



“A DESCRIPTIVE STUDY TO ASESSE THE LEVEL OF KNOWLEDE REGARDING”

EMOTIONAL MATURITY AMONG 16 TO 18 YEARS OF ADOLESCENTS FROM SELECTED COLLEGE

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Abstract: The fundamental component of human functioning that results from a complex interaction of situational, cognitive, and physiological factors is emotion. Our behavior is directly influenced by our emotions. Objectives: 1) To assess the level of knowledge regarding emotional maturity among 16 to 18 years of adolescents from selected college. 2) To determine association between level of knowledge regarding emotional maturity with their selected demographic variables. Methodology: Descriptive study to assess the level of knowledge regarding emotional maturity among 16 to 18 years of adolescents from selected college. It includes the study, description of chapter, description of the research approach, research design, identification of the target and accessible population, setting of the study, sample and sampling technique, development of data collection tools, reliability and validity of the tool, procedure for data collection and the plan for data analysis. Result: In Majority 36% of subjects had emotionally immature level of score, 24.6% had extremely emotionally immature level of score, 22.7% had extremely emotionally mature level of score and 16.7% had moderately emotionally mature level of score. Mean knowledge score of the subject was 97.22±21.026. Minimum knowledge score was 58 and Maximum Knowledge score was 172.

I. Introduction:

The fundamental component of human functioning that results from a complex interaction of situational, cognitive, and physiological factors is emotion. Our behavior is directly influenced by our emotions. They are the driving factors behind our life, influencing our behaviors, responses, goals, and other aspects of ourselves either directly or indirectly. Maturity has been defined as the capacity of mind to endure the capability of an individual to react to ambiguity, conditions or surroundings in an appropriate way (Finley, 1996).

A. Background

Emotional maturity is ability to understand and manage emotion. Emotional maturity enable sado lescents create a fulfilled happy life which helps them to lead a healthy social and individual life. Globally, such as economic recessions, natural disasters, pandemics, and socio-political upheavals, can have profound effects on individuals' emotional well-being and resilience.

B. Need of the study

The prevalence rate of 74% emotional maturity and 26 % emotionally immature. 70% who were involved positive environment factor may lead to high emotional maturity among adolescentsof the study. This investigator has observed that studies and adolescents who were understand and assess how well they can recognize, manage, and express their emotion, thereby identifying areas where they might need support to develop healthy coping mechanisms and navigate the challenges of adolescence. Theemotional maturity is essential for personal growth, professional success, and social harmony. By developing emotional maturity, it becomes more resilient, self -aware, and effective in your relationships and pursuits.

C. Title of the study

“A descriptive study to assess the level of knowledge regarding emotional maturity among 16 to 18 years of adolescents from selected college”.

D. Objectives of the study

1.Primary Objective:

To assess the level of knowledge regarding emotional maturity among 16 to 18 years of adolescents from selected college.

2. Secondary Objective:

To determine association between level of knowledge regarding emotional maturity with their selected demographic variables.

E. Operational definitions

ASSESS: In this study, it refers to the process of measuring the level of knowledge among the adolescents.

KNOWLEDGE: In this study knowledge means the level of information, the adolescents have regarding emotional maturity.

EMOTION: In this study, emotion means restrictive behavior shown by adolescents.

MATURITY: In this study, maturity means adolescent who are assess the knowledge regarding the maturity.

EMOTIONAL MATURITY: In this study, emotional maturity means knowledge to assess the adolescents among the emotional maturity in selected college.

ADOLESCENTS: In this study, adolescents mean the child of age group range from 16 to 18 yrs.

COLLEGE: In this study, college refers to an institution of higher learning a part of a university, or a private secondary school, depending on the context.

F. Hypothesis

This study is hypothesis generating study hence no hypothesis is stated in this study.

G. Delimitations

1. The study was limited to those adolescents who were readily available in the college.
2. This study was limited to those who were less than 16 years and more than 19 years.

H. Ethical aspects

1. Prior permission was obtained from the institutional ethics committee.
2. Informed written consent was obtained from the study subjects.
3. Prior permission was obtained from concerned college authority.
4. Anonymity and confidentiality of participant was maintained throughout the study coding.
5. Non prejudicial treatment of individuals who declined to participate and withdraw from the study after agreeing to participate.

