

## A Study of Emotional Maturity Among Tribals and Non-Tribals College Students

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### ABSTRACT

The present study aims to determine the status of emotional maturity among tribals and non-tribals college students. The sample consists of 240 subjects 120 tribals (60 male and 60 female) and 120 non-tribals (60 male and 60 female) college going students. Total sample selected in the age range of 19 to 24, who are living in different taluka of Jalgaon district. Standardized psychological test (Emotional Maturity) was used for data collection. After doing this, the scoring data treated as a mean, SD and t test. Tribals students have better emotional maturity than non-tribal students. There is no significant difference in emotional maturity of male and female students.

**Keywords:** Emotional Maturity, Tribals and Non-Tribals College Students.

The term 'Tribe' is a Latin word which means a group of persons or a class of people descended from a common ancestor and living under a leader or chief 'Tribe' generally means a division or a group. Therefore, a Tribe may be defined as a social division of a group of people, especially of a preliterate people. It is also defined in terms of common descent, territory, culture and type of living. A Tribe is an ethnic or ancestral division of an ancient culture. Thus, we may state generally, that a Tribe is any division of an ethnic or ancestral division of any ancient culture. This type of tribe can be found wherever the ancient, people lived in the world. The term 'Tribe' in the sense of division was also used by the ancient Romans. They used this term to indicate the potential divisions of Romans.

According to D.N. Mujumdar: A tribe is a collection of families or group of families bearing a common name, members of which occupy the same territory, speak the same language and observe certain taboos regarding marriage, profession or occupation and have developed a well-assessed system of reciprocity and mutuality of obligations.

It is well known that Tribal communities are closely knit and self-contained social units and their comparative identity and isolation from the main stream of society would enable them to resist the forces of change much more effectively than open societies and thus to maintain

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## **A Study of Emotional Maturity Among Tribals and Non-Tribals College Students**

social relationship and social behaviour patterns which are quite different from the modernized segments of the society. It is also well-known that Tribal societies are characterized by traditional values, use of primitive technology, Non-rational behaviour patterns of the modern world. Hence, Government everywhere are striving to modernize them in an attempt at integrating them with the main stream of social life.

### ***Concept of Emotional Maturity***

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. Your emotional maturity is observed through your thought and behaviours. when you are faced with a difficult situation, your level of emotional maturity is one of the biggest factors in determining your ability to cope.

Youth as well as children are facing difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in day-to-day life. Actually, emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescents. The concept 'Mature' emotional behaviour of any level is that which reflect the fruits of normal emotional development. A person who is able to keep his emotions under control, who is able to broke delay and to suffer without self-pity, might still be emotionally stunned and childish.

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-psychically 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 expectation in terms of demands of situations. An emotionally mature child has the capacity to make effective adjustment with himself, members of his family, 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.

### ***The Importance of Study***

21<sup>st</sup> century, scientific research has led to various discoveries, which made the human life happier, on the other hand, tribal society is looking at us but lost in the world. We see however, that physical and mental health of the tribal's is diminished. Tribal society basically inhabit away from public buildings, in groups of the forests, community life. They are influenced by their lives, customs, traditions, culture and religion and in this way, they are affecting their lives and their health. Hence, we can observe that their mental quotient and physical health is deteriorating. Because of their mental health, their emotional quotient cannot be fully realized and that is why indirectly it affects their own self. These physical and mental health factors cause disrupt to living a happy life, and therefore, we see that there is adverse effect on educational support and achievement. The study shows how social impact, inferiority complex, emotional maturity in tribal's students have been adversely affected and what they should do for it. Because of their emotional quotient cannot be fully realized and that is why indirectly it affects their own self. These physical and mental health factors cause disrupt to living a happy life, and therefore, we see that there is adverse effect

## A Study of Emotional Maturity Among Tribals and Non-Tribals College Students

on educational support and achievement. the present study focuses on whether life style of tribal college students in Jalgaon district has been influenced by their mental health status. At the same time study also see the effect of community, are and gender on emotional maturity among college students.

