

The effect of relationship status on emotional maturity and stress

Sanjana Shah^{1*}, Nirja Mistry²

ABSTRACT

The main purpose of the present study is to critically analyze the effect of relationship status on the dimensions of emotional maturity and stress of an individual. Emotional maturity and emotional intelligence are key factors in maintaining healthy relationships—romantic or otherwise. Many people are lacking in these areas, which leads to a breakdown in communication and, ultimately, complications in or even the breakup of relationships. Stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes." Stress, in everyday terms, is a feeling that people have when they are overloaded and struggling to cope with demands. The objectives of the study are to measure the emotional maturity and stress levels of people in a relationship and single individuals independently and to compare the same. The hypothesis of the current study is that singles have low stress levels and have high emotional maturity, Individuals in a relationship have high stress levels and have low emotional maturity and individuals in a relationship have high stress levels and have low emotional maturity as compared to singles. To achieve the specified objectives the method of stratified random sampling will be followed. The sample for the present research will be randomly drawn from different universities and colleges across Gujarat. A total sample of 100(50 male & 50 female) including Under Graduates and Post Graduates will be collected by stratified random sampling method. Emotional Maturity Scale developed by Singh and Bhargava (2012) will be used to assess levels of emotional maturity of the individuals who are dating and the individuals who are single. Perceived Stress Scale developed by Cohen et al. (1993) will be used to assess stressful feelings and thoughts of the same. Along with responses to the above scales, some personal data information will also be collected from the sample. The data will be then analyzed through correlation, sd and chi square for the comparison of mean scores between groups with the help of SPSS 21.

Keywords: *Relationship Status, Emotional Maturity, Stress*

Every individual has been at that point when they feel they could have a better time if they just switched sides between being committed and being single.

¹B.A Psychology (Hons.). School of Liberal Studies, Pandit Deendayal Petroleum University, Gandhinagar, Gujarat, India

²B.A Psychology (Hons.). School of Liberal Studies, Pandit Deendayal Petroleum University, Gandhinagar, Gujarat, India

*Responding Author

Received: January 8, 2020; Revision Received: February 14, 2020; Accepted: March 3, 2020

The Effect of Relationship Status on Emotional Maturity and Stress

And thus, all of them have plucked the rose petals to figure out which one of the two is better to be in. Stepping into what would be more effortless. Is it an optical illusion that we mortals fall for all the time, or is it just something innate, or is it like a misspell that always wants them to feel stray? The constant conflict makes people question where exactly is the grass greener. There are times when such situations induce stress into these individuals. It's a frequent phenomenon.

This research tries to examine how being single or being in a relationship has a big deal over being emotionally mature and on stress levels. Amongst a lot of people, romantic relationships comprise the most meaningful aspect of life, providing a source of deep fulfillment. The requirement for human connection appears to be genetic, but the ability to form healthy, loving relationships is cultivated. An intimate relationship is one in which you can truly be yourself with someone who you respect and are respected by in return. It is an emotional connection that can also be physical. (programme, october 2013)

Intimate relationships play a very important part in the different phases of life of an individual. Humans have a common desire to belong and to love, which is generally satisfied within a private relationship. Intimate relationships allow a social network for people to form strong emotional bonds.

According to the researcher teenagers and young adults in recent times go through a lot of changes in their early adulthood be it social, physical or emotional. When they get involved in a romantic relationship it can bring a lot of emotional ups and downs along with its permission to depend emotionally on the other individual. Majority of them fall into the trap of the perfect image of relationships telecasted on the television, unknown to the fact that mature relationships aren't as effortless and easy going as shown there. It's rare for media to depict teens as they are – complex humans with relationships that they're trying to fit into the rest of their lives, just like everyone else. Unlike adults this age group finds more difficulty dealing with the ups and downs, resulting to stress. Dealing with relationships in recent times requires an individual to have a lot of maturity, understanding and emotional independence. Maturity as defined by Finley (1996) is “the capacity of mind to endure an ability of an individual to respond to uncertainty, circumstances or environment in an appropriate manner”.

According to Menninger (1999), emotional maturity includes the ability to deal constructively with reality. Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally.

