

Emotional Maturity in Women

Abstract

The main purpose of this research was to find out the emotional maturity in women. The total sample consisted of 120 women as a variation belongs to sere marital status and occupational status. For this purpose of investigation emotional maturity scale developed by Singh and Bhargav (1991) was Gujarati translated by Y. A. Jogsan (2016). The obtained data was analyzed F-test (ANOVA) to know the mean difference in women. The result reveled that are significant difference in emotional maturity among marital status and occupation status variables. Here married women more emotionally mature as compare unmarried women. Working women more emotionally mature as compare non-working women.

Keywords: Emotional Maturity, Marital and Occupational Status.

Introduction

The expression, "maturity," refers to a significant phase in the growth of a living organism. Maturity is achieved when individual growth is completed and the organism is ripe for propagation. The concept of maturity is used also in psychology and psychiatry. In this field it designates that phase of personality development which corresponds to biological and psychological maturation. We call a person psychologically mature after he has reached a certain level of intelligence and emotional outlook. The development of a person is undisturbed, biological and psychological maturation progress more or less parallel with each other. Usually, however, biological maturation proceeds ahead of emotional maturation.

An emotionally mature person has full control over the expression of his feelings. However, he behaves according to the accepted social values and ideals. He remains indifferent towards emotional allurements. There is no instability in the expression of emotions. During adolescence one gets excited very soon. Adolescents burst into laughter on flimsy things or loose temper soon but an emotionally mature is free from this defect.

"The emotionally mature or stable individual regardless of his age is the one who has the ability to overcome tension to disregard certain emotion stimulators that affect the young and view himself objectively, as he evaluates his assets and liabilities and strive towards an improved integration of his thought, his emotional attitude and his overt behavior."

-Crow and Crow (1962)

"Person is considered emotionally mature when his responses to a situation are (a) Appropriate to his degree of development and (b) Proportionate to the demands of situation."

-Geoghagen et.al. (1963)

"Emotional maturity is a process in which the personality is continually striving for greater sense of emotional health, both intrapsychically and intra personally."

-Walter and Smitson (1974)

Review of Literature

Hasmukh M. Chavda (2018), Emotional maturity and mental health among working and non working women. The result indicate that there is a significant different in emotional maturity in working and non-working women.

Kiranben Vaghela (2014), Emotional maturity of working and non-working women. In addition, The result indicate the working women significantly differ on Emotional maturity score as compared to non working women, working women have shown better Emotional Maturity compared to non working women.

Methodology

Problem of Research

Emotional Maturity in Women

Objective of the Study

The main objectives of this study were as under.

Mahesh B. Chauhan

Research Scholar,
Deptt.of Psychology,
Suarashtra University,
Rajkot, Gujarat

Yogesh A. Jogsan

Associate Professor,
Deptt.of Psychology,
Suarashtra University,
Rajkot, Gujarat

1. To examine the main impact of marital status variable on emotional maturity of women.
2. To examine the main impact of occupational status variable on emotional maturity of women.
3. To examine the internal impact of marital status and occupational status variables on emotional maturity of women.

Null-Hypothesis of Research

To related objectives of this study, null hypothesis were as under.

1. There will be no main significance effect between the mean of emotional maturity of women context to marital status variable.
2. There will be no main significance effect between the mean of emotional maturity of women context to occupational status variable.
3. There will be no internal significance effect between the mean of emotional maturity of women context to marital status and occupational status variable.

Variables of Research

Variables of the Present study as under:

Independent variables

Marital Status

1. Married women (A₁)
2. Unmarried women (A₂)

Occupational Status

1. Working women (B₁)
2. Non-working women (B₂)

Dependent Variables

1. Score receive on emotional maturity scale.

Control Variables

1. In this study only women were taken.
2. Limited samples were taken for this study.
3. The selection of sample only from Rajkot city.
4. In this present study includes 20 to 30 years women.

Participants of Research

First of all 200 women were selected out of them 120 were selected. In which 60 married women and 60 unmarried women were taken as sample, besides 30 working women and 30 non-working women were taken as sample in different areas in Rajkot city (Gujarat)

Instrument of Research

For this purpose, the following test tool was considered with their reliability, validity and objective mention in their respective manuals. In present study one scale used in research.

Personal Data Sheet

According to the aim of the present study here personal data was prepared in which name, age, marital status, occupational status were included.

Emotional Maturity Scale

The Emotional Maturity Scale was made by Singh and Bhargava, (1991). This scale measures a

list of five broad factors of Emotional Immaturity- Emotional Unstability, Emotional regression, social maladjustment, personality disintegration, lack of independence. It is a self reporting five point scale. Items of the scale are in question form demanding information for each in any of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5, 4,3,2,1 respectively. Therefore, the higher score on the scale, greater the degree of the emotional immaturity and vice versa. The scale has total 48 items.

Procedure Of Data Collection

The testing was done on a group of women. The procedure of filling the scale was explained to them fully and clearly. The instruction given on the scale was explained to them. It was also made clear to them that their scores would be kept secret. It was checked that none of the subjects left any questions and answered or that no subject encircled both the answers given against a question.

