

A Study of Emotional Maturity among the Addict and Non-Addict Individuals

Vishwa Kusumgar^{1*}, Dr. Jigar Parikh²

ABSTRACT

The main purpose of the present research is to know the level of emotional maturity amongst addict and non-addict males and females. Keeping in the view the purpose of the research, a random sample of 120 male-females (60 addicts and 60 non-addicts) were chosen. In order to measure the level of emotional maturity, “Emotional Maturity Scale [E.M.S]” designed by Dr. Yashvir Singh and Dr. Mahesh Bhargava has been used. Based on the statistical measure ‘F test’, the variables of addiction and gender have been studied. The results show that the level of emotional maturity in addict individuals is less than that of non-addict individuals.

Keywords: *Emotional maturity, Addicts, Non-addicts, Gender*

Emotions do play a Central role in the life of an individual. One is expected to have higher emotional maturity in order to lead an effective life. It is also true that our behavior is instantly influenced by the emotional maturity level that we possess. Emotional Development is one of the major aspects of human growth and development. Emotions like anger, fear, love etc. play a great role in the development of child’s personality. Not only are their physical growth and development linked with his emotional makeup, but their intellectual, social, moral and aesthetic development are also controlled by their emotional behavior and experiences. One outcome of healthy emotional development is increasing “Emotional Maturity”. Emotional maturity is the capability of a person to control their emotions and not let their emotions control them. There are several things feel like doing because of your emotions but emotional maturity will keep you doing the right thing and may even help you to remain calm in the most difficult situations. According to Freud (1950), “The characteristics of an emotionally mature person are heterosexuality, appreciation of attitude and behavior of others, tendency to adopt the attitudes and habits of others and capacity to rely on his own response”.

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 interpersonally.”

¹Ph.D. Scholar, Department of Psychology, School of Psychology, Philosophy & Education, Gujarat University, Ahmedabad, Gujarat, India

²Head & Associate Professor, Department of Psychology, Shri P H G Municipal Arts & Science College, Kalol. Dist. Gandhinagar, India

*Corresponding Author

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

A Definition of emotional maturity that is in keeping with the facts of development and the potentialities involved in the process of development must stress not simply restriction and control but also the positive possibilities inherent in human nature. According to this view, emotional maturity involves the kind of living that most richly and fully expresses what a person has in him at any level of his development. Emotional maturity is not only one of the effective determinants of personality pattern, but it also helps in adolescent development.

Characteristics of Emotional Maturity and Immaturity :

	Emotional Maturity	Emotional Immaturity
Love	Love is sharing. Fosters a sense of security which allows vulnerability and sharing. Can express love and accept expressions of love.	Love is need. Demands affection and love but avoids any sign of “weakness” and has difficulty showing and accepting love.
Emotions	Use emotions as energy sources. When they feel frustrated, they seek solutions.	Cannot handle frustration or criticism; jealous, unwilling to forgive, fluctuating moods. Temper tantrums. Fears change.
Reality	Confronts and analyzes problems promptly. Seeks solutions and chooses the best.	Avoids and denies bills and relationship problems which demand integrity. Seeks people to blame.
Give & Take	Gives money, time, or effort to enhance the quality of life of loved people. Allows others to give to them.	May be willing to give, but not take; or willing to take, but not give.
Feedback	Life is a learning experience. They accept responsibility and learn from feedback. Looks for opportunities. Moves on.	Does not learn from experience. Good or bad experiences are caused by luck, or fate. Little personal responsibility.
Stress	Relaxed and confident in their ability to get what they want.	Avoids reality, pessimistic, angry, attacks people when frustrated. Often anxious.
Relating	Independent or a team-worker as required; cooperative. Can experience true empathy, required for successful relationships.	Dependent, easily influenced, indecisive, or snap judgments. Is not responsible for own actions or deficiencies. Hyper-sensitive to criticism but insensitive to others’ feelings.

