



## A Comparative Study of Emotional Maturity among Residential and Hostel Students with A View to Provide Psycho-Education on Emotional Maturity

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### ABSTRACT

Emotional maturity is not only the affective determinant of personality but also helps to enhance the growth of individual development. Emotional maturity represents our capacity to manage situation and check our emotions for particular circumstances. A person who is emotionally mature will have more satisfaction in life, and will have more balanced attitude. Assess and compare the emotional maturity among home residence and hostel living students and associate the emotional maturity with sociodemographic variables. A quantitative research approach and descriptive cross-sectional survey were used in this study. Undergraduate students of Parul institute of nursing were sample of the study. Participants were selected by using convenience sampling technique. Sample size of this study was 300. Out of 300 samples, 176 participants were home residents and 124 participants were hostel living. To assess the data, sociodemographic tool and emotional maturity tool- developed by Singh and Bhargava (1991) were used. Students with below average, low and extremely low level of emotional maturity were provided psychoeducation video for enhance the level of emotional maturity. Findings showed that for hostel respondents, 3 (2.42%) respondents had extremely high emotional maturity, 14 (11.29%) respondents had high emotional maturity, 37 (29.84%) respondents had above average emotional maturity, 35 (28.23%) respondents had average emotional maturity, 15 (12.10%) respondents had below average emotional maturity, 3 (2.42%) respondents had low emotional maturity and 17 (13.71%) respondents had extremely low emotional maturity. Whereas for home residence, 5 (2.84%) respondents had extremely high emotional maturity, 13 (7.39%) respondents had high emotional maturity, 52 (29.55%) respondents had above average emotional maturity, 44 (25%) respondents had average emotional maturity, 33 (18.75%) respondents had below average emotional maturity, 12 (6.82%) respondents had low emotional maturity and 17 (9.66%) respondents had extremely low emotional maturity. Mean rank values of emotional maturity of hostel students were higher than home residence. That indicates hostel students have higher level of emotional maturity as compare to home residence. From the above findings it was noted that for both hosteler and home residence respondents, maximum number of respondents were found with higher than below average level of emotional maturity. It was also observed that hostel staying respondent's emotional maturity is higher than home residence respondents.

**Keywords:** Emotional maturity, hostel living, home residents

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### INTRODUCTION

The ability to adapt the circumstances, regulate emotions and act in a mature manner around others is known as emotional maturity (EM).<sup>1</sup> A person who is emotionally mature exudes a sense of "peace midst the storm," even if they don't know all the answers.<sup>2</sup> They are the ones we rely on through trying times because they thrive under pressure. Emotion is the elaborate psychological experience of a person's mental state as it interacts with biochemical (internal) and external (environmental) factors. Emotion in humans primarily entails conscious experience, expressive behaviour and psychological arousal. Mood, personality, behavior and purpose are all correlated with emotion. A person who is emotionally mature has complete control over how they communicate their emotions.<sup>3</sup> People with emotional maturity are able to accept criticism and learn from it. Emotionally mature adults are also capable of looking forward and forming goals. However, those who exhibit emotional instability have a hard time dealing with these problems.<sup>4</sup> Individuals with emotional instability, which includes emotional immaturity, are generally less capable of addressing difficulties. They will demonstrate impatience and always seek assistance from others. They also appear to be more stubborn and frequently throw temper tantrums. The person who has emotional stability may perform their duties under any conditions. On the other hand, emotional instability is a role in the syndrome of irritation, stubbornness, temper tantrums and a lack of ability to solve problems or seek

help for everyday challenges. It has a tendency for quick-changing and unreliable reactions. Social adjustment is the process of interacting between a person's requirements and the expectations of the social environment in each given situation in order to preserve and modify a desirable relationship with the environment. So it may be described as a person's calm engagement with their social surroundings. On the other hand, a person who is socially insecure exhibits a lack of social flexibility through hostility, isolation, but also boasting, lying and shirking.<sup>5</sup> We might argue that someone who isn't afraid of weakness is always prepared to be honest and open about their personal struggles for the advantage of others. Furthermore, you don't want to constantly be seen as "perfect."<sup>6</sup>

