

## Emotional Maturity in Women

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### ABSTRACT

This present a study aim was to find out the effect of Working and Non-Working Women on Dimension of Emotional Maturity of both types of women living and working in Rajkot city. For this Total number of sample was 80 in which 40 working women and 40 non-working women from the age group of 24 to 48 years. Were selected randomly sampling method from various society and working office around of Rajkot city in Gujarat state as per research design. For the data collection of Emotional maturity scale developed by Roma Pal (1988) was used to measured emotional maturity of women. Questionnaires were administered to measure the dimensions of Emotional maturity of both the groups. For data analysis and concluded result 't'-test was used. The results reveal that's the working women significantly affect and difference on Emotional maturity score as compared to non working women. Working women have shown better Emotional Maturity compared to non working women. For this dimension indicate that in positive sense there was significant difference between working and non working women.

**Keywords:** *Emotional Maturity, Working and Non Working Women.*

Emotional maturity implies understanding of oneself, Understanding of the word and understanding of realities of life. Most of our emotional problems arise because we have not understood ourselves and our needs. Whenever there is an emotional situation, it implies an unmet need. By understanding ourselves and connection to our feeling and needs, we can fulfill our needs as well as grow into a mature person. Emotional Maturity implies controlling ones emotions rather than letting our emotions get the better of us. Our emotional maturity depicts our capacity to manage and to check our emotions to evaluate others' emotional state and to persuade their judgment and actions. A person's emotional maturity is very much influenced by his/her relationship history. Emotional intelligence makes an important part of life, together with intellectual and relationship intelligence. Such intelligence can help one to assess emotional maturity and emotional freedom. How well we can tackle any relationship, is a major discernible factor to check our level of emotional maturity.

According to Charles E. Skinner (1949), an emotionally mature person is one who is able to keep a lid on his feelings. He can suffer in silence; he can bid his time in spite of present discomfort. He is not subject to swings in mood, he is not volatile. When he does express emotion, he does so with moderation, decency and in good order.

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## **Emotional Maturity in Women**

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-physically and intra-personally.”

According to Crow and Crow (1974), “An emotion is an affective experience that accompanies generalized inner adjustment and mental and psychologically stirred up states in an individual and that shows itself in his overt behavior.”

According to Coleman (1944), “The most outstanding make of emotional maturity is the ability to bear tension. Besides, an emotionally matured person persists in the capacity of fun and recreation. He enjoys both play and responsible activities and keeps them in proper balance.”

According to Fred Mc. Kinney (1960), “The characteristics of an emotionally matured person are heterosexuality, appreciation of attitude and behavior of others tendency to adopt the attitude and habits of others and capacity to delay own responses”.

The emotional maturity is best defined as our ability to become sensitive to our environment and the people we interact with. Our perceived emotions allow us the ability to control situations and create solutions. This emotional maturity is also known as having a sense of self.

Emotion is the complex psycho physiological experience of an individual's state of mind as interaction with biochemical (internal) and environmental (external) influences. In humans, emotion fundamentally involves "physiological arousal, expressive behaviors and conscious experience." Emotion is associated with mood, temperament, personality, disposition, and motivation. Motivations direct and energize behavior, while emotions provide the affective component to motivation, positive or negative. A related distinction is between the emotion and the results of the emotion, principally behaviors' and emotional expressions. People often behave in certain ways as a direct result of their emotional state, such as crying, fighting or fleeing. If one can have the emotion without a corresponding behavior, then we may consider the behavior not to be essential to the emotion.