I. Review of literature

A descriptive study was conducted on influence of internet in shaping the emotional maturity of adolescents in March 2023. The aim of this study was to review the influence of the Internet on the physical and mental effects on the emotional maturity of adolescents in the context. Total 150 sample are selected and qualitative research design was used. Data was collected by using self-structure questionnaires. The outcomes of this study revealed that emotional maturity and the factors contributing to it are significantly affected by excessive Internet usage resulting that adolescent facing numerous mental, physical, and social challenges. The study was concluded that it has a significantly negative impact on their emotional development and maturity.

J. Conceptual framework

The conceptual framework for the study based on "General System Theory". General system theory serves as a model for viewing as people interacting the environment. The theory was developed by Ludwig Von Bertalanffy in 1968. General system theory was meant to provide a common language and a set of common to assist the scientists from diverse discipline, to speak and learn from each other.

II. Material and method

A. Research approach: Quantitative research approach

a) **Research design:** Descriptive research design

B. Research setting: Selected college.

C. Variables

- 1) **Independent variable:** 16 to 18 years of adolescents from selected college.
- 2) **Dependent variable:** knowledge regarding emotional maturity among 16 to 18 years of adolescents from selected college.
- 3) **Demographic variable:** In this study the demographic variables are Age in years, Gender, Religion, Number of siblings, Family income, Type of family, Dietary pattern, Stream of education, Residential area.

D. Population: All adolescents

- 1) **Target population:** it includes the adolescents from selected college.
- 2) **Accessible population:** it refers to adolescents in selected college meeting inclusion and exclusion criteria.

E. Sampling

a) **Sample size :** 150 b) **Sampling technique:** Non probability convenient sampling technique.

F. Sampling criteria

1) **Inclusive criteria:**

- Adolescents who were present at the time of data collection.
- Adolescents willing to participate in the study.
- Adolescents between the age group of 16 to 18 years.

2) *Exclusive criteria:*

- Adolescents who were below 16 years and above 18 years old.
- Adolescents those who had suffered of mental disorder.
- Those who had participated in same type of study.
- Adolescents who had attended some educational programe or study.

G. Description of Tools

- 1) *Section A:* Demographic variable
- 2) *Section B:* A standardize scale consist of emotional maturity scale according to Dr Yashvir Singh and Dr.Mahesh Bhargava among a dolescents.

H. Validity

To obtain the content validity of the tool, the prepared tool with the synopsis, level of knowledge regarding emotional maturity, evaluators response sheet and content validity certificate were submitted to 11 experts in the field of psychiatric nursing and psychiatry.

I. Reliability

Reliability was checked by emotional maturity scale. The maximum score was 240 and minimum score was 48. The reliability of the scale was established using test- retest method.The scale was validated against external criteria using Gha area was the measure of emotional maturity. The value was found to be 0.84. It was reliable to the instrument.

J. Pilot study

Pilot study was conducted for a period of 7 days. The purpose of the usefulness of the study were explained to the concerned authorities before taking permission. The investigator carried out the pilot study for the 15 subjects. The non probability convenient sampling technique was used for the selection of sample.

Data collection

- The main study of data was gathered from 21/10/2024 to 27/10/2024.
- Permission was obtained from the principal of the college was obtained before conducting the student.
- The sample were approached in small groups on a daily basis.
- Consent of the sample were taken.

III. Result**Section 1. DISTRIBUTION OF SUBJECT IN RELATION TO THEIR DEMOGRAPHIC VARIABLES.**

Table 2: Distribution of subjects in relation to their demographic variable.

(n=150)

| Demographic Variables | Frequency (f) | Percentage (%) |
|---------------------------|---------------|----------------|
| Age in Years | | |
| a) 16 Years | 00 | 00 |
| b) 17 Years | 01 | 0.7 |
| c) 18 Years | 149 | 99.3 |
| Gende | | |
| a) Female | 83 | 55.3 |
| b) Male | 67 | 44.7 |
| c) Others | 00 | 00 |
| Religion | | |
| a) Hindu | 09 | 06 |
| b) Muslim | 125 | 83.3 |
| c) Buddhist | 16 | 10.7 |
| d) Christian | 00 | 00 |
| e) Others | 00 | 00 |
| Number of Siblings | | |
| a) One | 42 | 28 |
| b) Two | 77 | 51.3 |
| c) Three | 31 | 20.7 |
| d) Four and above | 00 | 00 |
| Family Income | | |
| a) Below 5000 | 54 | 36 |
| b) 5001 – 10000 | 37 | 24.7 |
| c) 10001 – 15001 | 39 | 26 |
| d) Above 15001 | 20 | 13.3 |
| Type of Family | | |
| a) Nuclear | 59 | 39.3 |
| b) Extended | 66 | 44 |
| c) Joint | 25 | 16.7 |
| d) Single Parent Family | 00 | 00 |

