



A CORRELATION OF EMOTIONAL BALANCE AMONG PARENTS

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ABSTRACT:-

Middle Adulthood is a period of potential stress and a proportion will react with the development of emotional symptoms. Different views about the effect of Emotional Balance. Emotional Balance is one of the factors of emotional intelligence. However, Emotional Balance is not merely about controlling emotional responses for one's benefit and that of others. It is also using appropriate emotions. Emotion is after all at the heart of that sincerely which reassures, persuades and affords confidence, emotions, triggers fight and flight, something appropriately. Emotion is necessary if we are to cope with bereavement, emotions can lie at the source of our greatest joys; therefore, we are not at ease with our own emotion; we also find out that it is hard to relate to others and to respond appropriately to them. Emotional Balance of the individual helps to strengthen his or her interpersonal relationship; lack of it destroys relationships and also has an effect on individuals. Hence, for maintaining good interpersonal relationships, Emotional Balance is inevitable.

KEYWORDS : factor of emotional intelligence, emotional memories.

I. INTRODUCTION :-

The issue of assessing Emotional Balance is a challenging one. Emotional Balance is a developmental process. It needs frequent opportunities to practice and rehearse the lessons. It is learning. It needs to have these experiences surrounded by positive, enriched environments so that the emotional memories of the learning are strong and able to be retrieved easily. It fluctuates as the skills and attitudes are assimilated and encoded into the individual's everyday repertoires of behaviour and strategies for coping in different contexts. It is certainly multifactorial and multidimensional.

The questions arise should we try to norm the set of skills and attitudes and define what kind of Emotional Balance a child should have at a particular age and stage or should we see this as something that will vary according to previous experience, current context and development readiness. should we look at high, sophisticated demonstrations of the cluster of skills, behaviour, beliefs and emotions linked with a set of domains as aspirational benchmarks? should we think of this in terms of spotting deficits in development, thus leading us to remedial work or should we concentrate on evidence of emotional health and well being, thus promoting the positive and focusing on flourishing.

There are no clear answers to all of these questions but the School has been active in development solutions and working with people who are looking at different aspects of assessment and evaluation.

1.1 Statement of Problem :-

To study of Emotional Balance among Indian male and female parents.

1.2 Objectives of the study :-

- 1) To study the Emotional Balance among male parents.
- 2) To study the Emotional Balance among female parents.
- 3) To compare the Emotional Balance among male and female parents.

1.3 Hypothesis :-

- 1) There is low emotional literacy among male parents.
- 2) There is high Emotional Balance among female parents
- 3) There is high Emotional Balance in female parents than male parents.

1.4 :- Operational definitions of Important terms :-

- 1) Male parents " Those people who's Gender is male called Male parents"
- 2) Female parents :- " Those people whose Gender is female called female parents"
- 3) Emotional Balance :- " It is ability of understand and use information about our own and other emotional states with skills and competences. and make positive relationship with others.

II REVIEW OF THE LITERATURE :-

Weave ka therein (2004) developing emotional School suggest that Emotional Balance closely related the concept such as well being, health, learning, and intelligence. It outline the scientific evidence behind the work in this area, explores ways in which schools can become move emotionally literate and demonstrate the educational benefits of taking a whole school approach to Emotional Balance. It gives practical and up to date account how school can use Emotional Balance to relies there goal of school improvement and effectiveness, increased learning, move effective teaching and learning, greater teacher satisfaction and imported the relationship between students, teacher , male and female parents and wider for community. It explore new findings on ways in which Emotional Balance relate to effective learning and whole brain thinking.

Chayote young investigate the application of the principle of Emotional Balance through the arts. through the case study on autistic spectrum disorder
 Boechin Rob gives different kind of smart on Emotional Balance Robert Grams ton, professor emeritus California state university sacramento. studied timely and useful provide clear practical strategies to help young people and adult achieve successful and satisfying lives by understanding and managing emotion.

Therefore investigator is more interested in the study of Emotional Balance among male and female parents.

III) RESEARCH METHODOLOGY :-

So the present study the 2 x 2 factorial design used. Where two independent variables like male and female parents were entertained . each varying at two levels i.e. high Emotional Balance and low Emotional Balance.

3.1 Sample :-

The sample was restricted in Solapur city men and women m / y . These member of were 30 to 50 age years old. 100 were randomly selected . All were literate, Most of these male and female are calculated and working men and women.

3.2 Tools :-

More specifically 100 male and female parents were administered tests of Emotional Balance, which is rating scale designed by researcher for purpose for study. This test is reliable and valid for parents of male and female.

3.3 Method of data collection :-

The sample to 50 male and 50 female parents were tested on rating scale which measure in level of emotional balance . which measuring various aspects of Emotional Balance . The sample were studied individually.

IV. RESULT TABLES :

Male and females parents mean, SD and t score.

Group	Mean	SD	df	t	
Male Parents	43.78	4.20	49	1.25	Not signification 0.5 level.
female parents	33.38	3.52			

V) DISCUSSION :-

As regard to influence of emotional balance on male and female parents in Solapur . It was found that male and females are not significant on Emotional Balance. The male and female parents score same on tools. Male parents were not low on Emotional Balance. Also

female parents were not low on Emotional Balance . Also female parents were also not high on Emotional Balance. Our null hypothesis were rejected by this study . The finding. of the present study shows that are not related to the male and female parents Emotional Balance. All our hypothesis were rejected this research.

VI) CONCLUSION :-

- i) There is not significant different of Emotional Balance among male parents.
- ii) There is not significant difference. of Emotional Balance among female parents.
- iii) There is not significant difference in emotional balance among and female parents in Solapur city.

VII) LIMITATION AND SUGGESTIONS :-

- 1) The present study was limited for Solapur city.
- 2) The wider study it will help to wider sample in Maharashtra and India.
- 3) The Sample were collected in urban area.
- 4) It was sophisficated to find out better results collect data from urban and rural areas parents.

VIII) REFERENCE :-

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