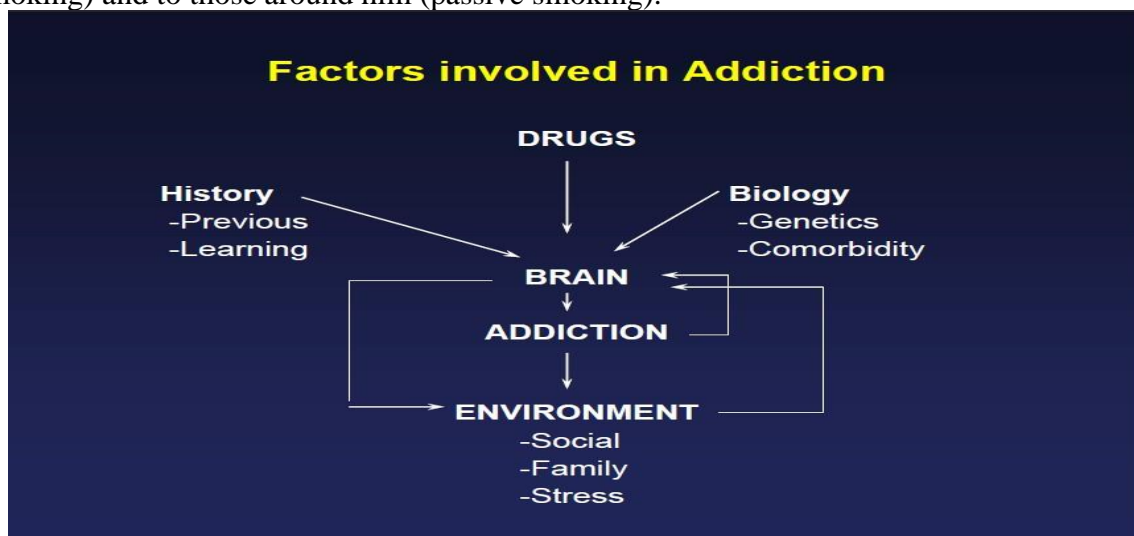
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Addiction:

The word addiction is used in several different ways. One definition describes physical addiction. This is a biological state in which the body adapts to the presence of a drug so that drug no longer has the same effect; this is known as tolerance. Because of tolerance, there is a biological reaction when the drug is withdrawn. Another form of physical addiction is the phenomenon of overreaction by the brain to drugs (or to cues associated with the drugs). An alcoholic walking into a bar, for instance, will feel an extra pull to have a drink because of these cues. However, most addictive behavior is not related to either physical tolerance or exposure to cues. People compulsively use drugs, gamble, or shop nearly always in reaction to being emotionally stressed, whether or not they have a physical addiction. Since these psychologically based addictions are not based on drug or brain effects, they can account for why people frequently switch addictive actions from one drug to a completely different kind of drug, or even to a non-drug behavior. The focus of the addiction isn't what matters; it's the need to take action under certain kinds of stress. To treat this kind of addiction requires an understanding of how it works psychologically. Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence. People with addiction (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life. They keep using alcohol or a drug even when they know it will cause problems. Yet a number of effective treatments are available and people can recover from addiction and lead normal, productive lives.

Medical Definition

Tobacco is unique in terms of its current and projected future impacts on global mortality. If current trends continue, the number of people killed by tobacco use will be more than triple to 10 million annually by the year 2020. While high smoking rate among men are nearly universal, the same is not true for women and children. Tobacco smoke contains a wide range of toxic vapors and particles that when inhaled are injurious to the smoker himself (active smoking) and to those around him (passive smoking).



Addiction is the term given to a pattern of behaviour that causes negative consequences for the individual. Most people assume that addiction refers only to those who have a compulsive need for a particular substance such as alcohol or drugs. However, in reality, it is possible to become addicted to almost anything. To be clear, this condition occurs when a person continues to do something despite knowing that it will have an adverse impact on his or her

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life. Because of the various causes and triggers, there are many different **types of addictions**. The most common are alcohol and drug addiction, but people do not just become addicted to illegal drugs. In fact, prescription drug addiction has been a growing problem for some time – and in all parts of the world. Then there are those addicted to specific activities such as gambling, shopping, or sex. And, with the growth of the internet, social media and mobile devices, experts are warning about the increase in cases of people addicted to gaming, online pornography, and social media. Below are a few examples of the many types of addiction that individuals around the world are struggling with every day. Tobacco is unique in terms of its current and projected future impacts on global mortality. The acute health effects of passive smoking among healthy adults include headaches, nausea, and irritation of the eyes and nasal mucous membranes. Almost all forms of smoking products such as cigarettes and 'Bidis' used in different States were found to be significantly associated with COPD.