### **Emotional Maturity of Working and Non-Working Women**

The emotional aspect of maturity is the most important factor in the development of the comprehensive mature personality, especially for the gifted. This is the global factor of emotional maturity which is the strength to actualize individual abilities within the frame of social demands. According to Goleman (1995), we have two minds, one that thinks and one that feels, these two fundamentally different ways of knowing, interact to construct our mental life. The rational mind is the mode of comprehension we are typically conscious of more prominent in awareness, thoughtful, able to ponder and reflect. The emotional mind is impulsive and powerful and sometimes illogical. These two minds operate in harmony with each other, most of times feelings are essential to thought, and most of the times thoughts to feeling. But when passions surge the balance tips: it is not just I.Q., but emotional intelligence that matters. Goleman rightly points out that, “It is not that we want to do away with emotions and put reason in its place, but instead find an intelligent balance of two

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Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra-personally. Kaplan and Baron elaborate the characteristics of an emotionally mature person; say that he has the capacity to withstand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration. He has belief in long-term planning and is capable of delaying or revising his expectations in terms of demands of situations. An emotionally mature child has the capacity to make effective adjustment with himself, members of his family and his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully. There are many various factors are put its effect on Emotional Maturity one of them is women. Present research is done to know that effect of working and non working women on Emotional Maturity.

### PROBLEM OF STUDY:

The problem of the present study is as under:

A study of Emotional Maturity and its damnations among working and non working women

### OBJECTIVES OF THE STUDY:

The main objectives of present study are as under:

1. To investigate the difference of Emotional Maturity among working and non-working women.
2. To investigate the difference and compare the various dimension of Emotional Maturity of working and non-working women.

### HYPOTHESIS:

The main hypotheses of present study are as under:

1. There is no significant difference between working and non working women in allover Emotional Maturity.
2. There is no significant difference between working and non working women in Emotional Stability.
3. There is no significant difference between working and non working women in Emotional Regression.
4. There is no significant difference between working and non working women in Faulty Social adjustment.
5. There is no significant difference between working and non working women in Lack of Independency.
6. There is no significant difference between working and non working women in Flexibility.

### VARIABLES:

The variables of present study are having given in as under.

- **Independent variable:**

Working and non working women

- **Dependent variable:**

Total score and various dimension score of Emotional Maturity are measured by Roma Pal (1988) scale

### METHODOLOGY

#### SAMPLE:

According to the aim of present study in participants consisted total sample were 80 in which 40 working women and 40 non-working women from the age group of 24 to 48 years. Were simple random methods selected from various society and office around of Rajkot city in Gujarat state as per research design.

#### TOOL:

Emotional maturity scale developed by Roma Pal (1988) was used to measure emotional maturity the scale contains 40 items with totally agree, neutral, generally, disagree and totally disagree. Response alternative the responses were marked 5,4,3,2 and 1 respectively and from the responses we had to select only one response in every sentence. 5 for tick mark totally agree, 4 for tick mark agree, 3 for tick mark neutral, 2 for tick mark disagree and 1 for tick mark totally disagree. The maximum possible score is 200 and minimum is 40. Scoring pattern shows that more score indicates less emotional maturity. The less score in the scale indicates good (more) emotional maturity. The reliability score of emotional maturity scale comes to 0.84, derived by the split half method, obtained from the sample of 200 students. The researcher of the present research has found out the reliability score as 0.81 by using split-half technique on the sample of 50 students.

#### PROCEDURE:

After establishing report Emotional Maturity inventory were administered individuals to every subject. All the instruction were strictly following which are been given the manual of inventory. The responses of inventory have scored as per scoring keys. This has given in the manual of inventory. The data was categories and arranged in respective table according to the stoical technique appraised.

#### STATICALLY ANALYSIS:

The main aim of the present research is to study and compare to Emotional maturity between working and non-working women. Scoring was done as per scoring key of the inventory to examine significantly difference between working and non working women. For data analysis 't'-test was used.

### RESULTS AND DISCUSSION:

In order to the test hypotheses framed with reference to objective of the study data were analyzed using t-test. When the statistical analysis regarding the impact of working and non-

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working women and its various damnation of Emotional maturity score in women both group was carried out interesting results were obtained. These results are sown in table no.1 to 6.

