

## A study of emotional maturity and narcissism among college students

Ketki Deshmukh (Nimbalkar)<sup>1\*</sup>

### ABSTRACT

To examine Emotional Maturity and Narcissism a sample of 100 UG college students (50 boys and 50 girls) were selected from colleges from RTM Nagpur University in Wardha city in Maharashtra. Emotional Maturity Scale and Narcissism Scale were used for tapping scores of the subjects. To analyze the data, method of difference and product Moment Correlation were applied. In results it is found that there is significant difference among boys and girls in Emotional Maturity and Narcissism. In significant negative correlation found between Emotional Maturity and Narcissism.

**Keywords:** *Emotional Maturity, Narcissism*

Young generation and youngsters are pillars of our future nation. They need to be strong and sound in both physical and Psychological state. We observe that college students are under tension and pressure in achieving their success. They need to face in strong competition in shaping their life and fulfill their parents', teachers' expectations. There is an incredible competition for them for getting success with in the society. They need to face many situations and failure while achieving their goals, due to this failure one may get depressed and frustrated. Now a days we observe that youth and youngsters face emotional problems in their lives like Anxiety, Tension and Frustration in day to day life. Emotions colour human life. Emotional intelligence and emotional maturity play vital role in our life.

Emotional intelligence and emotional maturity are two different aspects in human psychology. It is not necessary that an emotionally intelligent individual is emotionally mature. Emotional maturity is not chronological because it has nothing to do with age. Emotional maturity is that the ability to manage emotions and be liable for one's behavior; it is not controlling one's emotions but controlling one's behavior. Emotional maturity teaches not to bury our emotions rather it trains to let loose the emotions in an efficient means. Thus, the individual becomes competent to point out negative or positive emotions in his/her behavior. Emotional maturity lies on a person's thoughts and behavior and makes a person flexible, adaptive and responsible.

<sup>1</sup>Lecturer (CHB), Department of Psychology, Yeshwant Mahavidyalaya, Wardha, Maharashtra, India

*\*Responding Author*

**Received: February 5, 2020; Revision Received: March 21, 2020; Accepted: March 31, 2020**

## A Study of Emotional Maturity and Narcissism Among College Students

Emotional maturity is one among the personality traits through which one is usually trying to realize greater sense of emotional health both mentally and physically. Those who are emotionally matured can face these situations effectively. Emotional maturity means one's ability to know and manage own emotions. An emotionally mature person is one whose emotional life is well in restraint. Our control on our emotions and understand others emotions is extremely important in life. Those that are ready to manage their emotions, they will overcome any situation in their life. An emotionally stable person features a capacity to form effective adjustment with him, his family and society. Consistent with Smitson Walter, (1974) Emotional Maturity means "A process during which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally". An Emotionally matured person has ability to tolerate the reasonable amount of frustration and to form effective adjustment with himself, members of his family and his peer groups. Emotional instability is an indication of emotional immaturity, as emotionally unstable response is characterized by the shortage of agreement between the emotional response and thus the provoking stimulus. (Nelson, 2000)

Sangtam and Talawar (2013) revealed a big relationship between emotional maturity and academic achievement of lyceum students. Bhupinder Singh Bagh (2018) found in significant relationship between Emotional maturity among adolescents and Parental involvement". Sarita, *etal* (2015) observed that the undergraduate students are less emotionally matured than postgraduate students. Rai & Khanal (2017) found no correlation among college students between emotional maturity and their academic achievement. Bhavana Saraswat (2015) stipulated no significant difference and high correlation between emotional maturity and academic achievement among high school students.

The concept Narcissism was introduced by Havlock Ellis (1968) to ask a perversion considering the self as sexual object. Freud (1905/1953) used the terms "ego-libido" (self-love) and "narcissistic libido" interchangeably in his essays on the idea of Sexuality. Consistent with Woodworth (1962) a Narcissist person would be crazy with himself and therefore the term had been applied to person male or female, who obtains his sexual satisfaction from admiring himself. Wilhelm Reich (1933) described it as "phallic-narcissistic character" in his book Character Analysis. According to him narcissists possess an attitude of superiority, are confident, arrogant, provocative, resenting of subordination, and are mildly sadistic in their relationships. Narcissism is often considered as a basic human tendency starting from normal to abnormal poles. This disorder is diagnosed more often in males than in females (Widiger & Sanferson, 1997). Freud (1914/1991) stated in his essay 'On Narcissism' that narcissism was a standard maturational phase of healthy development in altogether children as a "complement to the egoism of the instinct for self-preservation" (P. 74). Freud believed in an economic model of affection when individuals' love objects are unable or unwilling to return the love, they regress to an unhealthy state of narcissism, so as to love and gratify themselves as a compensatory mechanism.