Addicts usually struggle when it comes to dealing with their feelings. This is why many of them will have turned to substance abuse in the first place. Alcohol, Tobacco and drugs can provide a temporary escape from unpleasant emotions. These chemicals numb the brain so that the individual feels very little. Once the individual becomes addicted to these substances, they will be unable to mature emotionally. This means that when they become sober, they will still be faced with the problem of dealing with their emotions.

Objective of the study

1. To identify the level of emotional maturity among addict and non-addict individuals.
2. To identify the level of emotional maturity among addict males and females.
3. To identify the level of emotional maturity among addict and non-addict males and females.

Hypothesis

1. There would be no significant difference in the level of emotional maturity among addict and non-addict individuals.
2. There would be no significant difference in the level of emotional maturity among addict males and females.
3. There would be no significant difference in the level of emotional maturity among addict and non-addict males and females.

METHODOLOGY

Research design:

The following were the independent variables like addict and non-addict, males and females of the particular group that were selected for the study. While the dependent variable was the Emotional Maturity Scale.

For the study purpose, 2x2 factorial was prepared that made use of the f-value with equal number of addict and women in each cell.

Here the Group represents the whole of sample.

A = Group

B = Gender

A1 = Addict Individuals

B1 = Male

A2 = Non-addict Individuals

B2 = Female

AB = Addict and Non-addicts male and female

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Selection of sample:

For the purpose of any type of research, choice of the right sample is very important. Keeping this in mind, with the random method of sampling, 60 addict individuals(30 males-30 females) and 60 non-addict individuals(30 males-30 females) from ahmedabad city has been chosen.

Sr no.	Groups (A)	Gender (B)		Total (AB)
		Female (B1)	Male (B2)	
1	Addict (A1)	30	30	60
2	Non-addict (A2)	30	30	60

Tools of Data Collection:

1. Personal Data Sheet:

A personal data sheet was prepared which was used in order to collect the information of the candidate's gender, qualification, professional experience, etc.

2. Emotional Maturity Scale [E.M.S] Test:

To know the preference of the respondents on emotional maturity, Emotional Maturity Scale [E.M.S] designed by Dr. Yashvir Singh and Dr. Mahesh Bhargava has been used. The present scale is a type of five-point scale. This scale measures the answers of respondents based on the following five sub categories.

- i. Emotional Stability
- ii. Emotional Progression
- iii. Social Adjustment
- iv. Personal Integration
- v. Independence

In total 8 statements have been given on the five categories in E.M.S. Which measures the positive and negative emotional matters of the above five variables. The first four subcategories contain 10 statements each and the last subcategory has 8 statements.

Validity: The validity of the present scale has been calculated by Karl Pearson's correlation method and the resultant value was 0.64 which shows high degree of validity.

Reliability (Test-Retest): In order to calculate the level of reliability, the method of test-retest has been used. The resultant value was 0.75 based on product-moment correlation method and this shows high degree of correlation.

Statistical Method:

In the present research, 'F test' has been used as the statistical method.

RESULT AND DISCUSSION

The results of the hypothesis advanced in the present investigation are presented in Table 1.

Table 1: ANOVA table of Emotional maturity level among Addict and Non-addict males and females.

Source of square	Sum of square	Df	MS	F	Significant level
A	6049.21	1	6049.21	20.37	S
B	1080.01	1	1080.01	3.64	NS

