



A BRIEF STUDY ON THE EMOTIONAL MATURITY

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ABSTRACT:-Emotional maturity is the aspect of emotional conduct that an adult typically develops following his or her adolescent years. His emotional maturity allows him to lead a lifelong emotional conduct that is well-balanced. If a person possesses practically every feeling, whether it be pleasant or bad, and is capable of expressing them when necessary and to the proper degree, that person may be considered emotionally mature. A cognitive behavioural therapist told me that our thoughts and environments together shape our emotions. However, by being conscious of our unfavourable and correct beliefs and ideas, we may manage our thinking.

KEYWORDS:- Emotional maturity etc

DEFINATION:-

Chamberlain (1960):-

a person who has a well-controlled emotional life is considered to be emotionally mature.

According to Wikipedia:-

Emotional maturity refers to a degree of comprehension or an event seen from the perspective of a specific age or individual.

Emotions

The Latin word *emovere*, which meaning to rile up or to excite, is where the term emotion originates. Therefore, emotion may be thought of as an agitated or stimulated condition of either mind and bodies. Numerous psychologists have attempted to explain Emotion in different ways, drawing inspiration from its origin.

According to George Mandler, the word feeling is more appropriately used as a chapter header.

Wood Worth (1945):-

An organism's moved or stirred-up condition is emotion. To the person himself, it seems to be a stirred-up attitude of emotion. What looks to an outside observer to be a disordered muscle and hormonal activity is indeed that.

Crow and Crow (1973):-

Emotion is a powerful feeling that comes together with broad linear adjustment and mentally and psychologically aroused states in the person and that manifests itself in his overt acts.

Charles G.Morris (1979):-



A complex subjective experience, emotion may be outwardly manifested in recognisable behavioural patterns and includes subtle psychological changes.

MC Dougall (1949):-

Affective experiences, such as emotion, are experienced when one is instinctively excited. For instance, when a toddler sees a bull coming at him, he has an affective experience that awakens the accompanying feeling of fear, and as a result, he wants to flee (conative element of one's conduct).

Emotions are any commotion or disturbance of the mind, feeling, enthusiasm, or any ardent or agitated mental state, according to the Oxford English Dictionary.

According to C.T. Morgan, who discussed the significance of emotion in life, emotions are basic forces with immense strength and influence that were created by nature to help organisms deal with situations that call for extreme effort to survive or succeed or to provide flavour and spice to daily life.

emotions such as love, fear, wrath, tears, and laughter, etc. It involves an exhilarating or depressing sensation, a want to act, and directives.

Emotions are categorised as dynamics of behaviour, which in turn pertains to the forces that drive action.

The dynamic adaptation that works for a person's happiness and wellbeing is their emotions.

Classification of Emotions

Emotions have been categorized into various categories as shown below:

Positive feelings: Positive feelings give life vigour. It strengthens our confidence in God. Love, affection, faith, prudence, pleasure, happiness, and other positive emotions are crucial to our daily lives and normative conduct.

Negative emotions: Negative emotions, such as wrath, fear, and hatred, have a negative impact on both our mental and physical health. Negative feelings are terrible on earth.

Conscious emotions: When we experience conscious emotions, our minds are aware of them, and it has been shown that they also trigger conscious ideas.

Unconscious feelings: These feelings are mostly located in a select group of subcortical brain regions. These are cognition-focused. These speak about natural, mostly unconscious processes. They change the person while paying attention to other things, but they don't bother with unconscious processes.

Main emotions: A main feeling is what a person experiences first. Other emotions that are reliant on them begin to grow as a consequence of these feelings.

Secondary emotions: The basic emotions may cause a variety of secondary emotions, such as rage, despair, etc.

Increasing Sensual Maturity is one result of the development of healthy emotions. The definition of emotional maturity has undergone much research. Emotional maturity seems to be the stage for expressing appropriate emotions at the appropriate time and in the appropriate amount.



Nature and characteristics of Emotions

We may draw the following conclusions about the origins and traits of emotions from these definitions and discussions.

