

Study of Gender Difference in Emotional Maturity among Adolescents

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Abstract

Aim: The aim of the study was to observe gender difference in emotional maturity among adolescents. **Materials and Method:** Samples of 200 adults (100 males and 100 females) were selected from Bassi Pathana, District Fatehgarh Sahib, Punjab. For data collection, Emotional Maturity Scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. **Results:** No significant difference exists between mean scores of the variable of emotional maturity of male and female adolescents. **Conclusion:** It was concluded that gender does not play a significant role in determining the emotional maturity among adolescents.

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Introduction

Emotional Maturity is a personality trait, the result of emotional development and the display of emotion appropriate to one's chronological age. It usually reflects increased emotional adjustment and emotional stability and the attainment of emotional self-regulation. Emotional Maturity is the ability to differentiate and properly identify one's emotions while granting yourself the freedom to experience whatever emotion is appropriate to a given situation. Not all adolescents, by any means go through a period of exaggerated storm and stress. True, most of them do experience emotional instability from time to time, which is logical consequence of the necessity of making adjustments to new patterns of behaviour and to new social expectations. According to Seoul (1951) "If the emotional development of the individual is relatively complete, his adaptability is high, his regressive tendencies are low and his vulnerability is minimal". 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-psychically and intra-personally". It is possible to become more emotionally mature by doing things for others, expanding the social circle and being honest with oneself and finding something bigger and better to focus. Anand et. al.,(2014) analysed impact of different factors on emotional maturity of adolescents of co educational school. Their sample consisted of 220 students from the coeducational English medium school of Kanpur District (110 boys and 110 girls). They collected the sample by using multistage random sampling technique. Self designed socio-demographic questionnaire was used to study the socio-demographic characteristics of respondents and they used Emotional maturity scale of Dr. Yashvir Singh and Dr. Mahesh Bhargava. From the results of their study, it was concluded that family, peer group, school and society plays an important role in the emotional stability of adolescents. Dutta and Chetia (2014) studied on Emotional Maturity of Secondary School Students in Lakhimpur and Sonitpur Districts of Assam and they had taken a sample of 1000 students (500 boys and 500 girls). They used descriptive survey method and Emotional Maturity Scale of M. Bhargava and Y. Singh was