

Prevalence of Emotional Maturity and Effectiveness of Counselling on Emotional Maturity among Professional Students of selected Institutions at Mangalore, South India

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ABSTRACT

Introduction: No one is born with emotional maturity; it is shaped by our upbringing and life experience. A hallmark of it is maintaining self management during times of stress. Counselling is the intervention which is needed for the professional students to overcome the problems such as anxiety, fear of future, hopelessness and adjustment issues to lead a life fruitfully.

Aims: Are to find the prevalence of emotional maturity level among professional students and to determine the effectiveness of counselling on emotional maturity from the selected professional institutions. And to find the association between emotional maturity with selected demographic variables.

Materials and methods: A descriptive, true experimental research design with an evaluative research approach was adopted. The data was collected through Singh and Bargave's Emotional Maturity Scale and demographic proforma. Intervention was given for 8 consecutive weeks to the students who were identified with average to low emotionally mature based on issues of counselling checklist.

Results: The study revealed that; the prevalence rate of emotional maturity (Average to low) was 63.38%. The Emotional maturity was re-measured in the 9th week, and the difference due to the application was determined by comparing the pre test, post test measurements. There was a statistically significant ($P \leq 0.001$) reduction in the mean scores of emotional maturity among the subjects from the pre intervention to immediate posttest assessment. A significant association was found with education status of mother, parent's health status and history of mental illness in the family with emotional maturity and χ^2 values are $p \leq 0.05$. The counselling was very effective in improving the emotional maturity level of the students.

Key words: Prevalence, Emotional Maturity, professional students, Counselling.

1. INTRODUCTION & BACKGROUND OF THE STUDY:

Adolescence is a critical period of human development manifested at the biological, psychological and social levels of interaction, of variable onset and duration, but marking the end of childhood and setting the foundation for maturity. Maturity is the capacity of mind and an ability of an individual to respond to uncertainty, circumstances or environment in an appropriate manner. Whereas, emotional maturity is the ability to deal constructively with reality^{1,2}.

Emotion is the multifaceted body and mind, understanding of an individual's state of mind as interacting with biochemical or internal and external influences³. In order to lead a successful life with satisfaction one needs to have a highly emotionally mature behavior. Generally, behavior is persistently prejudiced by the emotional maturity level that a human being possesses, especially the adolescents who are observed to be highly emotional in their dealings, the abilities of self control is consecutively the outcome of the persons' way of thinking and knowledge, these usually happen due to high level of emotional maturity. According to Chamberlain, an emotionally matured person is one whose emotional life is well under control⁴.

Students with high self-esteem were found to be more emotionally mature than students who are low in self-esteem⁵. Students who had high academic scores also had a high emotional quotient / maturity and high significance in stress management⁶. A research conducted on medical professional students on emotional maturity study revealed that; emotional maturity was a major factor, especially as a predictor of success among medical professional students⁷. The students who are unable to handle their emotions and feelings are ill equipped to face challenges of life. It is their impulsive emotions which overwhelm them and the root cause of this is lack of Emotional Intelligence/maturity⁸.

Living out of the home, psycho-social problems and stress are reported or observed in young people⁹. Researches proved that good relationship with partners, careers, teachers and a supportive social network results in physical and emotional healing, happiness and life satisfaction¹⁰. Adolescents determine greater preference for

psycho social therapies than the other mode of treatment for emotional problems. Research in this area is relatively new, but psycho-social interventions are being developed and tested: Preliminary evidence, where available, indicates that these interventions are feasible, well-received by families, and associated with positive outcomes¹¹. In this era for adolescent students; social support and maturity needs to shape them to be the productive wellbeing for the future, since emotional maturity plays a vital role in transforming adolescents into ideal citizen. Thus, considering the need of the participants counselling was given to improve their emotional maturity.

2. OBJECTIVES:

1. To find the prevalence of Emotional Maturity among professional students.
2. To find the effectiveness of counselling on emotional maturity.
3. To find the association between emotional maturity with selected demographic variables.

3. MATERIALS AND METHODS:

The study adopted descriptive survey with evaluative approach and the true experimental research design. The subjects of the study were the students studying in two selected nursing colleges from Mangalore, settings of the study were selected through the convenient sampling technique. The study was conducted in two phases. **Phase 1:** The target population was all four batches of B.Sc. Nursing students consisting of 400 respondents and the available subjects during the time of the study were 325. All the 325 students were screened for determining their emotional maturity level by using Emotional Maturity Scale. Two hundred six subjects had average to low emotional maturity. Six students dropped out from the study. **Phase 2:** The total 200 subjects were finally selected to participate in the study, 200 subjects were further divided into 3 intervention groups and 1 control group, each group with 50 subjects, since the investigator wanted to find out the effectiveness of different modalities ((a). Yoga, (b). Counselling and (c). Yoga with counselling) in improving the emotional maturity levels of the subjects having one control group. Now in the present article the authors wish to discuss the effectiveness of counselling in improving the emotional maturity of the subjects.

