

## Emotional Maturity among Joint Family and Nuclear Family Children

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### ABSTRACT

**Aim of the Study:** To examine the emotional maturity among joint family and nuclear family children. **Hypothesis:** Nuclear family children will be high emotional maturity than the joint family children. **Sample:** For the present study 80 child were selected from Aurangabad town, Maharashtra State. The effective sample consisted of 80 subjects, 40 subjects were joint family children and 40 subjects were nuclear family children. **Variable:** Independent variable: Type of Family a) Joint b) Nuclear Dependent Variable: 1. Emotional Maturity Tools Emotional Maturity Scale: - Emotional Maturity Scale is proposed by Dr. Yashwir Sing and Dr. Mahesh Bhargav **Result:** Nuclear family children had significantly high emotional maturity than the joint family children.

**Keywords:** Emotional Maturity, Joint Family, Nuclear Family, Children

Emotional maturity is not only the effective determinant of personality pattern, but it also helps to control the growth of adolescents' development. The concept 'Mature' emotional behavior of any level is that which reflects 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 et.al. (1976) emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra personality. Emotional stability is one of the seventh important indicators of mental health. It simply means being grown up so that one may be able to personally manage his/her desires and feelings and may be better able to cope up the adverse life situations in a most benefiting and socially approved manner. The most outstanding mark of emotional maturity is ability to bear tension. The emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hospitability but it is continuously in process of seeing himself/herself in clearer perspective, continually involved in a struggle to gain healthy

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integration of feeling and thinking action. Adolescence is the period of heightened emotionality. It is the most demanding periods in one's life- a period of storm and stress because accurate portrayal of self to others, which is an identifying criterion of healthy personality, is in the process of establishment during this period.

Along with the basic needs of living, each person wants to fulfill its emotional needs too, which marks the structure of its personality. The level of emotional need fulfillment highly affects the relationships that the person carries in his lifetime. People who do not have high level of emotional need fulfillment have to cope with the possible rejection by the peers, teenagers, teachers and parents as a result of their repeated and persistent inappropriate behavior. Rakies and Thompson (2006), referred to their previous research stating that children who maintain more secure relationships with their family members, and who openly discuss emotions with their family, acquire a more understanding of emotions than other children. The UN convention stated that the family as the fundamental group in the society, the natural environment for the growth and the well-being of all its members and particularly children, should be afforded the necessary protection and assistance so that it can fully assume its responsibility with in the community (Sharp & Conie , 1998). A child should be able to rely on his family in times of stress, and rely on the family to feel better and to find solutions. In a joint family, as the child gets the emotional security from the other elderly members of the family too, it feels allowed to show emotion, the child learns to be sensitive to the feelings of other people. The ability to read and understand other people's emotions and to elicit the appropriate response ensures emotional security in the child. The child experiences that he is of value, which increases his self-worth. This ability thus helps the child to negotiate his peer relationships; should the child lack the ability, it could result in the rejection by peers Greenspan (2002). Greenspan (2002) described that, by the support of family in fulfilling the emotional needs of child; it develops a sense of empathy and is able to put itself in the shoes of others. Emotional needs are described as the neural core of emotional identity, which enables a child to live his life in accordance with the standards set by the UN Declaration of Human Rights (Affloter, 2005).

### ***Aim of the Study:***

1. To examine the emotional maturity among joint family and nuclear family children.

### ***Hypothesis:***

1. Nuclear family children will be high emotional maturity than the joint family children.

### ***Sample:***

For the present study 80 child were selected from Aurangabad town, Maharashtra State. The effective sample consisted of 80 subjects, 40 subjects were joint family children and 40 subjects were nuclear family children.

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### Variable:

**Independent variable:** Type of Family a) Joint b) Nuclear  
**Dependent Variable:** 1. Emotional Maturity

### Tools

#### 2. Emotional Maturity Scale: -

Emotional Maturity Scale is proposed by Dr. Yashwir Sing and Dr. Mahesh Bhargav. EMS is a five point self report scale in which are Emotional Instability, Emotional Regression, Social maladjustment, Personality Disintegration and Lack & independence. Internal consistency of reliability of the five point 0.75 for Emotional Insatiability, Emotional Regression 0.63, Social maladjustment 0.58, Personality Disintegration 0.86 and Lack and independence, 0.42 respectively. Validity of this test is 0.64.

### Procedures of data collection

One instrument could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

## STATISTICAL ANALYSIS AND DISCUSSION

*Table No. 01, Table 1 showing the results of t-test as applied to the scores of emotional maturity between children from nuclear and joint family*

	Joint Family		Nuclear Family		F	P
	Mean	SD	Mean	SD		
Emotional Unstability	22.83	3.45	27.70	3.11	6.63**	<.01
Emotional Regression	22.96	3.20	26.64	3.69	4.76**	<.01
Emotional Maladjustment	23.19	4.01	27.03	3.74	4.42**	<.01
Personality Disintegration	21.83	3.05	25.90	3.46	5.31**	<.01
Lack of Independence	21.72	4.23	21.99	3.44	0.31	NS
<b>Total Emotional Maturity</b>	<b>112.53</b>	<b>17.94</b>	<b>129.26</b>	<b>17.44</b>	<b>4.22**</b>	<b>&lt;.01</b>

Table no 1 show that the mean value of children from nuclear and joint families was 129.26 and 112.53 respectively. The standard deviation from the mean for children from nuclear family was 17.94 and for adolescents from joint family was 17.44. The mean value of joint family system is lower that mean value of nuclear family system which shows that adolescents in joint family system have higher emotional maturity. The reason for so could be attributed to the fact that the adolescents in a joint family system have many siblings and

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other family members to share materials, resources etc with Adolescents in a joint family learn how to adjust very easily indifferent environment. Eventually they learn impulse control amongst a group of people. Also in times of stress they have better emotional support than those in a nuclear family system. On the other hand adolescents in a nuclear family system do not have equivalent emotional support. This is specially true for those who do not have siblings. Such adolescents are less likely to be emotionally stable and may get anxious, irritable easily. Also, adolescents in a nuclear family are used to receiving a lot of attention to their wishes and may have less impulse control in comparison to one from a joint family. Also, those from joint family system are likely to be better socially adjusted than the ones in a nuclear family system. Family is the first and most crucial socializing unit in a person's life. The kind of family, i.e. joint or nuclear really makes an impact on the child's learning, values and personality. Kumar (2013) found that boys from joint families are better socially adjusted than boys from nuclear families. Nanda et al (2005) have reported that family has an impact on emotional maturity. Joint family system has a positive impact on emotionality because maximum percentage of girls was found to be stable and no girls were found to be extremely unstable in the joint family. Laxmi and Krishnamurthy (2011) studied emotional maturity of higher secondary school students in Coimbatore District. They concluded that students who are from joint family system surpassed the students who live in nuclear family system. Thus hypothesis is accepted.

### CONCLUSION

- 1) Nuclear family children had significantly high emotional maturity than the joint family children.

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