

## Emotional maturity and self-esteem among adolescents staying in government children's home

S.Keerthana<sup>1\*</sup>, Varsha A Malagi<sup>2</sup>

### ABSTRACT

According to WHO, adolescents is person aged 10 to 19 years inclusive unless national law defines a person to be adult at an earlier age. Children's home is open shelter which provides care and protection to child in need and care. Emotional maturity refers to ability of a person to cope up with the situation. Self-esteem is used to describe a person's overall evaluation about oneself. The present study aimed to find the level of emotional Maturity and self-esteem among adolescent staying in Government Children's Home. The participants include 40 females and 35 male's adolescents staying in government children's home. Simple Random sampling method was employed to select the sample. The tool used was emotional maturity Scale developed by Sing, Y & Bhargava, M (1999) and the self-esteem is developed by Rosenberg.M (1965). The obtained results analyzed using Independent sample t test and Karl Pearson coefficient of correlation. The results indicated that there is no significant gender difference in level of emotional maturity and there is significant gender difference in level of self-esteem and study also revealed there is no significant relationship between emotional maturity and self-esteem. 77.5% of the Female Adolescents staying in Government Children Home had low level of emotional maturity. 85% of the Male Adolescents staying in Government Children Home had low level of emotional maturity.55% of the Female Adolescents staying in Government Children Home had low level of Self Esteem. 77% of the Male Adolescents staying in Government Children Home had low level of Self Esteem. The importance of psychosocial interventions such as individual counseling to improve the level of Emotional Maturity and Self Esteem, family counseling should be given to improve family conditions result in low level of emotional maturity and self-esteem and behavior modifications techniques such as Rational emotive behavioral therapy, Cognitive behavioral therapy and Assertiveness training can be used to boost up self-esteem and remove negative thoughts, feelings and irrational beliefs which affect the level of emotional maturity among the Adolescents staying in Government Children's Home. The necessary steps such as good environmental set up, counseling and awareness programs to children staying in Government Children's Home and including much more recreational activities in the Government Children's home set up to make the children to have high Self-Esteem and Emotional Maturity.

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## **Emotional maturity and self-esteem among adolescents staying in government children's home**

**Keywords:** *Adolescent, Children's Home, Emotional Maturity, Self Esteem*

According to WHO (2013) age range classification adolescents is a person aged 10 to 19 years inclusive unless national law defines a person to be adult at an earlier age.

According to Hall, G, S (1904) adolescence is period of stress and storm, a period where more human traits are born. The biological approach by argues that the agitation in adolescence is universal and not affected by time and social context. Peterson & Taylor (1980).

Under the Indian laws, section 2 (k) of Juvenile justice (care and protection of children) Act, 2000 defines "juvenile" or "child" a person who has not completed eighteen year of age. According to Juvenile Justice Act 2015, change in nomenclature from 'Juvenile' to 'Child', 'Child in conflict with law' across the Act to remove negative connotation associated with the word "Juvenile" and also changed name of "Juvenile home" to "Children's Home".

### ***Juvenile Justice (Care and Protection of Children) Act 2015***

An Act to consolidate and amend the law relating to children alleged and found to be in conflict with law and children in need of care and protection by catering to their basic needs through proper care, protection, development, treatment, social re-integration, by adopting a child-friendly approach in the adjudication and disposal of matters in the best interest of children and for their rehabilitation through processes provided, and institutions and bodies established, here in under and for matters connected therewith or incidental thereto This Act covers children up to 18 years. This Act has machinery and infrastructure required for care, protection, development and machinery. Such machinery includes Juvenile Justice Boards for the screening of juvenile conflict with law and Child Welfare Committees for care and protection and treatment of child in need of care and protection. The main objectives of this Act are to re-cover, re-education and rehabilitation of juveniles.

