

Analyzing the Level of Emotional Maturity of the Post Graduate Students in Relation to Certain Variables

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Abstract:

Emotional maturity entails controlling and directing our emotions rather than letting our emotions. Emotional maturity portrays our ability to accomplish and to check our own emotions, to appraise other's emotional state and to encourage their verdict and activities. The objective of the present study was to study and analyze the level of emotional maturity of the postgraduate students in relation to certain variables, viz. gender and stream of study. The population of the study comprised of all the post graduate students of Dibrugarh University. As a sample, 300 students took part in. In order to collect the required data for the study, descriptive survey method was adopted. The samples for the study were selected by using both simple random and incidental sampling technique. Emotional Maturity Scale (EMS) Constructed and Standardized by Yashvir Singh and Mahesh Bhargava was used as data gathering tool. The results of the study revealed no significant difference on emotional maturity among the postgraduate students in terms of gender and stream of study.

Key Words: Emotional maturity, Postgraduate students, Gender, Stream of Study.

Introduction:

Emotional maturity is the upshot of vigorous emotional growth and development. Apart from being an affective determinant of personality pattern, it also aids to control the evolution of individual development. Emotional maturity entails controlling and directing our emotions rather than letting our emotions. Emotional maturity portrays our ability to accomplish and to check our own emotions, to appraise other's emotional state and to encourage their verdict and activities. It is the ability of self-control, which is in turn is a result of thinking and erudition. As self-acceptance is an imperative facet of maturity, and it must be preceded by approval from others. Emotional maturity denotes appropriate emotional control, which means neither subjugation nor violet manifestation. A person who is capable of keeping his emotions under control, who is able to destitute delay and to agonize without self-indulgence, might still be emotionally dumbfounded and ingenuous.

In today's viable world, in order to become growth-oriented, there is need to recognize firm elements which incline to upsurge performance and at the same time hinder the performance. To serve this purpose, there is a need to give concentration on the behavioural and emotional facets of the individual laterally with the technical features. The Indian civilization is becoming gradually avaricious. Deceptively, man seems to be happy but internally, he is bursting with skirmishes. Teenagers of today

are certainly bare to gigantic, unrestrained and most notably censored evidence and are getting high compressions because of ever accumulative rivalry and expectations from their intimates. This give escalation to many psycho-somatic glitches such as fretfulness, strains, obstructions and emotional dismays in day to day life. Students are the props of the forthcoming generations, their value configuration of emotional maturity are vital. The fresher generation, especially, the sophisticated citizens are fictional to be the imminent leaders, decision makers, and constructors of the land. Hence, youths needs to be passionately matured in their dealings so as to overwhelm proficiently the emotional stressors and shape their future as well as that of the nation. Therefore the present study bears immense significance.

Objective:

The present study aims at analyzing the level of emotional maturity of the post graduate students in terms of Gender (viz., boys and girls) and Stream of Study (viz., arts, science and commerce).

Hypotheses:

H01: There is no significant difference on emotional maturity among the postgraduate students in relation to gender, viz., boys and girls.

H02: There is no significant difference on emotional maturity among the postgraduate students in relation to stream of study viz., arts, science and commerce.

Method:

The latitude of the study conducted by descriptive survey method was 300 postgraduate students at Dibrugarh University. Emotional Maturity Scale (EMS) Constructed and Standardized by Yashvir Singh and Mahesh Bhargava was used as data gathering tool. EMS is a self-reporting five point scale comprising 48 items. Higher the score on the scale, greater the degree of emotional immaturity and vice-versa. The test-retest reliability of the scale was .75 and internal consistency reliability of the scale ranged from .42-.86. Again, concurrent validity of the scale was .64, which was obtained by correlating the scale with the Gha area of the adjustment inventory for college students by Sinha and Singh. 't-test' and one ANOVA was used as statistical techniques to analyze the data.

Findings:

Table 1 illustrates the scores obtained by the sampled students on the Emotional Maturity Scale, which was meant for assessing the level of emotional maturity of the postgraduate students, in relation to their gender, viz. male and female.

Table 1: Postgraduate Students' Level of Emotional Maturity in Relation to Gender

Gender	N	Mean	SD	SEM	SED	Df	't' value	Significance
Male	96	107.07	25.29	2.58	3.12	298	0.10	Not significant at .05 level
Female	204	106.75	20.79	1.46				

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Table 1 shows that the Mean (M) of the two groups, viz., boys and girls are 107.07 and 106.75 respectively. The data also shows the standard deviation (SD) of the boys and girls which is 25.29 and 20.79. The 't' value came out from the above two groups (male & female) is 0.10, which is smaller than the table value 1.97 at 0.05 level of significance. Thus, the null hypothesis "*There is no significant difference on emotional maturity between the Post Graduate students in relation to their gender, viz., male and female*" is retained at 0.05 level. Therefore, it can be concluded that male and female Post Graduate students do not differ significantly as far as their level of emotional maturity is concerned.

Table 2 illustrates the scores obtained by the sampled students on the Emotional Maturity Scale in relation to their Stream of Study, viz. Arts, Science, and Commerce.

Table 2: Postgraduate Students' Level of Emotional Maturity in Relation to Stream of Study

Category	Sums of squares	df	Mean Squares	F	Significance
Among Groups	1235.9	2	617.95	1.25	Not significant at .05 level
Within Groups	147245.3	297	495.78		

Regarding the significance of difference among the Arts, Science, and Commerce Post Graduate students on their level of emotional maturity, it is clear from the Table 2 that the calculated F value 1.25 is smaller than the table value 3.03 at 0.05 level of significance. Therefore, the null hypothesis "*There is no significant difference on emotional maturity between the Post Graduate students in relation to their stream of study, viz., Arts, Science, and Commerce*" is accepted at 0.05 level of significance. Thus, it can be concluded that the Post Graduate students of different streams viz., Arts, Science and Commerce do not differ significantly as far as their level of emotional maturity is concerned.

Conclusion and Discussion:

The present study revealed no significant difference between the Post Graduate students' emotional maturity with respect to their (i) gender, viz., male and female (ii) Stream of study, viz., Arts, Science and Commerce. Dutta, Chetia, and Soni (2013) found no significant difference between the boys and girls on emotional maturity. Nuzhat (2013) reported that female University distance learners and male University distance learners do not differ significantly on emotional maturity on composite score. Nehra (2014), Kumar (2014), Shafeeq and Thaqib (2015), Zalavadia, and Bhut (2016) also found no significant difference between the boys and girl students on emotional maturity. Whereas, Subbarayan and Visvanathan (2011) reported a significant difference between the college students with respect to gender. Similar findings was also reported Chandanshiv (2014). Jitender & Mona (2015) also concluded that there exists no significant difference on emotional maturity between the college students on the ground of their academic stream. Whereas, Panth, Chaurasia, Gupta (2015) reported a significant difference between the college going students in relation to their stream of study. According

to them Arts students have high emotional maturity than the Science students. In the present study also, it has been proved that gender differences and differences in terms of stream of study does not exist as far the level of emotional maturity

Therefore, the forgoing discussion has shown that the findings of the present study is very significant as it is matched with most of the previous findings yielded by different researchers in the area of emotional maturity, particularly in India. But, it is undeniable that some of the findings of the present study have some dissimilarity too with the findings of the previous studies related to emotional maturity. The reason behind the fact may be the variation in geographical area of the study, age level of the students, their socio-economic background, etc.

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