



**STUDY ON EMOTIONAL MATURITY AND SUBJECTIVE WELL-
BEING AMONG ADOLESCENTS**

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INTRODUCTION

Emotional Maturity

Each human being is associated with their emotions. Though there emotional expressions might be different due to their situations which they face in their day to day life. Emotion plays significant role in every human's life. It will be appropriate to state that any human being's life without experience of emotional conflict became worthless. Reason of this is that emotions fetch thrills as well as excitement which make one's life joyful and colorful. Emotions are the essential aspect of human functioning. It is the one of the necessary sphere of personal experience which occurs due to many-sided interaction between variable of situations, cognitive as well as physiological (Singaravelu, 2007). Behind every victorious/successful person there is a skill of management on their emotions as well as practical skills of hoe to handle emotion charging situations and their skill to manage other people (Goleman, 1995). Life of emotional mature person is under their control (Chamberlain, 1960). Any emotion's optimistic or pessimistic view is depending upon any circumstance which any individual face. Emotions act as inspiring forces during the whole life of human. A person's thinking, ambition, actions as well as expectations are affected by emotions (Pastey & Aminbhavi, 2006). Emotions assist as a guide and direct behavior of human. It also guide all phase of the individual's life. Emotions are being an entire condition of stimulations which associated with the unstable degree of physiological actions. This

stimulation gives consciousness with particular level of cognition and pushes a person to shift into the actions. Imbalance of emotions in childhood may be direct into distorted as well as subdued personality.

Childhood may be direct into distorted as well as subdued personality. According to Barnhart, The emotions are “emergency equipment”. Emotions help any person appropriately in the crisis. There are major two types of emotions: Creative Emotions & Destructive Emotions. In Creative Emotions Happiness, love, joy and contentment etc. are included. This type of emotions can give a new path to a person’s behaviour. In other hand in Destructive emotions fear, jealousy, anger, disgust and grief are included. These types of emotions can act as danger so any person’s life and behaviour turns in to maladjustment. It is more important to have Emotional Maturity in life of any person but it is most essential that a person feels it appropriate. Emotional maturity is contemplated as a major element for building a satisfied and happy life. In other hand emotional immature individual is more liable to lead sorrowful life. An inclusive view point of the emotional mature people’s characteristics are proposed by Kaplan and Brown (1986) is that they be against if there is a delay in the satisfaction of their need even if their needs are basics. They trust in the proper long term planning in which they follow all societal standards and attach to the circumstance’s demands. It is not essential that emotionally mature person have ability to handle all types of anxiety as well as antagonism producing circumstances but their uninterrupted effort to identify them in an understandable view point and nonstop involvement for gaining a sound arrangement of action, feelings and thinking.

Jersild (1963), ‘Emotional maturity means the degree to which person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh; his capacity for whole hearted sorrow, when an occasion arises and his capacity to show fear when there is occasion to be frightened, without feeling a need to use a false mask of courage, such as must be assumed by persons afraid to admit that they are afraid’.

Crow and Crow (1962), "The emotionally mature or stable individual regardless of his age, is the one who has the ability to overcome tension to disregard certain emotion stimulators that effect the young and view himself objectively, as he evaluates his assets and liabilities and strive towards an improved integration of his thought, his emotional attitude and his overt behaviour.”

Good (1973), “Emotional maturity is the emotional pattern of an adult who has progressed through inferior emotional stages, characteristics of infancy, childhood and adolescence and is now fitted to deal successfully with reality and participate in adult love relationship without undue emotional strain.