Tools: Tool 1: Modified emotional maturity scale (developed by Singh and Bargave). It consists of section A. Demographic Performa with 19 items Section B. 5- point rating scale to determine emotional maturity with 48 items, having maximum score 240. The reliability of the scale was established using test retest method and obtained r value (r=.87). **Tool 2:** Self developed Counselling check list having 9 domains with 34 items was administered to identify the problems related to their emotions and reliability of the tool was established by the test retest method (r=. 86).

Structured counselling, including; the formation stage, transition stage, working stage, final stage and evaluation and follow-up were adopted and administered by the researcher for 8 weeks to the subjects after determining the counselling issues using a counselling check list. (Researcher had undergone counselling training and obtained a certificate). Post-test was conducted for intervention and control group in the following week (7th day after the intervention). The data were analyzed by using descriptive and inferential statistics.

4. ANALYSIS AND INTERPRETATION.

4.1 Significant demographic characteristics.

Majority (97%) were females, 55% were aged between 17 to 20 years, majority (55.4%) subjects had an academic score between 61-70%. Majority (89.56%) were from nuclear families, 42% parents' educational status was higher secondary, 10.8% of the subjects' parents had some or the other diagnosed illness. 3% had a family history of mental illness; 89% subjects were staying in a hostel, 2.2% had the history of substance use.

4.2. Table 1: Prevalence of Emotional maturity among professional students.

n=325

Emotional Maturity	F	%
High (48-111)	119	36.62
Average (112-176)	191	58.76
Low (177-240)	15	4.62
Total	325	100.00
Average + Low Emotional maturity	191+15=206	58.76+ 4.62=63.38%

The data presented in the table 1: shows that; majority of the subjects (58.76%) had average emotionally maturity, 4.62% had a low emotionally maturity and 36.62% were with high emotional maturity. This study, results revealed that; 63.38% of the students had average to low emotional maturity.

4.3 Table 2: Pattern of distribution of Emotional maturity scores among professional students in experimental and control group before and after intervention.

n=10

Groups	Emotional Maturity Level	Pre-test		Post test	
		f	%	f	%
Counselling Group	Highly emotionally mature	-	-	40	80
	Average emotionally mature	48	96	10	20
	Low emotionally mature	02	04	--	--
Control Group	Highly emotionally mature	-	-	--	--
	Average emotionally mature	46	92	46	92
	Low emotionally mature	04	08	04	08

None of the subjects in both the groups had high emotional maturity in the pretest, majority in the counselling group (96%) and in control group (92%) had average emotional maturity.

4.4. Table 3: Effectiveness of counselling on Emotional maturity.

n=10

Groups	Test	Mean	Standard Deviation	Mean Difference	't' value.	df	P Value
Counselling	Pre	134.74	17.721	50.12	26.218	49	0.001*
	Post	84.62	14.806				
Control	Pre	133.28	20.288	-88	.625	49	0.535
	Post	134.16	19.822				

't' tab₍₄₉₎=2.02

* HS- highly significant

Data presented in the Table 3 shows that the mean pre-test and post-test scores of intervention and control groups were significantly different. Counselling group ('t'=26.218, P<0.001), had significant difference, however, there was no significant difference in the pre-test and post-test scores of control group ('t'=.625, P>0.535). The calculated "t" value was more than the table value at 0.001 level of significance in the intervention groups. Thus the intervention was found to be effective in improving emotional maturity among the subjects.

4.5 Table 4: Association between emotional maturity and selected demographic variables:

n=10

Sl.No.	Area	df	Chi square Value	P Value	Level of Significance
1	Education status of mother	5	13.628	0.014, P<0.05, S.	
2	Parents health status	3	7.769	0.051, P<0.05, S.	
3	Family history of mental illness	2	11.326	0.001, P<0.001, HS.	

S=Significant, HS= Highly significant.

The highly significant association was observed between emotional maturity and family history of mental illness at 0.05 level of significance.