Some biological impulses and instincts are linked to emotional experiences, including the following:

Every emotional experience has an inner inclination behind it in some way. When the innate excitement that disturbs our minds stirs up a feeling, it transforms into an emotion.

Perception gives rise to emotions: An emotional state must first be initiated by perception of the appropriate stimuli (an item or circumstance). Therefore, the emotional experience may be made more intense by the biological changes in the body (whether good or negative).

The essence of an emotion is a sensation. In fact, no matter what is included in an emotional experience, there is always a sense of reaction that is elicited in the heart. Emotions and feelings both include an emotive experience. There is simply a degree difference. When something or a situation is seen, feelings of pleasure or annoyance may be sparked. These sensations might be strong or intense to some extent. Feelings become emotions when they are intense enough to disrupt the thinking and motivate a person to act right away.

Physiological changes brought on by emotion may be seen in the form of crimson eyes, flushed cheeks, and shattered hearts. A single indication may help us identify a distinct emotional experience since these alterations, such as a painful voice, become so unique. We can immediately tell whether someone is angry, suffering, or in pain.

Development of Emotions and Emotional Maturity

The formation of emotions in people is largely influenced by maturation and learning processes. Due to his upbringing and surroundings, a youngster may feel both pleasant and bad emotions as he matures. Every feeling originates in the heart. Our hearts also give birth to emotions, which are both emotional experiences. There are two sorts of feelings. It brings us joy or sorrow, but as they get powerful, they transform into our strength.

A person's experience, knowledge, or training may have an impact on how his emotional conduct manifests throughout his childhood and adolescence. We anticipate from him a rather mature demeanour in terms of his emotional expressiveness as he matures.

Maturity

A particularly distinctive quality of a mentally healthy individual is intellectual and emotional maturity. A guy with a good mind expands his knowledge. He acts responsibly, communicates his views and emotions clearly, and respects the opinions and feelings of others. In every area of life, a person with a sound mental state exhibits mature, balanced, as well as cultured behaviour.

According to Freud (1924):-

The literature has not given the idea of maturity a lot of clear prominence. The crucial definition of the



genital level as well as the object-interest has resulted from the demarcation of libidinal development. Interest in the more complex character of maturity has recently increased due to recent focus on the clash between the retrograde, dependent, and the progressive, creative impulses in the personality.

Nature of Maturity

1. From the foetus' parasitic reliance to the parent's relative autonomy and parental capacity for accountability is one of the most evident developmental routes, as long stressed by Sigmund Freud as well as Franz Alexander.
2. Closely linked to the organism's growth from parasitism on the mother, which increases its independence from either the parents in exchange for a reduction in receptive demands, is its greater potential for responsibility and production. The motivation of being loved helps children learn to regulate their neurotic, sexual, and other urges in order to acquire the orientations of adulthood.
3. Relative independence from the well-known trinity of superiority, egotism, and competition is the third sign of maturity.
4. Conditioning and training for appropriate socialisation and domestication are another part of maturity.
5. Hostile aggression, which is a catch-all phrase for all forms of rage, cruelty, and hatred, is always an indication of emotional irritability.
6. A strong sense of reality is an essential component of maturity.
7. Adaptability and versatility are two characteristics that enhance maturity.

Emotional Maturity

Maturity level is that aspect of emotional conduct that adults typically develop beyond their adolescent years. His emotional maturity enables him to display emotionally balanced conduct in his day-to-day activities. When a person experiences the right emotions in the right circumstances and expresses them in the right way, that person is considered to be emotionally stable.

Jersild's View:-

The extent to which a person has established his or her capabilities for joy in life, for enjoyment of others' company, for love and laughter, for deep sorrow when a reason for sorrow emerges, for anger whenever a reason for frustration would raise the patience of any tolerably tolerant or reasonable person, and for showing fear whenever there is a cause for concern is considered to be an indicator of emotional stability.

Cole's View:-

The capacity to endure stress is the primary indicator of emotional stability. This frame of view places more emphasis on self-control than on self-fulfillment.

