

Relationship between Emotional Maturity and Altruistic Behaviour among High School Students



Juri Das, R. D. Padmavathy

Abstract: Emotional maturity indicates the state of mind where an individual can balance his/ her emotions and know how to handle the hard situation without feeling panic. The objectives of the study is to find out the relationship between emotional maturity and altruistic behaviour in relation to high school student's gender, place of residence and type of school management. In the present study, the researchers adopted normative survey method with simple random sampling to select a sample of 160 high school students aged 14 –16 years in Sonitpur district of Assam. The researcher collected and analyzed the data statistically by using mean, standard deviation, and t-test. The findings of this study indicate that emotional maturity and altruistic behaviour has positive relationship and there is a significant mean difference in emotional maturity among male and female students, rural and urban, and government and private school students.

Keywords: Altruistic, Behaviour, Emotional Maturity, , High School Students

I. INTRODUCTION

Every human in the world is suffering now because of anti-humans actions committed by another human. Due to self-centered nature human's big wealth like character, values, virtues, morals and ethics are lost now a day and the barbaric qualities dominating the human life. Scientific and technological revolution changes the human life style but at the same time one thing we have to accept our education system produces labours for the market need and failed to give importance to our human values. "Our present educational system with all its complexities and intricacies have proved to be deficient so far, as it neglects or does not give deserving importance to values in human life" (Venkataiah,2005). But there is an urgent need to revive reform and nurture the human values life to lead a peaceful society. (Padmavathy, 2016).

Every action in our life directed by the individual's needs, attitude and emotion. Emotion has a great impact every one's life. We show different type of behaviour due to emotion. Like, when we feel sorrow we cry, when we feel happy we laugh. This is some action against certain type of emotion. Emotions are the basics which give humans ability to understand, use and manage his /her life in an effective way. But if we are not able to control our emotions, it will create lots of problem. So development of emotional maturity is essential to make ourselves strong.

According to Lisa (2004) state that "Emotional maturity brings with it a capacity for independence, the willingness to take action as free agent along with the capacity of affiliate, to freely initiate and sustain loving relationships".

Bessel, R. (2004) "Emotional maturity refers to those behavioral patterns that make for good adjustment in life".

II. REVIEW OF RELATED LITERATURE

Kumari (2018) found that there is no significant relation between emotional maturity and academic achievement with regards to their mother's employment status. Bagh (2018) found that there is no significant relationship exist in the involvement of parents in relation to emotional maturity among adolescence and the study also find that there are no differences in emotional maturity among adolescent in respect to their locale and gender. Daragad & Roopa (2018) found that there is a significant difference between boys and girls in the dimensions of ability to deal, adapt to change, satisfaction in giving, relate to others and capacity to love. Whereas there is no significant difference found between boys and girls in the dimensions of freedom from symptoms of tensions and capacity to sublimate aspects of emotional maturity among orphanage's children. Rani (2017) found that girls and rural adolescents were found more altruistic than boys and urban adolescents. Duhan, k., Punia, A., Jeet, P. (2017) reveals that there are a high level of correlation lies between altruistic behavior and emotional maturity among adolescence and there is no differences exist in the level of emotional maturity and altruistic behavior in relation to their locality and gender. Bhut & Zalavadia (2016) found that there is significant positive correlation between the college student emotional maturity and home environment.

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Sarita, Kavita & Sonam (2016) found that the undergraduate students are less emotionally mature than postgraduate students.

III. OBJECTIVES OF THE STUDY

1. To find the levels of emotional maturity among high school students
2. To examine the significant difference in emotional maturity among high school students in relation to their gender, place of residence and type of school management
3. To find out the relationship between emotional maturity and altruistic behaviour of high school students.

IV. HYPOTHESES OF THE STUDY

1. There is no significant difference in the mean scores of emotional maturity among male and female high school students.
2. There is no significant difference in the mean scores of emotional maturity among urban and rural high school students.
3. There is no significant difference in the mean scores of emotional maturity among government and private school high school students.
4. There is no significant relationship between emotional maturity and altruistic behaviour of high school students.

