

Emotional Maturity of Senior Secondary School Students in District Pulwama of Jammu and Kashmir

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Abstract: *The present study investigated the emotional maturity of senior secondary school students in Pulwama district of Jammu and Kashmir. The study included 300 students in class 12th, with equal representation of boys (150) and girls (150), in the Pulwama district. The students were chosen using a simple random sampling technique, and the 12 schools were chosen using a stratified random sampling technique. The Emotional Maturity Scale (M. Bhargava and Y. Singh 1990) is used to collect data using the descriptive survey method. According to the findings of the study, there are significant differences in emotional maturity between government and private senior secondary school students. However, there is no significant difference between male and female senior secondary school students in Pulwama district, according to the report.*

Keywords: Emotional Maturity and senior Secondary School Student

Introduction

The key to a happy and fulfilled life is emotional maturity. Without it, the individual becomes a victim of his or her own dependencies and insecurities. Youth and children are currently experiencing difficulties in their lives. Many psychosomatic problems, such as anxiety, tensions, frustrations, and emotional upsets, are arising as a result of these difficulties in everyday life. Emotional maturity is a measurement of one's ability to create with a positive mindset. Emotional maturity is the ability to control one's impulses through one's own agency. "A process of readjustment," Frank(1963) explains, "in which the infant learns under parental supervision what situations after permissible opportunities for emotional reactions and to what extent, so that the primitive elemental psychological response that we call "emotion" becomes patterned in accordance with approved from the expression and repression favored by culture".

Need of the Study

The cornerstone for living a happy and contented life is stated to be emotional maturity. If a person lacks emotional maturity, his or her life will be a sad one. It is a process in which an individual strives for higher emotional wellness on both an intrapsychic and intrapersonal

level. In today's world, both teens and children are confronted with numerous challenges. Many psycho-somatic disorders, such as worry, tension, frustration, and emotional challenges, are arising as a result of these obstacles in everyday life. As a result, the study of emotional life is increasingly establishing itself as a descriptive science equivalent to anatomy. It is concerned with the interaction of forces of varying intensities and amounts. The emotionally mature person does not necessarily have all of the factors that cause anxiety and animosity, but he or she is constantly aware that he or she is engaged in a struggle for a healthy integration of feelings, thoughts, and actions. This inspires the researcher to conduct a study on the emotional maturity of secondary school children in Jammu and Kashmir's Pulwama district.

Statement of the Problem

The problem of the present study has been stated as follows: “A Study on Emotional Maturity of Secondary School Students in Pulwama District of Jammu and Kashmir”

Objectives of the Study

The study is designed with the following objectives:

- To study the emotional maturity of government and private secondary school students of Pulwama district of Jammu and Kashmir.
- To find out the difference between male and female secondary school students in relation to emotional maturity of Pulwama district of Jammu and Kashmir.

Hypotheses of the Study

The hypotheses are stated as under:

- There is no significant mean difference in emotional maturity of government and private secondary school students of Pulwama district of Jammu and Kashmir.
- There is no significant mean difference between male and female secondary school students in relation to emotional maturity.

Methodology of the Study

The Descriptive approach is used in the study.

Population of the Study

The population of the present study constitutes all the secondary school students studying in class 12th who are the emotionally mature of Pulwama District of Jammu and Kashmir.

Sample of the Study

The sample is of small number of representative individuals from the population. The study was conducted on **three hundred** class 12th students by giving due representation to boys (150) and girls (150) of the district. The 12 schools were selected using stratified random sampling technique, and students were selected using simple random sampling technique.

Tools Used

Emotional Maturity Scale by Singh and Bhargave (1990) was employed by the researcher for the purpose of data collection.

Statistical Techniques Used

In this study various statistical measures such as Mean, SD and t-test are used.

Result and Discussion

Collected data through above mentioned inventories were analyzed in terms of mean, standard deviation and t-test method. The results have been presented in the table's hypothesis wise.

Hypothesis 1: There is no significant mean difference in emotional maturity of government and private secondary school students of Pulwama district of Jammu and Kashmir.

Table 1: Mean Standard deviation and t-value of the government and private secondary school students.

Emotional maturity	Group	Number	Mean	Standard deviation	t-value	Remarks
	Government	150	116.27	25.22	8. 33	Significant
	Private	150	97.02	14.65		

From **Table 1** showing the mean scores of both government and private students are 116.27 and 97.02 respectively. When the t-test was applied to test the significance of the mean difference between these groups, it reported a t-value 8.33. This was found to be highly

significant. Hence hypothesis is rejected. This means that there is a great difference in emotional maturity of government and private secondary students of Pulwama district.

Hypothesis 2: There is no significant mean difference between male and female secondary school students in relation to emotional maturity

Table 2: Mean, Standard deviation and t-value of male and female secondary school students

Emotional maturity	Group	Number	Mean	Standard deviation	t-value	Remarks
	Male	150	111.79	22.28	1.31	Not significant
	Female	150	107.91	28.57		

From the **Table 2** it is found that the mean scores of male and female students are 111.79 and 107.91 respectively. The computed t-value between their mean differences is 1.31 which is found not significant at 0.05 level. Hence the hypothesis is accepted. Therefore male and female secondary schools students are found to have same level of emotional maturity.

Conclusion

This study found real differences on emotional maturity in respect of government and private secondary school students.

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