Being aware of the emotional maturity of each student enables professionals to provide appropriate educational assistance. Students of today's generations are exposed to more information from social media, which can feel overwhelming. No amount of knowledge and information can emotionally mature students. Due to social media, students now have more friends and connections than ever before, which may cause them to feel irritated and experience emotional outbursts. However, the consequences on one's mental health are just temporary.<sup>7</sup>

## **MATERIAL AND METHODS**

A quantitative research approach was used to conduct this study and the design was descriptive cross sectional survey research design to assess the level of emotional maturity among residential and hostel living students. Sample was undergraduate students of Parul institute of nursing and sample size was 300. Convenience sampling technique were used for sample selection. Inclusion criteria for this study were students pursuing under graduation nursing course and students residing in hostel or residential. Whereas Exclusion criteria for the study were International students and student having any psychiatric problem. In this study sociodemographic tool and standardized emotional maturity scale by Singh and Bhargava (1991) were used. Tool consists of total 48 self-attended questionnaire. All questionnaire is included all components of emotional maturity like emotional stability, emotional progression, social adjustment, personality integration and independence. The reliability value of standardized tool is 0.75, which is significant at 0.01 level of significance. Collected data were analyzed by using descriptive analysis and Mann-Whitney U test was used for comparison of hostel and home resident students' level of emotional maturity. Chi-square ( $\chi^2$ ) test was used to find association between sociodemographic variables and emotional maturity. Psychoeducation provided to the students, who has below average, low and extremely low level of emotional maturity. Psychoeducation video was administered which includes ways to improve emotional maturity with their important components like emotional stability, emotional progression, social adjustment, personality integration and independence. The video explained importance of emotional maturity and technique to improve emotional maturity of each component.

## **RESULTS**

### **Analysis and Interpretation of Socio-Demographic Data**

In the present study data revealed that respondents, staying in hostel were 41.33 %, and home residence were 58.66 % out of total 300 respondents. Most of the respondents were female. In relation to family 43 % were living in joint family whereas, 56 % were living in nuclear family and 1 % were from Broken Family. In terms of religion 86.67 % respondents were Hindu, 6.67% respondents were Christian, 0.33% respondents were Jain, 6% respondents were Muslim and 0.33% respondents were not following any religion.

### **Analysis and Interpretation of the Respondent's Emotional Maturity**

Out of 300 respondents, 124 (41.33%) respondents stay in hostel, whereas 176(58.66%) respondents are Home Residence. Out of 124 hostel respondents, 3(2.42%) respondents had Extremely High emotional maturity, 14 (11.29%) respondents had High emotional maturity, 37 (29.84%) respondents had above average emotional maturity, 35 (28.23%) respondents had average emotional maturity, 15 (12.10%) respondents had below average emotional maturity, 3 (2.42%) respondents had low emotional maturity and 17 (13.71%) respondents had extremely low emotional maturity. Whereas for home residence, 5(2.84%) respondents had extremely high emotional maturity, 13 (7.39%) respondents had high emotional maturity, 52 (29.55%) respondents had above average emotional maturity, 44 (25%) respondents had average emotional maturity, 33 (18.75%) respondents had below average emotional maturity, 12(6.82%) respondents had low emotional maturity and 17(9.66%) respondents had extremely low emotional maturity.