### ***Children in need of care and protection***

A child in need of care and protection is to be produced before Child welfare committee within 24 hours. This Act provides for mandatory reporting of a child found separated from his/her guardian. The Child Welfare committee is to send the child in need of care and protection to the appropriate Child Care institutions and direct a social worker, case worker or child welfare officer to conduct social investigation within 15 days. No reporting has been treated as punishable offence. The child Welfare committee shall meet at least 20 days in a month and the District Magistrate shall conduct a quarterly review of the functioning of the Child welfare Committee.

The child in need of care and protection will be placed in a Children's Home for care, treatment, education, training, development and rehabilitation. The Act Provides for open shelter for Children in need of community support on short term basis for protecting from the abuse or keeping them away a life on streets. The Child Welfare committee could recognize the facility to be a Fit Facility to temporarily take the responsibility of a child. The Specialized Adopt Agency is to take care of rehabilitation of orphans, abandoned or surrendered children.

### ***Children's home***

"Child care institution" means Children Home, open shelter, observation home, special home, place of safety, Specialized Adoption Agency and a fit facility recognized under this Act for providing care and protection to children, who are in need of such services.

***The present study focuses on the Child in need of care and protection***

Emotion is a complex psycho-physiological experience of individual state of mind as result of interaction with internal (biochemical) and external (environmental) influences. Emotional maturity refers to ability of a person to cope up with the situation. Emotional maturity refers to ability of a person to cope up with the situation. According to Smitson, D, W, W (1974) Emotional Maturity is a process in which personality is continuously striving for greater sense of emotional health. According to Khan (2015) A person who is emotionally mature will have the capacity to withstand the satisfaction of needs and also capable of tolerate reasonable amount of frustrations. Emotional maturity has a vital role in shaping personality, attitude and behavior of a person.

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Self-esteem is overall evaluation about oneself. The synonyms of self esteem are self love, self importance and self worth. According to Smith and Mackie says that "Self-esteem is positive or negative evaluations of self and how he or she feels about oneself. Rosenberg. M (1965) defined the self-esteem 'self' having societal responses, either positive or negative. Self-esteem is a reciprocal psychological interaction; between the social indicators for example culture and norms). James, W identified self-esteem as a psychological construct. He identified multiple dimensions of the self, with two levels of hierarchy: process of knowing called (I self) and resulting knowledge about self (Me – Self). Self-esteem can be defined in numerous ways, positive or negative cognitive, behavioral and emotional reactions. The concept of self-esteem was first expressed in writings of David Hume in 18<sup>th</sup> century.

Schwalbe and Staples (1991) defined self-esteem as the feelings an individual has about him/herself that affect the way as he/she. These views include self- observations, perceived feeling of him / her and self-knowledge. Campbell and Lavalley (1993) properly defined self esteem as self reflexive attitude which leads to product of viewing self as an object of evaluation.

## **LITERATURE REVIEW**

Nasir, R& Zamani, Z, A& Yusoff, F& Khairuddin, R (2010) The aim of the study is to find out cognitive distortion and depression among juvenile delinquents in Malaysia. 316 juvenile are delinquents among the children staying in Juvenile home in Malaysia are included in the study. Among which 164 male and 152 females were selected for the study. The result of this study indicates that there is positive significant correlation between cognitive distortion and depression and also showed positive significant correlation between cognitive distortion and all the five dimensions of cognitive distortion: self-critique, self-blame, helplessness, hopelessness and preoccupation with danger.

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Pasi, A, R & Shinde, R, R & Kembavi,R,S & Kadam.D,D (2011) conducted the cross-sectional study of socio demographic profiles of children under institutional care, identify the characteristics features of families prone to have destitute children. The results reveal that nuclear families of medium to sample size which belong to the lower socioeconomic status and of urban origin were found to be unable to provide care and support to their children putting them at risk of becoming destitute.

