

How Emotional Maturity Affects Adolescents' Social Competence?

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Priyanka Yadav

Assistant Professor,
Dept. of Psychology,
RG (PG) College,
Meerut, UP, India

Abstract

Present study is intended to see the effect of emotional maturity on social competence among adolescents. For this purpose, a sample of 400 school students, in which 200 were males and other 200 were females, (age range 16-19 years) was selected from 11th and 12th classes of different schools of Meerut city by Stratified Random Sampling method. Data were collected by Emotional maturity Scale, developed by Ms. Roma Pal and Social Competence Scale, developed by Latika Sharma and Punita Rani. To meet the objectives of the study obtained data were analysed through t-Test and Two-Way ANOVA. Results of the study revealed that there is significant gender difference in social competence among adolescents while there was no significant difference found in social competence of adolescents in respect to their emotional maturity. The interactional effect of gender and emotional maturity on social competence, also found non-significant.

Keywords: Emotional Maturity, Adolescence, Social Competence

Introduction

"Adolescents likely possess the necessary intellectual skills to make informed choices.....but may lack the social and emotional maturity to control impulses and this immaturity mitigate their criminal responsibility." (Laurence Steinberg, in IANS, 2009).

Human is a bundle of emotions. Emotions take a vital role in human life. Expression of emotion affects every arena of life; whether it is social, personal or professional. Therefore, emotional maturity is necessary for any individual to adjust in social situations, to create a successful life, filled with happiness and fulfilment. Adolescents are the future of any Nation. Therefore, their social and emotional competencies are crucial for deciding the future of any Nation or Society.

Teenagers are facing many emotional disturbances these days which is affecting their social skills. Their unbalanced emotions are affecting their social competence. While social competence is necessary for successful social adaptation and social development.

Social and emotional competencies lead a person towards better health, successful, happy and satisfied life. It also leads the adolescents towards less substance abuse, higher income, less financial struggles and less criminal activities (Darling-churchill & Lippman, 2016) and these elements related to adolescents make an enhanced society and a more developed Nation. Hence, it is necessary to study how emotional maturity is affecting social competence of adolescents so that appropriate steps can be taken in time to make better policies for adolescents.

Though many studies have done to see the effect of gender and emotional maturity on social competence of adolescents, but through these studies, the researchers could not reach on a balanced conclusion because there are differences in the findings. Some studies show that gender and emotional maturity affect social competence while other show that they don't. This is also the fact that most of the researches are conducted in foreign countries. In India, there is still a lack of these kinds of studies. Hence, present study is an effort in this direction.

Emotional Maturity

Emotional maturity is one's capacity to manage and to regulate one's emotions to evaluate others emotional state and to persuade their judgment and actions. It is having good control or regulating behaviour, thoughts, feelings and emotions according to the situation.

According to Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Emotional maturity can be

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understood in terms of ability of self-control which in turn is a result of thinking and learning.

Adolescence

Adolescence is defined as the transition phase from childhood to adulthood. Adolescence is the most crucial and challenging phase of human life, because it is the phase where many emotional, cognitive, biological and social changes take place. This critical period demands a strong self-regulation and self-discipline because rest of the life of an individual depends on it. In this period a person wants to be free from parental control and wants to have an autonomous control on his actions, emotions and decisions. If a human being successfully crosses this phase, his life will be normal otherwise his life can be abnormal, he can have disappointment, disturbances, frustration, helplessness, insecurity, uselessness, isolation and many other social, emotional and cognitive problems (Singh et al., 2014; Barber, 2002).

Social Competence

Social competence is a set of complex social skills, which determine the efficiency of managing behaviour in certain social situations. It is defined as effectiveness in social interaction (Rose- Krasnor, 1997) or social skilfulness in behaviour (Dirks et al., 2006).

Review of Literature

Gender and Social Competence:

Narula (2017) found that there is no significant gender difference in social competence. Pekdogan and Kanak (2016) saw in their study that the gender of Pre-School children significantly affects their social competence. Nayak (2014) revealed that social competence is significantly affected by gender. Females are socially more competent than their male counterparts. Tiwari and Shrivastava (2004) found that males have more social maturity than females while females are emotionally more mature than males.

Emotional Maturity and Social Competence

Hubbard et. al, (1993) and Gottman & Mettetal (1986) concluded that social competence and emotional maturity are positively correlated. The more is emotional maturity the more will be social competence. Eisenberg et. al, (1989) revealed through their study that sympathy (a prosocial other-oriented emotional response) increases social competence while empathy (a self-oriented emotional response) blocks sympathy and thus ultimately affects social competence negatively. Many other researchers found that greater social competence is associated with greater use of emotional display rules. The people who display more positive affect are more appreciated by others and thus feel more happy and cheerful (Bonney, 1943) while who have negative affect are rejected by others. Thus, emotional display affects our social interactions and social skills or social competence. Many other researches revealed that social competence is affected by many factors such as, Peer relations (Vimble & Sawhney, 2017), Attachment (Semrud-Clikeman, 2007), Parenting Styles (Baumrind, 1991), Home Environment and Family relations (Maccoby & Martin, 1983). Social Skills, Social Awareness, Social Perception, Self-Confidence, Social Anxiety, Emotional Intelligence,

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and Social Context also affects social competence (Janet et al., n.d.).

Objective of the Study

1. To study the gender difference in social competence of adolescents.
2. To study the effect of emotional maturity on social competence of adolescents.
3. To study the interactional effect of gender and emotional maturity on social competence of adolescents.

