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EMOTIONAL MATURITY AND AGGRESSION AMONG ADOLESCENTS

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Abstract:

Adolescence is the age when the individual become integrated into the society of adults. This is a period of 'Storm and Stress', a period with the problem of ego identity. Adolescence is not only physical maturity but it also include mental, social and emotional maturity. Emotions play central role in one's life and make it varied, interesting and thrilling. Emotionally matured adolescents can control their 'blow up' and let off their emotions in socially acceptable manners. Emotional immature adolescents are more prone to let out there emotional problems in more aggressive way. In the present study an attempt is made it find how emotional maturity effects the aggressive behavior of adolescents. The sample consists of 100 (50 male and 50 female) adolescents selected from different P.U Colleges in Gulbarga (K.S). Emotional maturity scale (2010) by Dr.Yashvin Singh and Dr. GP Mathur, Dr.Rajkumari Bhatngar was used and score was put to statistical analysis and the result are discussed.

KEY WORDS:

Emotional Maturity ,Aggression ,Adolescents ,social.

INTRODUCTION:

Adolescence is the age when the individual becomes integrated into the society of adults. It is the age when the child feels that he is no longer a child but equal to an adult in many respects. Adolescence is the stage of development marked by the major physical changes of puberty and important cognitive and social development. This period has certain important characteristics like- period of change, problem age, search for identity and threshold of adulthood. These characteristics distinguish it from the periods that preceded it and the periods that will follow it. Stanley Hall, the first development list to study adolescence label then as selfish, self-centered and aggressive. He believed adolescence as a period of "Storm and Stress". Similarly Freud believed development is full of conflict, especially in adolescence. Erik Erikson suggested that a lack of stable and predictable role expectations due to rapid changes in society may make the transaction from childhood to adulthood more difficult and the adolescence may suffer with the problem of ego-identity or "identity crisis". Adolescence is not only physical maturity but it also includes mental, emotional and social maturity.

Adolescence is a period of heightened emotional tension resulting from the physical and glandular changes that are taking place. Adolescent emotionality can be attributed mainly to the social pressures and the level of self confidence they possess to face new conditions. Emotions play central role in the life of an individual as it makes life varied, interesting and thrilling. Life without emotions become dull, monotonous and machinery. If emotions are not expressed accordingly with care, they may create problems in one's life, as they influence our perceptions thoughts, attitudes and interests. Adolescence are said to have achieved emotional maturity if they are able to control their 'blow up' when others are present, and wait for a convenient time and place to let off emotional steam in a socially acceptable manner. Another important indication of emotional maturity is that the individual assesses a situation critically before responding to it

emotionally instead of reacting to it unthinkingly as would a child or an immature person.

Aggression is a disorganizing emotional response due to frustration based on emotional disturbance and hostility. Aggression is more likely when frustration is perceived as unjustified and it may occur if Thwarting of motives is considered and justified by frustrated individual Zillmann and Cantor (1976) and Leonard Berkowitz (1965) state that the emotion that result from frustration does not necessarily result in aggression but creates a readiness to act aggressively. Joe and John (1992) studied the influence of family relationship in terms of parental deviance on aggression of youth. This shows the important of parental relations in shaping the behavior of the children.

Emotional maturity is a determinant of personality which help to develop the adolescents development. Mature emotional behavior reflect the normal emotional development. According to Walter D Smithson (1974) Emotional maturity is a process in which personality is consciously striving for greater sense of emotional health. Kaplan and Baran point out that an emotionally mature person has the capacity to Withstand delay in satisfaction of needs and he is able to tolerate a reasonable amount of frustration.

Emotional immature adolescents are more prone to let out there emotional problems in more aggressive way. Adolescents are more likely to become angry if they are treated unfairly. They may show temper tantrums or express their anger by sulking, refusing to speak, or criticize others. In the present study an attempt is made to find out how emotional maturity effect the aggressive behavior of adolescents.

2. METHODOLOGY:

Statement of the problem: To study the emotional maturity and aggressive behavior of adolescents.

Objectives:

- 1)To examine the emotional maturity among male female adolescents.
- 2)To examine the aggressive behavior among male and female adolescents.
- 3)To examine the effect of emotional maturity on aggressive behavior of adolescents.