Bokey, A, R, (2017) conducted a comparative study to find out emotional maturity among adolescents in juvenile home. The aim of research is to investigate the emotional Maturity among boys and girls of Juvenile Home. The quantitative research design is done on sample comprised of 60 randomly selected which 30 boys and 30 girls. The finding of the study suggests that there exists no significant difference in emotional maturity among adolescents on basis of gender, but there exists significant difference in faulty Social adjustment between boys and girls. As per girls mean value 133.533 is less than boys due to that girl's emotional maturity is more than that of boys.

Rohany, N & Ahmad, Z, Z & Rozainee, K (2011) Family Functioning, Self-Esteem, Self-Concept and Cognitive Distortion among Juvenile Delinquents. The objective of research was to ascertain background characteristics of juvenile delinquents and to determine relationship between family functioning, self-concept, self-esteem and cognitive distortion. The participants selected for the study were 316 males and female between 12-18 years old from six rehabilitation and correctional centers in Malaysia. Results showed that 30% of the participants committed violent offences and there were correlation between family functioning, self-concept, self-esteem and cognitive distortions.

Suzuki, H & Tomoda.A (2015). The aim of study is to investigate the role of attachment and self esteem in association with adverse childhood experiences and depressive symptoms among Japanese institutionalized. 342 children among 149 girls and 193 boys were selected for the study. The results showed that adversity of child maltreatment affects depression through attachment styles and low self esteem among institutionalized children.

## **METHODOLOGY**

### ***Research Problem***

1. What is level of emotional maturity and self-esteem among adolescents staying in Government Children's home?
2. Do male and female adolescents staying in Government Children's home differ in their level of emotional maturity and self-esteem?
3. What is the relationship between emotional maturity and self-esteem among adolescents staying in Government Children's home?

### ***Aim***

To assess the emotional maturity and self-esteem among Adolescents staying in Government Children's home.

### ***Objective***

1. To assess the level of emotional maturity and self-esteem among the adolescents staying in Government Children's home?
2. To find out the gender difference in the level of emotional maturity and self-esteem among adolescents staying in Government Children's home?

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3. To assess the relationship between level of emotional maturity and self-esteem among adolescents staying in Government Children's home?

### ***Hypothesis***

1. Ho1: There is no significant gender difference in the level of emotional maturity among adolescents staying in Government Children's home.
2. Ho2: There is no significant gender difference in the level of self-esteem among adolescents staying in Government Children's home.
3. Ho3 There is no significant relationship between emotional maturity and self-esteem among adolescents staying in Government Children's home.

### ***Variables***

#### **Independent variable**

Male and Female Adolescents staying in Government Children's Home

#### **Dependent Variable**

Emotional Maturity and Self Esteem

### ***Research Design***

The research is explorative in nature.

The study adopts the sample survey method using Fish ball draw method is used to collect the necessary data from necessary participants.

### ***Sample***

The simple random sampling method using fish ball draw technique is used to collect the data from Males and female adolescents staying in Government Children's home.

<b>Gender</b>	<b>N</b>
Males	35
Females	40

### ***Inclusion Criteria***

1. The participants will be in the age range of 10- 19 years
2. The participants who are staying in Government Children's Home Vellimadkunnu, Kerala is taken for study.
3. The participants in need of care and protection are included in this study.
4. Homeless, abused, abandoned or surrendered children are included in this study.

### ***Exclusion Criteria***

1. The participants in conflict with law were excluded in the study.
2. The participants who are discharged from children's home are excluded from study.

### ***Procedure***

The process of data collection for the present study was done through proper way. The permission for collecting data was done through proper way. The socio demographic data was taken such as Name, Age, Sex and Years of staying were taken. They were given instructions regarding the test and the purpose of the study was explained. They were not allowed to discuss the answers. The completed questionnaires were collected back for scoring.

**Ethics and consideration**

The permission was taken from the authorities of all concerning the institution and also from District child protection officer. Then permission of superintendent of was taken from Boys home and Girls home separately. The consent was taken from every participants and need of the study is explained. The confidentiality was maintained and data was used for only research purpose.

**Data collection Tool**

**Socio-demographic sheet**

Socio-demographic data sheet was given to the participants which is developed by researcher includes Name, Age, Years of staying of the respective participants.

