

Emotional Maturity and Happiness among Emerging Adults

1. Dr.Molly Joy

Head Department of Psychology Kristu Jaynti College ,Bangalore 77

2. Ms. Helen Aji, M.Sc. Psychology

KristuJayanti College, Bangalore

Corresponding Author: Dr .Molly Joy

ABSTRACT

The purpose of this research was to study the relationship between emotional maturity and happiness among emerging adults within the age group of 18-25. The sample of the study comprised of 120 students 60 men and 60 women. Emotional maturity was measured using Emotional Maturity Scale (EMS) developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava and Happiness was measured using Oxford Happiness Questionnaire developed by Peter Hills and Michael Argyle. Descriptive statistics were used to analyze the socio-demographic details of the sample and the level of emotional maturity and happiness. Inferential statistics like independent sample t-test was used to compare the mean of the sample groups and, to understand the relationship between the variables Pearson's correlation coefficient was used. The result of the study showed that there is a significant relationship between emotional maturity and happiness among emerging adults. and there is no significant difference in happiness among men and women.

Keywords: Emotional Maturity, Happiness, Emerging Adult

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INTRODUCTION

The young population of our Nation has a major role in the development of our country; they are the one who form the backbone of our nation. It is very much important to have strong healthy emerging adults for the overall success and development of our country. Emerging adulthood can be seen as time which the end of adolescence and beginning of adult responsibilities. In this modern era emerging adults of our country have many problems in their life which can be from their home, educational institutions, societies etc. These problems can make their life very stressful which may further lead to anxiety, pressures, frustrations etc. Demographic shifts which have taken place can make teens and early twenties not only a period of transition into adult phase but lead to a different period of life marked by changes in possible directions of life. Emerging adulthood can be seen as a period in which individuals explore various areas of their life which range from 18-25 years. It is the period in which major transitions in life takes place like moving from school to college, meeting so many new people, facing more responsibilities and has their own identity which can lead to many difficulties both physically and emotionally. Emerging adults may not feel completely as adults even though they passed the adolescent phase.(Arnett, 2000)

Emotional maturity involves the ability of a person to cope with a stressful situation. Our emotions have two components they are: a state of physiological arousal and cognitions that we use to label the arousal of the emotion.(Hogg & Vaughan, 2010)Emotional maturity helps a person to manage one's own and others emotion in an effective manner. Maturity is an important factor in an individual's life. An individual who is mature can handle stressful situations and other difficult times in life in a better way. A mature individual can be considered as a person who is developed intellectually, emotionally, spiritually. According to Rather T Jerkily "emotional maturity refers to the degree to which the person has realized one's potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh, to feel sorrow at the time of grief, to be frightened, without wearing any mask". According to Walter D Smitson (1974) "Emotional maturity can be defined as the process in which a person is continuously striving for greater sense of emotional health, both intra-physically and intra-personally". In the words of Menninger (1999) "Emotional maturity is the process in which personality is always determined for better sense of emotional wellbeing". An emotionally matured person has to understand each emotion and its consequences and also need to

know what the benefits of controlling emotions are.(Joy & Mathew, 2018).

Emotional maturity

It is a very important component in an individual's life. Being emotionally mature has many benefits. Emotional maturity has great to do with knowing when and how to express feelings and when to control it. (Roja, Sasikumar, & Fatima, 2013). An individual who is emotionally disturbed act like a child, can be quarrelsome, self-centered and demanding person (Dutta & Rajkonwar, 2015). A person who is emotionally mature will have the capacity to effectively adjustment with life. Have the capacity to withstand delay in satisfaction of needs, will tolerate reasonable amount of frustrations (Khan, Khan, Kawa, Fatima, & Baby, 2015). Emotional maturity has a vital role in shaping personality, attitude and behavior of a person. It can be considered as the landmark of balanced personality. Emotional reactions are mostly instantaneous i.e. it happens before there is time for deliberate thinking. So it is very important to have an ability to control and manage emotions effectively.(Myers, 2012)Emotional maturity has the following major components:

- **Emotional stability** which refers to the ability of a person that does not allow him to react excessively in a given situation.
- **Emotional progression** refers to the experience of vitality in emotions relating to a person's environment to ensure positive feeling of thought, social adjustment refers to the ability to deal with members of the society in an effective manner which enables him to adapt to the society.
- **Personality integration** is a process of unifying various elements of a person's motives and dynamic tendencies which may result in harmonious co-action and escalation of inner conflicts,
- **Independence** is the capability of a person to be self-reliant, show resistance to be controlled by others.(Dutta & Rajkonwar, 2015)
- .Emotional maturity of a person can be determined by several factors which can be either internal(a good level of adjustment, heredity factors) or external(family environment and communities around a person, training).An emotionally mature person is the one with good self-awareness, self-control, humility, gratitude, compassion etc.

