



Comparative analysis of emotional maturity and self esteem of residential and non-residential college students.

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Abstract: Emotional maturity enables a person to create the life they desire. A life filled with happiness and fulfilment. Self esteem focus on how we value to ourselves, how we perceive our value to the world and how valuable we think we are to others. The research design used in the study is ex post facto survey research and the sample size of study consisted of 60 residential and non residential students of college. The tools used in the study are Emotional Maturity Scale (Mishra and Bhargava) and Self Esteem Scale (Rosenberg et.al). The result of the study conclude that there is relationship between the emotional maturity of residential and non residential college students. The result also shows the relationship between self esteem of residential and non residential students of college.

Keywords : Emotional Maturity, Self Esteem, Residential college students, Non Residential college students.

Introduction: Emotions play an important role in the life of an individual and require and emotional maturity to lead an effective life. Emotional maturity enables a person leads life they desire, a life filled with happiness and fulfilment. An emotionally stable child can make effective adjustments with himself, members of his family and his peers. Emotional maturity defined as how well people are able to respond to different situations, manage their emotions and respond in adult like manner in dealing with others. It is the method during which the temperament is endlessly attempt for large sense of emotional health, each intra physically and intra personality. Self Esteem is how we value ourselves, how we perceive our value to the world and how valuable we think we are to others. Self Esteem affects our trust in others, our relationship, our work nearly every part of lives. Residential students are those who are living in their own house with their family. Non Residential students refers to the students living in hostels. The hostel is a place where students stay for pursuing formal education away from their homes.

The relationship between emotional maturity and self esteem have received much attention. Both are associated with students challenges in life. Few kinds of research of show that there was statistical significant difference between both. Therefore study intends to investigate the self esteem and emotional maturity of an residence student and non residence student.

METHODS OF INVESTIGATION:

Aim: The present study aims to compare the emotional maturity and self esteem of residential student and non-residential college student.

Objective:

To compare self esteem of residential student and non residential student.

To compare emotional maturity of residential student and non residential student.

Hypothesis:

There will be no significant difference between the level of emotional maturity among residential student and non-residential student.(Hypothesis 1)

There will be no significant difference between self esteem of residential student and non residential student.(Hypothesis 2)

Variables of the present study :

The variables measured in the present study are emotional maturity and self esteem . Emotional maturity and self esteem as independent variable and residential and non residential student as dependent variable .

Operational definition:

EMOTIONAL MATURITY: Singh and Bhargava (1990),” Emotional mature is not one who necessarily has resolved all conditions that aroused anxiety and hostility but it is continually involved in a struggle to gain healthy integration of feeling ,thinking and action.

SELF –ESTEEM: The total score obtained by the individual on the various subscales such as positivity ,openness,competence,humility,self worth and learning orientation.

Research Design:

Ex post facto research design issued in the study.

Description of the sample:

The sample consist of 60 adolescents who were pursuing graduation. The age group of sample range from 20-22 years .

Sampling Technique :

Convenient sampling technique was used in the study.

Tools Used:

Emotional Maturity scale (Dr.Yashvir Mishra and Dr. Mahesh Bhargava)

Self Esteem scale (Rosenberg et.al)

Statistical Analysis

Data analysis of all the variables were performed using the statistical package for the social sciences. The statistical analysis of t-test is used to find the significant difference independent variable and dependent variable .

RESULT AND DISCUSSION:

Table 1: Relationship of Emotional Maturity between residential and non residential object .

SAMPLE	MEAN	OBTAINED SCORE	DEGREE OF FREEDOM	TABLE VALUE	
Residential Student	89	1.84	28	0.10	0.05
Non Residential student	98			1.70	2.05

Table 1 shows the relationship of emotional maturity among residential and non residential students . The “t” value shows that there is significant relationship between them. Therefore the hypothesis 1 would be rejected.

Table 2: Relationship of self-esteem of residential and non-residential students.

SAMPLE	MEAN	OBTAINED SCORE	DEGREE OF FREEDOM	TABLE VALUE	
Residential Student	21	2.74	28	At 0.01	At 0.02
Non Residential Student	22			2.76	2.47

Table 2 shows the “t” value for the self esteem of residential and non residential students . The table clearly signifies that there is significant difference between self esteem of residential and non residential students .Therefore the hypothesis 2 will be rejected .

SUMMARY AND CONCLUSION:

From the present study , it can be concluded that there is relationship between self esteem and emotional maturity of residential and non residential students .There is significant difference between emotional maturity and self esteem of residential and non residential students . On the basis of table 1 this can be concluded that the emotional maturity of non residential students are less in comparison to the residential college students. On the basis of Table 2 it can be concluded that self esteem of non- residential college students is more in comparison to residential students .

Limitations of the study

- More data could have been collected from students .
- All data were collected from self reports . Further researches should be undertaken by employing some other method of data collection e.g., observation, interview ,etc.,.
- The sample taken for this study was only from lucknow city . So generalizing on other cities and states would be difficult.

Implications:

- The result of the study clearly shows that there is significant difference between in the self-esteem of residential and non-residential college students. This result can be used by parents and teachers to understand that training must be given to students to work to the best pf their ability, teachers can enhance the self-esteem of all students regardless of their talent. Parents can do the same and by encouraging their children to participate in extracurricular activities that match their talents which further promotes self-esteem.
- From the study we can understand the emotional maturity. The study can help parents and teachers to develop student emotional maturity. The emotional maturity is the variable which makes the student emotionally stable all the time. It is the foundation for leading a happy and contented life.
- Integrating emotional intelligence into educational programs of students.

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