In DSM IV it is stated that narcissistic personality possesses sense of self-importance, individual desire to gain attention and admiration from others. It describes that narcissistic personality include: inflated self-image, inter-personal exploitative, cognitive expressiveness, insouciant temperament and deficient social conscience (Corsini and Auerback, 1998). In this study efforts will be made to study relationship between Emotional maturities with Narcissism among college students.

## A Study of Emotional Maturity and Narcissism Among College Students

Hudson, E. J. (2012) stated that students high in narcissistic traits encounter many problems including difficulties with interpersonal and professional relationship and poor insight and self-awareness and in peril of educational failure, especially in certain prestigious collegiate environments that are more likely to foster narcissistic tendencies. Bajwa, R. S. and *et al.* (2016) in their study found that there is significant negative relationship between narcissism and family relationship. The level of narcissism was high in males than females and level of family relationship was high in females than males.

### **Objectives**

1. To examine Emotional Maturity of college students.
2. To study Narcissism among college students.
3. To examine relationship between Emotional Maturity and Narcissism.

### **Problems**

1. Do Girls differ in Emotional Maturity with compare to boys?
2. Are boys more Narcissist than girls?
3. Is there any relationship between Emotional Maturity and Narcissism?

### **Hypotheses**

1. Boys will be more emotionally matured than girls.
2. Boys will be more narcissists than girls.
3. There will be correlation between emotional maturity and narcissism.

## **METHODOLOGY**

### **Tools**

1. Emotional Maturity Scale (EMS): This Test is developed & standardized by Dr. Yashvir Singh and Dr. Mahesh Bhargava (2012) with five categories of Emotional maturity namely Emotional Stability, Emotional Progression, Social Adjustment, Personal Integration, and Independence. It is self-reporting five point scale. Subjects have to answer in a manner as Very much, Much, Undecided, Probably and Never. Reliability of the test is 0.75 and validity is 0.64.
2. Narcissism Scale (NmS): This scale is developed & standardized by Dr. Sagar Helode, Dr. Bashir Hasan and Dr. R. D. Helode (2008) It contains 50 items and subjects have to answer in five alternative responses namely totally true, true, moderately true, false and totally false. Reliability of this scale is 0.84.

### **Sample**

The sample of 100 under graduates college students (50 girls and 50 boys) up to 20 to 25 years old were selected by incidental random basis from different colleges of RTM Nagpur University in Wardha city, Maharashtra.

### **Research Design**

To examine the difference between two means method of two group design was used. To examine relationship between the variables Product Moment Correlation method will be applied.

### **Procedure**

The students were selected with age ranging from 20 to 25 years from various colleges of Wardha city. They were made aware about the importance and application of this research and rapport was established. First of all, instructions about the test were given carefully prior

## A Study of Emotional Maturity and Narcissism Among College Students

to start each test administration. It was confirmed that every student has understood the instructions of each test properly. Narcissism Scale was given and after five minutes breaks Emotional Maturity Scale was administered. After data collection and scoring, raw scores were put to the statistical treatment.

### RESULTS

Mean and standard deviation of the raw scores and 't' value was calculated. The statistical analysis of all the scores is given in the following tables.

**Table 1: Showing Mean, SD and 't' value of sample on Emotional Maturity**

Emotional Maturity	Sample	N	M	SD	t Value	df	P value
	Boys	50	109.30	15.76	4.16**	98	P<0.01
	Girls	50	96.30	15.68			

\*\* P<0.01

In verification of Emotional Maturity among boys and girls, mean of boys 109.30 is greater than the mean of girls is 96.30 and 't' value is 4.16 is significant at .01 level.

**Table 2: Showing Mean, SD and 't' value of sample on Narcissism**

Narcissism	Sample	N	M	SD	't' Value	df	P value
	Boys	50	149.40	15.70	2.40*	98	P<0.05
	Girls	50	140.96	24.63			

\* P<0.05

While testing Narcissism of girls and boys, mean of boys 149.40 is greater than the mean of girls 140.96 and 't' value 2.40 is significant at 0.05 level of significance.

**Table 3: Correlation between Narcissism and Emotional Maturity**

N	Emotional Maturity	
100	Narcissism	-.066

In examination relationship between Narcissism and Emotional Maturity correlation found -0.66 which is not significant at 0.01 level.

### DISCUSSION

In 21<sup>st</sup> century psychological problems are increasing day by day in the society. Now a days it seems that there is a need of Emotional maturity and need to express one's emotions at right time, right degree and with right person in the society. Hence emotional management is that the need of the hour. Keeping this view in mind the efforts were made to study Emotional maturity along with Narcissism among college going boys and girls with this view the hypothesis one was framed as 'Boys will be more Emotional matured than Girls' in results it reveals that mean of the boys (109.30) is greater than mean of the girls (96.30) and 't' value 4.16 is significant at .01 level and it supports the hypothesis.