Happiness

The ultimate aim of our life is to be happy and being happy is very much important Happiness plays a significant role in an individual's life. Happiness has a major role in the hope of a person.

Happiness is a state of well-being or joy. Happiness is the extent to which an individual judges the overall quality of one's life. Happiness is not something which we get from money, even the richest man in the world may not be happy. We can choose whether to be happy or not, in order to be happy one need to have inner peace of mind. The degree to which a person likes the life he/she leads.(Veenhoven, 2008) According to Seligman happiness can be of three types,1) pleasure and gratification,2) embodiment of strengths and virtues,3) meaning and purpose. It is primarily a subjective phenomenon.

Importance of happiness -Happy people generally report more positive emotions and less negative emotions. Happy people usually interpret events in a positive way while unhappy people often interpret events negatively. Being happy has lot of advantages, happy people have higher levels of life satisfaction, they also have good quality of social relationships and more number of friends. Happy people report to have better health and less unpleasant physical symptoms they deal with illness more effectively compared to unhappy people. The importance of happiness has increased in recent years because of its role in psychological well-being. Both Emotional Maturity and happiness plays a significant role in a person's general health and life satisfaction therefore it is very much important to identify the relationship between these two concepts. Positive emotions like happiness helps to have greater success in work, it can promote more marital satisfaction and are vital to adjustment to trauma , build strong relationships and is very essential o adaptive responses to stress.(Fiske, Gilbert, & Lindzey, 2010)

Components of happiness - Happiness has three important components they are positive emotions, life satisfaction and positive relations with others.(M, M, & Kh, 2009).Various studies show that happiness is dependent on several factors such as social success, cognitive, personality variables etc. Happiness is a measure of a person's subjective well-being. In simple words happiness can be understood as how satisfied a person is with his/her life.

Factors influencing happiness-Happiness can be partly based on the matter of temperament with which one is born and partly associate with environmental conditions of a person. Research have shown that there are things that can influence happiness of a person like satisfying relationships, engaging in activities we love, helping others and by pursuing experiences more than things.(Aronson, Wilson, Akert, & Sommers, 2016).Evidences shows that genetics account for about half percentage of a person's happiness. Circumstances form 10% and remaining 40% is

formed by intentional activities, this suggests that half of the determinants of happiness can be influenced. (McCabe, Bray, Kehle, Theodoore, & Gelbar, 2011)

Happiness is believed to heal sick and can protect people in being healthy against getting ill. Studies shows that happy people live longer therefore public health can be furthered by adopting strategies that aim greater happiness. At society level greater happiness for greater people can be achieved by adopting policies which ensure decent standard of living, fostering freedom and democracy and good governance. Leading a happy life is very much essential for the overall health and development of a person. (Veenhoven, 2008). Happiness is something which is under our personal control to an extent.

Rationale of the study

The study aims to identify the relationship between Emotional Maturity and happiness among emerging adults. Emerging adulthood is the time of transition from adolescence to adulthood. It is the time during which an individual have to pass through various stressors from family, society and from oneself. It is therefore very much important for a person to control and manage their emotions carefully during these phases. Being happy is very much important as far as an individual is concerned. Studies have shown that being happy helps to have good health both physically and psychologically. Research helps to answer the question, whether there is any relationship between emotional maturity and happiness of a person? Identifying the relationship between emotional maturity and happiness helps in the overall development of a person. Study helps to find whether the emotional maturity of a person is influenced by a person's happiness and vice-versa. It helps a person how to be emotionally healthy and thereby be happy. Emotional maturity is a component which an individual can work on and improve. By identifying the relationship between emotional maturity and happiness one can work on either of the component and manage the other one also effectively thereby enhancing both aspects and have a better life.

METHOD

The purpose of the present study is to investigate the relationship between emotional maturity and happiness among emerging adults.

Objectives

- To assess emotional maturity and happiness among emerging adults.
- To find the relationship between Emotional Maturity and Happiness among emerging adults.

- To find the difference in Emotional Maturity and Happiness among men and women.

Hypotheses

- **H01**-There will be no significant relationship between Emotional Maturity and Happiness among emerging adults.
- **H02**-There will be no significant difference in Emotional Maturity between men and women.

Operational Definitions of the key concepts

Emotional Maturity: Emotional maturity can be defined as a person's ability to manage, control and express one's own emotions in an effective manner.

Happiness: A state of joy, feeling of fulfillment and satisfaction. Can be defined as a state of well-being both physically and mentally.

Emerging adulthood: The period of transition in the life of a person from adolescence to adulthood.

Research Design and sample

The study on relationship between emotional maturity and happiness is a non-experimental correlation study with a quantitative approach. The sample of 120 students (60 men and 60 women) was selected within the age group of 18-25 using stratified random sampling technique. After administering Emotional Maturity Scale, Oxford Happiness questionnaire was also administered on the sample population then the results were analyzed and interpreted.

