

Psychological analysis of Emotional Maturity among Youth: An experimental study

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ABSTRACT –

This research investigates the psychological dimensions of emotional maturity among youth and its critical intersection with health-related behaviors. Emotional maturity is conceptualized not merely as the expression of affect, but as the capacity for self-regulation, social adaptability, and the logical management of environmental stressors. The study specifically explores whether demographic variables, such as gender and geographical residency, yield significant variances in the emotional development of young adults.

A survey-based experimental design was implemented involving a stratified random sample of 120 participants from the Gandhinagar district. The cohort was equally distributed between urban (N=60) and rural (N=60) areas, with balanced gender representation (30 males and 30 females per group). Participants were evaluated using the Emotional Maturity Scale developed by Singh and Bhargava. Quantitative data were analyzed through Mean, Standard Deviation, and independent samples t-tests to assess the validity of the null hypotheses.

The statistical findings revealed no significant difference in emotional maturity between male and female youth in urban environments. Similarly, gender-based comparisons in rural settings demonstrated no statistically significant variance. Consequently, both null hypotheses were accepted, indicating that emotional maturity levels remain relatively consistent across gender and regional lines within the studied population. The study concludes that fostering emotional maturity is essential for enhancing psychological resilience, improving decision-making, and mitigating the negative impacts of digital challenges such as social media-induced anxiety and cognitive fragmentation.

INTRODUCTION –

The definitions of **emotion** provided by various psychologists are as follows:

"Emotion is a complex pattern of reaction, involving experiential, behavioral, and physiological elements."

"Emotion is a state of disturbance that originates from physical arousal and involves cognitive interpretation and conscious experience."

"Emotion is a mixture of physiological arousal, expressive behavior, and conscious experience."

Among the developmental stages of human life, '**Adulthood/Youth**' is the most dynamic and transitional period. During this phase, an individual progresses toward maturity not only physically but also mentally and emotionally. The present research is based on two primary pillars: **Emotional Maturity**.

1. Emotional Maturity

In psychology, emotional maturity does not merely mean the display of feelings, but rather the '**management**' of emotions. According to **Kaplan and Baron**, maturity is the capacity to adapt to one's environment in a logical and balanced manner. When youth possess emotional maturity, they

view life's stresses, failures, and pressures through a positive lens. It is an inner strength that protects an individual from making wrong decisions driven by impulsive emotions.

Psychological Dimensions of Emotional Maturity

To understand emotional maturity in youth, it can be categorized into the following dimensions:

Emotional Stability: Youth often experience mood swings. Maturity provides stability, preventing an individual from becoming easily provoked or despondent over minor issues.

Social Adaptability: When youth enter new environments (college, hostels, or workplaces), it is their social maturity that helps them build healthy relationships with others.

Self-Regulation: This is the pinnacle of maturity. The ability to recognize one's own weaknesses and strengths and to regulate them constitutes true maturity.

Modern Digital Challenges and Emotional Maturity

In the current era, the lives of youth are inextricably linked with digital devices and social media. While this technology is a blessing, it also poses challenges to emotional maturity:

Virtual Validation and Self-Worth: The happiness of today's youth often depends on 'likes' and 'comments' on social media. Lack of expected response negatively impacts their self-esteem. An emotionally mature youth understands that online feedback does not define their real value.

FOMO (Fear of Missing Out): Observing the 'perfect' lives of others on social media creates a sense of insecurity. This leads to constant anxiety and mental stress, directly affecting health behaviors like sleep patterns.

Attention Economy and Cognitive Fragmentation: Constant notifications and infinite scrolling erode the capacity for **Deep Work**. This state of cognitive fragmentation weakens youth academically and professionally.

OBJECTIVES –

- To study the emotional maturity of boys and girls youth of urban area.
- To study the emotional maturity of boys and girls youth of rural area.

HYPOTHESIS –

- There is no significant difference in emotional maturity between boys and girls youth of urban area.
- There is no significant difference in emotional maturity between boys and girls youth in rural area.

SAMPLE –

The present study's sample consisted of 120 youth selected from the urban and rural area of the gandhinagar district

To maintain the scientific validity of the research, the sample was further categorised as follows :

- Urban youth (N=60) :
30 boys and 30 girls
- Rural youth (N=60) :
30 boys and 30 girls

The simple random sampling method was employed for the selection of the participants.

TOOL – EMOTIONAL MATURITY

SCALE – Dr. Yasvir singh and mahesh bhargava was used to measure emotional maturity of youth.

METHOD –

Survey method was used for the present study.

STATISTICAL ANALYSIS –

To interpret the raw data , analyses were done using mean, standard deviation and T– test .

RESULTS AND DISCUSSION –

The purpose of the present study was to investigate the difference of emotional maturity between boys and girls youth of urban as well as rural area.

Table – 1. Difference on emotional maturity between boys and girls youth of urban area.

Gender	No.	Mean	SD	T– value	Sig.
Male	30	132.09	11.73	0.77	N S
Female	30	130.04	9.61	0.77	N S

HO 1 , There is no significant difference in emotional maturity between boys and girls youth of urban area.

Result from table – 1. T–test relieved a statistically no significant difference between the mean number of emotional maturity between two comparative groups. Hence the null hypothesis is accepted it is indicate that regarding the urban area there is no significant difference found the boys and girls youth on their emotional maturity.

Table – 2. Difference on emotional maturity between boys and girls youth of rural area

Gender	No.	Mean	SD	T– value	Sig.
Male	30	131.26	10.04	0.96	N S
Female	30	129.04	9.83	0.96	N S

HO 2, There is no significant difference in emotional maturity between boys and girls youth of rural area.

Result from table – 2. T– test relieved a statistically no significant difference between the mean number of emotional maturity between two comparative groups. Hence the null hypothesis is accepted it is indicate that regarding the rural area there is no significant difference found the boys and girls youth on their emotional maturity

CONCLUSION –

After analysis and interpretation the following conclusion were drawn. The major findings of the present study indicated that there was no significant difference between boys and girls youth of urban as well as rural area in their score of emotional maturity.

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