Hypothesis:

- 1)There is no significant difference in the emotional maturity among male and female adolescents.
- 2)There is no significant difference in the aggressive behavior among male and female adolescents.
- 3)There is no significant effect of emotional maturity on aggressive behavior of male and female.

Sample:

The sample of the present study consists of 100 (50 male and 50 female) adolescents selected randomly from different P.U college of Gulbarga in Karnataka state.

Tools:

The following tools are used in the present study:

1)Emotional maturity scale (2010) Dr. Yashvir Singh and Dr. Mahesh Bhargava. This scale consist of 48 items under five areas – Emotional stability, Emotional progressive, Social adjustment, personality integration and independence. Each statement have five responses scoring 5, 4, 3, 2, and 1. Higher score indicate emotional immaturity.

The validity of the scale is 0.64 and the test-retest reliability is 0.75.

2)Aggressive Scale (2004): Dr. G.P. Mathur and Dr. Rajkumari Bhatnagar

This scale consist of 55 statements with 5 response strongly agree, agree, undecided, disagree and strongly disagree. Positive statement are scored 5,4,3,2,1 and negative statement are scored reversely. Higher the score higher the level of aggression. The validity of the scale is 0.78 in females and 0.80 in male and the test retest reliability is 0.88 in males and 0.81 in females.

Statistical Analysis:

Mean, SDs, t-test and Correlation is calculated and results are discussed accordingly.

3. RESULT AND DISCUSSIONS:

The major objective of the present study is to examine the effect of emotional maturity on Aggressive behaviors of adolescents. Emotional maturity reflect normal emotional development of adolescent matured persons can withstand delay in satisfaction of need and tolerate a reasonable amount of frustration. In the present study the data was collected to prove the hypothesis whether emotional maturity will affect the aggressive behavior of adolescent. The following tables will highlight the results of the study.

Table No. 1 showing the mean SDs and t-value of Emotional maturity score among male and female adolescent (N=100)

Gender	Mean	SD	t-value
Male	83.93	14.83	1.6
Female	80.2	12.03	

Graph-1 Emotional Maturity of male and female adolescent sample (N=110)

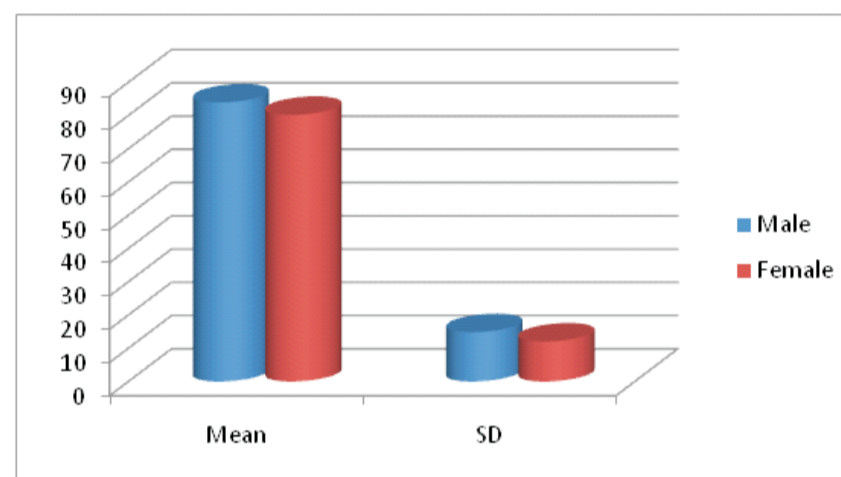


Table No. 1 Depict the Mean, SDs and t-value of Emotional Maturity score among Male and Female adolescents. The Mean score of Male adolescent is 83.93 and SD is 14.83 and that of female is 80.2 (SD is 12.03). The t-value is 1.6 clearly signifies that there is no significant difference in the emotional maturity level of male and female adolescents. The mean score of male adolescent indicate moderately emotional maturity and there of female adolescents are extremely emotionally mature.