Research Design

The aim of present research was to a study of emotional maturity in women. For these total 120 samples were taken with used purposive sampling method. To check the main and internal effect of two independent variables 2 x 2 factorial design was used which as under:

Table – Factorial Design 2 x 2 (N = 120)

		Marital Status		Total
		Married Women (A ₁)	Unmarried Women (A ₂)	
Occupational Status	Working Women (B ₁)	30	30	60
	Non-working Women (B ₂)	30	30	60
	Total	60	60	120

Where, A = Marital Status
 A₁ = Married Women
 A₂ = Unmarried Women
 B = Occupational Status
 B₁ = Working Women
 B₂ = Non-working Women

Data collected were analyzed by appropriate statistical technique. To study the influences of dependent variables under investigation in emotional maturity, ANOVA has been used.

Results and Discussions

The main objective of present study was to measure the emotional maturity in women. In it statistical ANOVA method is used. Result discussion of present study is as under.

Table-1

Showing the ANOVA Table of Emotional Maturity Context to Marital Status and Occupational Status Variables

Variables	Sum of Squares	df	Mean Squares	f	Sig.
A _{SS} (Marital Status)	11524.80	1	11524.8 1	14.63	0.01
B _{SS} (Occupational Status)	6750	1	6750	8.57	0.01
Ass X B _{SS}	18304.80	1	18304.8	23.24	0.01
W _{SS}	91373.60	116	787.70		
T _{SS}	127953.20	119			

Sig. Level : df - 1/116 = 0.05 = 3.92

0.01 = 6.84

NS = Not Significant

In the table-1 show the f-value of the marital status and occupational status variables of emotional maturity. The f-value of A (Marital Status), B (Occupational Status) and A x B (Marital Status and Occupational Status) variables were found 0.01 level significant.

Main Effect

H0₁

There will be no main significance effect between the mean of emotional maturity of women context to marital status variable.

Table-2

Showing the Mean and f-value of Emotional Maturity context to Marital Status Variable

Sr. No.	Variable (Sex)	N	Mean	f	Sig.
1	A ₁ (Married Women)	60	95.90	14.63	0.01
2	A ₂ (Unmarried Women)	60	115.50		

Sig. Level : df - 1/116 = 0.05 = 3.92

0.01 = 6.84

NS = Not Significant

According to table-1 and 2 show the f-value and mean score of marital status variable. Here mean of A₁ (Married Women) is 95.90 and A₂ (Unmarried Women) is 115.50. Here married women more emotionally mature as compare unmarried women. Here f-value is 14.63 which are significant at 0.01 levels, because the f-value is greater than original value. So we can say that the H0₁ is rejected.

H0₂

There will be no main significance effect between the mean of emotional maturity of women context to occupational status variable.

Table-3

Showing the Mean and f-value of Emotional Maturity context to Occupational Status Variable

Sr. No.	Variable (Sex)	N	Mean	f	Sig.
1	B ₁ (Working Women)	60	98.20	8.57	0.01
2	B ₂ (Non-working Women)	60	113.20		

Sig. Level : df - 1/116 = 0.05 = 3.92

0.01 = 6.84

NS = Not Significant

According to table-1 and 3 show the f-value and mean score of occupational status variable. Here mean of

B₁ (Working Women) is 98.20 and B₂ (Non-working Women) is 113.20. Here Working women more emotionally mature as compare non-working women. Here f-value is 8.57 which are significant at 0.01 levels, because the f-value is greater than original value. So we can say that the H0₂ is rejected.

Internal Effect

H0₃

There will be no internal significance effect between the mean of emotional maturity of women context to marital status and occupational status variable.

Table-4

Showing the Mean and f-value of Emotional Maturity context to Occupational Status Variable

Sr. No.	Variable s	Mean		f	Sig.
		A ₁ (Married Women)	A ₂ (Unmarried Women)		
1	B ₁ (Working Women)	88.90	107.50	23.24	0.01
2	B ₂ (Non-working Women)	102.90	123.50		

Sig. Level : df - 1/116 = 0.05 = 3.92

0.01 = 6.84

NS = Not Significant

According to table-1 and 4 show the f-value and mean score of marital status and occupational status variable. Here mean of A₁B₁ (Married Women and Working Women) is 88.90, A₁B₂ (Married Women and Non-working Women) is 102.90, A₂B₁ (Unmarried Women and Working Women) is 107.50 and A₂B₂ (Unmarried Women and Non-working Women) is 123.50. Here f-value is 23.24 which are significant at 0.01 levels, because the f-value is greater than original value. So we can say that the H0₃ is rejected.

Conclusion

We can conclude by data analysis as follows:

It was concluded from this study that married women more emotionally mature as compare unmarried women. Working women more emotionally mature as compare non-working women. Married working women more emotionally mature as compare married non-working women, unmarried working women and unmarried non-working women. Married non-working women more emotionally mature as compare unmarried working women and unmarried

non-working women. Unmarried working women less emotionally mature as compare married working women and married non-working women and more emotionally mature as compare unmarried non-working women.

Limitation and Future Research

This study had several limitations that can be addressed by future research. First, the participants consisted only women of the different areas in Rajkot city. So, it is not representative of all adolescence. Hence, a more representative participant might yield different result; for example, a participant from different areas of Gujarat might show significant interaction effects of areas.

Suggestions

Endeavour can be executed to analyze more them 120 data of sample with efficacy to attain better results. For the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different district from different state to ascertain in their emotional maturity. To crown the research work, other method of selecting sample can be appropriated.

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