V. NEED AND SIGNIFICANCE OF THE STUDY

Due to globalization, modernization, westernization etc lots of problems like stress, frustration, anxiety, mental disturbance are increasing among new generation. Today's education system as well as parents also gives concern only for the development of cognitive domain and psychomotor domain. But the importance of affective domain is neglected. As our feelings or emotions part of life are a great predictor of a good personality. An emotionally stable person understands his own emotions in a better way and knows how to balance his life. And also an emotional maturity person has empathy for other emotion too. So he/she knows the other's emotions as well. If a person is emotional immature he/she doesn't bother about others feelings and not feel empathy for others. When he found a person in problem he/she can't understand the problem of that person. They will only ignore it by saying is not happening with them. But the person who is emotionally mature definitely understands the other's problem and tries to help others. So, an emotionally mature person will able to deal with reality, adjust in difficult situation of life, as well as understands others emotion too. This behaviour of helping others when some are seeking help is only given by emotional mature person. This quality in human behavior is known as altruistic behaviour. As it has mentioned earlier our action is directed by our emotion so it can say that it is emotion has influence on altruistic behaviour and it is emotional maturity that's helps to increase altruistic behaviour in humans. Which is important for developing better well balance life, confident, good personality as well as take wise decisions in life.

VI. METHODOLOGY

A. Variables of the Study

Dependent variable: Emotional maturity, Altruistic behaviour

Demographic variables: gender, place of residence, and type of school management

B. Sample of the Study

160 high students were selected as samples from two schools one is government and another one is private school at Sonitpur district of Assam. Both, school and students are selected using random sampling method by the investigator. These samples represent the students of secondary level in Sonitpur district, Assam. The age ranges of the sample from 14-16 years.

Tool used in the Study

Researchers used the following tools for collecting the data.

- a. Emotional maturity scale developed by Dr. Tara Sabapathy
- b. Altruism Scale developed by Dr. S.N Rai and Dr. Sanwat Singh

C. Method

Normative survey method has been employed by the researchers.

VII. DATA ANALYSIS AND INTERPRETATION

A. Analysis based on levels of Emotional Maturity

Table I : Showing gender wise levels of Emotional Maturity

Levels of Emotional Maturity							
Gender	Average	Percent age	Average	Percent age	Below average	Percent age	Total
Male	44	27.5	19	11.87	17	10.6	80
Female	48	30	25	15.62	7	4.37	80
Total	92	57.5	44	27.5	24	15	160

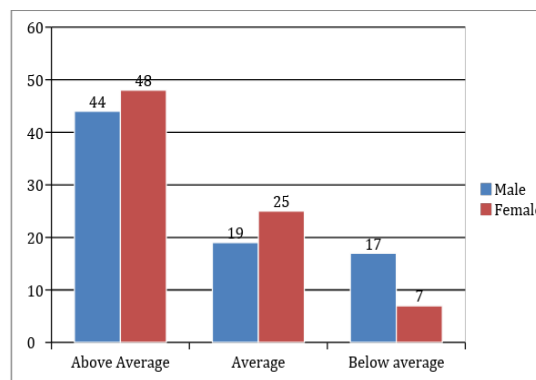


Fig I: Bar chart showing Gender wise levels of Emotional Maturity



Interpretation

The above Table I indicates that 44 male (27.5%) students and 48 (30 %) female students fall in the range of above average emotional maturity. 19 (11.87%) male students and 25 (15.62 %) female students fall in the range of average emotional maturity. 17 (10.62%) male students and 7 (4.37%) female students fall in the range of below average emotional maturity.