Table No. 2 showing the mean SDs and t-value of Aggression score among male and female adolescent (N=100)

Gender	Mean	SD	t-value
Male	161.8	26.09	1.78
Female	146.4	21.05	

Graph-2 Aggression of male and female adolescent sample (N=100)

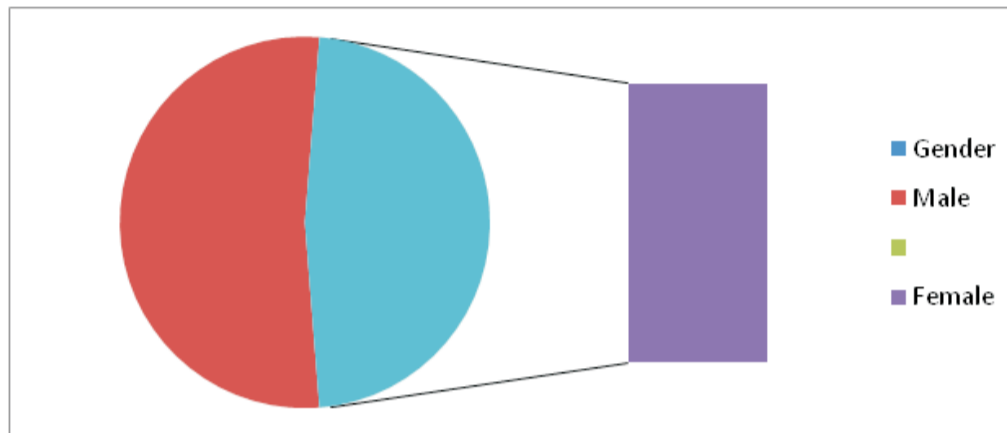


Table No.2 depicts the Mean, SD and t-value of Aggression score among male and female adolescents. The mean score of male adolescent is 161.8 (SD.26.09) and that of female is 146.4 (SD. 21.05). The t-value is 1.78 clearly signifies that there is no significant differences in the Aggression level of male and female adolescents. The male adolescents mean score is slightly more than those of female, which indicates average aggression level where as the female adolescents have low aggression comparatively.

Table No. 3 showing the mean SDs and correlation of adolescent sample (N=100)

	Mean	SD	r
Aggression	154.1	23.57	-0.135
Emotional Maturity	82.06	13.43	

Graph-3 Aggression and Emotional Maturity of (N=100)

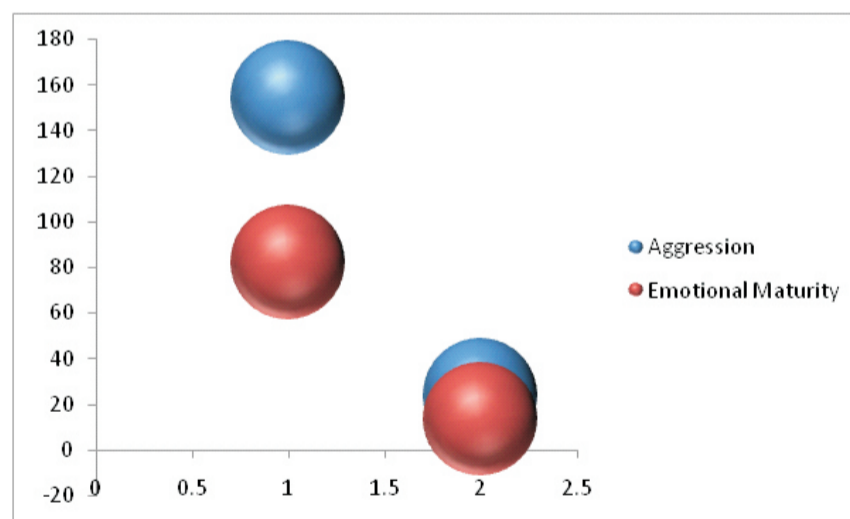


Table No. 3 indicate the mean value and SD of total sample in aggression and emotional maturity. The mean score 154.1 indicate low aggression and the mean score 82.06 indicate moderately emotionally maturity. This scores indicate that, higher the emotional maturely lower will be level of aggression. This is also proved by –ve correlation -0.135. Thus the study clearly explain that if adolescents are emotionally matured than they can handle the problems situation systematically and deal with any difficult and make better adjustment with the environment and society at large.

4. CONCLUSION:

1. There is no significant difference in the Emotional Maturity among male and female adolescents.
2. There is no significant difference in the level of aggression among male and female adolescents.
3. Negative (-ve) correlation between emotional maturity and level of Aggression. Higher the emotional maturity, lower is the level of aggression.

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