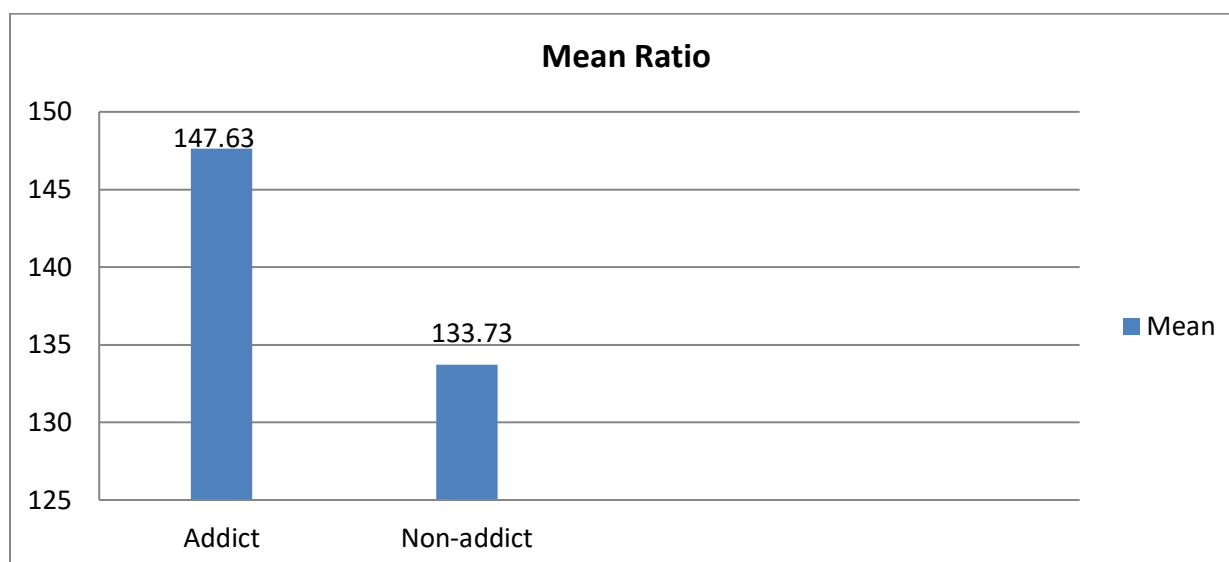
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Source of square	Sum of square	Df	MS	F	Significant level
AB	360.51	3	120.17	0.40	NS
SSW	33858.14	114	297		
SST	41347.87	119			

According to Table 1 'A', f-value of emotional maturity level among addict and non-addict individuals is 20.37 which are significant at 0.01 level. This clearly states that both the groups differ from each other and null hypothesis 1 is rejected.

Table 1.1: Mean value of emotional maturity level among addict and non-addict individuals.

	N	Mean
Addicts	60	147.63
Non-addicts	60	133.43



In Table 1.1, the level of emotional maturity among the addict and non-addict individuals is significant at 0.01 level. According to the mean value, we can say that the addict individual' mean 147.63 is more than the non-addict individual' mean of 133.43. Therefore, the non-addict individuals are emotionally matured than the addict individuals.

According to Table 1 'B', f-value of emotional maturity level among male and female is 3.62 which are not significant at 0.01 level. This clearly states that both the groups do not differ from each other and null hypothesis 2 is accepted.

According to Table 1 'AB', f-value of emotional maturity level among addict and non-addict male and female is 0.40 which are not significant at 0.01 level. This clearly states that both the groups do not differ from each other and null hypothesis 3 is accepted.

DISCUSSION

In Table 1 'A', the level of Emotional Maturity among addict and non-addict individuals is significant at 0.01 level. According to the mean value, we can say that the addict individual' mean 147.63 is more than the non-addict individual' mean of 133.73. Therefore, the addict' are emotionally immature than the non-addict'.

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According to WHO, Passive smoking/ Environmental tobacco smoke (ETS) carries serious risk especially for children & those chronically exposed. Addicts usually struggle when it comes to dealing with their feelings. This is why many of them will have turned to substance abuse in the first place. Smoking can provide a temporary escape from unpleasant emotions. These chemicals numb the brain so that the individual feels very little. Once the individual becomes addicted to these substances, they will be unable to mature emotionally. This means that when they become sober, they will still be faced with the problem of dealing with their emotions. The person with low emotional maturity is used to smoke more than the high emotional maturity. The person who smokes often has many physical, mental and emotional issues. Addiction of smoking can affect both personal and professional life of the person. When an addict individual doesn't get the chance to smoke he become restless and cannot control his temperament. They cannot concentrate on their work and get frustrated even in small problems. They need to smoke even in small issues and if they didn't get their mind stops.

CONCLUSION

1. There is a significant difference in the level of emotional maturity among addict and non-addict individuals and thus the null hypothesis is rejected.
2. There is no significant difference in the level of emotional maturity among males and females and thus the null hypothesis is proved.
3. There is no significant difference in the level of emotional maturity among addict and non-addict males and females and thus the null hypothesis is proved.

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Conflict of Interest

The author(s) declared no conflict of interest.

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