

## Impact of Essential Hypertension and Gender on Emotional Maturity

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### ABSTRACT

Hypertension is a salient killer and is the main challenge before public health. It affects an individual-physiologically and psychologically. Physiological effect contains brain hemorrhage, paralysis, kidney failure, while psychological effect consists of low ego strength, low self-confidence, low self-esteem, etc. It affects several personality traits also. Emotional maturity indicates an individual's response to the environment in suitable way. It may lead to a balanced personality and is very integral part of an individual's adjustment. Keeping this view in mind, it was decided to assess impact of essential hypertension and gender on emotional maturity of an individual. For this, a sample of 100 individuals was selected from Hazaribag district of Jharkhand. The sample was divided into two parts. Hypertensive (50) and non-hypertensive (50). Again, hypertensive and non-hypertensive sample were divided into two parts-male (25) and female (25). Two scales-Personal Data Sheet and Emotional Maturity Scale were administered. Data was procured and analyzed with the help of M, SD and t-ratio and it was found that hypertension has impact on emotional maturity. It was also observed that gender has impact on emotional maturity of hypertensive sample, but no impact on non-hypertensive sample.

**Keywords:** *Essential hypertension, emotional maturity, gender.*

Increased hypertension is the main risk for premature death, stroke and heart disease in the world (Joffres et al. 2013). It is known as silent killer also. Some individuals with hypertension are not aware of their problems and may have no signs of warning symptoms (Avan et al. 2018). Chen, et al. (2013) have said that hypertension has always been an important public health challenge in developing as well as developed countries and its snowballing epidemiological demands, stern caution to increase the focus on this salient sickness. Hypertension is directly related with dietary factors involvement, fat intake, proteins rich diet and salt reduction (Anand, 2010). World Health Organization characterizes hypertension as morning headaches, nosebleeds, irregular heart rhythms, changes in vision and ringing in the ears. England (2019) has opined that hypertension causes blockage of arteries which supplies blood and oxygen to the brain which can lead to stroke. Bolin et al. (2018) and Benjamin et al. (2017) have said that hypertension is a major public health

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challenge, if remains untreated. It leads to heart disease and stroke. In addition, it may lead to intracerebral hemorrhage, intracranial atherosclerotic, ischemic strokes and grafting. Emotional maturity indicates an individuals response to situations or environment in suitable manner. Dosanjh (1960) has opined that emotional maturity provides balanced personality. An emotionally matured individual keeps his emotion under control which is accepted by the society. Emotional maturity is affected by gender as well as culture. Boyd and Huffman (1984) have said that girls are emotionally matured than boys. Chandanshive (2014) has said that emotional maturity is affected by culture. Unhealthy cultural norms affect emotional maturity. It is rather a learning process that take place in a person, while he is under parents supervision from infant state of helpless, but total egocentricity to deal adult state of sensible conformity coupled with emotional maturity. Bielay (2011) has said that emotionally matured person is able to give and receive love and affection and is able to deal with reality. They learn from experience and deal with frustration, accepts constructive criticism, become optimistic and self-confident. There have been some researches which have related emotional maturity and hypertension. It is widely used psycho-social concept and is closely connected with capacity to manage chronic diseases (Warren-Findlow, Seymour and Brunner-Hubner, 2012).

### *Aims*

Followings are the main aims of this work.

- To assess the impact of hypertension on emotional maturity.
- To measure the impact of gender on emotional maturity of hypertensive/non-hypertensive sample.

### *Hypotheses*

Considering above aims, following hypotheses were formulated.

H<sub>1</sub>. The sample with essential hypertension will have less emotional maturity than the sample without essential hypertension.

H<sub>2</sub>. The male hypertensive will have higher emotional maturity than female hypertensive.

## **METHODOLOGY**

Following method was adopted in this work.

### *Sample*

A sample of 100 with and without hypertensive people was prepared.

### *Sampling area*

The sampling area was Hazaribag district of Jharkhand.

### *Sampling technique*

Purposive sampling technique was adopted in this work.

### *Sample distribution*

Sex	Hypertension	Non-hypertension
Male	25	25
Female	25	25

### *Criteria for sample selection*

Two criterias were adopted in selecting sample. These are inclusion criteria and exclusion criteria.

### *Inclusion criteria*

1. Those sample were included who are residing in Hazaribag district.

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2. Those sample were included who have only hypertensive.
3. The age of the sample were between 20-50 years.
4. Non-hypertensive sample were normal in health.
5. The sample were matriculate and above.

### *Exclusion Criteria*

1. Those sample were excluded who were temporary residents of sample area.
2. Those sample were excluded who have both diabetes and hypertension.
3. Handicapped sample were excluded.
4. Those sample were excluded who were facing criminal cases.

### **Measures**

Following measures were administered in this work.