Inclusion criteria

- College students within age group of 18-25
- Students studying in Bangalore

Exclusion Criteria

- Students who couldn't follow English language
- Differently abled students
- Students who discontinued their course.

Measures of the Study

In order to measure happiness, Oxford Happiness Questionnaire was used. Oxford Happiness Questionnaire was developed by Michael Argyle and Peter Hills (2002) at Oxford University has been derived from Oxford Happiness Inventory (OHI). This questionnaire consists of 29 items in a self-reporting 6 point Likert scale. The maximum possible score is 6 and minimum score is 1. The Oxford Happiness Questionnaire has a good internal consistency for the 29-items instrument (α [168] = .91) (Hills & Argyle, 2002). Evidence of content and construct validity was found by the initial psychometric evaluation (Hills & Argyle, 2002). Evidence of convergent and discriminant validity were noted by

the identification of the congruent (positive) relationships between the OHQ and instruments measuring similar constructs and inverse (negative) relationships with the instruments measuring dissimilar constructs.

Scoring was done according to the scoring key in the respective manual of the tool. It consists of 29 items. Participants respond using a six-point format ranging from 1 (strongly agree) on to the left to '6' (strongly agree). For positive items the scoring will be 1,2,3,4,5 and 6 in the six responses respectively and for negative items the scoring will be 6,5,4,3,2 and 1. The scoring is reversed while scoring negative item (-) in the final scoring procedure. For any responses indicated as 6 should be given a score of 6 and so on for responses 5,4,3,2 and 1. Scores of all the responses were added to get the total score which is then divided by 29 to obtain the Happiness Score. Score 1-2 is not happy, 2-3 is somewhat happy, 3-4 is not particularly happy or unhappy, 4 is moderately happy, 4-5 is rather happy, 5-6 is very happy and 6 is too happy.

Emotional Maturity Scale (EMS)

developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava (1999) measure emotional maturity. Emotional Maturity scale is made up of 48 items in a self-reporting five point Likert scale. Higher the score greater the degree of emotional immaturity and vice-versa. EMS scale has 5 different dimensions which include a) Emotional instability, b) Emotional regression, c) Social maladjustment, d) personality disintegration, e) Lack of Independence. The test-re-test reliability of the scale is 0.75 (Singh & Bhargava) and validity of the scale is 0.64.

EMS is a self-reporting five-point scale. Items of the scale are in question form demanding information for each in either of five options mentioned below. Very much (5), Much (4), Undecided (3), Probably (2), Never (1). The items are so stated that if the answers are very much a score of 5 is given, for much 4, for undecided 3, for probably 2, and for never a score of 1 is given. The total score of the scale is an indicative of emotional maturity. Greater score on the scale is expressed in terms of emotional immaturity. Score range of 52-80 indicates extreme emotional maturity, 81-88 indicate moderate emotional maturity, 89-106 indicate emotional immaturity and 107-240 indicate extreme emotional immaturity. Based on the analysis of data generated scores were interpreted and results were compared.

Ethical Consideration

Informed consent of participant taken. Anonymity of the participant maintained
 Confidentiality is maintained. No monetary benefits provided to participants.

Statistical Techniques

Using SPSS 17, Descriptive statistics were used to analyze the socio-demographic details of the sample and the level of emotional maturity and happiness. Inferential statistics like independent sample t-test was used to compare the mean of the sample groups and to understand relationship between the variables Pearson's correlation coefficient was used.

RESULTS AND DISCUSSION

The Obtained data on emotional maturity and happiness was analyzed to test the objectives and hypothesis

Objective: To assess emotional maturity and happiness among emerging adults.

Table 1: Descriptive statistics of emotional maturity and happiness among emerging adults.

Variables	N	Minimum	Maximum	Mean	S.D	Interpretation
Emotional Maturity	120	67	200	118.69	24.838	Extreme emotional immaturity
Men	60	80	183	123.7	24.114	Extreme emotional immaturity
Women	60	67	200	113.68	24.735	Extreme emotional immaturity
Happiness	120	2.28	5.44	4.0074	.58665	Rather happy
Men	60	2.72	5.28	3.9183	.54699	Not particularly happy or unhappy
Women	60	2.28	5.44	4.0965	.61548	Rather happy

Table 1 shows the descriptive statistics of Emotional Maturity and Happiness among emerging adults. N indicates the sample size Minimum score obtained for emotional maturity is 67 and the maximum score obtained for emotional maturity is 200, Mean obtained is 118.69 and standard deviation is 24.838 which indicate that the sample is extremely emotionally immature. For men the maximum score for emotional maturity is 183 and minimum score is 80, mean score is 123.7 and standard deviation is 24.114 indicating extreme emotional immaturity. For women the maximum score is 200 and minimum score is 67, mean is 113.68 and standard deviation is 24.735 indicating extreme emotional immaturity. The maximum score for happiness is 5.44 and minimum score is 2.28 and mean score of happiness is 4.0074 and the standard deviation of happiness is .58665 which shows that sample is rather happy. For men the maximum score is 5.28 and minimum score is 2.72 and mean score is 3.9183 and standard deviation is .54699 indicates that men are not particularly happy or unhappy and for women the maximum score is 5.44 and minimum score is 2.28, mean

score is 4.0965 and standard deviation is .61548 indicates that women are rather happy.

