

## Influence of marital status on emotional maturity among female young adults

Bharath A.<sup>1\*</sup>, Dr. Nethravathi R.<sup>2</sup>, Ms. Pallavi K.P.<sup>3</sup>

### ABSTRACT

Emotional Maturity is an aspect that is very close to the personality. Personality is what will shape the individual brought in daily life for themselves and their environment. A person can be said to have matured emotionally when they have been able to think objectively. Emotional maturity is an expression of emotion that is constructive and interactive. Individuals who have reached emotional maturity is characterized by the presence in the ability to control emotions, to think realistically, understand themselves and be able to show emotion when and where appropriate. The present study compares the emotional maturity of Married working and Non-working female young adults. 30 married working and 30 married non-working female participants total 60 females (30-married working females & 30 non-working female) questionnaire were included in the study used to assess emotional maturity. The emotional maturity scale developed by Dr. Yashvir Singh (1971) was used for data analysis and concluded result „t“ test was used. There is a significant difference in the emotional maturity among married working and non-working female young adults. The result indicates the working females significantly differ on Emotional maturity score as compared to non-working females, working females have shown better Emotional Maturity compared to non-working female young adults.

**Keywords:** *Emotional maturity, married working, Non-working female*

The expression, "maturity," refers to a significant phase in the growth of a living organism. Maturity is achieved when individual growth is completed and the organism is ripe for propagation. The concept of maturity is also used in psychology and psychiatry. In this field it designates that phase of personality development which corresponds to biological and psychological maturation.

<sup>1</sup>M.sc Psychology, Department of Psychology, Indian Institute of Psychology & Research (IIPR), Bengaluru, Karnataka, India.

<sup>2</sup>Assistant Professor, Department of Psychology, Indian Institute of Psychology & Research (IIPR), Bengaluru, Karnataka, India.

<sup>3</sup>Assistant Professor, Department of Psychology, Indian Institute of Psychology & Research (IIPR), Bengaluru, Karnataka, India.

[\\*Responding Author](#)

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**Last Adolescence/ Early adulthood:** -In order to define maturity, it is helpful to point out in detail the striking differences between adolescent and mature emotional attitudes. The mentality of the adolescent can best be understood if we consider this physical difference between the faster biological and the slower psychological maturation. Adolescence is as if the biological functions of mature sexuality were foisted upon an organism which emotionally is not fully prepared for it. The outstanding features of adolescence are insecurity and awkwardness which often makes a comical effect. Here is a young man or woman. Biologically full-grown but in many respects emotionally still a child. I have the impression that they do not know adolescent assertiveness is the natural manifestation of this state of mind. The feeling of inadequacy which the adolescent tries to overcome by competing with others. The research states that there are significant differences in emotional maturity among marital status and occupation status variables. Here married women are more emotionally mature as compared to unmarried women. Working women are more emotionally mature as compared to non-working women (Shrinkhla Ek Shodhparak Vaicharik Patrika, (2018)),

**Psychological Maturity:** The understanding of adolescence gives the clue to the essence of the mature state of mind. This consists in overcoming the insecurity and in being able to take one's self for granted. The period of competition during adolescence gives the person opportunity to prove him to others and to one's own self. Moreover, this steady competition affords a continuous practice of one's full-grown capacities. During the period of adolescence, the young person gradually grows emotionally into the advanced mature status which biologically he had already reached several years ago as a consequence of this inner security the mature adult's interests no longer centre on the self. It can now be turned outwards towards the environment.

**Biological Maturity:**-Maturity can be best understood from the so-called concept of life the individual biological unit and follows the pattern of the propagation in unicellular organisms. The process of growth has a natural limit when the cell reaches maturity.

Actually, emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescents' development. The concept "Mature" emotional behaviour of any level is that which reflects the of any level is that which reflects the feints of normal emotional development a person who is able to brook delay and to suffer without self-pity. Weight steel be emotionally stunted and childish Morgan (1934) stated the view that an adequate theory of emotional maturity must take account of the full scope of the individuality powers. And his ability to enjoy the use of his powers

### ***Emotionally disturbed behaviour can be described in the following way:***

He/she reacts like a child. He looks for sympathy conceited. Quarrelsome. Infantile self-centred and demanding people have preservative emotions. Is emotionally excitable and feels very much upset to lose a game (Gibb.1942: Brogden.1944,Cattel, 1945)

The Emotional Maturity has the different levels and different authors have mentioned the different kind of Level. These are the few level of Emotional Maturity's. The six levels of emotional maturity are presented from lowest to highest. However, the interdependence of the levels of emotional maturity makes listing them from lowest to highest somewhat artificial.