- **Personal Data Sheet:** This Personal Data Sheet was used to gather some demographic information like name, age, qualification, sex, etc.
- **Emotional Maturity Scale:** This scale was used to measure emotional maturity of the sample. It has been developed by Yashvir Singh and Mahesh Bhargava. It has been published in Hindi by National Psychological Corporation, Agra.
- **Test administration:** After procuring the consent of the proposed sample, both scales were administered in single session. Obtained data was analyzed and treated with M, SD and t-ratio. The analyzed data were arranged in tables theme wise.
- **Impact of hypertension on emotional maturity:** The analyzed data were procured from hypertensive and non-hypertensive sample and arranged in table 01.

*Table 01 (N, M, SD and t-ratio of emotional maturity of hypertensive and non-hypertensive sample)*

Sl. No	Disease	N	M	SD	t	P
1	Hypertension	50	50.66	10.07	7.07	.01
2	Non-hypertension	50	67.91	13.68		

Pondering over above table 01, it is observed that hypertensive and non-hypertensive sample are statistically different on emotional maturity, because t-value is 7.07 which is significant on .01 level. It means hypertensive and non-hypertensive sample are different on emotional maturity. So, the hypothesis which states that ‘the sample with essential hypertension will have less emotional maturity than sample without essential hypertension’ is accepted and null hypothesis is rejected. Thus, it can be said that hypertension has impact on emotional maturity.

### *Impact of gender on emotional maturity of hypertensive and non-hypertensive sample:*

The sample were divided into male and female. Emotional Maturity Scale was administered and procured data was analyzed with the help of M, SD and t ratio. Analyzed data was arranged in table 02.

*Table 02 (N, M, SD and t ratio of emotional maturity of male and female hypertensive)*

Sl. No	Disease	Male			Female			t	P
		N	M	SD	N	M	SD		
1	Hypertensive	25	55.16	8.54	25	46.16	9.58	3.50	.01
2	Non-hypertensive	25	68.24	11.03	25	69.84	8.76	.56	NS*

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This table contains two comparisons. First is between hypertensive male and hypertensive female and second comparison is between non-hypertensive male and non-hypertensive female. When first comparison is pondered over, it is observed that hypertensive male and hypertensive female are statistically different on emotional maturity, because t value is 3.50 which is significant on .01 level of significance. So, the hypothesis which states that the male essential hypertensive patients will have higher emotional maturity than female with essential hypertension is accepted and null hypothesis is rejected. Thus, it can be concluded that gender has impact on emotional maturity of hypertensive patients.

Furthermore, this work has compared the emotional maturity of male non hypertensive and female non-hypertensive. It is observed that non-hypertensive male and non-hypertensive female are not statistically different on emotional maturity, because t-value is 0.56 which is not significant on any conventional level of significance. So, it can be said that non-hypertensive male and non-hypertensive female are not different on emotional maturity.

### **DISCUSSION**

The result has indicated that hypertensive and non-hypertensive sample are different on emotional maturity. Emotional maturity is nothing but controlling emotion, despite any kind of situations. It is nothing but managing emotions at any cost. That is why, emotional maturity means balanced personality (Dosanjh, 1960). It means ability to govern disturbing emotions, show steadiness and endurance under pressure and be tolerant and free from neurotic tendency. Essential hypertension is known for its monstrosity. It threatens human though in many ways like death, paralyzed life, even multiple organs failure. The individual with hypertension always remains in stressful situations. He/she is very anxious about his/her future and quality of life. This always threaten the emotional maturity of the individual. This has been supported by Menninger (1999) who said that emotional maturity is an ability to deal constructively with reality. It affects self control which occurs as thinking and learning. Finley (1996) too has supported that emotional maturity is the capacity of mind to endure an ability of an individual to response to uncertainly, circumstances or environment in an approached manner.

The next finding has indicated that male hypertensive subjects have higher emotional maturity than female hypertensive subjects. Previous researchers indicate that emotions are always influenced by gender differences. Emotional expressions are socially approved. Girls can express the emotion and understand others very well than their male counter parts (Boyd and Huffman, 1984; Chandanshive, 2014). But when the girls become the victim of hypertension, they are shattered by its monstrosity. They have anxiety of being paralyzed, being blind and victim of multiple organ failure. This threaten their emotional maturity. Van Heck and Oudsten (2008) suggested that emotional abilities are strong predictors towards healthy life and psychological well being. The positive emotional state is a best indicator towards life satisfaction, health fitness and well being. This ability accurately perceives emotional experience the ability to understand and regulate emotions to promote emotional and intellectual growth. The study also found that those have strong capacity to regulate their emotions should be able to maintain good health, psychological well being and better outlook of life (Van Heck et al. 2008; Salvey, 2001). Pastry and Aminbhavi (2006) have measured relationship between emotional maturity, stress and self confidence and supported this finding.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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