



# GENDER DIFFERENCES IN EMOTIONAL MATURITY AMONG COLLEGE STUDENTS

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## ABSTRACT

Emotional maturity is a natural and inevitable necessary element for individual growth and development. Students are the pillars of future generations, their value pattern of emotional maturity is important. The present study aims to explore the gender differences among college students on emotional maturity. The sample consisted of 180 college students studying in colleges of district Kurukshetra, Haryana. Emotional maturity of college students was assessed using the Emotional Maturity Scale (Singh & Bhargava, 1998). 'T' test was used to determine the significance of differences. The findings revealed that female students were more emotionally mature than male students. There was no significant difference in the level of emotional maturity between rural and urban students.

**Key Words:** *Emotion, Emotional Maturity, Youth.*

Emotions are strong driving forces throughout human life that influence a person's goals, actions, and thoughts. A person can be called mature when his growth is complete. In the field of psychology, the concept maturity designates the stage of personality development that corresponds to biological and psychological maturity. A person is said to be psychologically mature when he reaches a certain level of intelligence and emotional outlook.

Emotional behavior of any level reflects the fruits of normal emotional development. Anyone who is able to keep their emotions under control, able to break procrastination and suffer without self-pity can still be emotionally stunted and childish. Walter (1976) explained emotional maturation as a process in which the personality is continually striving for greater understanding of emotional health, both intra-psychological and intra-personal. It simply means growing up so that one is able to personally manage one's desires and emotions and is better able to face adverse life situations in the most beneficial and socially accepted way. The best sign of emotional maturity is the ability to handle stress. The emotionally mature is not one who has necessarily resolved all situations that arouse concern and anxiety, but is rather one who is constantly in the process of seeing oneself in clear perspective, constantly in a healthy state of feeling and thinking. Emotional maturity can be understood in terms of the capacity for self-control which in turn

is the result of thinking and learning. The most outstanding characteristic of emotional maturity is the ability to tolerate stress. An emotionally mature person is one whose emotional life is well under control (Chamberlain, 1960).

Shivakumar (2010) revealed that gender, community and the type of family they belong to did not play a role in the emotional maturity of college students (no significant difference). But it has been hypothesized that the religion of college students they belong to shows significant differences in their emotional maturity. It was found that first-year undergraduate students were less emotionally mature, and had difficulty adjusting emotionally and socially to the changing demands of the environment and experienced greater academic difficulty than final-year students (Sharma, 2012).

Students go from their home to other areas for higher education. This can leave a void in their mind that paves the way for feelings of isolation and loneliness. To an extent, the level of emotional maturity determines their ability to handle the situation effectively. It may also be influenced by gender differences. It is also observed that college students are more vulnerable to emotional stress arising out of academic pressure, family problems, complications in romantic relationships etc. If their need for affection, attention is not satisfied, it can lead to many psychological problems. Therefore, it was important to study emotional maturity among college students.

### **Objectives:**

1. To compare the emotional maturity of girls and boys of college students.
2. To compare the emotional maturity of rural and urban college students.

### **Hypotheses:**

1. There is no difference in level of emotional maturity between male and female among college students.
2. There is no difference in level of emotional maturity between the students of rural and urban area.

## **METHODOLOGY**

### **Participants**

Total 180 students from three different private colleges participated in the study. Among them 100 were male and 80 female (90 from rural and 90 urban). Participant's participation in the study was voluntary, and informed consent was taken from all participants involved in the study. Subjects ranged in age from 18 to 28 years. All of the students in the study were regular students at their respective universities. The bulk of the participants came from a middle-class family.

### **MEASURE**

**Emotional Maturity Scale (Singh & Bhargav, 1999):** The scale contains 48 items under the five categories- emotional instability, emotional regression, social maladjustment, emotional regression, social maladjustment, personality disintegration, and lack of independence. The scale consists of 10 items in each component except for the

component i.e. lack of independence which has 8 items. The responses are scored according to weightage of 5 to 1 (very much to never). Higher the score on the scale, lesser is the degree of emotional Immaturity. The test-retest reliability of the scale was 0.75. (Yashvir & Bhargav, 1999). Validity of the scale was 0.64.