Table II : Showing Place of Residence wise levels of Emotional Maturity

Levels of Emotional Maturity							
Place of Residence	Above Average	Percentage	Average	Percentage	Below Average	Percentage	Total
Urban	62	38.75	25	15.62	Nil	Nil	87
Rural	30	18.75	37	23.12	24	15	73
Total	92	57.5	44	27.5	24	15	160

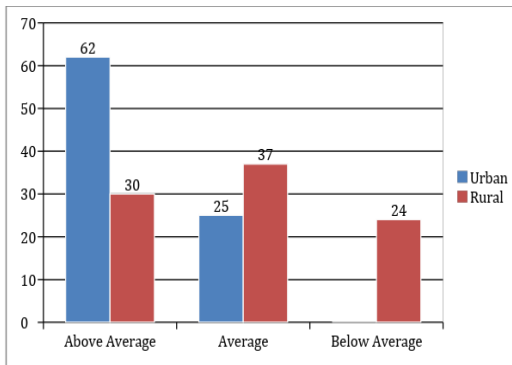


Fig II: Bar chart showing Place of Residence wise levels of Emotional Maturity

Interpretation

The Table II indicates that 62 (38.75%) urban students and 30 (18.75%) rural students fall in the range of above average emotional maturity. 25 (15.62%) urban students and 37 (23.12 %) rural students fall in the range of average emotional maturity. 24 (15%) rural students fall in the range of below average emotional maturity but no urban students fall in this category.

Table III: Showing Type of School Management wise levels of Emotional Maturity

Levels of Emotional Maturity							
Type of school management wise	Above Average	Percentage	Average	Percentage	Below average	Percentage	Total
Private	68	42.5	9	5.62	7	4.37	87
Govt.	24	15	35	21.87	17	10.62	73
Total	92	57.5	44	27.5	24	15	160

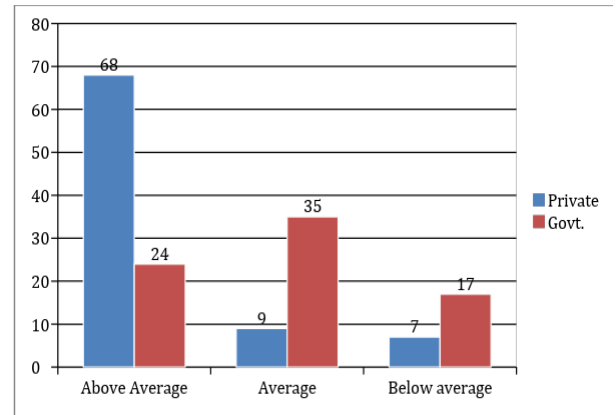


Fig III: Bar chart showing levels of Emotional Maturity Type of School Management wise

Interpretation

The above Table III indicates that 68 (42.5%) private students and 24 (15%) govt. students fall in the range of above average emotional maturity. 9 (5.62%) private students and 35 (21.87 %) rural students fall in the range of average emotional maturity. 7 (4.37 %) private students and 17 (10.62%) govt. students fall in the range of below average emotional maturity.

B. Analysis of mean score of Emotional Maturity of Male and Female Students

Hypothesis 1: There is no significant difference in the mean scores of Emotional Maturity among Male and Female High School Students

Table IV: Comparison of Emotional Maturity of Male and Female Students .

Variable	Gender	Number	Mean	S.D	t-value	df	Sig. (2-tailed)
Emotional Maturity	Male	80	121.7	9.96	2.28	158	0.02
	Female	80	125.0	8.37			

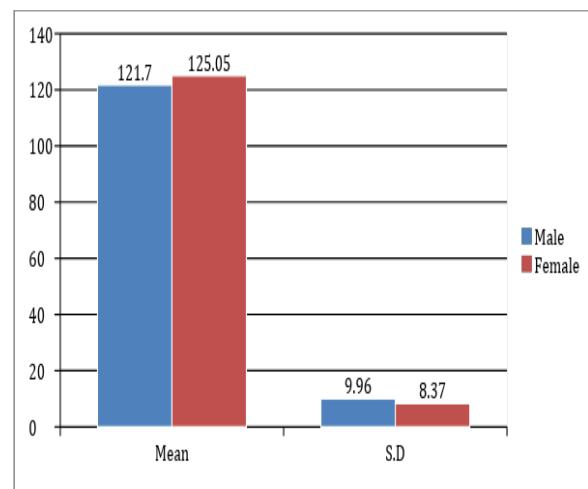


Fig IV: Bar chart showing comparison of Emotional Maturity of Male and Female Students

