

# **A Study of Emotional Maturity among Adolescents in Relation to Parental Involvement in District Kangra of Himachal Pradesh**

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**Abstract:** Sound emotional maturity is important for success in life and it is quite essential to possess a well balanced personality. An emotionally mature person can utilise his/her energy properly for his betterment. He can think about a developed society and get more recognition from his family, teachers, friends and society. Parental involvement helps the children in teaching the form of parent's values and aspiration modelled in the home. It is a major force to shape children in adjustment. During this period adolescents have great need of support and education for their positive development. As these two aspects of person's life is important for his/her present and future success. The investigator decides to study emotional maturity among adolescents in relation to parental involvement. The study will help the students to maintain their emotional maturity and improve their parent's behaviour. The investigator is fascinated to take the present problem.

**Keywords:** Emotional maturity, Parental involvement, Adjustment, Quality, Personality

## **I. INTRODUCTION**

Emotions play vital roles in human life. These are present in every activity of human beings. They are the prime mature or motivating forces of thought and conduct. Emotions give zest and spice to life and important qualities to personality. No individual can personally and socially well adjusted without being emotionally mature. Emotional maturity is an essential ingredient of an educated, cultured and successful person.

Emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent's development. There are many situations when we fail in our attempts and get frustrated. Our failures and frustrations may bring injury to our ego and thus give birth to feeling of inferiority and anxiety. The entire path for going ahead seems to be blocked. Most of us are not ready to face the reality by accepting our failures but tend to resort to certain mechanism for defending our inadequacies or anxieties.

Parents provide emotional, financial, social, intellectual and physical involvement of child. He is fully dependent on his parents. Parental involvement is very important for the education of a child. Without parental involvement, education is not possible for a child. Parental involvement include all type of financial, social, emotional involves. It also includes motivation, love, affection, aspiration, moral and physical involves etc. Parental involvement helps to develop creativity, self-confidence, self-concept, self-efficiency, communication, other life skills and relationship among children. Parental involvement is an essential factor which directly affects educational life of a child.

## **II. SOCIAL MATURITY**

Social maturity incorporates attainment in several realms, including independent functioning, effective interpersonal relationships, interactions and responsibility i.e. contributes to the welfare of the society (Greenberg, Josselson, Knerr and Knerr, 1995). Social maturity entails a well-developed awareness, profound and clear understanding of the social custom and appreciation of values of social customs, manners and patterns of the rules that govern social behaviour of

the right of others and of personal duties as an adherent of a social group. Social maturity also infers that the individual develops a pattern of behaviour, habits, attitudes, manners and skills which will help him to fit into the group living and contributes to the well-being of the group (T. Kalyanidevi and N. Chaitanyaprathima, 2008). Social maturity is also related with how well people understand the nature of the society they live in. It denotes the individuals' general nature of adaptive functioning and social and emotional competence (Galambos and Costigan, 2003). Social maturity encompasses learning to properly acquaintances with family, friends, neighbours and intimate relationships. It involves understanding of how to respect and care those in authority (Hira, 2013).

### **III. PARENTAL INVOLVEMENT**

Family is the first social agency of the child to teach effective social skills and enable one to deal effectively and with understanding in social situations. One must be conscious of the interest of others, appreciative of their goals and supportive of their feelings of personal worth. Social Maturity is needed for the socialization of the individual, decline egocentricity, to develop self confidence, to develop social and human values, productivity and to develop social feelings. Parental Involvement is defined as a positive interaction between a parent and their child. Parental Involvement generally refers to parents' investment of resources in children's schooling. This Involvement can take place inside and outside of school, with the intention of improving student's learning. Parental Involvement at home can be in the form of activities such as discussions about school, helping in homework and reading work with children. Involvement at school may include parents volunteering in the class room, attending workshops, or attending school plays and sporting events. They also include school based involvement, focused on such activities as driving on a field trip, staffing a concession booth at school games, coming to school for scheduled conferences or informal conversations, volunteering at school, serving on a parent-teacher advisory board (Hoover, 1995).

### **IV. OBJECTIVES**

1. To study the relationship between emotional maturity among adolescents and parental involvement.
2. To study the significant difference in emotional maturity among adolescents with respect to gender.
3. To study the significant difference in parental involvement among adolescents with respect to gender.
4. To study the significant difference in emotional maturity among adolescents with respect to locale.
5. To study the significant difference in parental involvement among adolescents with respect to locale.

### **V. REVIEW OF RELATED LITERATURE**

In the presence study the investigator has reviewed the following studies on emotional maturity and parental involvement.