**Emotional Maturity Scale (EMS)** developed by Sing.Y & Bhargava.M (1999) measure emotional maturity. Emotional Maturity Scale is made of 48 items in a self-reporting Likert scale. Higher the raw score, greater is in the level of emotional maturity.EMS scale has five different dimensions which include.

Among 48 questions, 1, 2, 3,4,5,6,7,8,9 and 10 are under emotional instability 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20 are under emotional regression 21, 22, 23, 24, 25, 26, 27, 28, 29 and 30 comes under social maladjustment 31, 32, 33, 34, 35, 36, 37, 38, 39 and 40 comes under personal disintegration and 41, 42, 43, 44, 45, 46, 47 and 48 comes under personal disintegration.

The test-retest reliability of the scale is 0.75 and validity of the scale is 0.64

EMS is self-reporting five point scale that is Very much (5), Much (4), Undecided (3), probably (2), Never (1) is given. For positive items scoring will be 1, 2, 3, 4 and 5. For negative items 5,4,3,2 and 1.Greater score on scale is expressed in terms of emotional immaturity.

Norms	Interpretation
52-80	Extreme emotional maturity,
81-88	Moderate emotional maturity
89-106	Moderate emotional immaturity
107-240	Extreme emotional immaturity

**Self Esteem** is developed by Rosenberg, M in the year 1965. The Self Esteem scale consists of 10 item self-assessment questionnaire.

Scoring of Self Esteem scale is done as follows ranging from 0 to 3. The reliability of scale is 0.85 and validity is adequate. Items1, 3, 4 and 7are positively scored (for example items, Strongly Agree scores 3, Agree score 2, Disagree score 1 and Strongly Disagree scores 0). Items 2,5,6,9 are negatively scored (for example item 2, Strongly Agree score 0, Agree score 1, Disagree score 2, Strongly Disagree score 3). The scale ranges from 0-30, with 30 indicating the highest score possible.

Norms	Interpretation
0-15	Low self-esteem
15-25	Normal range of self-esteem
25-30	High self-esteem

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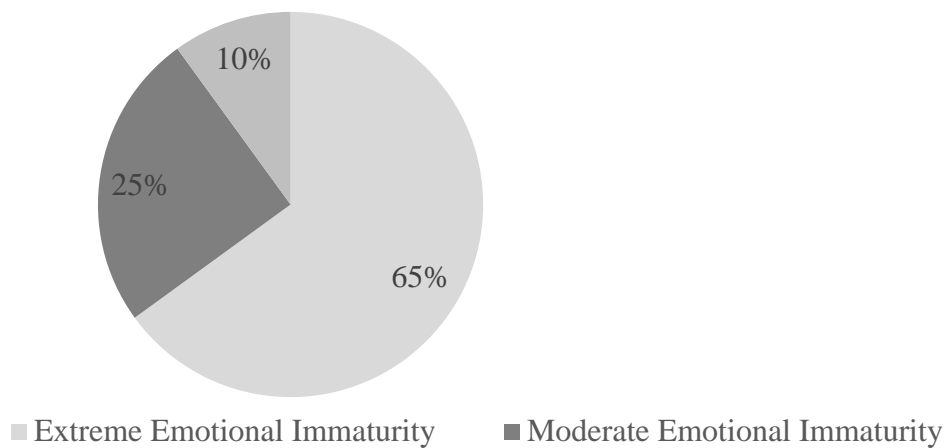
### Statistical analysis

The statistical techniques selected were based on the objectives set forth and hypothesis formulated for the study. The statistical techniques are presented below.

Independent Samples t Test is used to find out significant gender difference in level of emotional maturity and self esteem among adolescents staying in Government Children's Home.