Interpretation

In the Table IV given above, The mean and standard deviation of emotional maturity of male is found to be 121.7 and 9.96 and female is 125.05 and 8.37. The mean difference is found to be 3.35. Comparing the mean score shows female students scored more than male students in emotional maturity. The calculated t- value is found to be 2.28 with df 158 and level of significance is 0.02 which is less than the 0.05 level of significance. It shows statistically evidence not to accept the null hypothesis. In other words, there is a significant difference between emotional maturity of male and female students.

C. Analysis of mean score of Emotional Maturity of Urban and Rural Students

Hypothesis 2: There is no significant difference in the mean scores of Emotional Maturity among Urban and Rural High School Students

Table V: Comparison of Emotional Maturity of Urban and Rural Students

Variable	Place of Residence	Number	Mean	S.D	t- value	df[Sig. (2-tailed)]
Emotional Maturity	Urban	87	125.6	8.35	3.53	158 [0.001]
	Rural	73	120.6	9.71		

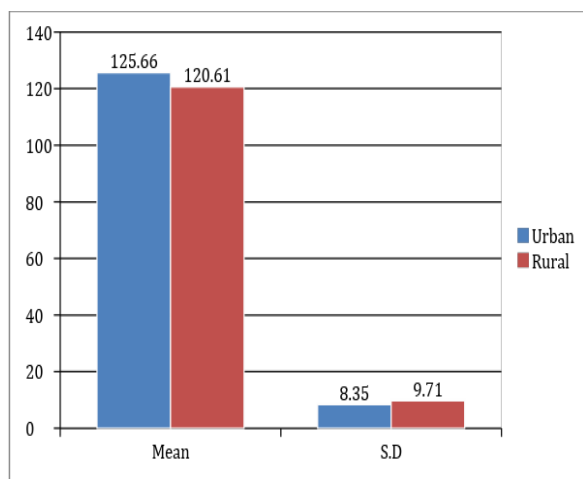


Fig V: Bar chart showing comparison of Emotional Maturity of Urban and Rural Students

Interpretation

In the Table V given above, The mean and standard deviation emotional maturity in urban is found to be 125.66 and 8.35 and rural is 120.61 and 9.71. The mean difference is found to be 5.05. Comparing the mean score shows urban students scored more than rural students in emotional maturity. The calculated t- value is found to be 3.53 with df 158 and level of significance is 0.001 which is less than the 0.05 level of significance. It shows statistically evidence not to accept the null hypothesis. In other words, there is a

significant difference between emotional maturity of urban and rural students.

D. Analysis of mean score of Emotional Maturity of Private and Government School Students

Hypothesis 3: There is no significant difference between the mean scores of Emotional Maturity among government and private school high school students.

Table VI: Comparison of Emotional Maturity of Government and Private School Students

Variable	Types of school	Number	Mean	S.D	t- value	df[Sig. (2-tailed)]
Emotional Maturity	Private	84	129.5	4.24	12.4	158 [0.001]
	Govt.	76	116.5	8.57		

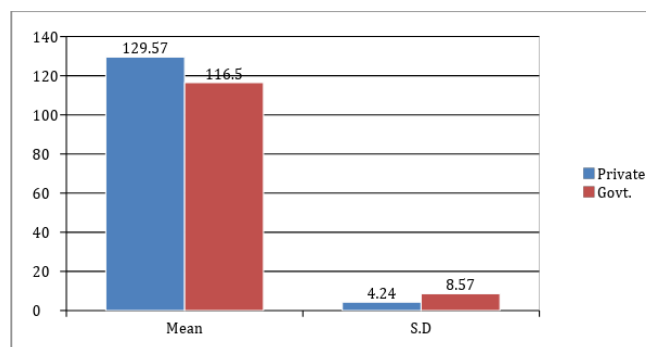


Fig VI: Bar chart showing comparison of Emotional Maturity of Private and Government School Students

Interpretation

In the Table VI given above, the mean and standard deviation emotional maturity in private school is found to be 129.57 and 4.24 and govt. school is 116.5 and 8.57. The mean difference is found to be 13.07. Comparing the mean score shows private high school students scored more than govt. high school students in emotional maturity. The calculated t- value is found to be 12.4 with df 158 and level of significance is 0.001 which is less than the 0.05 level of significance. It shows statistically evidence not to accept the null hypothesis. In other words, there is a significant difference between emotional maturity of private and govt. students.