**Table 1: Frequency and Percentage Distribution of respondents based on level of emotional maturity (n=300)**

Emotional Maturity Level (Score)	Hostel		Home Residence	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Extremely High (185 & Above)	3	2.42%	5	2.84%
High (166-184)	14	11.29%	13	7.39%
Above Average (145-165)	37	29.84%	52	29.55%
Average (118-144)	35	28.23%	44	25.00%
Below Average (98-117)	15	12.10%	33	18.75%
Low (78-97)	3	2.42%	12	6.82%
Extremely Low (77 & Below)	17	13.71%	17	9.66%

**Analysis for comparison of level emotional maturity between hostel and home residence students.**

It indicates that there is no significant correlation between hostel and home residence student's emotional maturity level. Mean rank shows that there is difference between emotional maturity levels of hostel and home residence students. Mann-Whitney U test were used for comparison of hostel and home residents students level of emotional maturity. According to mean rank values it is clearly appears that hostel staying student's emotional maturity is higher than home residence.

**Table 2: Mean rank comparison of hostel and home residence students (n= 300)**

Score	Stay	n	Mean Rank	P- value (2 tailed)
	Hostel	124	155.59	0.381 <sup>ns</sup>
	Home Residence	176	146.91	
Correlation is not significant at 0.05 Level				

**Analysis for association of selected demographic data with emotional maturity of hostel living respondents**

Result showed that chi square value 46.53 and degree of freedom was found 18, it was statistically significant at 0.05 level of significance. Hence, there is significance association found between religion and Emotional maturity level of respondents.

**Table 3: Association of religion of Respondents with level of emotional maturity for hostel living students (n= 124)**

Religion	Emotional Maturity							Chi-Square Value	df	p- Value
	Extremely Low	Low	Below Average	Average	Above Average	High	Extremely High			
Hindu	14	2	14	29	34	11	3	46.53	18	0.00 <sup>s</sup>
Christian	2	0	1	5	1	2	0			
Sikh	0	0	0	0	0	0	0			
Jain	0	0	0	0	0	0	0			
Muslim	1	0	0	1	2	1	0			
Other	0	1	0	0	0	0	0			

<sup>s</sup> – Significance at  $p \leq 0.05$  level

**Analysis for association of selected demographic data with emotional maturity of home residence respondents.**

Result revealed that chi square value 23.703, and degree of freedom were found 12, it was statistically not significant at 0.05 level of significance. Hence, there is significance association between type of family and emotional maturity level of respondents.

**Table 4: Association of type of family of respondents with level of emotional maturity for home residence respondents (n=176)**

Type of Family	Emotional Maturity							Chi-Square Value	df	p- Value
	Extremely Low	Low	Below Average	Average	Above Average	High	Extremely High			
Joint	11	5	15	11	17	6	1	23.703	12	0.022 <sup>s</sup>
Nuclear	6	7	18	33	33	7	3			
Broken	0	0	0	0	2	0	1			

<sup>s</sup> - Significance at  $p \leq 0.05$  level

## DISCUSSION

Singh (2017) a comparative study of the emotion maturity among home residential and hostel college students There is no significant difference between the emotional maturity among the home residential and hostel student [8]. A comparative study on emotional maturity among young adults was carried out by Anjana Bhattacharjee in (2016). 200 young adults between the ages of 21 and 23 were randomly chosen for the study from various Tripura University postgraduate departments for the aforementioned aim. 100 of them were students, and 100 of them were men. Again, out of 200 postgraduate students, 50% stayed with family members while the other 50% stayed in a university residence hall. Data were gathered using Singh & Bhargava's emotional maturity scale. The results showed that male pupils were more emotionally developed than female students. Additionally, there are considerable differences between the postgraduate day scholars and hostellers in terms of emotional development [9].

## CONCLUSION

Result yield that there is a no significant correlation between home and hostel resident student's emotional maturity level. Mean rank values obtained using Mann- Whitney test showed that there is difference between emotional maturity levels of hostel and home residence students, it indicated that hostel staying student's emotional maturity is higher than home residence. In association of sociodemographic variable with level of emotional maturity, for hostel student's religion has significant association with level of emotional maturity. And for home residence students type of family has significant association with level of emotional maturity.

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