5. DISCUSSION:

The present study was conducted to assess the prevalence of emotional maturity, in the present study out of 325 students, 206 (63.38%) subjects were noticed with average to low emotional maturity. The study was supported by various research studies: A study was conducted on emotional maturity & Emotional competence of college going students of Belgaum in 2010, and their results show that; the level of emotional maturity of postgraduate students was extremely in unstable condition¹². Another previous study was conducted on Emotional Maturity of post-graduate students at Pondicherry in 2007, and the result reveals that, emotional maturity of the students is low¹³. Whereas in the present study majority of the subjects were in the average level of emotional maturity.

In the present study, there was an association between emotional maturity and family history of mental illness, generally, disturbance in self esteem is the classic behavior of a person with emotional disorder and it shows that there is a relation between emotional disorder and emotional maturity. A research was conducted on Self-Esteem and Emotional Maturity among College Students in 1981, study results reveal that; emotionally immature behavior is more in people who have less or low self-esteem¹⁴.

In the present study majority of the subjects (58.76%) were in average emotional maturity, (4.62%) were in low emotional maturity condition and (36.62%) of the subjects lie in mature condition. The findings of

the study were supported by a study; conducted on the emotional maturity of the college students on 2011: Results revealed that; majority of adolescent students (48%) were in emotionally unstable condition, (12%) were in extremely unstable condition, (30%) in moderately stable condition and only (10%) of the students lie in extremely stable condition ¹⁵.

In the present study around 5% of the subjects academic score was 40-50% and 20% of the subjects had 51-60%, this results depict that, there is a relationship between emotional maturity and academic achievements and it was supported by a study; conducted on the concept of psychosocial maturity in 1974: Results report that; there is a relationship between emotional maturity, self esteem and academic achievements of students ¹⁶. Students high in self-esteem were initiated to be higher in emotional maturity than students with less or low in self-esteem ^{12, 16}.

In the present study majority (80%) of the subjects were from rural background and (90%) were residing in nuclear families, (79.5%) of the subjects' mothers are housewives and 40% of the students' family income fell between the range of Rs.5000 to Rs.10, 000. The present study signifies that; there is a relation between emotional maturity and socioeconomic status of the students. Another study was conducted on the emotional maturity of the college students in 2011 and the results depicts that; there is a significant difference between male and female students, urban and rural students and students who live in a joint family and nuclear family system in respect their emotional maturity ¹⁵. A similar study report depicts that; the adolescent children of employed mothers have greater emotional maturity than that of housewives ¹⁷.

In the present study, 3% of the subjects had a family history of mental illness and 30% of the subjects' parents had diagnosed physical illness. Researchers noticed that; Emotional maturity of an individual is influenced by individual and family health issues. Emotional maturity plays a vital role in all dimensions of life of an individual and their health. A study was conducted on emotional maturity and adjustment level of college students in 2012; which reported that: Emotional maturity is very intimately related to the individual's health, adjustment and behavior. So it becomes necessary that a child should have a healthy emotional development ¹⁸. Nowadays the educational institutions concentrate on intellectual skill development but not on overall personality development. With this background students are unable to face the forthcoming challenges of their life because they are not equipped for that. These kinds of people are more impetuous in emotions which overwhelm them and the root cause of this is lack of Emotional intelligence/maturity ¹⁹.

In the present study; subjects who participated in the research study with average to low emotional maturity showed an improvement in self reported emotional maturity by the end of the study, compared to those who were randomly assigned to a control group ($P \leq 0.001$). As a measure to improve the emotional maturity level of a student; Counselling was adopted in the study. As a support for this, a previous research study reported and suggested that; counselling works with the psychic concepts; the effective counselling also leads to Neuro chemical changes in the brain and can be noticed by assessing behavior in the subjects. Cognitive behavioral therapy and interpersonal therapy provides the highest evidence and can change brain neurobiology ²⁰.

6. CONCLUSION

Emotions play a vital role in the life of an individual. One is estimated to have higher emotional maturity in order to lead effectual and successful life. Hence the emotional maturity occupies significant part of the individual's life. As the students are the pillars of the society so upcoming generation's emotional maturity is imperative owing to which they will be in a position to train their younger generation in the future days. The present study findings indicate that majority of the subjects emotional maturity is average to low among medical professional students. This study finding suggests that; high levels of emotional distress exist in professional students during their course of study. This study provides factual information about the psychosocial intervention (counselling) to improve emotional maturity and help the students to reach their destinations with emotional maturity.

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Ethical clearance: The ethical clearance was obtained from the university after the proposal submission. The written permission was obtained from the head and board of management of colleges from Mangalore. Consent and willingness were established from all the subjects who met inclusion criteria. The findings suggest that; high levels of emotional distress exist in professional students during their course of study. This study provides factual information about the psychosocial intervention to improve emotional maturity.

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