### REVIEW OF THE STUDY

**Singh, Kaur and Dureja (2012)** examined the 'emotional maturity' among university students. The investigators had selected two hundred (N = 200) male and female subjects, out of which one hundred [N = 100] sportspersons (N = 50 male and N = 50 female) and one hundred [N = 100] non-sportspersons (N = 50 male and N = 50 female) who were studying in various affiliated colleges and campus of Punjab University, Chandigarh. Sportspersons were those who had participated in Inter college and Interuniversity competitions in various games/sports. Non-sportspersons were those students who did not participate in any game or sport activity. The age of all subjects was ranged between 18 to 26 years. To collect the required data for the study, 'emotional maturity' questionnaire prepared by Singh and Bhargava (1988) was administered. t test was applied to determine the significance of difference and direction of difference in the mean scores of each variable between male sportspersons, female sportspersons, male non-sportspersons and female non-sportspersons. The results revealed significant differences on the sub-variable Social Maladjustment between male sportspersons and female sportspersons. However, no significant differences were found with regard to emotional instability, emotional regression, personality disintegration, lack of independence, 'emotional maturity' (total) between male sportspersons and female sportspersons. The results with regard to male non-sports persons and female non-sportspersons revealed significant differences on emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total).

**Resmy and Sujatha (2012)** compared the study on Emotional Maturity among Adolescent Boys and Girls. In adolescents, emotional development refers to the attainment of emotional capabilities as they grow. In this study Emotional maturity was assessed and compared among adolescent boys and girls using Modified Emotional Maturity Scale. 300 adolescent boys and 300 adolescent girls were selected by simple random sampling. The study findings revealed that 78.7% of adolescent girls had high emotional maturity, while 64% of adolescent boys had high emotional maturity. This is indicating that adolescent girls are having higher emotional maturity than adolescent boys. There was significant association between emotional maturity and selected variables like gender, aggregate marks in previous year, educational status of fathers, educational status of mothers, occupation of mothers and monthly family income.

**Mahmoud (2012)** found emotional maturity and adjustment level of college students. The present study was conducted to see the emotional maturity and adjustment levels of the post graduate Students of Yasouj city. Emotional maturity was measured by Singh's emotional maturity Scale (EMS), while Asthenia's adjustment inventory was used to measure the adjustment Level of the students. For this study a sample of 160 female students of age range 18-22years studying in post graduate classes were selected from different colleges of Yasouj city. High Positive correlation was obtained between emotional maturity and overall adjustment. The researcher suggested that emotional maturity is very intimately related to individual's health, adjustment and behavior. So, it becomes necessary that a child should have a healthy emotional development. It means that ones pleasant and unpleasant emotions should develop in such a ratio so that unpleasant emotions could not influence his mental

## A Study of Emotional Maturity Among Tribals and Non-Tribals College Students

health. There should be proper development of the ability of emotional catharsis through which he could minimize the intensity of his mental tensions and imbalances which arise due to unpleasant emotions.

**Aim:** The present study was planned and performed to study the emotional maturity among tribals and non-tribals students of Jalgaon district.

### Objectives

To find out the difference in emotional maturity of tribal and non-tribal students.

To find out the difference in emotional maturity of male and female students.

### Hypothesis

There is significant difference in emotional maturity between tribal and non-tribal students.

There is significant difference in emotional maturity between male and female students.

### Variables

#### Independent Variable-

Community- 1) Tribal 2) Non-Tribal

Gender- 1) Male 2) Female

#### Dependent Variable-

Emotional Maturity

## METHODOLOGY

### Sample

The sample of the study consist of 240 (120 tribal and 120 non-tribal) sample of the study was selected by simple random sampling from the college going students of Jalgaon district. Their age range was 19-24 years. Thus, the male and female students' ratio was 1:1.

### Tools

Emotional Maturity Scale- constructed and Developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava. This scale consists of 48 items and each item is provided with five alternatives.

### Research Design

Since, there were two independent variables and each variable was classified at two levels. A 2x2 factorial design was used.

### Statistical Treatment of Data

First, the data was treated by means, SD and t. SPSS software was used for data analysis.