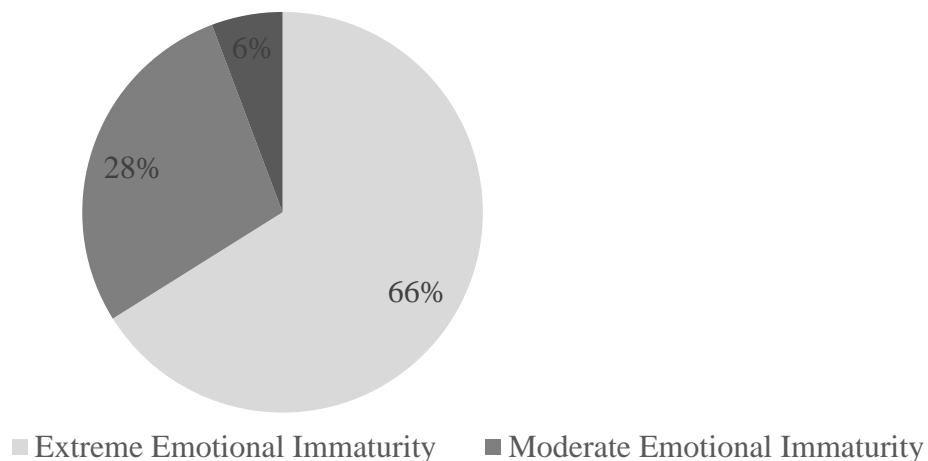
Pearson correlation is used to find out significant gender relationship in level of emotional maturity and self esteem among adolescents staying in Government Children's Home.

## RESULT AND DISCUSSION



**Figure 4.01: Level of Emotional maturity in Female adolescents staying in Government Children's Home**

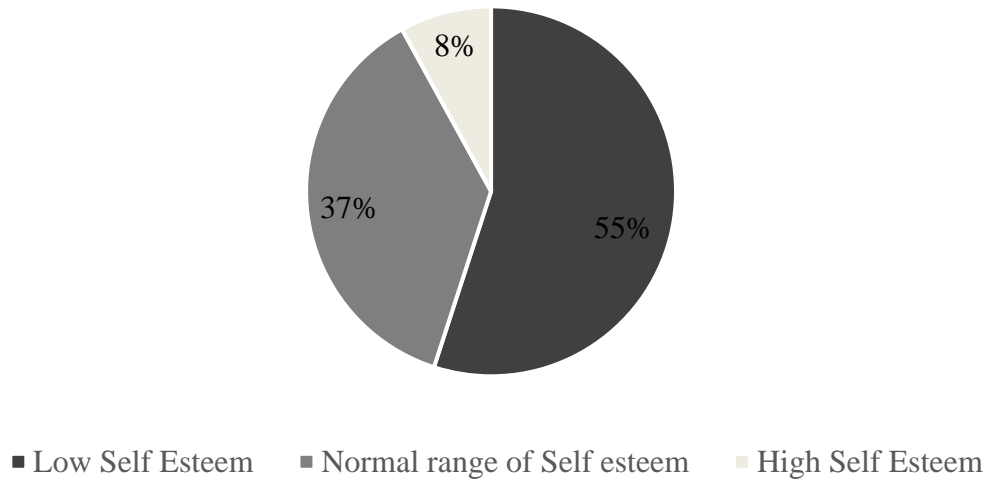
The level of emotional maturity among female adolescents staying in Government Children's Home indicates that 65% has extreme emotional immaturity and 25% has moderate emotional immaturity and 10% has moderate emotional maturity.