Bharti Sharma(2010) in her studies on 'Adjustment and emotional maturity among first year college students' identified that there is significant difference in the adjustment process of the first and final year students as far as social, emotional and educational areas are concerned while no significant difference was observed in home and health areas. Subharayan, G Visvanathan (2011) in their study on 'Emotional Maturity of college students' identified that male non – sportsperson performed significantly better on all the sub variables that is emotional instability, emotional regression, maladjustment, personality disintegration, lack independence and emotional maturity than female non-sportsperson. Fatima, Tehsin and Saleem Muhammad et al. 2013 conducted a study on parental involvement and academic achievement, a study on secondary school in students of Lahore, Pakistan. The objective of this study was to explore the effect of parental involvement on academic achievement of their children.

A sample of 150 students (boys and girls) of 9<sup>th</sup> class of secondary school (public and private) was taken. The finding was that parental involvement has significant effect on academic performance of their children.

Publ. RM and Luedicke, J (2013) conducted a study on parental involvement for policy measures and school based efforts to address weight- based victimization of overweight youth. The main objective of study was assessed parental involvement for potential measures to address the problem. A national sample of parents in the United States, 1919

completed an online questionnaire. The findings indicated that there is substantial involvement from parent, both with and without overweight children.

Ansari (2015) conducted a study to measure the relationship between stress and emotional maturity among under graduates' students. It was found from the study that emotional maturity has a significant impact over stress level of students. An emotionally mature person knows how to adjust in a social environment, how to tackle the different situations effectively with positive attitude and thus emotional maturity leads to low level of stress among undergraduates students.

Brahmbhat S in 2016 conducted a study on Emotional Maturity among higher secondary school students and found that male students were more emotionally mature than female students.

Vyas T, & Gunthey R (2017) conducted a study on emotional maturity and self-confidence among adolescent students and their results showed that there is significant difference between the male and female adolescents on emotional maturity.

Kumar, B (2018) conducted a study on 'Difference of emotional maturity among adolescents of Dehradun'. His sample consisted of total 100 subjects from Dehradun district and his study showed that boys and girls differ significantly in only one dimension of emotional maturity (i.e. emotional progression) while in other four dimensions (emotional stability, social adjustment, personality integration and independence) and in total emotional maturity boys and girls do not differ significantly.

## VI. METHODS OF STUDY

The method of research which concerns itself with the present phenomena in terms of conditions, practices, beliefs, processes, relationships or trends invariably is termed as descriptive survey. The selection of the methods depends on the nature of the problem selected and the kind of data required for its selection.

Simple random sampling is that method in which each item of universe has an equal chance of being selected in the sampling the investigator selected 200 students (rural and urban) from Kangra District of Himachal Pradesh. There were 100 girls and 100 boys from different schools of Kangra District. The tools employed in present study are follows:

1. Emotional maturity scale by Yashvir Singh and Mahesh Bhargava (1993).
2. Parental involvement scale by Dr. Vijyalakshmi Chouhan and Mrs. Gunjan Ganatra Arora.

### 6.1 Analysis and Interpretation

Analysis means to breakdown the data in small parts and interpretation means to give meaning to data. The detailed description of statistical analysis and interpretation are given below.

#### A. Hypothesis 1

There exists no significant relationship between emotional maturity among adolescents and parental involvement.

**Table 1**

Category	Variables	Mean	Value of t	Significant of level	Remarks
Adolescents	Emotional maturity	132.8	-0.036	Negative	Hypothesis accepted
	Parental involvement	85.8			

**Table no. 1** Shows that mean score of emotional maturity among adolescents is 132.8 and mean score of parental involvement of adults is 85.8 respectively. The correlation between emotional maturity and parental involvement of adolescents is -0.036. This is not significant at 0.05 levels. Hence, hypothesis number 1 is accepted, which states that "there exists no significant relationship between emotional maturity and parental involvement."

#### Result 1

Negative relationship between emotional maturity among adolescents and parental involvement.

#### B. Hypothesis 2

There exists no significant difference in emotional maturity among adolescents with respect to gender.

**Table 2**

Category	Number	Mean	S.D	S.E <sub>m</sub>	S.E <sub>n</sub>	C.R.	At 0.05 Level	Remarks
Boys	100	130.47	25.15	2.515	3.814	0.951	Not Significant	Hypothesis accepted
Girls	100	134.1	28.68	2.868				

**Table number 2** shows that mean score obtained of emotional maturity scale by 100 boys is 130.47 and by 100 girls is 134.1 respectively. The standard deviation obtained of emotional maturity scale by 100 boys is 25.15 and by 100 girls is 28.68 respectively. The critical ratio is 0.951 which is not significant at 0.05 levels. Hence, hypothesis number 2 is accepted which states that “ there exists no significant difference in the emotional maturity of adolescent with respect to gender.

**Result 2**

Not significant difference in emotional maturity among adolescent with respect to gender.

