

Emotional Maturity and Adjustment Level of College Students

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Abstract: The present study was conducted to see the adjustment level of the post graduate Students of Yasouj city. Emotional maturity was measured by Singh's emotional maturity Scale (EMS). While asthenia's adjustment inventory was used to measure the adjustment Level of the students. For this study a sample of 160 female students of age range 18-22 years Studying in post graduate classes were selected from different colleges of Yasouj city. High Positive correlation was obtained between emotional maturity and overall adjustment.

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1. Introduction

Adjustment is a process through which requirements and situations. A person does not always Get success according to his desires and efforts. The reason for this lies either in unfavorable situation or in the limited capacities of the individual. When he fails in this effort some abnormality may appear in his behavior. there are so many factors which can influence the process of adjustment level of aspiration, socioeconomic status, family environment, school environment, anxiety, frustration and above all his emotional maturity, Kaplan and baron (1986) elaborated the characteristics of an emotionally mature person say that he has the capacity to withstand delay in satisfaction of needs. He has belief in long term planning and is capable of delaying or revising his expectations in terms of demands of situation. An emotionally mature child has the capacity to make effective adjustment with himself. Members of his family, his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully. Therefore, the emotionally mature is not one who necessarily has resolved all conditions that Arouse anxiety and hostility but it is continuously in process of seeing himself in clearer perspective. Continual involved in a struggle to gain healthy integration of feeling, thinking and action. So emotional maturity can be called as the process of impulse control through the agency of self or ego. The main objective of the present study is to see the correlation between the emotional maturity and The level of adjustment of female students of post graduate classes.

2. Methodology

2.1. Sample

For this study a sample of 160 post graduate students were selected from different colleges of

Yasouj city through convenience sampling method. All the students were females belonging to lower Middle class families and their age ranged between 18-22 years.

2.2. Design

The present study is a correlation research where the dependent variable is level of adjustment the dependent is their emotional maturity the manipulation in independent variable is done through selection method not by direct manipulation. The design used here is one group repeated trial correlation research design.

2.3. Tool

Emotional maturity scale developed by yashvir singh and Mahesh bhargava (1984) was used to Study the emotional maturity of the students while asthana's (1967) adjustment Inventory was used to measure the adjustment level of the students.

3. Analysis of the data

Mean, standard deviation and Pearson's product moment correlation method was used to see the Correlation between the emotional mature Scores and adjustment scores obtained by the students.

4. Results and Discussion

The result shows that in the emotional maturity scale the mean score of the female students were found to be significantly correlated with the mean score obtained by the students on the adjustment inventory. Both in emotional maturity scale and in adjustment inventory norms refer that less mean score indicates higher emotional maturity and adjustment while higher mean score indicates less emotional maturity and less level of adjustment. There are a number of studies on emotional maturity, adjustment and other related variables.

Gakhar (2003) Studied the relationship between emotional maturity self concept and academic achievements Of students at secondary stage. Richards et al., (2003) compared the emotional and behavioral Development of intellectually gifted adolescents have significantly fewer depressive symptoms, a better attitude Towards teachers, greater self reliance and a greater sense of adequacy. It has also been revealed In the study of hanged and aminabhavi (2007) that the adolescents children of employed mothers have Greater emotional maturity than that of housewives. The results indicate that students having less scores in emotional maturity scale (m = 87.7) have less scores in adjustment inventory (m = 139.9) also it means that when emotional maturity is high the general level of adjustment is also good enough. The obtained correlation between the two is 0.78, which means that the two concerned variables are highly correlated to each other.

Actually, emotional maturity is very intimately related to individuals health, adjustment and behavior. So it becomes necessary that a child should have a healthy emotional development. It means that Ones pleasant and unpleasant emotions should develop in such a ratio so that unpleasant emotions Could not influence his mental health. There should be proper development of the ability of emotional catharsis through which he could minimize the intensity of his mental tensions

and imbalances ,which arise due to unpleasant emotions.

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