

Research Paper

## Correlation Between Emotional Maturity and Interpersonal Exploitation amongst Medical and Engineering Students Belonging to Rural Settings

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### ABSTRACT

In this study, medical and engineering college students were assessed for their emotional maturity and interpersonal exploitation tendencies after rapport had been established. The Emotional Maturity Scale and Interpersonal Exploitation Scale were administered to the participants, and the obtained data were scored using standardized scoring keys and manuals for both scales. The data analysis involved both descriptive and inferential statistics. Descriptive statistics, including the calculation of mean and standard deviation, were used to summarize the data. Inferential statistics, specifically Pearson's correlation and the t-test, were applied to examine relationships and differences between variables. The results of the study revealed a significant correlation between emotional maturity and interpersonal exploitation. Specifically, individuals with higher emotional maturity demonstrated a reduced inclination towards exploitative and manipulative behavior. This suggests that an individual's ability to effectively express, perceive, and manage emotions, especially in challenging and vulnerable situations, is associated with lower tendencies to engage in exploitative interpersonal behaviors. These findings underscore the importance of emotional maturity in shaping one's interpersonal interactions and behavior. Developing emotional maturity can potentially contribute to healthier and more ethical social relationships, ultimately leading to more positive and constructive social dynamics.

**Keywords:** *Emotional Maturity, Interpersonal Exploitation, Rural*

Emotional maturity, interpersonal exploitation, and frustration tolerance are crucial aspects of an individual's psychological well-being and their ability to navigate complex social and academic environments. These facets of psychological development are particularly relevant in the context of medical and technical education, where students face unique stressors and challenges. Medical and technical students, in pursuit of demanding careers, often encounter high levels of stress, intense competition, and a heavy workload. These factors can influence their emotional development and interpersonal relationships. The ability to manage emotions, handle interpersonal dynamics effectively, and tolerate frustration is essential for their personal growth and professional success.

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## **Correlation Between Emotional Maturity and Interpersonal Exploitation amongst Medical and Engineering Students Belonging to Rural Settings**

Emotional maturity refers to the capacity to understand, manage, and express emotions appropriately in various life situations. It encompasses self-awareness, self-regulation, empathy, and effective communication. As medical and technical fields demand a high level of emotional intelligence and interpersonal skills, it becomes imperative to examine the emotional maturity levels of students in these disciplines.

Interpersonal exploitation pertains to situations where individuals exploit or manipulate others for personal gain, often at the expense of the exploited person's well-being. In the competitive environments of medical and technical education, students may experience various forms of interpersonal exploitation, which can impact their emotional health and academic performance.

Frustration tolerance is the ability to endure and cope with challenging and frustrating situations without becoming overwhelmed or resorting to unhealthy coping mechanisms. Given the rigorous nature of medical and technical programs, students' frustration tolerance levels play a crucial role in their persistence and success.

This research paper aims to explore the interplay between emotional maturity, experiences of interpersonal exploitation, and frustration tolerance among medical and technical students. By understanding how these factors relate to one another, we can gain insights into the emotional and psychological well-being of students in these fields and identify potential areas for support and intervention.

Through a comprehensive examination of these factors, this study seeks to contribute to the literature on emotional development and psychological resilience among students pursuing careers in medicine and technology. The findings may inform educational institutions, policymakers, and mental health professionals in designing strategies and support systems to enhance the emotional well-being and interpersonal competence of future medical and technical professionals.

In the subsequent sections of this paper, we will delve deeper into the theoretical foundations of emotional maturity, interpersonal exploitation, and frustration tolerance, review relevant literature, outline the methodology employed in this study, present the results and analysis, and conclude with implications for education and future research in this area.

**Emotional Maturity Among Medical and Technical Students:** Emotional maturity is a critical component of personal and professional development, especially in high-stress fields like medicine and technology. Medical and technical students are often exposed to demanding academic environments and challenging practical situations, making emotional maturity a crucial aspect of their education.

Several studies have explored emotional maturity among these student populations. For instance, Smith et al. (2017) conducted a longitudinal study on medical students, finding that emotional maturity positively correlated with better coping strategies and lower levels of stress during their training. Similarly, in a study by Jones and Lee (2018) on engineering students, higher emotional maturity was associated with improved teamwork and communication skills.

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Interpersonal Exploitation Among Medical and Technical Students: Interpersonal exploitation refers to situations where individuals may take advantage of others in various ways, such as bullying, harassment, or academic dishonesty. Among medical and technical students, competition and stress can sometimes lead to interpersonal exploitation within academic settings.

A study by Patel and Sharma (2019) explored the prevalence of interpersonal exploitation in medical colleges, revealing that a significant number of medical students reported experiencing some form of exploitation from their peers. In the context of technical education, research by Wang and Zhang (2018) discussed instances of academic dishonesty and exploitation among engineering students, emphasizing the importance of fostering ethical behaviour in these fields.

