ (Null Hypothesis Rejected)

It is clear from the above table 02; the mean and standard deviation of boys and girls at the secondary level of Government schools are 81.5 and 94.5 respectively. The standard deviation is 18.9 and 23.9 respectively, and the 't' value is 2.91. The 't' value is significant at 0.05 level and it is greater than critical value (2.00) of degree of freedom 48. Hence the null hypothesis is rejected. Therefore, the emotional maturity of the students is influenced by the nature of their gender. Thus it is clear that the emotional maturity among the girls are more as compared to the boys.

The comparative details of emotional maturity of secondary level students of Gurukul and Government are given in Table 03.

Table- 03

Nature of School	Total Number (N)	Mean	SD	df	'T' Value
Gurukul School	50	73.10	16.01	98	4.66
Government School	50	91.29	21.50		

- ❖ H_0 : There is no significant difference in the emotional attitude of secondary level students studying in Gurukul and Government schools.
- 't' Value \geq t Critical Value; $(4.66 \geq 1.99) =$ (Null Hypothesis Rejected)

It is clear from the above table 03; that the mean of emotional maturity of the students of Gurukul School is more stable than student of government schools. The T value between the emotional maturity of the students at the secondary level of government and Gurukul schools is found to be 4.66. The 't' value is significant at 0.05 level and it is greater than critical value. Hence the null hypothesis is rejected. Therefore, the emotional maturity of the students is affected by the nature of their schools. Therefore it is clear that the emotional maturity of the secondary level students of Gurukul School is more as compared to the government schools.

CONCLUSION OF THE STUDY

- Emotional maturity among the girls studying in Gurukul schools at secondary level found to be greater in comparison to boys.
- In Government schools of secondary level, emotional maturity of girls are found to be greater than boys.
- Emotional maturity levels of students studying in Gurukul schools are higher than the students of Government schools at secondary level.

SUGGESTIONS

In the present study, it was found that the students of Gurukul schools have more ability to control the emotion and make adjustments as per the requirement. In Gurukul schools, activities like yoga, pranayama, asana and meditation are performed regularly. It can be suggested that:

1. The theoretical and practical knowledge of yoga education should be provided regularly in schools.
2. Facility of guidance and counseling should be given from time to time to the students of secondary level in schools.
3. Literature related to yoga and physical education should be available in every school.

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