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Feel free to reorder the list as suits your needs. The six levels are emotional responsibility, emotional honesty, emotional openness, emotional assertiveness, emotional understanding, and emotional detachment. Level 1 is Emotional Maturity: Emotional Responsibility, Level 2 is Emotional Maturity: Emotional Honesty, Level 3 is Emotional Maturity: Emotional Openness, Level 4 of Emotional Maturity, Level 5 of Emotional Maturity: Emotional Understanding, Level 6 of Emotional Maturity: Emotional Detachment. The research study shows that study there is a significant relationship between emotional maturity and general well-being of adolescents. The adolescents are shown that they good emotional maturity (Molly Joy, Ms Asha Mathew (2018)).

### ***Emotional Maturity, Understanding and Influencing Factors***

Emotional Maturity is an aspect that is very close to the personality. Personality is what will shape the individual brought in daily life for themselves and their environment. A person can be said to have matured emotionally when they have been able to think objectively. Emotional maturity is an expression of emotion that is constructive and interactive. Individuals who have reached emotional maturity is characterized by the presence in the ability to control emotions, to think realistically, understand themselves and be able to show emotion when and where appropriate.

## **METHODOLOGY**

### ***Aim***

- To study the Influence of marital status on emotional maturity among female young adults.

### ***Specific Objective***

- To study the Influence of marital status on emotional maturity among female young adults.

### ***Hypothesis***

- There is a significant difference in emotional maturity among married working and Married Non-working female young adults.

### ***Research Design***

For the present study, non-experimental comparative research design used. It is a research design in which variables are not deliberately manipulated nor is the setting is manipulated. Comparative design is used to compare two distinct groups based on selected emotional maturity level. In this study, difference is measured between Married working and Nonworking female young adults using t-test.

### ***Variables***

Independent variables: - Married working and married non-working female young adults

Dependent variables: - Emotional maturity

### ***Operational definition***

Marriage is Defined as "the legally or formally recognized union of two people as partners in a personal relationship" (historically and in some jurisdictions specifically a union between a man and a woman).

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Working women's woman who earns a salary, wages, or other income through regular employment, usu. outside the home".

Non working women" Non-working women are referred to those women who lived at home all the time and look after their families".

Emotional maturity refers to your ability to understand, and manage, your emotions. Emotional maturity enables you to create the life you desire. A life filled with happiness and fulfilment. You define success in your own terms, not societies, and you strive to achieve it.

### ***Sample***

**Sample Description:** In the present study the respondents was age range for 22 years to 40 years and the participants from Karnataka.

**Sample size:** The present study sample was 60 female young adults (30 married working and 30 married Non-working female young adults).

**Sampling method:** For the current study participants were chosen using Snowball and Convenient sampling techniques. Snowball sampling is a technique where participants recruit other participants for a test or study. Convenience sampling is a type of sampling where the first available primary data source will be used for research without additional requirements.

### ***Inclusion Criteria***

#### **Married working female young adults:**

Married working female young adults  
Age range between 22 years to 40 years

#### **Married Non-working female young adults:**

Participants who are not working  
Age range between 22 years to 40 years

### ***Exclusion Criteria***

Participants Divorced, Separated and Widowed females  
Un-married female young adults are not included

### ***Tools***

- 1. Informed consent:** The informed consent was used to obtain the consent of the subjects before starting the data collection.
- 2. Socio Demographic sheet** Socio-Demographic characteristics include for example Name, Age, Gender, Qualification, ethnicity, marital status, household, employment, and income ext.
- 3. Emotional Maturity scale: (EMS) 1999** Emotional Maturity Scale was developed by Singh and Bhargava (1991). This scale measures a list of five broad factors of Emotional Immaturity - Emotional Un stability, Emotional regression, social maladjustment, personality disintegration and lack of independence. It is a self-reporting five point scale. Items of the scale are in question form demanding information for each in any of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5, 4, 3, 2 and 1 respectively. Therefore, the higher the score on the scale leads to greater the degree of emotional immaturity and vice versa. The scale has a total of 48 items. There are 10 items per factor except the fifth factor which has 8 items. The highest possible score for the first 4 areas are 50 and the lowest is 10 while for the fifth factor the highest score is 40 and lowest is 8.(For

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all the first 4 factors the extremely unstable range from 10-20 ( for 5th factor-8-16), moderately unstable from 21-30 (17-24), unstable from 31-40 (25-32), stable from 41-50(33-40). Reliability of the scale was determined by test retest reliability which was 0.75 and internal consistency for various factors ranged from .42-.86. The scale was validated against external criteria, i.e. the area of the adjustment inventory for college students (Sinha and Singh, 1995).