Emotional maturity is the ability to take care of situations without unnecessarily exaggerating them. Emotionally mature people usually tend to fix the problem or behavior, instead of blaming someone else for their problems or behavior, they accept accountability for their actions.

While in a relationship people tend to lose control, while they are without a partner in their lives, they generally live life on their own terms, without any botheration, catering to their own needs and wants. Usually when this happens for a long time the person fails to understand the need of others in depth. While not being in a relationship, generally people do not have a need to have to listen to or make decisions taking one more perspective into consideration. As a result, these people are in control of their lives most of the time.

The Effect of Relationship Status on Emotional Maturity and Stress

Attachments force people do deal with other people's wants and needs and this is the time during which control issues show up.

Emotional maturity falls under one of the main skills set a person needs to have in life. Individuals without emotional maturity usually blame their difficulties on either other people or their circumstances, they don't hold accountability for their actions, these people fail to introspect themselves and blame others for their anger, sadness or any rough situation. The basic problem with these people is that they always want others to understand their point of view, they demand to control others and their thinking which is beyond boundary. They tend to emotionally depend. They constantly justify their perspective and want others to think like them. They can also let a relationship go for the sake of getting it done their way. The other factor playing a major role in being in a relationship or being single is undeniably stress.

Stress is often described as a feeling of being overwhelmed, worried or run-down. Stress can affect people of all ages, genders and circumstances and can lead to both physical and psychological health issues. By definition, stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes."¹ Some stress can be beneficial at times, producing a boost that provides the drive and energy to help people get through situations like exams or work deadlines. (mary alvord)

Usually stress in routine is a feeling that people have when they are overloaded and struggling to cope with demands and expectations. Thus, resulting into strain and pressure. These demands can be widely spread into different domains like finances, work, relationships, and other situations, but anything that poses a real or perceived challenge or threat to a person's well-being can cause stress.

Stress spills into our personal lives in many ways, affecting the quality of our close and intimate relationships. Generally, when people get stressed, they get distracted and are less affectionate, they cannot make time for a lot of quality time resulting into distance between partners. Stress might bring the dark side of people where they showcase their worst traits, which might lead into withdrawal of their significant other as well. (gordon, september 2017)

When it comes to relationships, even happy and healthy relationships, stress is just part of the equation. Not just because it can sometimes be stressful to put in the necessary amount of effort to keep your relationship strong and on track, but the outside world can also take its toll on your relationship. It's hard not to carry home with you, at night, the stresses you've encountered throughout the day. (chatel, 2016)

That's a problem many couples face when one or both partners succumb to stress. The relationship troubles begin when one partner shuts out their partner from their inner world. It's destructive to the relationship, but unfortunately, it's seldom done intentionally. It's a dysfunctional way of coping that expresses itself in various behaviors. A recent study in Britain revealed one in four couples sleep in separate beds due to the stress in their daily lives. Some couples keep their conversations on an intellectual level, and avoid talking about what's in their hearts basically what holds more importance. Others use harsh words or silence to keep each other out. (beaty, november 2017)

Stress turns nonissues into issues and prevents your ability to deal with the issue constructively.

This paper tries to examine the effect of relationship status on emotional maturity and stress.

LITERATURE REVIEWS

The paper titled, “Emotional Maturity across Gender and Level of Education” by **Mukhtar Ahmad Wani**, **Prof. Aejaz Masih** proposed to identify the level of emotional maturity among university students and to find the significant differences in emotional maturity across gender and their level of education. A total sample of 100(50 male & 50 female) including Post Graduates and Research Scholars were selected. The data was collected by administering the Emotional Maturity Scale developed by Prof. Yeshver Singh & Prof. Mahesh Bhargave (1990). The findings of the study revealed that majority of the post graduate students and research scholars of the university are emotionally unstable. The findings also showed that male students are emotionally immature than females on personality disintegration dimension of emotional maturity. On other dimensions of emotional maturity, no difference was found between males and females and post graduates and research scholars University students must be taught to identify their level of emotional maturity, as they are at the highest seat of learning.

