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Emotional maturity of adolescents in relation to their age and family income

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Abstract

Making an appropriate choice at the right moment and in the right way is a sign of emotional maturity. In the current state of affairs, everyone needs to be emotionally mature in order to live in harmony and peace. The present study examined the age and income variables in relation to the emotional maturity of adolescents. For the current study, (N-100) adolescents from Bikaner, Rajasthan were selected purposively as respondents and those students who indicated interest in taking part were taken into account. The Emotional Maturity Scale developed by Prof. Yeshver Singh and Prof. Mahesh Bhargava (1990) was used for data collection of the selected participants. The data were examined by using Mean, SD, and ANOVA statistical tools. This study revealed that adolescents with high family income were becoming well emotionally mature. The age group of 20-21 years had shown a better level of emotional maturity.

Keywords: Adolescent, maturity, emotions, emotional maturity, behaviour

Introduction

Adolescents must grow up properly to maintain our civilization and to have better, more fulfilling lives on their own, since they are our greatest source of future prosperity and by developing a steady emotional maturity, one may lead a prosperous, better life. According to Aristotle in the 4th century BC, "Adolescents believe they are pretty certain about everything". According to French philosopher Rousseau, "Adolescence is the time when reasoning begins to take shape". The idea that adolescence is a difficult time filled with conflict and mood swings was developed by Stanley Hall, (the founder of scientific study on adolescence). These phases closely correlate to the stages of the shift from infancy to adulthood's physical, social, and psychological growth. Adolescents struggle to discern between feeling and thinking because their emotions outperform their logical reasoning and are so entangled. They frequently have fluctuating emotions with unpredictable peaks of severity and are self-conscious. They experience an emotional roller coaster that is sensitive to hormones and filled to the brim with intense, uncontrolled emotions.

The way one views the world around them and their capacity to analyse it, as well as their upbringing, have all played a significant role in emotional maturity. Age brings emotional maturity; some people develop emotionally more quickly than others. Emotion is a feeling or outcome, which happens when someone has a conversation that is significant to him, especially in terms of his happiness. A person's behaviour and ideas are all influenced by their emotions. They have an impact on our emotional and physical well-being, both adversely and favourably. The process of maturation, which makes individuals more emotionally measured, is crucial for good emotional growth.

Emotional maturity aids in managing the progression of adulthood as well as the efficient identification of personality traits. It matures as a result of a process in which a person continuously aspires to have a better grasp of internal and external emotional well-being. The capacity to withstand stress serves as the primary indicator of emotional development. This strategy emphasizes self-control rather than self-satisfaction.

A balanced personality results from emotional development. It refers to the capacity to tolerate all stresses. One who has naturally overcome all circumstances that cause fear and animosity is not considered to be emotionally mature. However, it is always engaged in the battle to achieve a balanced union of experience, theory, and behaviour.

So, the current investigation was done to assess the impact of age differences and income factors on the emotional maturity of adolescents.

Methodology

The objective of the current study was to evaluate the age and income variables in relation to emotional maturity. The sample size of (N=100) adolescents comprising 50 boys and 50 girls from the city of Bikaner, Rajasthan were chosen purposively. They were told the goal of the study and asked to complete the questionnaires. Additionally, they received assurances that whatever details they provide will be kept private and used only for research purposes. Data for this study were collected using a purposeful sampling technique,

and those students who indicated interest in taking part were taken into account. In the study age and monthly income were taken as independent variables, whereas emotional maturity was chosen as the dependent variable. The Emotional Maturity Scale developed by Prof. Yeshver Singh and Prof. Mahesh Bhargave (1990) was used for data collection of the selected participants.

Result and Discussion

Obj. 1. Assessment of the impact of income factors on emotional maturity

The data from Table 1. Depicts that there was no significant difference found in components of emotional maturity with respect to income among adolescents.