## RESULT AND DISCUSSION

In this part investigator has explained the result related to statistical analysis and hypothesis.

**HY-01-** There is significant difference in emotional maturity between tribal and non-tribal students.

**Table no- 01- Community wise comparison on emotional maturity**

Variable	Community	N	Mean	Std. Deviation	DF	t	Sig. Level
Emotional Maturity	Tribal	120	117.41	28.14	238	2.10	0.05
	Non-tribal	120	110.14	25.38			

( $P$  at  $0.05=1.98$ ,  $0.01=2.61$ )

## A Study of Emotional Maturity Among Tribals and Non-Tribals College Students

Table no 01 shows the level of emotional maturity between tribal and non-tribal students. The researcher found that the mean value in emotional maturity of tribal students was 117.41 and SD is 28.14. Similarly, the mean value in emotional maturity of non-tribal students was 110.14 and SD is 25.38. The calculated “t” value is 2.10. it is significant at 0.05 level. It is indicating that there is significant difference in emotional maturity between the tribal and non-tribal students. That’s why above hypothesis is accepted.

**HY-02-** There is significant difference in emotional maturity between male and female students.

**Table no- 02- Gender wise comparison on emotional maturity**

Variable	Gender	N	Mean	Std. Deviation	DF	t	Sig. Level
Emotional Maturity	Male	120	115.60	29.50	238	1.04	NS
	Female	120	101.95	24.21			

(*P at 0.05=1.98, 0.01=2.61*)

Table no 02 shows the level of emotional maturity between male and female students. The researcher found that the mean value in emotional maturity of male students was 115.60 and SD is 29.50. Similarly, the mean value in emotional maturity of female students was 101.95 and SD is 24.21. The calculated “t” value is 1.04. it is no significant. It is indicating that there is no significant difference in emotional maturity between the male and female students. That’s why above hypothesis is rejected.

## DISCUSSION

The aim of the present study was to find out the difference in emotional maturity of tribal and non-tribal college going students of Jalgaon.

First hypothesis result obtained after analysis of data as seen in table no-01 reveals significant difference between tribal and non-tribal students with reference to their emotional maturity. This significant “t” value (2.10) indicates that community significantly affected the emotional maturity, this reveals the fact that tribal student has better emotional maturity than non-tribal students. Over the past few decades, the tribal community shown a positive attitude towards education. As a result, we see radical changes in their thinking and behaviour. We see it when adopting a scientific approach. A lot of people in the group have come to cities and are making adjustment with them. At the same time, due to the reduction in cast gaps, radical positive changes have taken place in their behaviour. All of this has made their emotional maturity appear to be on average better than others. **Mahmoud (2012)** found emotional maturity and adjustment level of college students. The present study was conducted to see the emotional maturity and adjustment levels of the post graduate Students of Yasouj city. Emotional maturity was measured by Singh’s emotional maturity Scale (EMS), while Asthenia’s adjustment inventory was used to measure the adjustment Level of the students. For this study a sample of 160 female students of age range 18-22years studying in post graduate classes were selected from different colleges of Yasouj city. High Positive correlation was obtained between emotional maturity and overall adjustment. The researcher suggested that emotional maturity is very intimately related to individual’s health, adjustment and behavior. So it becomes necessary that a child should have a healthy emotional development. It means that ones pleasant and unpleasant emotions should develop in such a ratio so that unpleasant emotions could not influence his mental health. There should be proper development of the ability of emotional catharsis through which he could

## A Study of Emotional Maturity Among Tribals and Non-Tribals College Students

minimize the intensity of his mental tensions and imbalances which arise due to unpleasant emotions.

Second hypothesis result obtained after analysis of data as seen in table no-02 reveals that there is no significant difference between male and female students with reference to their emotional maturity. This no significant “t” value (1.04) indicates that gender not affected the emotional maturity, indicates that there is no significant difference in emotional maturity between male and female students.

### CONCLUSION

- Tribal students have better emotional maturity than non-tribal students.
- Result found that there was no significant difference in emotional maturity of male and female students.

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#### **Conflict of Interest**

The author(s) declared no conflict of interest.

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