A paper titled: The Paradox of Gender Difference on Emotional Maturity of Adolescents by Chanda Rawat & Ritu Singh had been designed and formulated to find out if gender difference has any impact on the emotional maturity of adolescents. One hundred and sixty (160) adolescents from Uttarkashi and 160 adolescents from U.S Nagar, that is, 80 boys and 80 girls from both the districts of Uttarakhand were selected. using. Results revealed that boys of both the districts were more emotionally stable, emotionally progressive, socially adjusting, had adequate personality and were more independent as compared to girls. The prominent reason for the significant difference in emotional maturity across gender was observed to be a patriarchal system, gender bias, family climate, traditions, and confounding factors.

A paper titled: Impact of Emotional Maturity on Stress and Self Confidence of Adolescents by Geeta S. Pастey and Vijayalaxmi A. Aminbhavi Karnatak University, Dharwad. An attempt is made in present study to find out the impact of emotional maturity of adolescents on their stress and self-confidence. Sample of the study consists of 105 adolescents studying in XI and XII class at Dharwad city Karnataka State, India. The scales such as emotional maturity (Singh and Bhargav, 1994), Self Confidence Inventory (Rekha Agnihotri, 1987) and Students’ Stress Scale (Deo, 1997) were administered on the selected sample. The findings revealed that the adolescents with high emotional maturity have significantly high stress ($t=10.44$; $p< 0.001$) and self-confidence ($t=-2.92$; $p< 0.01$) when compared to those with low emotional maturity. Adolescents with more number of siblings have shown significantly higher level of self-confidence ($t = 2.96$; $p< 0.01$) than their counter parts. It is also found that educational level of father has significantly influenced stress of their adolescent children ($F= 5.303$; $p< 0.01$). Adolescent boys tend to have significantly higher stress than girls ($t=1.72$) and girls tend to have significantly high self-confidence ($t=1.83$).

A paper titled: Role of Emotional Maturity on Stress among Undergraduate Students by Masaud Ansari tried to examine the impact of Emotional Maturity on Stress among Undergraduate students. The sample consisted of 150; participant’s age range was 18 to 20 years. Emotional Maturity Scale constructed by Yashvir Singh and Mahesh Bhargava (2005) and Stress questionnaire developed by Latha and Satish (1997), was used for data collection. The findings of the study revealed that a significant impact of Emotional Maturity was found on Stress among undergraduate students. There was also found significant negative

The Effect of Relationship Status on Emotional Maturity and Stress

correlation between Emotional Maturity and Stress. The result revealed that, when emotional maturity increases stress decreases and when emotional maturity decreases stress increases.

A paper titled: Association between emotional maturity and perceived stress among adolescents by Deepika Vig and Lata Sati was an attempt to find association between emotional maturity and perceived stress among 17 to 19 years old adolescents. The total sample for the present study consisted of 100 adolescents from different colleges of Ludhiana city. Emotional Maturity Scale developed by Singh and Bhargava (2012) was used to assess levels of emotional maturity of the adolescents. Perceived Stress Scale developed by Cohen et al. (1993) was used to assess stressful feelings and thoughts of the respondents. Findings revealed that 82 per cent of the adolescents had high emotional maturity whereas, level of perceived stress was found to be low among 60 per cent of adolescents. The association between emotional maturity and perceived stress was found to be significant but negatively associated therefore, adolescents with higher emotional maturity were found to be low in stress. The results emphasized the role of emotional maturity in reducing stress among adolescents.

A paper titled : The Effects of Academic and Interpersonal Stress on Dating Violence Among College Students by Brandon Mason, Martha Smithey examines following causative factors representing strain: 1) the College Undergraduate Stress Scale (Renner & Mackin, 1998); 2) cumulative academic strain measured by college classification; 3) cumulative intimate partner strain measured as the length of time in the relationship; 4) academic strain measured by number of hours studied weekly, and 5) economic strain measured by number of hours worked weekly. Additionally, we examine the extent to which gender and race/ethnicity differentially affect intimate partner in the context of these measures of strain. The Conflict Tactics Scales II (Straus et al, 1996) are used to measure dating violence and include indicators for sexual coercion, physical aggression, injury, and psychological aggression. Data were collected from 142 students in lower-division classes from Texas Tech University. Results show that general strain and cumulative intimate partner strain increase the use of dating violence among college students. The longer dating partners are in a relationship, the higher the chances of psychological aggression, physical assault, and sexual coercion. Converse to our expectations, time spent working reduces psychological aggression due to reducing time spent together rather than reflecting economic strain.