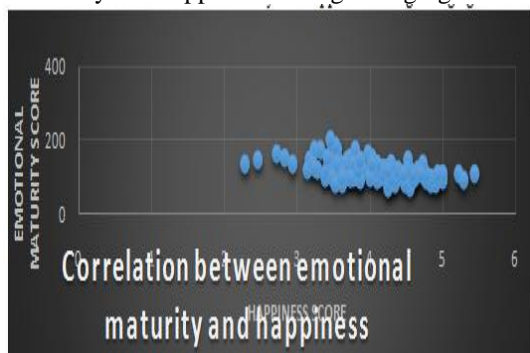
Objective 2: To find the relationship between emotional maturity and happiness among emerging adults.

Table 2: Correlation between Emotional Maturity and Happiness among emerging adults
 H01: There is no significant relationship between emotional maturity and happiness among emerging adults.

Variables	N	r	p
Emotional Maturity	120	-.498	.000
Happiness	120		

The above table shows the correlation between Emotional Maturity and Happiness as $r = -.498$. N indicates the sample size which is 120. From the above table it can be seen that there is a negative correlation exist between Emotional Maturity and Happiness. p is 0.00 which indicates that there is a significant relationship between emotional maturity and happiness. As the emotional Immaturity increases happiness decreases.

Graph shows correlation between emotional maturity and happiness among emerging adults



Scatter diagram shows the correlation between emotional maturity and happiness among emerging adults.

Objective 3: To find the difference in emotional maturity and happiness between men and women.

Table 3: t-test results comparing Emotional Maturity and Happiness between men and women.

Group	variable	N	Mean	SD	t	P	
Women	EM	60	113.68	24.735	-2.246	.027	
Men		60	123.70	24.114			
Women	Happiness		60	4.0965	.61548	1.676	.096
Men		60	3.9183	.54699			

Total sample of research study was 120(men-60, women-60). The mean value of women and men are 113.68 and 123.70 respectively for emotional maturity with the Standard deviation of 24.735 and 24.114 for women and men respectively. The t-value of the sample is -2.246 and p value is .027. There is a significant difference between means of men and women. Thus the null hypothesis stating there is no significant difference in emotional maturity among men and women is rejected and alternate hypothesis is accepted. Results shows that women are more emotionally mature than men.

CONCLUSION

- There exists relationship between emotional maturity and happiness among emerging adults
- There is a significant difference in emotional maturity among men and women
- Women are more emotionally mature than men.
- There is no significant difference in happiness among men and women

Implications of the study

Emotional maturity plays a significant role in the overall development of a person. It is an important determinant in shaping attitude, behavior and personality of a person. Emotional maturity is something which individual can work on and improve. Emotional maturity is an important aspect to succeed in life goals and to lead a healthy social and individual life.(Joy & Mathew, 2018) Happiness is considered as the ultimate aim of a person's life, only happy person can make others happy and spread positivity. Happiness nullifies negative experiences by production of good thoughts which can have positive effect on cognition and mental health(Joodat & Zurbaksh, 2015). The present study helps to concentrate on people with unstable emotional maturity and low happiness level. Emerging adulthood is the period when a lot of transition takes place in an individual's life which can be emotional, mental or physical. Without emotional maturity it's difficult to overcome this phase of life effectively. Only a happy person can lead a life filled with satisfaction and joy which in turn can lead to general wellbeing It is found that women are more emotionally

mature than men may be because women from their childhood are taught to be more caring, calm and silent and handle their emotions, women are the face of society and are taught to face any situation with confidence rather than running away from it. Whereas men are taught to be independent and they get annoyed easily and find difficulty in adjustment. Educational institutions can organize emotional maturity skill enhancement programs which help individuals to face crises and handle them in an effective manner. Counseling can be provided which can help in changing emotional instability and training in various areas of emotional maturity will be really helpful. Emerging adults must be given maximum opportunity for self-expression and original thinking.(Kishor, 2015) Parents must provide support and care which helps an individual to develop emotional maturity which in turn help him to lead a happy life.(Kumar & Mishra, 2016).

Suggestions for future studies.

- Subsequent research can be done on a more sample size.
- Geographical area for the study should not be limited to a small place.
- Other factors like socio-cultural demographic variables could also be examined.

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