Hypotheses

1. There will be no significant gender difference in social competence of adolescents.
2. There will be no significant effect of emotional maturity on social competence of adolescents.
3. There will be no significant interactional effect of gender and emotional maturity on social competence of adolescents.

Methodology

Sample

Four hundred students of 11-12th standard of different schools of Meerut city were selected for present study in which 200 were males and 200 were females. Thus, the final sample consisted of 400 participants. Stratified Random Sampling technique was used to select the sample units.

Variables

Independent Variables

1. Gender
2. Emotional Maturity

Dependent Variables

1. Social Competence

Research Design

This study was intended to find out the effect of gender and emotional maturity on social competence of adolescents; Hence, the Experimental Research with Factorial design was conducted. In the present study 2x2 Factorial Design was applied. The first I.V. was Gender, having Two levels i.e., A1- Males, A2- females. The second I.V. was Emotional Maturity, having two levels i.e., B1- High Emotional Maturity, B2- Low Emotional Maturity.

Measuring Tools

Emotional Maturity Scale

It is constructed and standardized by Roma Pal (1984). It consists of 40 items and 5 Dimensions. Its Test-Retest Reliability (r_{tt}) is 0.77 and content Validity is 0.84. High scores on emotional maturity scale indicate lower emotional maturity and vice-versa.

Social Competence Scale

It is constructed and standardized by Latika Sharma and Punita Rani (2013). It has 47 items and 3 dimensions. Its Test-Retest Reliability (r_{tt}) is 0.84 and Split-half Reliability (r_{tt}) is 0.76. This scale is originally in English. It was translated into Hindi by Back-to-Back Translation for meeting research objectives.

Statistical Analysis Techniques

To meet the objectives of the study, the obtained data were analysed by using SPSS-25 Computer Software. The following statistical techniques were employed for analysing the data:

1. Mean
2. SD

Results

Table-1 Comparison of Variance of Gender and Emotional maturity among Adolescents in respect to their Social Competence:

Source of variance	Sum of squares	df	Mean Square	F	Significance
Gender	24329.410	1	24329.410	104.27	Significant*
Emotional Maturity	252.81	1	252.81	1.06	NS
Interaction between Gender and Emotional Maturity	8.41	1	8.41	0.035	NS
Error	94687.08	396	239.11		
Total	119880.71	399			

*Significant at 0.01 Level

Results as summarised in Table-1, presents an overview of the F-values of social competence among adolescents with respect to their gender and emotional maturity. As is evident from the table the F-value of social competence, in respect to gender (104.27) is significant at $p > 0.01$ level of significance. This indicates that adolescents differ significantly on social competence, in respect to their gender. Thus, our First Hypothesis that, "There will be no significant gender difference in social competence among adolescents", does not prove right and that's why is rejected. The above table also represents that the F-value of social competence, in respect to emotional maturity (1.06) is not significant at any level of

significance. This indicates that adolescents do not differ significantly on social competence in respect to their emotional maturity. Thus, our Second Hypothesis that, "There will be no significant effect of emotional maturity on social competence of adolescents", proves right. This table also represents F-value of social competence, in respect to gender and emotional maturity (0.035) is not significant at any level of significance. It indicates that interaction of gender and emotional maturity does not affect social competence. Thus, our Third Hypothesis that, "There will be no significant interactional effect of gender and emotional maturity on social competence of adolescents", proves right.

Table-2 Comparison of mean scores on Social Competence among adolescents with respect to their Gender

Gender	N	Mean	SD	df	t-Value
Male	200	122.47	15.239	398	10.22*
Female	200	138.26	15.649		

*Significant at 0.01 level.

Results, as summarized in Table-2, reveal that the female respondents scored significantly higher ($M=138.26$) on social competence scale in comparison to their male counterparts ($M=122.47$). The comparison between the two Means has yielded a t-value of 10.22, which is significant at 0.01 level of confidence. It indicates that females have more social competence than males.

Discussion

The purpose of the present study was to study the gender difference in social competence among adolescents and another objective of the study was to study the effect of emotional maturity on social competence of adolescents.

It was found that there is a significant gender difference among adolescents in respect to their social competence. The study reveals that females have more social competence than males. These findings are consistent with studies conducted by **Pekdogan & Kanak (2016); Nayak (2014) and Tiwari & Shrivastava (2004)**

It was further found that there is no significant difference in social competence among adolescents in respect to their emotional maturity. The results are not in line with the studies conducted earlier. Most of the studies show that social competence is affected by emotional maturity.

(**Hubbard et. al 1993; Eisenberg et. al, 1989; Gottman & Mettetal, 1986; Bonney, 1943**).

The statistical analysis also represents that the interaction between Gender and Emotional Maturity does not significantly affect Social Competence. There is lack of the studies of showing interactional effect of Gender and Emotional Maturity on Social Competence. Hence there is a huge need to study this interaction effect in future.

Conclusion

After analysing the data, the following findings are obtained-

1. Females adolescents are socially more competent than male adolescents.
2. Emotional maturity does not affect social competence of adolescents.
3. Interaction between gender and emotional maturity does also not affect social competence of adolescents.

Implications

In terms of practical implications, these results may be useful in developing educational and preventive programs to foster a reflexive attitude on the link among Gender, Emotional Maturity and Social Competence. The present findings suggest that it is necessary to broaden the conception of social and emotional competencies of adolescents to make them good citizens of the country and a balanced individual member of the society.

Limitations

The limitation of the study is the fact that all the measures were based on self-reports method which means that the data are subject to common-method variance.

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