Research Gap

Not much research has been done in this field, the existing studies have been done on either emotional maturity or stress individually and are more focused on gender differences between the two, as not much research has been done to specifically examine the effect of relationship status on emotional maturity and stress this research will be beneficial to relationship experts and counselors.

Objectives

1. To measure the emotional maturity and stress levels of single individuals
2. To measure the emotional maturity and stress levels of people in a relationship.
3. To compare emotional maturity and stress levels of single individuals and individuals in a relationship.

Variables

Dependent Variables

1. Emotional maturity
2. Stress

The Effect of Relationship Status on Emotional Maturity and Stress

Independent Variables:

1. Relationship status
2. Age
3. Teenagers (18,19 year olds)
4. Young adults (20-24 year olds)

Hypothesis

H1: Singles have high emotional maturity as compared to individuals in a relationship.

H0: Singles do not have high emotional maturity as compared to individuals in a relationship.

H2: Individuals in a relationship have high stress levels compared to singles.

H0: Individuals in a relationship do not have high stress levels compared to singles.

H3: emotional maturity and stress are correlated of an individual who is single.

H0: emotional maturity and stress are not correlated of an individual who is single.

H4: emotional maturity and stress are correlated of an individual in a relationship.

H0: emotional maturity and stress are not correlated of an individual in a relationship.

METHODOLOGY

Test instrument

The earnest efforts were made to choose appropriate standardized tools to measure emotional maturity and stress amongst young adults and teenagers. The tools were selected due to two main reasons: because of their suitability to the sample; and their meeting to the vigorous standards of reliability and validity as psychometric instruments. The following tools were employed for data collection:

Emotional Maturity Scale developed by Singh and Bhargava (2012) was used to assess levels of emotional maturity of the adolescents. Perceived Stress Scale developed by Cohen et al. (1993) was used to assess stressful feelings and thoughts of the respondents.

PERCEIVED STRESS SCALE by Sheldon Cohen (1988)

The Perceived Stress Scale (PSS) is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful. Items were designed to tap how unpredictable, uncontrollable, and overloaded respondents find their lives. The scale also includes a number of direct queries about current levels of experienced stress. The PSS was designed for use in community samples with at least a junior high school education. The items are easy to understand, and the response alternatives are simple to grasp. Moreover, the questions are of a general nature and hence are relatively free of content specific to any subpopulation group. The questions in the PSS ask about feelings and thoughts during the last month. In each case, respondents are asked how often they felt a certain way. The test includes 10 items.

Emotional Maturity Scale developed by Singh and Bhargava (1999)

Emotional maturity scale has a total of 48 items and is a self-reporting five-point scale. Items of the scale are in question form demanding information for each in any of the five options mentioned below: "Very much, much, undecided, probably, never" The items are so stated that if the answer is in positive say very much, a score of five is given; for much 4, for undecided 3, for probably 2 and for never a score of 1 is to be awarded. Therefore, higher the score on the scale, greater is the degree of the emotional immaturity and vice-versa.

The Effect of Relationship Status on Emotional Maturity and Stress

Sampling size

A data of 194 students was collected from the colleges and universities across Gujarat. The data was distributed and collected from 97 individuals who were dating and 97 individuals who were not dating. A male: female ratio was roughly maintained in the process. All of the individuals who participated in the study were informed consents and had willingly decided to be a part of the study. The questionnaire took about 10-15 mins to be read and filled.

Sampling Techniques

The technique used for the collection of this data is the Stratified Random Sampling. stratified random sampling involves dividing the entire population into homogeneous groups which are called strata (singular is stratum). Random samples are then selected from each stratum.

Test Description

The test applied in this study is the t-test. The t test is one type of inferential statistics. It is used to determine whether there is a significant difference between the means of two groups or when the difference between two population averages is being investigated. In other words, a t test is used when we wish to compare two means (the scores must be measured on an interval or ratio measurement scale). The t-test paired with two sample performs a test to ascertain if the Null Hypothesis can be accepted or rejected. $P(T \leq t)$ two-tail is the probability that a value of the t-statistics would be observed that is larger in absolute value than t .