Subjective Well-Being

Before the year 1950, the majority of psychologists' attention was focused on unfavourable affective states such as anxiety and depression. Gradually, however, they shifted their attention to favourable affective states and a general feeling of well-being. On the other hand, the very idea of happiness has been the subject of debate ever since the time of the ancient Greeks. One's level of contentment is held in extremely high esteem and is rarely called into question. Because happiness is something that has captured and continues to capture the attention of a large number of people, philosophers have been debating how to measure happiness for a very long time. Because it is possible to learn significant details about an individual's underlying emotional state from the self-reports that they provide, the field moved forward with the process of measuring what is known as subjective well-being (SWB). SWB and happiness are used interchangeably and are related, but they are not the same. In reality, SWB is a broad category concept that encompasses people's emotional responses, domain satisfactions, and overall life satisfaction ratings. Significantly, it has been reported that SWB has two distinct components: a cognitive component and an affective component, which includes both the presence of positive affect (PA) and the absence of negative affect (NA). The affective component is guided by emotions and feelings, whereas the cognitive component is guided by an evaluation of one's life based on information. Layard (2006).

The term "subjective well-being" (SWB) refers to how individuals perceive and evaluate their lives as a whole, as well as certain aspects of their lives and activities. Over the past decade, the interest of researchers, politicians, national statistical offices, the media, and the general public in information about SWB (also known as "self-reported wellbeing") has grown significantly. This information is useful because, as stated by Krueger et al. (2009).

Subjective well-being (SWB) is a questionnaire-based ‘self-report’ measure of subjective well-being. In 1984, ED Diener created a three-part model of subjective well-being; this model illustrates the experience and quality of people's lives while also incorporating

cognitive judgments and emotional responses (Diener, 1984). There have been three distinct but often interrelated components of wellbeing proposed: infrequently occurring negative effects, frequently occurring positive effects, and cognitive evaluations such as life satisfaction (Tov and Diener, 2013). Subjective well-being is a comprehensive concept that encompasses "high levels of pleasant emotions and moods, low levels of negative emotions and moods, and high life satisfaction" (Lopez and Shane, 2011; Snyder, 2013). Emotions and moods also indicate one's level of overall and specific life satisfaction (Diener, Suh, Lucas and Smith, 1999). SWB contributes significantly, which includes the notion of happiness. Despite the fact that SWB tends to be stable over time and is strongly associated with personality traits (Steel, Schmidt and Shultz, 2008), situations can influence the emotional component of SWB. For instance, the outbreak of the coronavirus reduces emotional well-being by seventy-four percent. (Yang and Jingjing, 2020). Given that better health is directly proportional to greater happiness, it is evident that health and SWB interact (Okun, Stock, Haring and Witter, 1984). Multiple studies have found that optimism and positive emotions positively affect health (Diener and Chan, 2011).

There are two perspectives in SWB. The first is happiness, also known as eudaimonia, and the second is hedonic happiness. The word "eudaimonia" comes from Greek and means "welfare" or "happiness." Hedonic well-being emphasises the idea that happiness can be achieved by increasing pleasure and decreasing pain as much as possible. The approach to well-being emphasises the significance of life and the "true self" or self-realisation of the individual (Enjoyment and Waterman, 2014). In general, hedonic well-being, which is also referred to as subjective well-being, is associated with happiness when there is a greater amount of life satisfaction and positive affect than there is no or less negative affect remains. The concept of eudemonic well-being emphasises psychological well-being in addition to happiness and is connected to aspects of well-being such as freedom, vitality, and the realisation of one's potential, amongst others (Deci and Ryan, 2008).

REVIEW OF LITERATURE

Review on Emotional Maturity and Well-Being

In 2011 in Rohtak A study of perceived influence of internet use on social competence, emotional maturity and general well-being of adolescents is done by Anita Deswal. on 496 Internet user adolescents survey was done The findings of the study are the significant

influence of Residential Background exists on Emotional Maturity of Internet user adolescents. A significant interactive influence between Residential Background and Academic Stream on Social Competence, Emotional Maturity and General Well-being of Internet user adolescents exists. A significant interactive influence between Academic Stream and Frequency of Internet Access on Emotional Maturity of Internet user adolescents exists. A significant interactive influence among Residential Background, Gender and Frequency of Internet Access on Emotional Maturity of Internet user adolescents also exists.