### *Procedure for data collection*

The researcher was contacted by different areas in Bangalore. After that the researcher was explain them the purpose of the study. The individuals were verbally instructed to fill all necessary details on the socio demographic sheet. Following the Emotional maturity scale was administered. Soft copies or hard copies of the questionnaire were circulated to those individuals who were available at the time of administration.

### *Procedure for Data analysis*

The collected data was entered in the SPSS. The t test was used to check the difference between the emotional maturity among married working and Non-working female young adults.

### *Analysis and results*

This chapter deals with the analysis results and discussion of the objectives and hypothesis Complete statistical analysis of the data obtained the statistical package for social science (SPSS 16) was used to perform the data entry and analysis working and un-working Sample pie chart.

## RESULTS AND DISCUSSION

The Present study aim was studying the Influence of marital status on emotional maturity among female young adults. The Hypothesis was There is a significant difference in emotional maturity among married working and Married Non-working female young adults. The Emotional Maturity scale was used to study the level of Emotional Maturity of the young adults.

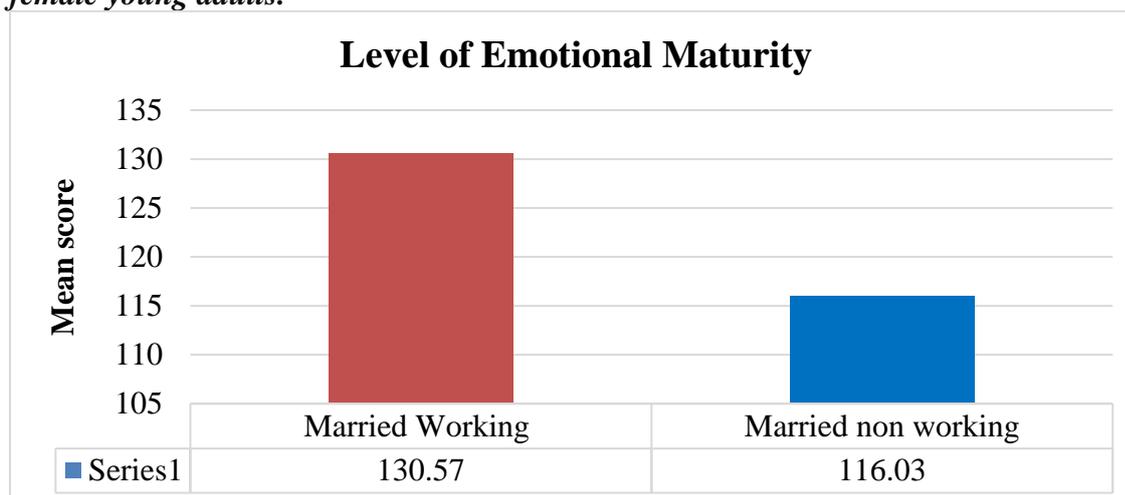
**Table 1: Showing the test variables, sectors, Mean, Standard deviation, t score, df and significant of Married working and non-working female young adults.**

| Variable           | Sector              | N  | Mean   | SD     | t     | Sig. |
|--------------------|---------------------|----|--------|--------|-------|------|
| Emotional maturity | Married working     | 30 | 130.57 | 26.128 | 2.230 | .030 |
|                    | Married non working | 30 | 116.03 | 24.312 |       |      |

For the research sample (N=60), both Married working and non-working Female young adults. Emotional maturity mean score are= 130.57 and 116.03, standard deviation =26.128 and 24.312, t score = 2.230, and sig =.03. The results show that there is a significant influence of Emotional Maturity among married working and Married Non-working female young adults. The previous study also supported the results (Shrinkhla Ek Shodhparak Vaicharik Patrika,(2018)).

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**Graph 1: Showing the values of both Mean Score Married working and non-working female young adults.**



### CONCLUSION

The current study aimed finding the difference in Influence of marital status on emotional maturity among female young adults. To achieve the same, data was collected from 60 married working and married non-married female young adults belonging to the age group of 22 to 40 years using snowball and convenience sampling method. The sample consisted of married females only. Further, to obtain the data Emotional maturity scale Questionnaire were administered to the participants along with a form specifying socio-demographic details.

The results indicated that there is a significant difference in married working and married non-working female young adults.

#### *Limitations of the present study*

The limitation of the present study is that it does not cover a larger representation of the samples as the sample size chosen for the study was smaller representation. It included only married working and non-working female young adults. The data collected only comprises of samples from Karnataka, which limits the generalization of the research findings.

#### *Suggestions*

This study can be done with samples from other states of India and can increase the size of samples as well.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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