The correlation is one of the most common and most useful statistics. A correlation is a single number that describes the degree of relationship between two variables. Correlation is negative when both factors move in the opposite direction and is said to be positive when they move in the same direction.

Limitations of The Study

1. Only heterosexual relationships have been studied, other sexual orientations have not been studied.
2. A sample of only 194 individuals have been taken so the study cannot be generalized.
3. Not much research has been done in this field thus not much literature has been found.
4. There are a lot of factors when it comes to being in a relationship or being single the study only examines emotional maturity and stress.
5. The questionnaire was long and thus individuals filling it might have experienced fatigue and thus the answers could vary.

Findings

- H1: Singles have high emotional maturity as compared to individuals in a relationship.
- H0: Singles do not have high emotional maturity as compared to individuals in a relationship.

The Effect of Relationship Status on Emotional Maturity and Stress

Table 1: T-Test Results: Emotional Maturity Levels of Single Individuals And Individuals In A Relationship.

| | <i>Variable 1</i> | <i>Variable 2</i> |
|------------------------------|-------------------|-------------------|
| Mean | 110.0103 | 117.5361 |
| Variance | 404.5728 | 453.2096 |
| Observations | 97 | 97 |
| Pooled Variance | 428.8912 | |
| Hypothesized Mean Difference | 0 | |
| df | 192 | |
| t Stat | -2.53075 | |
| P(T<=t) one-tail | 0.006092 | |
| t Critical one-tail | 1.652829 | |
| P(T<=t) two-tail | 0.012184 | |
| t Critical two-tail | 1.972396 | |

Interpretation

If $p\text{-value} < 0.05$, the Null Hypothesis is rejected and Alternate Hypothesis is accepted. Here, in the table, considering the value of P(T<=t) two-tail which is **0.012**, which is less than 0.05, the Null Hypothesis is rejected and the **Alternate Hypothesis is accepted**. Therefore, it can be said that **Singles have high emotional maturity as compared to individuals in a relationship.**

H2: Individuals in a relationship have high stress levels compared to singles.

H0: Individuals in a relationship do not have high stress levels compared to singles.

Table 2: T-Test Results: Stress Levels of Single Individuals And Individuals In A Relationship.

| | <i>Variable 1</i> | <i>Variable 2</i> |
|------------------------------|-------------------|-------------------|
| Mean | 21.38144 | 21.96907 |
| Variance | 12.4259 | 16.19695 |
| Observations | 97 | 97 |
| Pooled Variance | 14.31143 | |
| Hypothesized Mean Difference | 0 | |
| df | 192 | |
| t Stat | -1.08176 | |
| P(T<=t) one-tail | 0.140357 | |
| t Critical one-tail | 1.652829 | |
| P(T<=t) two-tail | 0.280714 | |
| t Critical two-tail | 1.972396 | |

Interpretation

If $p\text{-value} < 0.05$, the Null Hypothesis is rejected and Alternate Hypothesis is accepted. Here, in the table, considering the value of P(T<=t) two-tail which is **0.28**, which is less than 0.05, **the Null Hypothesis is accepted** and the Alternate Hypothesis is rejected. Therefore, it can be said that **Individuals in a relationship do not have high stress levels compared to singles.**

The Effect of Relationship Status on Emotional Maturity and Stress

H3: Emotional maturity and stress are correlated of an individual who is single.

H0: Emotional maturity and stress are not correlated of an individual who is single.

Table 3: correlation results: emotional maturity and stress are correlated of an individual who is single.

| | EM Not Dating | Stress Not Dating |
|-------------------|---------------|-------------------|
| EM Not dating | 1 | |
| Stress Not dating | -0.06497 | 1 |

Interpretation

A **Negative correlation** is a relationship between two variables in which one variable increases as the other decreases, and vice versa. A **weak negative correlation (-0.064)** in the above case would mean there does exist a negative correlation between emotional maturity and stress of an individual who is not dating but the correlation is weak. Suggesting that when one variable increases the other decreases, **when emotional maturity increases stress decreases mildly for an individual who is not dating.**

H4: Emotional maturity and stress are correlated of an individual in a relationship.

