

EMOTIONAL STABILITY IN FACILITATING PERSONAL GROWTH IN CHILDHOOD OF ENGLISH & HINDI MEDIUM STUDENTS.

¹ Dr. Udita Singh Chauhan, ² Dr. Meena Jain

¹Research scholar, ²Retired Associate Professor

¹Department of Psychology, University of Rajasthan, Jaipur, India.

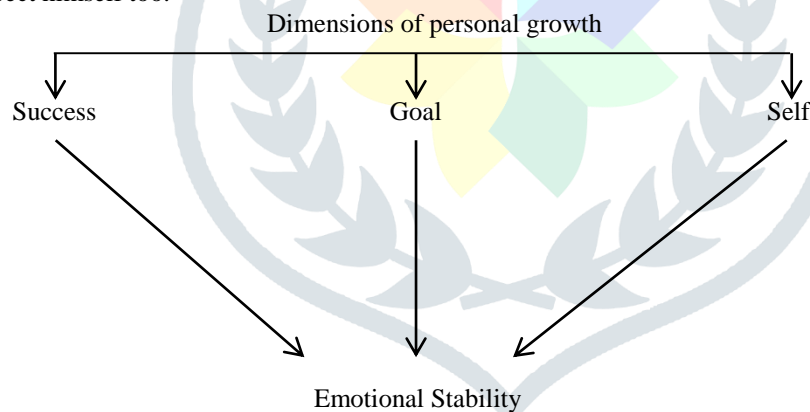
Abstract :- Much is known about a child's physical and intellectual growth but less is understood about its emotional growth. The terms emotions refer to a feeling and its distinctive thoughts, psychological and biological states and range of propensities to act. Stability in emotions means firmly established or fixed, not easily upset or disturbed well balanced and capable to remain in same status. The study seeks to assess the role of emotional stability in facilitating personal growth in childhood. It was assumed that there will be significant effect of emotional stability on personal growth of children. The sample of 314 students from Hindi & English medium school was investigated. Emotional stability scale by A. Sen Gupta English and for personal growth; Self concept questionnaire by Raj Kumar Saraswat and Self Actualization inventory by Dr. K.N. Sharma was used. It was found that there. Emotional stability have no significant interactive effect on personal growth of children. Further concluded that there was no significant difference between English and Hindi medium children regarding their Emotional Stability and Personal Growth.

Key words :- Emotional stability, personal growth, childhood.

I Introduction

As children grow older, they have to develop independence. Children of the day is more intolerant, impatient, under stress and strain and seems to be blind towards the aim and purpose of life. In order to attain emotional stability, the needs of the child such as the need to be loved must be met.

(Das Gupta, 2008) says, "For emotional stability caring, sharing and values should be instilled in children as early as possible. Waiting to discipline them when they have reached their teens may be for too late." Respect a child and consider his feelings. He will learn to respect himself too.



1.1 Emotional stability

The concept of stable emotional behavior at any level is that which reflect the fruits of normal emotional development. An individual who is able to keep his emotions stable and under control even in extreme situations, might still be emotionally stunned or be childish in his behavior sometimes. The person who has the emotional stability always reserves the right to make his own judgment. If you follow blindly the judgment of some friend or political party, it is sign of danger (Café, 2005). Emotional control may impair performances in situations which require flexibility and adaptability on the part of the person or people. If the pupil have no or very little emotion control it may lead to anxiety, inferiority feeling and guilt. For better emotional stability children learn to accept criticism and respect another's point of view , without arguing, consequently as an adult, he will be tolerant of others. Praise children when he is well mannered. Don't by to protect children from the realities of the world.

1.2 Personal growth

Personal growth is a process that produces personal change and progress, and it start from within you. The most important realization that an individual can make in their quest for personal growth is that there is no single formula that defines the path to personal success. We have natural strengths & weaknesses that are a part of our inherent personality type.

Self – knowledge is one common goal that will help everyone achieve personal success. If we spend our time and effort trying to meet somebody else’s idea of success, and ignore or belittle any conflicting messages from our own psyche, then we will find ourselves exhausted and unhappy.

School plays a vital role in the overall growth and development of children. Personal growth is change within a person that is cognitive, behavioral or affective.