| Dietary Patter | | |
|----------------------------|----|------|
| a) Vegetarian | 41 | 27.3 |
| b) Non-Vegetarian | 52 | 34.7 |
| c) Both | 57 | 38 |
| Stream of Education | | |
| a) Art | 48 | 32 |
| b) Commerce | 28 | 18.7 |
| c) Science | 74 | 49.3 |
| Residential Area | | |
| a) Rural | 88 | 58.7 |
| b) Semi Urban | 61 | 40.6 |
| c) Urban | 01 | 0.7 |

SECTION II: ASSESS THE LEVEL OF KNOWLEDGE REGARDING EMOTIONAL MATURITY AMONG 16 TO 18 YEARS OF ADOLESCENTS FROM SELECTED COLLEGE.

Table III: Distribution of subjects in relation to their level of knowledge regarding Emotional maturity among 16 to 18 years of adolescents from selected college.

(n=150)

| Level of knowledge score | Score Range | Percentage score | Level of Knowledge Score | |
|--------------------------------|-------------|------------------|--------------------------|----------------|
| | | | Frequency (f) | Percentage (%) |
| Extremely emotionally mature | 48-80 | 0-25% | 34 | 22.7 |
| Moderately emotionally mature | 81-88 | 26-50% | 25 | 16.7 |
| Emotionally immature | 89-106 | 51-75% | 54 | 36 |
| Extremely emotionally immature | 107-240 | 76-100% | 37 | 24.6 |
| Mean \pm SD knowledge score | | | 97.22 \pm 21.026 | |
| Mean % knowledge score | | | 40.51% | |
| Minimum score | | | 58 | |
| Maximum score | | | 172 | |

Section III: ASSESS THE DIMENSIONS OF EACH EMOTIONAL MATURITY SCALE AMONG ADOLESCENTS FROM SELECTED COLLEGE.

Table IV: To assess the dimensions of each emotional maturity scale among adolescents from selected college.

(n=150)

| Areas | Mean | SD | Minimum | Maximum |
|--------------------------------|-------|------|---------|---------|
| Emotional Stability | 19.80 | 5.39 | 11 | 41 |
| Emotional Progression | 20.21 | 5.44 | 10 | 39 |
| Social Adjustment | 20.03 | 6.14 | 10 | 41 |
| Personality Integration | 20.57 | 5.98 | 10 | 38 |
| Independence | 16.61 | 4.59 | 08 | 33 |

Section IV: ASSOCIATION OF KNOWLEDGE REGARDING EMOTIONAL MATURITY AMONG 16 TO 18 YEARS OF ADOLESCENTS FROM SELECTED COLLEGE WITH SELECTED DEMOGRAPHIC VARIABLES.

Table V: Association of knowledge score in relation to their age in years.

n=150

| Age in Years | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|----------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| 16 Years | 00 | 0 | 0 | 0 | 0 | 3.075 |
| 17 Years | 01 | 0 | 0 | 0 | 1 | df=3 |
| 18 Years | 149 | 34 | 25 | 54 | 36 | 0.380 NS, P>0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

IV. Table VI: Association of knowledge in relation to their gender

n=150

| Gender | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|----------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| Female | 83 | 20 | 13 | 33 | 17 | 2.329 |
| Male | 67 | 14 | 12 | 21 | 20 | df=3 |
| Others | 00 | 0 | 0 | 0 | 0 | 0.507 NS, P>0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

Table VII: Association of knowledge in relation to their religion

n=150

| Religion | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|----------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| Hindu | 09 | 2 | 4 | 2 | 1 | 11.849 |
| Muslim | 125 | 29 | 19 | 42 | 35 | df=6 |
| Buddhist | 16 | 3 | 2 | 10 | 1 | 0.065 |
| Christian | 00 | 0 | 0 | 0 | 0 | NS, |
| Others | 00 | 0 | 0 | 0 | 0 | P>0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