**C. Hypothesis 3**

There exists no significant difference in parental involvement among adolescent with respect to gender.

**Table 3**

Category	Number	Mean	S.D.	S.E <sub>m</sub>	S.E <sub>n</sub>	C.R.	At 0.05 level	Remarks
Boys	100	85.94	8.932	0.893	1.267	0.857	Not significant	Hypothesis accepted
Girls	100	84.86	9.007	0.900				

**Table No. 3** shows that mean score obtained of Parental Involvement scale of 100 boys is 85.94 respectively. The standard deviation obtained of Parental involvement scale of 100 boys is 8.932 and of 100 girls is 9.007 respectively. The critical ratio is 0.857 which is not significant at 0.05 level. Hence, hypothesis no.3 is accepted which states that “There exists no significant difference in Parental involvement among adolescents with respect to gender.”

**Result 3**

Not significant difference in Parental involvement among adolescent with respect to gender.

**D. Hypothesis 4**

There exists no significant difference in Emotional Maturity among adolescents with respect to locale.

**Table 4**

Category	Number	Mean	S.D.	S.Fm	S.F.D	C.R.	At 0.05 level	Remarks
Boys	100	119.55	19.728	1.972	3.207	7.474	significant	Hypothesis not accepted
Girls	100	145.02	25.302	2.530				

**Table no. 4** shows that mean score obtained of emotional maturity scale by rural is 119.55 and by urban is 145.02 respectively. The standard deviation obtained of emotional maturity by rural is 19.728 and by urban is 25.302 respectively. The critical ratio is 7.474 which is significant at 0.05 level. Hence, hypothesis no.5 is accepted which states that “There exists no significant difference in the emotional maturity among adolescents with respect to locale”

**Result 4** Not significant difference in Emotional Maturity among adolescents with respect to locale.

**E. Hypothesis 5**

There exists no significant difference in Emotional Maturity among adolescents with respect to locale.

**Table 5**

Category	Number	Mean	S.D.	S.Fm	S.F.D	C.R.	At 0.05 level	Remarks
Boys	100	119.55	19.728	1.972	3.207	7.474	significant	Hypothesis not accepted
Girls	100	145.02	25.302	2.530				

**Table no.5** shows that mean score obtained of Parental involvement scale by rural is 86.22 and by urban is 84.58 respectively. The standard deviation obtained of parental involvement by rural is 9.303 and by urban is 21.582 at 0.05

level. Hence, hypothesis no.5 is accepted which states that “There exists no significant difference in Parental involvement among adolescents with respect to locale.”

**Result 5** Not significant difference in Emotional Maturity among adolescents with respect to locale.

## **VII. CONCLUSION**

The following are the conclusion of the study conducted keeping in view of the hypothesis:

1. **From table no.1** it is concluded that the correlation between emotional maturity and parental involvement is slightly negative and the value of  $r$  is -0.361 which is not significant at 0.05 levels. Hence, hypothesis no. 1 is accepted, which states that “There exists no significant relationship between Emotional maturity among adolescents and parental involvement.
2. **From table no. 2** it is concluded that there exists no significant difference in Emotional maturity of adolescents with respect to gender. The critical ratio is 0.92 which is not significant at 0.05 levels. Hence, hypothesis no. 2 is accepted which states that “There exists no significant difference in the emotional maturity among adolescents with respect to gender.”
3. **From table no. 3** it is concluded that there exists no significant difference in the parental involvement among adolescents with respect to gender, the critical ratio is 0.81 which is not significant at 0.05 levels. Hence, hypothesis no.3 is accepted which states that “There exists no significant difference in the Parental involvement among adolescent with respect to gender.”
4. **From table no. 4** it is concluded that there exists no significant difference in Emotional Maturity among adolescent with respect to locale. The critical ratio is 7.49 which is not significant at 0.05 levels. Hence, hypothesis no.4 is rejected which states that “There exists no significant difference in the Emotional Maturity among adolescent with respect to locale.”
5. **From Table No.5** it is concluded that there exists no significant difference in the Parental involvement among adolescents with respect to locale. The critical ratio is 0.2245 which is not significant at 0.05 levels. Hence, hypothesis no. 5 is accepted which states that “There exists no significant difference in the Parental involvement among adolescents with respect to locale.”

Social maturity is tendency to understand and cope with social relationships. The level of social maturity determines our ability to manage with complex situations. Adolescence is a transitional phase from childhood to adulthood; characterized by physiological, psychological, and socio emotional changes. Healthy changes could only be realised if parents rear their children by adopting right parenting styles. This study highly recommends the role of parental involvement in development of emotional and social maturity among adolescents. Socially and emotionally mature adolescents can contribute a lot in development of healthy society and nation. Adolescent students and their results showed that there is significant difference between the male and female adolescents on emotional maturity.

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