E. Analysis of relationship between the variables

Hypothesis 4: There is no significant relationship altruistic behavior and emotional maturity among high school students.

Table V: Showing the Relationship between Altruistic Behavior and Emotional Maturity

Variables	Number	Mean	Pearson Product Correlation	Significance (2-tailed)
Altruistic Behavior	160	37.91	0.49	0.001
Emotional Maturity	160	124.89		

Interpretation

In the inferred from the Table V, The r - value computed between altruistic behavior and Emotional maturity is 0.49. The positive sign denoted that the relation between emotional maturity and altruistic behaviour is direct i.e., an increase in altruistic behavior is associated with an increase in the another variable emotional maturity and a decrease in altruistic behaviour is associated with a decrease in the another variable emotional maturity. This means both altruistic behaviour and emotional maturity influences each other.

VIII. FINDINGS

1. In the present study, the researchers found that 92 (57.5%) students fall in the range of above average category, 44 (27.5%) students fall in the average category and 24 (15%) students fall in the below average category.
2. There is a significant mean difference in emotional maturity among male and female high school students. Female students are more emotionally mature than the male students.
3. There is a significant mean difference in emotional maturity among urban and rural high school students. Urban students are more emotionally mature than the rural students.
4. There is a significant mean difference in emotional maturity among government and private school high school students. Private school students are more emotionally mature than the government school students.
5. There is a positive relationship between emotional maturity and altruistic behaviour among high school students.

IX. EDUCATIONAL IMPLICATIONS

- The study has implications for teachers to make the students emotional mature. So that students will understand their surrounding in a better way and develop a positive attitude as well as a good personality.
- The study will be helpful for school in the sense that in Govt. school provides less facilities in comparison to private school. So, govt. school should also try to provide facilities like library, lab, computer centre, counseling center etc. So that students cannot waste their valuable time. Through utilizing these facilities, their emotions will go in the right direction and able to develop emotional maturity.

- The rural area students have less emotional maturity in comparison to urban areas. So the teacher and parents try to provide a platform where they get a chance to showcase their talents and get scope for interaction with people. Through getting this chances they will reduce their shyness and able to develop emotional maturity.
- The study will help the parents to know their child's levels of emotional maturity and accordingly the parents can treat them and try to involve them in different work of society, provide opportunity to come contact with different good personality which will help to increase their emotional maturity.
- School can organize different excursion, outing, field study program related to different situations of people's life, like slum area, different organization, problematic situation, Medical, orphan house, old age home etc so that they know the reality of life, life outside the classroom, problems and suffering of people in a better way and it will help to develop a balanced emotional life.
- The present study shows the positive relation between altruistic and emotional maturity. Those who have emotional more mature they show high altruistic behaviour. So, teachers, parents, counselor try to develop the emotional maturity in student which will influence altruistic behaviour in the personality

X. CONCLUSION

Altruistic behaviour and Emotional maturity are two positive value of life. Without our emotional maturity, we will not able to face the reality of life and not able to understand others emotions. Altruistic behaviour on the other hand make people a human good who are willing help other neglecting their own benefits. Especially adolescence stage is the most sensitive stage where the possibility of maximum problem in students life because of low emotional maturity. It is the duty and responsibility of parents, teachers as well as education system to take positive step through different activities and try to better develop emotional maturity which will lead them to develop altruistic quality in their behaviour. So that they will become a good future citizen, who has not only a good life but also can work towards good society.

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