

Emotional Maturity among Working and Non-Working Women

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Abstract: The present study was designed to investigate emotional maturity among working and non-working women. Emotional maturity is defined as how well individuals are able to respond to new situations, control their emotions and behave in an adult manner when dealing with others. The emotional aspect of emotional maturity is the most important factor in the development of the comprehensive mature personality. This is the global aspect of the emotional maturity which is the strength to actualize individual abilities within social demands. Emotional maturity enables you to create life you desire. A life filled with happiness and fulfilment. You define success on your own term, not societies, and you strive to achieve it. Emotional maturity gives an insight into an individual's adjustment levels. Society cannot tolerate a maladaptive individual because he or she is confirmed social burden and parasite. Emotional Maturity scale by Pal (1984) consisting of 40 items was administered to 120(60 working and 60 nonworking) women in the age range of 25-60 years of different villages and cities of Haryana. The obtained data was analysed by using SPSS software version 16.0.; t-test was computed for the statistical analysis of the data. The result of the study revealed no significant difference among working and non-working women emotional maturity. The limitations, future directions and conclusion are also highlighted.

Key Words: Emotional maturity, Working women, Non-Working women.

Introduction

Emotional maturity gained when individual growth is completed, its leads to biological and psychological maturation. Emotional maturity is a personality trait and the outcome of emotional maturity and emotional appropriateness to one's chronological age. It's usually reflects biological and psychological maturation development more and less. Kaplan and Baron (1986) describe the characteristic of emotionally mature person: say that who has the ability to withstand delay in gratification of needs. Who has a belief in long term planning and is able to dealing and revising the expectations in terms of demands of situations. An emotional mature child has the capacity to make effective adjustment with himself, members of his family, his peer, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the capacity to enjoy the all dimensions.1

According to Goleman (1995), we have two minds, one that thinks and one that feels, these two fundamentally different ways of knowing, interact to construct our mental life. The rational mind is the mode of comprehension we are typically conscious of more prominent in awareness, thoughtful, able to ponder and reflect. The emotional mind is impulsive and powerful and sometimes illogical. These two minds operate in harmony with each other, most of times feelings are essential to thought, and most of the times thoughts to feeling. But when passions surge the balance tips: it is not just I.Q., but emotional intelligence that matters. Goleman rightly describes

that, “It is not that we want to do away with emotions and put reason in its place, but instead find an intelligent balance of two”. 2

According to Walter D. Smitson (1974) emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra-personally.3

Emotional maturity explained as; how well person are able to react in a situation and control their emotional behaviour in a adult way when dealing others. The expression of biological maturation develops ahead of emotional maturation. Usually biological development is characterized by psychological perceptive: new birth baby is completely depends upon his mother and his emotional attitude is characterized by his emotional attitude. He seeks satisfaction for his need. According to Bernard (1954) following are the criteria of mature emotional behaviour:

1. Inhabitation of direct expression of negative emotions.
2. Cultivation of positive, upholding emotions.
3. Development of higher tolerance for disagreeable circumstances.
4. Increasing gratification from socially approved responses.
5. Increasing dependence of actions.
6. Ability to make a choice and not brood about other choices.
7. Freedom from unreasonable fear.
8. Understanding and action in accordance with limitations.
9. Awareness of the ability and achievement of others.
10. Ability to err without feeling disgraced.
11. Ability to carry victory and prestige with grace.
12. Ability to bounce back from disappointing experiences.
13. Ability to delay the gratification of impulses.
14. The enjoyment of daily living.

A person can be called emotionally mature if he is able to display his emotions in appropriate degree with reasonable control. 4 .

To deals with real world in a constructive manner, individual must focus on truth rather than false attitudes. Chaining the facts is the starting point to dealing with any problem and new situations. Person how well deals with their problems and obstacles shows their emotionally maturation level. Emotional maturity also shows that the ability to adopt a change in the new environment. Some of the people are not able to accept the new changes n their life, its shows their emotional immaturity. Choose a healthy way for overcome and reducing the level of anxiety also reflect with individual emotional maturity. When individual face the anxieties and mid level of depression, starts with headache, change in blood pressure, loss of appetite and sleep pattern, social withdrawal. Adopting a healthy life style come under the maturation, overcome these destructive symptoms with learn to relax, yoga and meditation etc. Healthy life style is leads to high emotional maturity. Agrawal. R & Srivastav .A (2016) studied that emotional maturity among working and non-working women is significant. It concluded that non working women are likely moderately stable than working women. In this study mostly working women are unstable.

Veghela (2014) studied that the working women significantly differ on emotional maturity score as compared to non-working women. It means working women have shown better emotional Maturity compared to non –working women.

OBJECTIVE OF THE STUDY:

The main objective of the present study is as under:

To study the Emotional Maturity among working and non-working women

HYPOTHESIS:

The main hypothesis of the present study is as under:

There will be no significant difference among working and non-working women Emotional Maturity.

VARIABLES

The variables of present study are having given in following.

INDEPENDENT VARIABLE:

Working and non-working women

DEPENDENT VARIABLE:

Emotional Maturity

METHODOLOGY

SAMPLE:

The main aim of the present research is “A comparative study of Emotional Maturity of working and non-working women”. For this investigation a sample size of 120 in which 60 working women and 60 non-working women of the age range 25-50 years was taken.

TOOL:

Emotional maturity scale developed by Roma Pal (1988) was used to measure emotional maturity. This scale contains 40 items with five point Likert rating scale response as; totally agree, neutral, generally, disagree and totally disagree. Response was scored like 5,4,3,2 and 1 respectively and from the responses we had to select only one response in each sentence. 5 for mark on totally agree, 4 for mark on agree, 3 for mark on neutral, 2 for mark on disagree and 1 for mark on totally disagree. The maximum possible score is 200 and minimum is 40. Scoring pattern reflects that more score indicates less emotional maturity. The fewer score in the scale indicates good (more) emotional maturity. Maximum possible score is two hundred and minimum is forty. According to scoring pattern more score means less emotional maturity. The fewer score on emotional maturity scale shows good emotional maturity

PROCEDURE

Emotional maturity scale was administered individually to each subject after building rapport with the subject. Instructions were followed which are given in manual for the scale. The responses of scale were scored as per scoring keys which are in the manual.

STATISTICAL ANALYSIS:

Data were analysed using the Statistical Package for Social Science (SPSS) version 16.0. t-test was used).

RESULTS:

Table -1 Show Mean, SD, and “t” value of two groups:

Emotional Maturity	Number	Mean	S.D	t-value	Sig.level
Non-Working women	60	115.20	10.69		
Working Women	60	118.53	11.67	.576	.520

Table -1 show that there is no significant difference among working and non-working women Emotional Maturity. Working and non-working women have shown instability on Emotional Maturity by getting mean score of working women M=115.20 and non-working women M=118.53.

DISCUSSION:

The current study conducted with the primary aim to find out the difference among working and non-working women emotional maturity. In results table-1 an attempt was to find out the difference among working and non-working women on overall emotional maturity score with t-test. The present study showed that there was no significant difference among working and non-working women emotional maturity. It means working women do not differ significantly on overall Emotional Maturity score as compared to non-working women. It's revealed that working and non-working women are both unstable. Agrawal. R &Srivastav .A (2016) found that mostly working women are unstable.

LIMITATIONS

- Sample size was small.
- The study cannot be generalized to other cultural groups because whole sample was taken from Haryana (India)

FUTURE DIRECTIONS

- Sample size could be large.

- Multi-centre study could be planned for better generalization.
- A comparative study of men and women can be carried out to determine their emotional maturity.
- Gender differences should be further explored in the future research.

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