H0: Emotional maturity and stress are not correlated of an individual in a relationship.

Table 4: Correlation Results: Emotional Maturity and Stress Are Correlated Of An Individual In A Relationship.

| | EM DATING | S DATING |
|-----------|-----------|----------|
| EM DATING | 1 | |
| S DATING | 0.453177 | 1 |

Interpretation

A **positive correlation** is a relationship between two variables in which both variables either increase or decrease at the same time. A **moderate positive correlation (0.45)** in the above case would mean there does exist a positive correlation between emotional maturity and stress of an individual who is dating. Suggesting that when one variable increases the other variable also increases, **when emotional maturity increases stress moderately increases for an individual who is dating.**

DISCUSSION

From the findings of the study it can be inferred that individuals in a relationship are not as emotionally mature as to individuals who are not in an relationship. Focusing on the age group of young adults and teenagers where individuals are already a little less emotionally mature the emotionally immature individuals start dating and limits his growth to maturity. They struggle to talk about their feeling, they run away from conversations that are important for their relationship to grow or for the future of the relationship. There is no emotional intimacy and things are usually at the surface level rather than the deep level, in times of stress they pull out instead of providing support, they don't like compromise and want everything just their way. They get defensive at the smallest criticism leaving very less possibility to work on problems in the relationship. They don't like to take accountability of their actions. They are selfish and hold grudges.

The Effect of Relationship Status on Emotional Maturity and Stress

This generally does not happen for an individual who is not in a relationship because he/she does not have an significant other to deal with, they live life on their own terms and conditions and are emotionally independent leaving more scope of them being mature at this age. They learn things about themselves and are open to growth as they don't have a significant other to sugar coat their immaturity.

It can be inferred from the interpretation that individuals in a relationship and individuals not in a relationship go through the same amount of stress, there is no significant difference between the two. Focusing on this tender age an individual undergoes a lot of pressure because of academics, parental pressure, peer pressure, societal pressure etc even when he/she is not in a relationship. Adding onto which if the individual enters into the relationship he/she is under the stress of the relationship also, be it keeping his significant other happy or coping with the demands the relationship needs. When there are fights in the relationship they tend to be more stressful and less productive at work and when they've had a hard day at work they come home stressed and a tense environment is observed between the two. Whereas when an individual is single he/she doesn't have the comfort of a person to vent his/her feelings out, keeping it inside increases the stress levels and comes out as an outburst. When he/she is stressed at the workplace or is undergoing parental pressure he/she does not have the comfort of a significant other to vent it out and calm down.

Thus it can be concluded why both individuals in and out of a relationship observe the same amount of stress.

Emotional maturity and stress are negatively correlated of an individual who is single. Emotional maturity and stress have a weak negative correlation for an individual who is single. After the understanding of the definitions of emotional maturity and stress it is clear that when emotional maturity of an individual increases the stress level of the same individual decreases. Being emotionally mature takes a lot of constant effort at this age. When an individual takes responsibility of his/her actions, doesn't play the blame game, isn't in the constant struggle to prove a point, isn't constantly convincing others of him/her being right, isn't stuck in negative emotions and doesn't want the world to work their way they are meant to lead a stressful life or have less stressful situations on a daily basis. Studies have found that the struggles we human beings face often come from within us. An individuals experiences and traumas along combined with their coping mechanisms can determine the success or failure they will have in overcoming anxiety and depression.

Therefore, it can be inferred the higher the emotional maturity of an individual who is single the lower will be his/her stress.

Emotional maturity and stress have a moderate positive correlation for an individual in a relationship. For people in a relationship the findings of the study suggest that when emotional maturity goes up the stress also goes up. During recent times relationships have been casual and less intense, being mature and serious in these times is a task for the emotionally mature individuals. A major part of a person in a relationship is held by his/her significant other. When the individual is emotionally mature in a relationship and his/her significant other is emotionally immature it becomes extremely difficult and stressful to cope in the relationship. One always takes responsibility of their actions, other one never takes responsibility of their action, one always understands everything can't be their way , other one never understands everything can't work their way, One is ready to support in stressful situations, the other one just backs off, one wants to deal with problems the other one keeps

The Effect of Relationship Status on Emotional Maturity and Stress

running, one wants to talk about the future, the other one avoids such conversations. When such situations constantly arise the emotionally mature person in a relationship observes extreme amount of stress.