**Figure 4.02: The Level of Emotional maturity on Male adolescents staying in Government Children's Home**

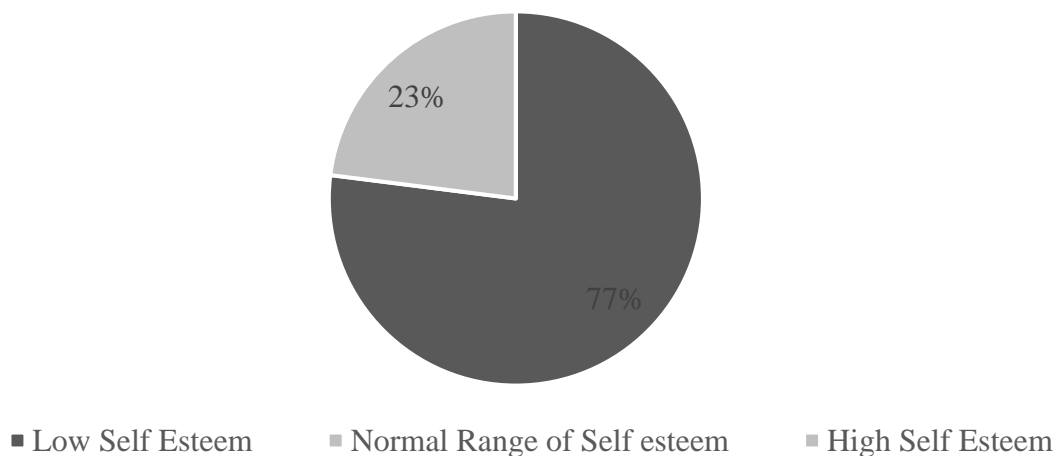
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The level of emotional maturity among male adolescents staying in Government Children's Home indicates 66% has extreme emotional immaturity and 28% has moderate emotional immaturity and 6% has moderate emotional maturity and 0% falls under extreme emotional maturity



**Figure 4.03: Level of Self Esteem in female adolescents staying in Government Children's Home.**

The level of self-esteem among female adolescents staying in Government Children's Home indicates 55% has low self-esteem and 37% has normal range of self-esteem and 8% have high self esteem



**Figure 4.04: Level of Self Esteem in male adolescents staying in Government Children's Home.**

The level of self-esteem among male adolescents staying in Government Children's Home indicates 77% has low self-esteem and 23 has normal range of self-esteem and 0% have high self esteem.



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*Independent Samples t test*

**Table 4.01 Mean Standard Deviation and t value among Adolescents staying in Government Children's Home on Emotional Maturity**

Group	N	Means	SD	df	t	Sig
Female Adolescents	40	146.02	49.453	73	.931	.355
Male Adolescents	35	136.97	36.417			

The hypothesis stating that there is no significant gender difference among level of Emotional maturity among adolescents staying in Government Children's Home was tested using Independent Samples t test. The obtained t value is .931 which is not significant at 0.05 level. Thus, the obtained result indicates that there is no significant gender difference among level of Emotional maturity among adolescents staying in Government Children's Home. Further mean score of female adolescents is 146.02 and male adolescents is 136.97 indicated that female Adolescents have higher emotional maturity while comparing to Male Adolescents. Hence the null hypothesis stating that there is no significant gender difference among level of Emotional maturity among adolescents staying in Government Children's Home is accepted.

**Table 4.02 Mean Standard Deviation and t value among Adolescents staying in Government Children's Home on Self-Esteem**

Group	N	Means	SD	df	t	Sig
Females Adolescents	40	15.28	5.094	73	2.243	.028
Males Adolescents	35	13.06	3.067			

The hypothesis stating that there is significant gender difference in level of self-esteem among adolescents staying in Government Children's Home was tested using independent samples t test. The obtained t value is 2.243 which is significant at 0.05 level. Thus the obtained result indicates that there is significant gender difference in level of Self-esteem among adolescents staying in Government Children's Home. Further mean score 15.28 of female adolescents and 13.06 indicates that female Adolescents tend to have higher self-esteem than Male Adolescents. Hence the null hypothesis stating that there is no significant gender difference in level of Self-Esteem among adolescents staying in Government Children's Home is rejected and the alternative hypothesis stating that that there is significant gender difference in level of Self Esteem among adolescents staying in Government Children's Home is accepted.