II Review of literature :-

Pant, P. P. & Joshi P.K, (2016) in their study to find out the efficacy of emotional stability of visually disabled students studying in special schools & inclusive setup. The objective of the study is to compare the emotional stability of visual impaired students at secondary level of inclusive setup & special schools. Descriptive survey method has been adopted for the study. Population of the study consisted visually impaired children studying in special schools and in inclusive setup. A sample of 100 students was drawn from various schools, through stratified random sampling technique. Emotional Maturity Scale developed by Singh, Y. and Bhargava, M. was used to collect information about students studying in inclusive setup and special schools. Mean, Standard Deviations and t-scores were used for data analysis. Results reveal that though there was a significant difference in the emotional stability of children studying in inclusive setup, and special schools however, girls studying in different setups of school did not differ significantly in their emotional stability. The study throws light on the fact that children with visual impairment studying in inclusive setup are more emotionally stable than the children with visual impairment studying in special schools.

III Method.

3.1 Objectives of the study

- To study the effect of emotional stability on personal growth of children.
- To find whether medium of instruction make any difference in emotional stability and personal growth of children.

IV Hypotheses of the study

1. There will be significant effect of emotional stability on personal growth of children.
2. There will be significant difference between English and Hindi medium children regarding their personal growth and emotional stability.

V Sample of the study

Methodology :- The sample was randomly selected consisting of 314 Junior class students from both English and Hindi medium school. The present research takes into consideration, three psychological tests to assess the desired variables.

VI Results and interpretation

Mean, S.D. ‘t’ values of English and Hindi medium students.

Variables	Medium	N	Mean	S.D	SE	t value
Emotional Stability	English	170	7.47	1.84	0.14	1.94*
	Hindi	144	7.10	1.82	0.15	
Personal Growth	English	170	182.24	13.60	1.04	.05
	Hindi	144	182.14	18.78	1.57	

* Significant difference at 0.05 level

Table shows that t’ value for emotional stability is significant at 0.05 level. On the other hand English and Hindi medium children do not differ significantly in personal growth.

Result of table

Table depicts the role of English and Hindi medium children on emotional stability and personal growth. In the variable of emotional stability the mean for children going in English medium school is 7.47 and for children going in Hindi medium school is 7.10. The value of ‘t’ is 1.94 which is significant at 0.01 level. Emotional stability is finding peace within yourself. It is usually difficult for children to make up their own mind, they rather uncritically follow the judgment of parents, teachers, but as they grow up, they should be able to form their own judgment.

The hypothesis formulated is that there will be significant difference between children going to English medium schools and children going to Hindi medium schools is supported by the results. The personal growth means are coming out to be 182.24 and 182.14 for children going to Hindi medium school respectively. The value of ‘t’ .05 which is not significant.

As personal growth is related to self, in which there are individual differences. The medium of study is not found to have any significant effect on growth level of children. Personal growth is a process that produces personal changes and programs. And it start from within you.

Hence hypothesis does not support the results that there will be significant difference between English medium children and Hindi medium children regarding their personal growth.

VII **Conclusion :-** The results of the present study shows in nutshell that emotional stability is found to have significant and personal growth is found to have no significant difference in Hindi and English medium school. The results of the present study shows that major findings and Implications.

VIII **Implications :-**

The present study focused on finding out the influence of variables like emotional stability and personal growth. It is understood that each person may be seen as a focal point of many relationships, which in turn can adversely affect child's emotional stability. Therefore an attempt may be made further to understand the source of childhood problems.

References

- Das Gupta, J. (2008, April). Parenting tips for single moms. Parent and child (issue 4)
- Café, c(2005). http://www.christian-dating-dwide.com/emotional_stability.html.
- Pant P. Joshi PK. (2016)“A Comparative study of Emotional stability of visually Impaired student studying at secondary level in Inductive setup and special school”
Journal of Education and practice 155n 2222-1735 (Paper) 1555m 2222-288 x .2016, 7.53 – 58.
- Kumar P. A study of Emotional stability and socio-Economic – status of students studying in secondary school. International journal of Education and information studies. 2013. 155n 2277 – 3169 PP. 7 -11.
- Wanil M. Sankar R. Angel J. Dhivya P. Rajeswari S. Emotional sterility among Annamalai university student the International journal of India Psychology 155n : 2349 – 3429, 2016, 119 – 123.