Therefore, it can be inferred the higher the emotional maturity of an individual who is single the high will be his/her stress.

Recommendation

1. Individuals in a relationship should

- **Strive to be emotionally mature:** emotional maturity is not a easy trait to acquire while getting into a relationship, its rather even hard to introspect whether or not an individual is emotionally mature or immature. But understanding that real, genuine and healthy relationships are built on mutual trust and respect as well as the comfort and ability to communicate about important issues that are hindering the growth of the relationship. For an relationship to grow its important to be in touch with emotions and become mature enough to acknowledge what it might take to become a better partner.
- **Ignorance is not bliss:** Some might consider it blind love, ignoring the partners emotional immaturity as one of their bad habits or as just another one of their quirks, but thinking about it in the longer end it can have a serious detrimental effect on the relationship.
- **Healthy communication:** Having an emotionally immature partner can impact the overall health of your relationship. During times of conflict, an emotionally immature partner may blow up or blame, rather than be able to process how his or her actions contributed to the issue. It may be difficult to have a calm, effective communication with them. But not having the conversation they are dreading will only worsen it later.
- **Acceptance:** Everyone matures at their own pace, and it's OK to admit that there is some work to do — but sometimes its better staying single for a while and working on yourself *before* getting into a relationship. Sometimes its okay to take a break and work on yourself.

2. Individuals in a relationship should

- Reduce and clarify expectations
- Communicate where you stand
- Don't hold grudges : be quick to apologize and forget petty issues
- Vent rather than suppress
- Make quality time for each other
- Avoid criticism or blame
- Don't give advise till it is asked for
- Don't involve a third person into your problems

3. Singles should

- Identify your stressor
- Shed the superhuman urge
- Visualize
- Mediate
- Vent it out
- Exercise

The Effect of Relationship Status on Emotional Maturity and Stress

- Go easy with criticism
- Don't procrastinate

REFERENCES

- Alexandra, B. (2018). 15 Easy Ways To Overcome Relationship Stress. badass young men .
- Ansari, M. (2015). Role of emotional maturity on stress among undergraduate students. *The International Journal of Indian Psychology, Volume 2, Issue 2, No. 2*, 19.
- Beaty, J. (november 2017). rescuing your relationship from stress. The gottman institute .
- Chatel, A. (2016). The Top 15 Things That Cause Stress In Relationships, According To A New Survey. bustle .
- Deepika, V., & Lata, S. (2017). Association between emotional maturity and perceived stress among adolescents. *Asian Journal of Home Science, 12*(1), 188-192.
- Gordon, A. (september 2017). Is Stress Killing Your Relationship? Why You're Not Alone. psychology today .
- Howard, L. (2017). 11 Signs Your Partner Is Emotionally Immature. bustle .
- Judge, M. (december). why emotional maturity and emotional intelligence are important for healthy relationships. THE ROOT .
- Mary Alvord, k. d. (n.d.). understanding chronic stress. american psychological association .
- Mason, B., & Smithey, M. (2012). The effects of academic and interpersonal stress on dating violence among college students: A test of classical strain theory. *Journal of interpersonal violence, 27*(5), 974-986.
- Pastey, G. S., & Aminbhavi, V. A. (2006). Impact of Emotional Maturity on Stress and Self Confidence of Adolescents. *Journal of the Indian Academy of applied psychology, 32*(1), 66-70
- Programme, T. p. (october 2013). Romantic relationships. sutter health palo alto medical foundation .
- Rawat, C., & Singh, R. (2017). The Paradox of Gender Difference on Emotional Maturity of Adolescents. *Journal of Human Ecology, 58*(3), 126-131.
- Wani, M. A., & Masih, A. (2015). Emotional maturity across gender and level of education. *The International Journal of Indian Psychology, 2*(2), 63-7

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: S Shah & N Mistry (2020). The effect of relationship status on emotional maturity and stress. *International Journal of Indian Psychology, 8*(1), 349-360. DIP:18.01.044/20200801, DOI:10.25215/0801.044