*Karl Pearson coefficient of correlation*

**Table 4.07 Coefficient of correlation between Emotional maturity and Self-esteem among the adolescents staying in Government Children's Home.**

Variable	R	P
Emotional maturity	0.63	.215
Self-Esteem		

The hypothesis stating there is no significant relationship between Emotional Maturity and Self Esteem was tested using Karl Pearson coefficient of correlation. The result of analysis

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shows that no significant relationship between Emotional maturity and Self-Esteem ( $r = 0.63$ ) which is not significant. The null hypothesis stating that there is no significant relationship between Emotional Maturity and Self Esteem was accepted and alternative hypothesis stating that there is a significant relationship between Emotional Maturity and Self Esteem is rejected.

### **SUMMARY OF THE RESEARCH**

The present study was undertaken to study the level of Emotional Maturity and Self Esteem among Adolescents staying in Government Children's Home. Adolescents staying in Government Children's Home is the independent variable; Emotional Maturity and Self Esteem are the dependent variables. The sample included 75 participants, comprising of 40 Female Adolescents and 35 Male Adolescents. The Simple Random Technique, fish ball draw technique was used to collect the data. The Sample Survey Research Design was adopted in the study. The participants who are in the age range of 10-19 years were included in the study. The Adolescents who had a number of stay of 1 and more years were included in the study.

Emotional Maturity Scale (EMS) developed by Sing.Y & Bhargava.M (1999) was used to assess emotional maturity and the Self Esteem was developed by Rosenberg, M (1965) was used to assess level of self-esteem among the participants of the study. The obtained results were analyzed using Independent Samples t-test and Karl Pearson's Co-efficient of Correlation.

#### ***Findings of the study***

The level of Emotional Maturity and Self Esteem of the participants were determined.

1. 77.5% of the Female Adolescents staying in Government Children Home had low level of emotional maturity.
2. 78.5% of the Male Adolescents staying in Government Children Home had low level of emotional maturity.
3. 55% of the Female Adolescents staying in Government Children Home had low level of Self Esteem.
4. 77% of the Male Adolescents staying in Government Children Home had low level of Self Esteem.

**Independent Samples t-test:** The Independent Samples t-test was undertaken to know the difference in the level of Emotional Maturity and Self Esteem among Adolescents Staying in Government Children's Home. There is significant gender difference in the level of Self Esteem among Adolescents Staying in Government Children's Home. Females have high self esteem compared to males.

**Karl Pearson's Co-efficient of Correlation:** The relationship between Emotional Maturity and Self-esteem was found out using Karl Pearson's Co-efficient of Correlation. The result indicates that there is no relationship between the level of Emotional Maturity and Self Esteem among Adolescents staying in Government Children's Home.

### **CONCLUSION**

The Adolescents staying in Government has low levels of emotional maturity and self esteem. Females have high self esteem comparing to Males. Emotional maturity has not effect on self esteem.

### ***Limitations of the Study***

1. The data of the study was collected mainly from the state of Kerala; hence caution has to be exercised while generalizing the findings.
2. The reason of admitting in Government Children's Home is not considered.
3. Only questionnaire method was used.
4. The data was obtained using only self-report inventories.

### ***Implications***

The importance of psychosocial interventions such as individual counseling to improve the level of Emotional Maturity and Self Esteem, family counseling should be given to improve family conditions result in low level of emotional maturity and self esteem and behavior modifications techniques such as Rational emotive behavioral therapy, Cognitive behavioral therapy and Assertiveness training can be used to boost up self esteem and remove negative thoughts, feelings and irrational beliefs which affect the level of emotional maturity among the Adolescents staying in Government Children's Home. The necessary steps such as good environmental set up, counseling and awareness programs to children staying in Government Children's Home and including much more recreational activities in the Government Children's home set up to make the children to have high Self-Esteem and Emotional Maturity.

### ***Scope for further study***

1. Qualitative research methods can be done for improving the quality of the paper.
2. The study can be extended using Longitudinal Research.
3. Interventional study design was used to assess the improvement.

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***Conflict of Interest***

The author declared no conflict of interest.

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