### Procedure

Emotional Maturity Scale was distributed among participants. They were instructed as per the instructions designed for the test. The researcher present while participants filled out the tests to clarify if there were any confusion. After completion of the test the participants were thanked for their cooperation and informed to meet the researcher personally, if they wanted to know their individual results.

### Statistical analysis:

In order to collect the data, the scales were administered individually on sampled college students. The data so obtained was scored individually for each subject and then analyzed by using appropriate tools i.e. mean, S.D., t-test.

### Results

An independent-samples t-test was applied to analyse the effect of gender and academic background on Emotional Maturity.

**Table-1 Independent Sample T-test for Significance of Mean Difference**

Variable	Group	N	df	Mean	SD	Sign (2-tailed)	t
Emotional Maturity	Male	100	178	95.93	14.314	0.004	2.937
	Female	80		1.02	13.073		
	Rural	90	178	1.011	15.461	0.018	2.389
	Urban	90		96.15	12.108		

Female students scored higher in emotional maturity scale ( $M = 1.02$ ,  $SD = 13.07$ ) than male students ( $M = 95.93$ ,  $SD = 14.31$ ). This difference was statistically significant,  $t(178) = 2.937$ ,  $p > 0.05$ . These results suggest that female students studying at bachelor's level are more emotionally mature than their male counter parts. Therefore, we accept the hypothesis which means that statistically there is a significant difference in the emotional maturity levels between boys and girls at 5% level of significance.

There was slight difference in score of emotional maturity between students of rural area ( $M = 1.011$ ,  $SD = 15.46$ ) and students of urban area ( $M = 96.15$ ,  $SD = 12.10$ ). This difference was also statistically significant,  $t(178) = 2.389$ ,  $p > 0.05$ . The result shows that the difference between score of students of rural area and students of urban area is statistically

significant. Therefore, we accept the hypothesis which means that statistically there is a significant difference in the emotional maturity levels between boys and girls (rural and urban) at 5% level of significance.

## **DISCUSSION AND CONCLUSION**

The outcomes of the data analysis performed to investigate the research hypotheses of the current inquiry are shown in the results. Adolescence is the critical time in a person's life. As a result, emotional maturity is crucial to how an individual develops. Having emotional maturity is a must for success in life. Adolescents should be emotionally developed in order to conduct good social and individual lives. Adolescents who are emotionally mature are better able to make decisions for themselves in social situations. The objective of the present research was to study the effect of gender on emotional maturity among college students. According to the research's findings, emotional maturity among college students varied significantly between males and girls. The findings of current study are also coincide by Brahmbhat, S. (2016) conducted a study on Emotional Maturity among higher secondary school students and found that male students were more emotionally mature than female students. Wani and Masih (2015) discovered some differences in emotional maturity between males and females on the personality disintegration dimension, but no significant differences on the other dimensions of emotional maturity, namely emotional stability, emotional regression, social maladjustment, and lack of independence. In their study, Mahanta and Kannan (2015) discovered that girls mature quicker than men, although there were no significant differences in their degrees of emotional maturity. Kumar and Sunilima (2014) discovered gender disparities in emotional maturity. The study's findings revealed that males and girls differ greatly in their level of emotional maturity.

### **Limitations and Future Implications**

The current study used a small sample of 180 college students. Only students from three institutions in district Kurukshetra, Haryana, were sampled. A high sample size is required so that the results may be implicated to a larger population. Other elements that impact early adult emotional maturity include parenting, family connections, emotional intelligence, anxiety, and location. As a result, the impact of such factors on gender differences in emotional maturity must be investigated. However, these and other potential predictors of emotional maturity were not taken into account in this investigation.

Emotional maturity is a crucial topic in psychology that needs more attention from Indian scholars. More research is needed to investigate the emotional maturity of persons of various ages. Researchers must also investigate the different variables and elements that influence emotional maturity. Steps that can assist people in becoming emotionally mature should be researched. There is a particular need for study among children since they are more exposed to the emotional tensions and complexity of modern-day competitive life. Correlational studies can be used to investigate the link between emotional maturity and other variables.

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