Exploring Emotional Maturity Factors Associated with Subjective Well-being in the Unemployed. - M. Berrios, N. Extremera & M. P. Nietoflores (2016) Aim of this study was find out exploring the Emotional Maturity associated with subjective well-being in the unemployed. Total 442 unemployed were selected as a sample theoretical and practical implications of these constructs and their relation with adjustment and psychological well-being in unemployed people are discussed. Emotional Maturity were negatively related to symptoms of depression and stress and positively related to life satisfaction and happiness in the unemployed.

Head and Neck Cancer.C. John Prem Rabindranath (2014) conducted study Emotional maturity and Psychological Well-being in Male and Female Individuals Traated for Main purpose of this study was to investigate emotional maturity and psychological trated for head and neck cancer. Total 60 participants were selected as a sample. Emotional maturity and Ruff's psychological well-being scale was used. Results revealed that no significant relationship between emotional maturity and psychological well-being.

C. J. Wightil & G. R. Henriques (2015) explored The relationship Between emotional maturity and Psychological Well-being in Incoming College Students. - Main purpose of this study was to examine the relationship between emotional maturity and psychological well-being in young adults. Total 3829 students were selected s a sample. Results show that there was curvilinear relationship between SAT verbal and positive relations with others; significant relationships between SAT math purpose in life and personal growth were also discovered, but in the negative direction.

U. H. Rani & N. A. Marzuki (2016) studied Emotional maturity and Psychological Well-being among Learning Imperial Students. Main purpose of this study was to investigate the relationship between emotional maturity and psychological well-being among hearing. Impaired students. Total 36 students were collected using simple random sampling from Malaysia. The Baron emotional quotient,

Ryff's psychological well-being and Rosenberg emotional maturity scale was used. Result shows that significant positive correlations were found between self-esteem, emotional maturity and psychological well-being.

Hypotheses:

Emotional maturity and subjective wellbeing are significantly related to each other

Analyses

RELATIONSHIP BETWEEN EMOTIONAL MATURITY AND SUBJECTIVE WELLBEING

Emotional maturity and subjective wellbeing are significantly related to each other

Results of Pearson's product moment correlations between components of Emotional maturity and Subjective wellbeing

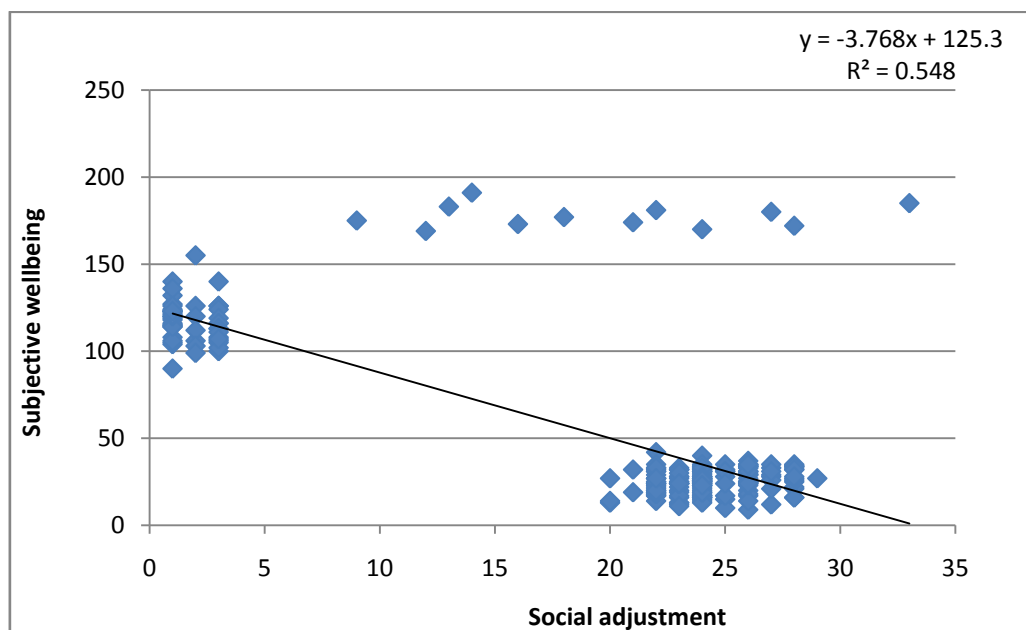
Variable 1	Variable 2	Correlation Coefficient	'P' Value
Components of Emotional maturity			
Self-knowledge	Subjective wellbeing	.071	.343
Self confidence	Subjective wellbeing	-.008	.916
Acceptance reality	Subjective wellbeing	-.056	.455
Self-control	Subjective wellbeing	-.048	.519
Social adjustment	Subjective wellbeing	.212	.004
Consistency	Subjective wellbeing	.063	.401
Emotional maturity- total scores	Subjective wellbeing	.155	.037