Table VIII: Association of knowledge in relation to their no. of siblings.

n=150

| No. of Siblings | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ^2 -value p-value |
|---|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|---|
| One | 42 | 9 | 3 | 18 | 12 | 14.303 df=6 0.026 S, P<0.05 |
| Two | 77 | 16 | 13 | 24 | 24 | |
| Three | 31 | 9 | 9 | 12 | 1 | |
| Four and above | 00 | 0 | 0 | 0 | 0 | |
| S- Significant NS- Non-Significant df-degree of freedom | | | | | | |

Table IX: Association of knowledge in relation to their family income

n=150

| Family Income | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ^2 -value p-value |
|---|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|---|
| Below 5000 | 54 | 15 | 5 | 18 | 16 | 18.568 df=9 0.029 S, P<0.05 |
| 5001 – 10000 | 37 | 9 | 6 | 18 | 4 | |
| 10001 – 15001 | 39 | 7 | 7 | 16 | 9 | |
| Above 15001 | 20 | 3 | 7 | 2 | 8 | |
| S- Significant NS- Non-Significant df-degree of freedom | | | | | | |

Table X: Association of knowledge in relation to their type of family

n=150

| Type of Family | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ^2 -value p-value |
|---|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|---|
| Nuclear | 59 | 16 | 10 | 18 | 15 | 12.974 df=6 0.043 S, P<0.05 |
| Extended | 66 | 12 | 10 | 22 | 22 | |
| Joint | 25 | 6 | 5 | 14 | 0 | |
| Single Parent Family | 00 | 0 | 0 | 0 | 0 | |
| S- Significant NS- Non-Significant df-degree of freedom | | | | | | |

Table X: Association of knowledge in relation to their dietary pattern

n=150

| Dietary Pattern | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|-----------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| Vegetarian | 41 | 16 | 7 | 13 | 5 | 15.464 |
| Non-Vegetarian | 52 | 6 | 8 | 25 | 13 | df=6 0.017 |
| Both | 57 | 12 | 10 | 16 | 19 | S, P<0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

Table XVI: Association of knowledge in relation to their stream of education

n=150

| Stream of Education | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|---------------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| Art | 48 | 11 | 12 | 15 | 10 | 7.595 |
| Commerce | 28 | 3 | 4 | 11 | 10 | df=6 0.269 |
| Science | 74 | 20 | 9 | 28 | 17 | NS, P>0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

Table XVII: Association of knowledge in relation to their residential area

n=150

| Residential Area | No. of subjects | Extremely Emotionally Mature | Moderately Emotionally Mature | Emotionally Immature | Extremely Emotionally Immature | χ ² -value p-value |
|------------------|-----------------|------------------------------|-------------------------------|----------------------|--------------------------------|----------------------------------|
| Rural | 88 | 21 | 15 | 31 | 21 | 1.991 |
| Semi Urban | 61 | 13 | 10 | 22 | 16 | df=6 0.921 |
| Urban | 01 | 0 | 0 | 1 | 0 | NS, P>0.05 |
| S- Significant | | NS- Non-Significant | | df-degree of freedom | | |

V. Discussion

The finding of the study shows that, out of 150 majority 36% of subjects had emotionally immature level of score, 24.6% had extremely emotionally immature level of score, 22.7% had extremely emotionally mature level of score and 16.7% had moderately emotionally mature level of score. Mean knowledge score of the subjects was 97.22 ± 21.026 . "Minimum knowledge score was 58 and Maximum Knowledge score was 172". Was accepted.

VI. Conclusion

Hence, based on the above finding, it was concluded undoubtedly that the written prepared material by the investigator in the form of knowledge using emotional maturity scale helped the subject to assess the level of knowledge of adolescence.

VII. Acknowledgement

I give all thanks to God Almighty for his constant guidance, support, strength and wisdom for successful completion of my research work. My sincere gratitude and respect to my research guide, Mrs. Sonali Mene, HOD cum Associate Professor, for her expert advice. I thank the participants who spent their valuable time and energy to help make this research study successful.

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