Table 1: Emotional maturity among adolescents as per parent income (N=100)

S. No.	Parent Monthly income	(Low) Up to 40,000	(Medium) Up to 70,000	(High) Up to 1,00,000	F-Value
	Emotional maturity	Mean ± SD	Mean ± SD	Mean ± SD	
1.	Emotional un- stability	1.48±.50	1.48±.57	1.10±.31	2.45 ^{NS}
2.	Emotional regression	1.43±.56	1.55±.66	1.60±.51	0.66 ^{NS}
3.	Social Maladjustment	1.34±.47	1.55±.63	1.60±.69	1.92 ^{NS}
4.	Personality Disintegration	1.33±.47	1.24±.51	1.30±.48	0.31 ^{NS}
5.	Lack of independence	1.52±.50	1.38±.56	1.70±.67	1.48 ^{NS}
6.	Total Emotional maturity	1.36±.48	1.28±.52	1.40±.51	0.36 ^{NS}

NS- Non-significance difference

The mean scores of emotional maturity components i.e. Emotional un- stability (M=1.48; 1.48; 1.10). Emotional regression (M=1.43; 1.55; 1.60), Social Maladjustment (M=1.33; 1.55; 1.60), Personality Disintegration (1.33; 1.24; 1.30;), Lack of independence (1.52; 1.38; 1.70) and total emotional maturity (M=1.36; 1.28; 1.40) were for low, medium and high family income respectively, reflected that adolescents with high mean score of parental income had comparatively better level of emotional maturity. The reason could be behind it that they were more likely to have access to resources and opportunities that can help them develop their emotional intelligence. These resources may include access to quality education, healthcare, and social support. The findings were supported by Singh R, (2014) [1] that adolescents from higher-income families were seen to be significantly more emotionally mature in comparison to the ones from other classes. Bannink (2016) [4] stated that young

adolescents who perceived their family as poorer than their friends (instead of about the same) were less likely to have greater self-esteem and life satisfaction and were more likely to have poor outcomes. Young adolescents who perceived their family as richer were more likely to have poor self-esteem but were not less likely to have greater self-esteem. For life satisfaction, young adolescents who perceived their families as richer were less likely to have greater and more likely to have poor life satisfaction.

Obj. 2. Assessment of the impact of different age groups on the emotional maturity of adolescent

Figures in Table 2 depicts significant difference was found in the social maladjustment (Z=3.95*, p<0.05) component of emotional maturity and non-significant differences existed in other component including total emotional maturity.

Table 2: Emotional maturity among adolescents as per age (N=100)

S. No.	Age group Emotional maturity	16-17 years Mean ± SD	18-19 years Mean ± SD	20-21 years Mean ± SD	F-value
1.	Emotional un- stability	1.35±.58	1.46±.50	1.48±.51	0.38 ^{NS}
2.	Emotional regression	1.60±.68	1.40±.56	1.57±.59	1.11 ^{NS}
3.	Social Maladjustment	1.60±.68 ^b	1.30±.46 ^a	1.61±.58 ^b	3.95*
4.	Personality Disintegration	1.35±.58	1.28±.45	1.30±.47	0.15 ^{NS}
5.	Lack of independence	1.35±.48	1.49±.53	1.65±.57	1.70 ^{NS}
6.	Total Emotional maturity	1.30±.57	1.32±.46	1.43±.50	0.54 ^{NS}

*Significant at 5% level

NS- Non-significance difference

The mean scores of the social maladjustment component of emotional maturity for 16-17 years, 18-19 years and for 20-21 years age groups were M=1.60; 1.30; 1.61 respectively. The mean score of total emotional maturity was high in the late adolescent age group 20-21 years old. This could be due to the reasoning region of the brain being almost fully developed by the time adolescents enter late adolescence, which frequently results in improved emotional stability. Similarly, Bhattacharya (2015) [5] reported that although adolescents aged 18 to 20 were found to be more mature than those aged

17, the results were not statistically significant. Although there is still adolescent unrest, much of the information that is currently available on how adolescents develop within families contradicts the idea that parent-adolescent interactions are characterised by ongoing, severe conflict and a sharp increase in emotional distance.

Major Findings

- There were no significant differences found in any components of emotions.

- Looking into the mean score, adolescents with a high family income group had comparatively better emotional maturity.
- The significant difference was found in the social maladjustment component of emotional maturity.
- Total emotional maturity was high in the late adolescent age group 20-21 years old.

Conclusion

Adolescents who are emotionally mature are better able to make decisions for themselves about what is proper to do in social situations and how to live their lives. According to G. Stanly. Hall, "As a person growing up, they better learnt to control their emotions as compared to early adolescent years. Anna Freud also stated that emotions are not balanced during this period therefore, emotional maturity also comes with an increase in chronological age. Adolescents with higher parental income and aged 20-21 had comparatively better emotional maturity because they were more likely to have access to resources and opportunities that could help them develop their emotional maturity. In order to ensure that all adolescents have access to the tools they need to develop their emotional intelligence, policymakers must address the issue of income disparity.

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