**Table: 1**

Mean, SD and 't'-ratio of group of women on score of emotional maturity (N=80)

Emotional maturity	N	Mean	SD	t-ratio	Sig
Working women	40	21.05	3.88	3.05**	0.01
Non-working women	40	17.77	4.42		

\*\*p<.01, \*p<.05, NS= Not significant

Seen the Table no. 1 indicates the 't'-value of working and non working women of overall Emotional maturity is 3.05 which is significant at 0.01 level. It means working women are significant mean difference on overall Emotional maturity score as compare to non-working women. Working women have shown better overall Emotional maturity by getting high mean score 21.05 then non working women 17.77.

**Table: 2**

Mean, SD and 't'-ratio of group of women on score of emotional instability (N=80)

Instability	N	Mean	SD	t-ratio	Sig
Working women	40	30.87	4.31	2.71**	0.01
Non-working women	40	27.23	5.94		

\*\*p<.01, \*p<.05, NS= Not significant

Seen the Table no. 2 indicates the 't'-value of working and non working women of Emotional instability score is 2.71, which is significant act 0.01 level. It means working women are significant differ on Emotional instability Positive score as compare to non working women. Working women have shown better Emotional instability by getting high mean score 3.87 then non working women mean 27.23.

**Table: 3**

Mean, SD and 't'-ratio of group of women on score of emotional Regression (N=80)

Regression	N	Mean	SD	t-retio	Sig
Working women	40	26.21	3.87	1.54**	ns
Non-working women	40	24.56	4.54		

\*\*p<.01, \*p<.05, NS= Not significant

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Seen the Table no. 3 indicates the 't'-value of working and non working women of Emotional regression is 1.54 which is not significant. Working women have shown better Emotional regression by getting high mean score  $M=26.21$  then non working women 24.56 but not a significant difference at 0.05 level in between group.

**Table: 4**

Mean, SD and 't'-ratio of group of women on score of emotional Faulty social adjustment (N=80)

Faulty social adjustment	N	Mean	SD	t-retio	Sig
Working women	40	36.87	4.12	3.05**	0.01
Non-working women	40	33.68	3.97		

\*\* $p<.01$ , \* $p<.05$ , NS= Not significant

Seen the Table no. 4 indicates the 't'-value of working and non working women of Faulty social adjustment is 3.05 which is significant at 0.01 level. It means working women are significant differ on Faulty social adjustment score as compare to non working women. Working women have shown better Faulty social adjustment by getting high mean score 36.87 then non working women 33.68.

**Table: 5**

Mean, SD and 't'-ratio of group of women on score of emotional Lack of Independency (N=80)

Lack of Independency	N	Mean	SD	t-retio	Sig
Working women	40	18.53	2.51	3.47**	0.01
Non-working women	40	16.02	3.07		

\*\* $p<.01$ , \* $p<.05$ , NS= Not significant

Seen the Table no. 5 indicates the 't'-value of working and non working women of Lack of Independency is 3.47 which is significant at 0.01 level. It means working women are significant differ on Lack of Independency score as compare to non working women. Working women have shown better Lack of Independency by getting high mean score 18.53 then non working women 16.02.

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**Table: 6**

Mean, SD and 't'-ratio of group of women on score of emotional Flexibility (N=80)

Flexibility	N	Mean	SD	t-retio	Sig
Working women	40	27.06	3.41	2.90**	0.01
Non-working women	40	24.25	4.06		

\*\*p<.01, \*p<.05, NS= Not significant

Seen the Table no. 6 indicates the 't'-value of working and non working women of Flexibility is 2.90 which is significant at 0.01 level. It means working women are significantly differ on Flexibility score as compare to non working women have shown better Flexibility score as compare to non working women. Working women have shown better Flexibility by getting high mean score 27.06 then non working women 24.25.

### CONCLUSION:

1. There were significant mean difference in Emotional Maturity of working women and non-working women.
2. There were significant mean difference in Emotional **instability** of working women and non-working women.
3. There were not significant mean difference in Emotional **regression** of working women and non-working women.
4. There were significant mean difference in **Faulty social adjustment** of working women and non-working women.
5. There were significant mean difference in **Lack of Independency** of working women and non-working women.
6. There were significant mean difference in Emotional **Flexibility** of working women and non-working women.

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