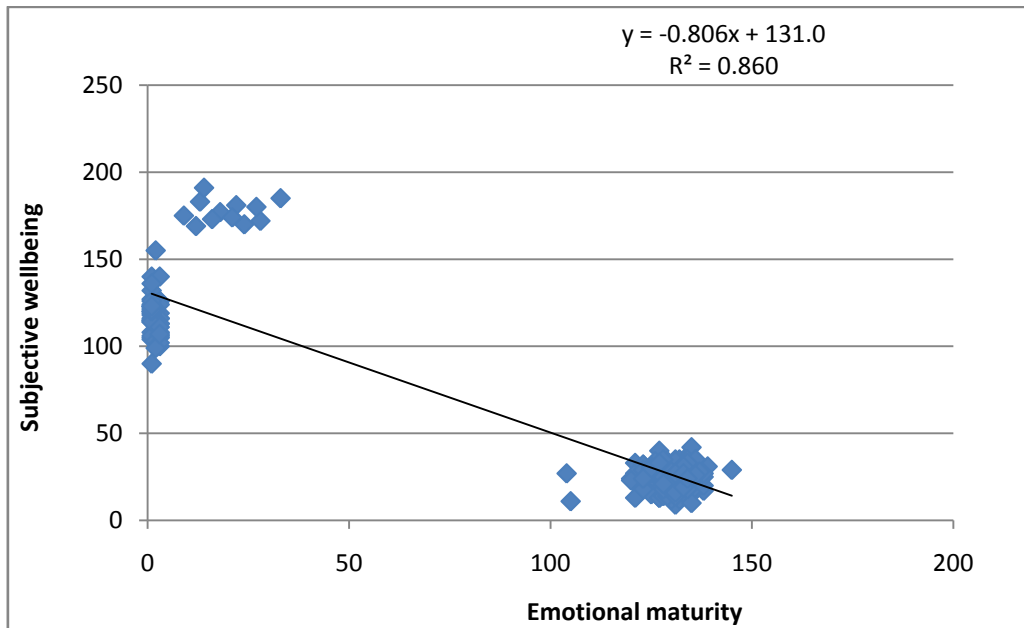
Only one component of emotional maturity and total emotional maturity scores were significantly and positively related to subjective wellbeing scores. Social adjustment

component of emotional maturity was found to be significantly and positively related to subjective wellbeing ($r=0.212$; $p=.004$). The total emotional maturity scores were also found to be significantly and positively related to subjective wellbeing ($r=0.155$; $p=.037$). More the scores in emotional maturity in social adjustment and total emotional maturity, higher the scores in subjective well-being and vice-versa.