Alexander Magnum's view:-

Maturity level is the honed and developed capacity to comprehend and manage one's own emotions. He outlined the following indications of emotional development:



1. Self-assurance and regard for one's own moral character.
2. The capacity to honestly confront truth.
3. Self-control even under challenging circumstances.
4. A desire to help others rather than to stand out.
5. Effective discrimination.
6. Thinking that one is really significant.
7. Recognizing and assessing pressure from others.

Symptoms of Emotional Maturity

These signs of emotional instability are listed below:

- Emotionally unstable.
- Excessive independence
- Increasing hunger.
- Egocentricity.
- Self-centeredness.

Characteristics of Emotional Maturity

Adequate self concept:-

Adequate self-concept, self-respect, plus self-prestige are characteristics of an emotionally developed individual. He avoids actions or conduct that might be damaging to his self-respect or contrary to his principles.

Development and use of one's capacities:-

A person's potential is more amplified when they are mature. He effectively uses his cognitive faculties of thought and reasoning while making decisions. He is more driven by his intellect than through his emotions.

Facing reality without undue stress:-

To be mature, one must accept reality. A daydreamer doesn't have the urge to escape life's reality. Learning and properly handling life's obligations are two duties of growing up.

Relationship with others:-

The capacity to love others demands emotional maturity. No one is restricted to himself. He cares about other people and is eager to preserve social ties. The individual's social relationships, interest in others, feeling of duty, and social adaptability all affect their level of emotional maturation.

Creative responsibility:-

Engagement and engagement in a creative environment are necessary for emotional growth. The guy never engages in the habit of rationalisation, meaning he never defends his wrong or undesired behaviour. He will consistently act honestly.



Realism in emotional experiences:-

He displays almost all emotions clearly, and his facial expression pattern is well known. A person with emotional maturity may see the differences between ideal practise and actual practise.

Review of hopes and aspirations:-

Emotional expression is quite skilled. Usually, one may communicate their feelings in a manner that is acceptable to others. A person who is emotionally mature has realistic expectations for the future. He puts out a sincere effort to fulfil his expectations and objectives.

Increased compassion:-

The sentiments of camaraderie and sympathy for others are elevated by compassion. It demonstrates that an individual is able to recognise his own emotional state as well as the emotional state of others.

Emotional control:-

a person who has the capacity to manage their emotions. He seldom exhibits abrupt or inappropriate emotional responses. He has the capacity to control his emotions and conceal his sentiments.

Emotional stability:-

He has the ability to express his feelings when, how, and where they are appropriate. Greater stability is a trait of emotionally mature conduct.

Suggestions for Developing Emotional Maturity

Love and Sympathy:-

These two qualities are crucial to a person's success in life. Children should be encouraged to acquire these traits by their parents and instructors. Additionally, parents should have compassion for their kids and show them love.

Acceptance and recognition:-

It is crucial to establish an atmosphere where a kid feels accepted and recognised for who they are. The youngster should be accepted by his parents and instructors despite his limitations, and they should give him the credit and encouragement he deserves when it is required.

Presenting oneself as role model:-

The teacher need to be a good example and have moral qualities for the kids. He need to serve as a positive role model for the children in the classroom. The teacher should possess emotional maturity.

Games and cultural programmes:-

Sports and physical education should be offered in the classroom so that students may channel their extra energy into physical activity. The pupils should also participate in cultural activities. To encourage students to participate in these extracurricular activities and discover their latent abilities, arrangements may be made for hosting debates, declamation competitions, theatrical performances, and hobby courses in painting, dance, music, and other creative pursuits.



Oral and religious training:-

Children should get moral and religious education because this kind of instruction may help them become more emotionally mature.

Developing democratic values:-

Our society is democratic. Therefore, the educational setting should be democratic and kids' emotional development should get greater attention. It is feasible to do this through instilling democratic principles in youngsters.

Traits of Emotionally Mature Person

- Controlling one's actions and deliberating before acting.
- Being aware of what a person wants and achieving it.
- The capacity to accept responsibility for one's life and activities is referred to as self-reliance.
- Patience.
- The capacity to establish constructive and productive relationships with others.
- Being able to show people that you really care about them.
- Integrity and abiding by one's morals.
- Maintaining equilibrium and moderation in everything.
- The capacity to maintain equilibrium amid trying circumstances.

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