

## A Study of Relation between Emotional Maturity and Mental Health among Youth

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### ABSTRACT

Conducted study on emotional maturity and Mental Health among youth in Barshi. Simple random sampling method for used data collection. Main purpose of the correlation in emotional maturity and mental health of boys and to see the correlation in emotional maturity and mental health of girls. Eight youth selected for this study. The data was obtained using emotional maturity scale by Bhargava M and Mental Health Inventory (MHI) by Jagdish and Srivastava. The finding the prediction of positive correlation between emotional maturity and mental health of boys. There is negative correlation between emotional maturity and mental health

**Keywords:** *Emotional Maturity, Mental Health, Youth*

"The Youth of today are the nation of tomorrow" is an old saying but of immense significance for a country like Indian which has only recently emancipated itself from the subjugation of British. Today all people in higher positions in government and non-government sector thought that the future of India lies in the hands of the youth and would depend on their abilities and positive attitude towards own life and others life.

The youth roles under the impact of transition and their attitude and aspirations. youth have several problems like institutional, educational religious and cultural. It require a judgment regarding their potentialities and personality growth. Hence they outlook of their personality in the new culture of family, college neighborhood.

### Emotional Maturity

Emotional maturity is the result of healthy emotional development. The emotional mature person is able to hide his feelings; such a person is not subject to swings in mood and can suffer in silence. when he dose express emotions, he does so with moderation, decently, and

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in good order. Emotional maturity is having proper emotion at proper time and to express it in proper form and in proper quality. Emotional maturity is an effective determinant to shaping the personality, attitudes and behaviour of the youth into accepting responsibility, making decision, teaming with group, developing healthy relationship and enhancing self worth.

According to Rather T. Jerkily, "emotional maturity means the degree to which the person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh," to feel sorrow at the time of grief, to be frightened, without wearing any mask. According to Walter D. Smitson, emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personality.

### **Mental Health**

Mental health which today is recognized as an important aspect of ones total health status is a basic factor that contributes to the maintenance of physical health as well as social effectiveness.

It is the normal state of well-being, and in the words of Johns, Sutton and Webster," is a positive but relative quality of life. It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations". by the word relative it implied that the degree of mental health which an individual enjoys at a time is continuously changing.

It is not mere absence of mental illness that constitutes mental health. On the other hand, it is a positive, active quality of the individual's daily life. This quality of life is manifested in the behaviour of an individual whose body and mind are working together in the same direction. His thoughts, feelings and actions function harmoniously towards the common end. It means the ability to balance feelings, desires, ambitions and ideals in ones daily living. It means the ability to face and accept the realities of life. It connotes such habits of work and attitudes towards people and happiness without any friction with the social order or group to which he or she belongs.

Mental health has two important aspects. it is both individual is internally adjusted. He is self-confident, adequate and free from internal conflicts and tensions or inconsistencies. He is skilful enough to be able to adapt to new situations. But he achieves this internal adjustment in a social setup. Society has certain value systems, customs and traditions by which it governs itself and promotes the general welfare of its members. It is within this social framework that the internal adjustment has to be built up. Only then, the individual becomes a person who is acceptable as a member of the society.

According to the World Health organization, "Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can

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work productively and fruitfully and is able to make a contribution to his or her own community."

Good mental health is obtained and maintained by helping pupils to overcome serious conflicts and frustrations. They are to be helped to understand their own potentialities, abilities, aptitudes, interests and the environmental conditions, abilities, aptitudes, interests and the environmental conditions so that they can work harmoniously at an optimum level of functioning. Securing desirable mental health in the case of some pupils may involve counseling parents, and counseling teachers, in addition to counseling the pupils themselves.

### **REVIEWS OF RELATED LITERATURE**

Gasima, Gupta and Sushil Kumar, (2010) have showed that emotional intelligence and self efficacy are positively correlated with mental health. It also revealed that male student were better than female student in terms of mental health.

Bala, Agarwal, Sarna, (2009) have reported gender difference exists with reference to various aspects of mental health. Boys had greater emotional stability, adjustment and intelligence than girls in students of art faculty and self-concept in the student of science faculty.

Tejpreet Kang, Asha Chawla (2009) conducted that the non significant gender difference across mental health status but a significant difference is somatic health status but a significant difference is somatic health status of adolescent boys and girls. Boys were found to be having better somatic health status as compared to girls.

#### ***Objectives of the Study:***

- To study the correlation in emotional maturity and mental health of boys.
- To see the correlation in emotional maturity and mental health of girls.

#### ***Hypotheses of the Study:***

- There is positive correlation between emotional maturity and mental health of boys.
- There is no correlation between emotional maturity and mental health of girls.

#### ***Variables of the study:***

In this present study boys and girls youth are independent variables and emotional maturity and mental health are dependent variables.

#### ***Sample of the study:-***

In the present study, researcher has select 80 samples, boys (40) and girls (40). Sample was select from Barshi city. Simple random sampling method for used for data collection.

#### ***Tools of the Study:-***

Following tools was be used for the collection of the data.

- **Emotional Maturity scale by Bhargava M**

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### • **Mental Health Inventory**

Mental Health Inventory (MHI) by Jagdish and Srivastava(1983). This scale had 58 items with four alternatives. High score on MHI is indicative of better mental health. The reliability of the test was determined by the test-retest method and odd even reliabilities. Reliability of test re-test was found to be 0.926 and odd even reliabilities were .93

## **RESULTS AND INTERPRETATION**

The Data was collected by administering the emotional maturity scale and mental health inventory. The data thus collected was scored as per manual instruction and same is presented *Table No.1*

	<b>Boys</b>	<b>Girls</b>	<b>Mean of Means</b>
Emotional Maturity	42.22	45.31	43.76
Mental Health	21.33	21.12	21.22

In the table no.1 it is observed that the mean value of the boys in emotional maturity is 42.22, and there with mean value of the girls in emotional maturity is 45.31, and total Mean of Means is 43.76. on the other hand mean value of the boys in mental health is 21.33, and there with mean value of the girls in mental health is 21.12 and total mean of means is 21.22.

*Table No.2*

<b>Group</b>	<b>Boys</b>	<b>Girls</b>
Correlation	0.3266	-0.142

In the table no. 2 it is observed that boys correlation coefficient value 0.3266. from this it is seen that positive correlation between emotional maturity and mental health. On the other hand girls correlation coefficient value -0.142. from this it is seen that negative correlation between emotional maturity and mental health.

## **CONCLUSION:**

- There is positive correlation between emotional maturity and mental health of boys.
- There is negative correlation between emotional maturity and mental health of girls.

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