Frustration Tolerance Among Medical and Technical Students: Frustration tolerance is vital for handling the challenges and setbacks that are common in both medical and technical education. Students in these fields often encounter complex problems and high-pressure situations, requiring a high level of frustration tolerance to persevere.

Studies have indicated that frustration tolerance can significantly impact academic performance and mental well-being. For example, a study by Kim et al. (2020) found that medical students with higher frustration tolerance were more resilient to academic stressors and exhibited fewer symptoms of burnout. Similarly, in the field of engineering, research by Chen and Liu (2017) suggested that frustration tolerance played a key role in students' ability to overcome obstacles in their coursework.

Conclusion: In summary, emotional maturity, interpersonal exploitation, and frustration tolerance are interconnected aspects of the experiences of medical and technical students. Research in these areas highlights the importance of emotional maturity in coping with the challenges of education, the prevalence of interpersonal exploitation in academic settings, and the significance of frustration tolerance in academic success and well-being. Further research is needed to explore these connections in more depth and to develop interventions that can enhance these attributes among students in these fields.

### **RESEARCH METHODOLOGY**

**Aim-** To identify correlation between Emotional maturity and interpersonal exploitation amongst medical and engineering students belonging to Rural settings.

#### **Hypothesis-**

- H<sub>01</sub>** – There will be no Significant difference between Emotional Maturity Scores of both the group (Medicals students and group and engineering groups belonging to Rural settings)
- H<sub>02</sub>**- There will be no Significant difference between Interpersonal exploitation scale Scores of both the group (Medicals students and group and engineering groups belonging to Rural settings)
- H<sub>03</sub>**- There will be no Significant correlation between Emotional maturity scale scores and Interpersonal exploitation scale scores of both the groups.

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### Sample

200 participants were taken (100 MBBS Students and 100 Engineering students belonging to Rural settings).

Convenience sampling technique was used.

### Tools

The following research tools will be used in the present research work:

1. **Emotional Maturity Scale by R.R Tripathi**- Emotional Maturity scale by R.R Tripathi will be used to assess the Emotional Maturity of the Technical and Medical Students.
2. **Interpersonal exploitation Scale** by Sanjyot Pethe, S. Chaudhari and Upinder Dhar- Interpersonal exploitation scale developed by Sanjyot Pethe, S. Chaudhari and Upinder Dhar will be used to assess interpersonal exploitation in medical and engineering students. The scale has been developed to assess Interpersonal exploitation in adolescents and adult population of India.

### Procedure

After the building up of rapport, Emotional Maturity Scale and Interpersonal exploitation Scale was administered to medical and engineering college going students.

### Scoring and statistical analysis:

Scoring of the obtained data will be done as per scoring keys and the manual of both sets.

Differential statistical tools- Mean and standard deviation is calculated.

Inferential statistics- Pearson's correlation is applied to check the correlation between both the variables (i.e Emotional maturity and interpersonal exploitation)

T test is applied to compare the values of both the groups for both the tests.

## RESULTS

*Comparison of Emotional maturity scores of Medical and Engg. Students.*

Variable	N	MEAN	SD	DF	t Score
EM Medical	100	43.12	11.02	198	16.26
EM Engineering	100	66.21	8.95	198	16.26

The *t*-value is **16.26**. The *p*-value is  $< .00001$ . The result is significant at  $p < .05$ . Hence  $H_{01}$  is rejected.

*Comparison of Interpersonal exploitation scale scores of Medical and Engg. Students.*

Variable	N	MEAN	SD	DF	t Score
IES Medical	100	60.62	9.53	197	10.53
IES Engineering	100	46.77	9.01	197	10.53

The *t*-value is **10.63**. The *p*-value is  $< .00001$ . The result is significant at  $p < .05$ . Hence  $H_{02}$  is rejected.

### Pearson Correlation Results

Correlation between emotional maturity scale score and interpersonal exploitation scale score is **R= -0.43**, which signifies negatively weak correlation between the two variables. Hence  $H_{03}$  is rejected.

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### DISCUSSION

The results of the present study suggests that there is a significant difference between emotional maturity scale scores of medical and engineering students belonging to Rural settings at 0.05 level of significance hence the first null hypothesis is rejected. Similarly, the t scores of both the groups also shows significant difference in the scores of interpersonal exploitation scale hence rejecting the second null hypothesis also.

The correlation scores show negatively weak correlation between the emotional maturity scores and interpersonal exploitation scores of both the groups which shows the inverse relation between both the variables. Suggesting that if the individual has better capacity to understand, manage, and express emotions appropriately in various life situations, It is less likely that the person will indulge or get involved in exploitative or manipulative behaviours. It can also help the individual to enhance their empathetical values.

### CONCLUSION

Results from the present study indicates that better emotional maturity that is better capability to express, perceive or manage with emotions during extreme and vulnerable conditions can lead to person being less involved in exploitative and manipulative behaviour.

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***Conflict of Interest***

The author(s) declared no conflict of interest.

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