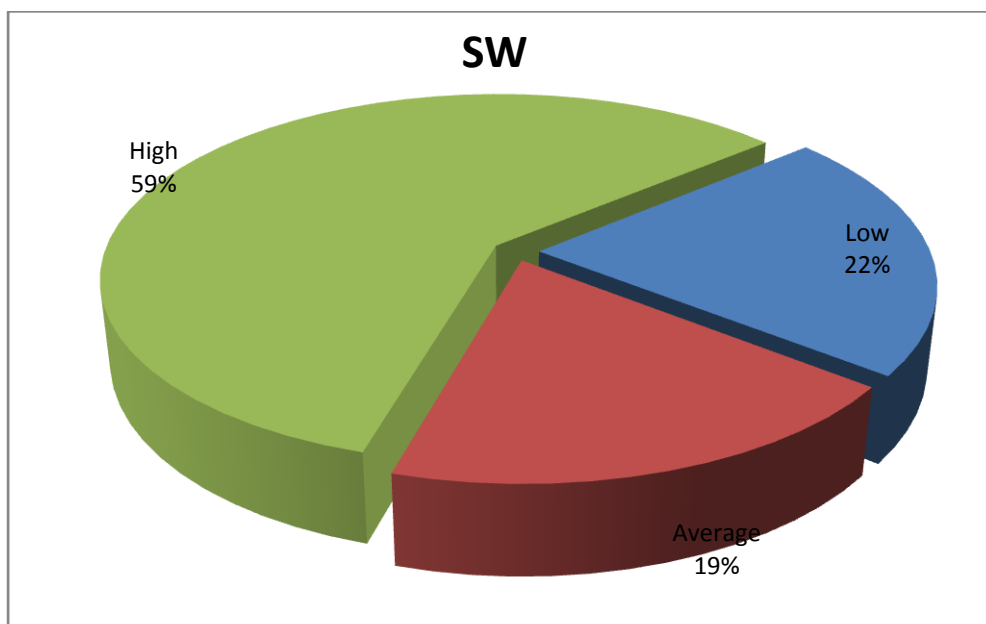
However, scores of components of emotional maturity- Self-knowledge ($r=0.071$; $p=.343$), Self-confidence ($r=-0.008$; $p=.916$), Acceptance reality ($r=-0.056$; $p=.455$), Self-control ($r=-0.048$; $p=.519$) and Consistency ($r=0.063$; $p=.401$) were not significantly related to subjective wellbeing scores.

Scattergram between Social adjustment and Subjective wellbeing scores





Distribution of the selected sample by levels of subjective wellbeing



Verifications of Hypothesis

Emotional maturity and subjective wellbeing are significantly related to each other

The results for the present study support the hypothesis formulated as “ Emotional maturity and subjective wellbeing are significantly related to each other” It was found that Social adjustment component of emotional maturity was found to be significantly and positively

related to subjective wellbeing ($r=0.212$; $p=.004$). The total emotional maturity scores were also found to be significantly and positively related to subjective wellbeing ($r=0.155$; $p=.037$). More the scores in emotional maturity in social adjustment and total emotional maturity, higher the scores in subjective well-being and vice-versa. However, scores of components of emotional maturity- Self-knowledge ($r=0.071$; $p=.343$), Self-confidence ($r=-0.008$; $p=.916$), Acceptance reality ($r=-0.056$; $p=.455$), Self-control ($r=-0.048$; $p=.519$) and Consistency ($r=0.063$; $p=.401$) were not significantly related to subjective wellbeing scores. In 2011 in Rohtak A study of perceived influence of internet use on social competence, emotional maturity and general well-being of adolescents is done by Anita Deswal. on 496 Internet user adolescents survey was done The findings of the study are the significant influence of Residential Background exists on Emotional Maturity of Internet user adolescents. A significant interactive influence between Residential Background and Academic Stream on Social Competence, Emotional Maturity and General Well-being of Internet user adolescents exists. A significant interactive influence between Academic Stream and Frequency of Internet Access on Emotional Maturity of Internet user adolescents exists. A significant interactive influence among Residential Background, Gender and Frequency of Internet Access on Emotional Maturity of Internet user adolescents also exists.

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