In verification of hypothesis two, 'Boys will be more narcissist than Girls' and found significant. Mean of boys (149.40) is greater than the mean of girls (140.96), which indicates the inclination of the boys towards narcissism and 't' value 2.40 is significant at 0.05 level of significance.

## A Study of Emotional Maturity and Narcissism Among College Students

To verify the relationship between Emotional maturity and Narcissism the hypothesis three was formulated that, 'there will be relationship between Emotional Intelligence and Narcissism' in results it is found negative correlation (-.06) and not significant at any level of significance. It indicates that there is negative relationship between Narcissism and Emotional Maturity.

### CONCLUSIONS

1. Hypothesis one, 'Boys will be more emotionally matured than girls', found significant.
2. Hypothesis two, 'Boys will be more narcissist than Girls', found significant.
3. Hypothesis three, 'correlation between Emotional Maturity and Narcissism among college students' revealed in significant negative relationship.

### REFERENCES

- Bagh, B. S. (2018): Emotional maturity among adolescents in Relation to parental involvement, *International Journal of Advanced Educational Research*, Volume 3; Issue 1; January; Page No.183-186.
- Bajwa, R. S., Batool, I. & Abid, M. (2016): Narcissistic Personality and Family Relationship among Adults: A Correlational Study. *Imperial Journal of Interdisciplinary Research (IJIR)* Vol-2, Issue-8, ISSN: 2454-1362, <http://www.onlinejournal.in>.
- Corsini, R. J. & Auerback, A. J. (1998): *Concise Encyclopedia of psychology* (2NdEd.) John Wiley and sons, New York.
- Ellis, H. (1898): Auto-eroticism: A psychological study. *Alienist and Neurologist*, 19:260-299.
- Freud, S. (1914/1991): On narcissism: An introduction. In J. Sandler, E. Person, & P.Fonagy (Eds.) *Freud's "On Narcissism: An Introduction"* Yale University Press, New Haven.
- Freud, S. (1931/1959): Libidinal Types, In J. Strachey (Ed.) *Collected Papers*, Vol. 5, Chapter XXIII. Hogarth Press Ltd: London.
- Hudson, E. J. (2012): "Understanding and Exploring Narcissism: Impact on Students and College Campuses". *CMC Senior Theses*. Paper 381. [http://scholarship.claremont.edu/cmc\\_theses/381](http://scholarship.claremont.edu/cmc_theses/381)
- Helode, S., Hasan, B. & Helode, R. (2008): *Manual of Narcissism Scale*. Psychoscan, Wardha.
- Nelson A. (2000): Emotional maturity among college students in relation to sex & area. *Journal of Educational Psychology*, 93(4):541-555.
- Reich, W. (1933/1972): *Character Analysis*, 3rd ed. New York: Farrar, Straus, & Giroux, Inc.
- Sangtam, T. Y., & Talawar, M. S. (2013): A Study of Relationship between Emotional Maturity and Academic Achievement of Secondary School Tribal Students in Tuensang district of Nagaland. *Indian Streams Research Journal*, III (6). 1-3.
- Sarita, Kavita, Sonam (2016): A comparative study of an emotional maturity of undergraduate & Postgraduate students. *International Journal of Applied Research*; 2(1): 359-361
- Saraswat, B. (2015): A Correlational study of Emotional Maturity and Academic Achievement of High School Students. *International Research Journal of Management Sociology & Humanity* 6(4), P. 270-274.
- Singh, Y. & Bhargava, M. (2012): *Manual of Emotional Maturity Scale*. National Psychological Corporation, Agra.
- Smitson, W. S. (1974): *The Meaning of Emotional Maturity*. M. H. Winter. 58. 9-11, New York: Mc.Graw Hill.
- Rai, D & Khanal, Y. K. (2017): Emotional Intelligence and Emotional Maturity and their Relationship with Academic Achievement of College Students in Sikkim, *International Journal of Education and Psychological Research (IJEPR)* Volume 6, Issue 2, June.
- Widiger, T.A. & Sanderson, C. J. (1997): *Personality disorders*, Philadelphia, P. A.

## **A Study of Emotional Maturity and Narcissism Among College Students**

Woodworth R.S., (1962): Contemporary Schools of Psychology, Asian Publishing House, Bombay.

### ***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 interest.

**How to cite this article:** K Deshmukh (2020). A study of emotional maturity and narcissism among college students. *International Journal of Indian Psychology*, 8(1), 997-1002. DIP:18.01.126/20200801, DOI:10.25215/0801.126