

A correlational study on impulsiveness and emotional maturity among the college students in Kaithal

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ABSTRACT

The present study is an attempt to study the relationship between emotional maturity and impulsiveness of college students. The study was conducted on a sample of 40 college students of Kaithal (Haryana). Emotional maturity scale and impulsiveness scale were used to collect the data. Pearson product moment coefficient of correlation was employed in order to find out the relationship between emotional maturity and impulsiveness among college students. Results showed that emotional maturity is positively correlated with impulsiveness.

1. Introduction

Emotional play a vital roles in human life. These are present in every activity of human beings. They are the prime mature or motivating forces of thought and conduct. Emotions give zest and spice to life and add important qualities to personality. No individual can personally and socially well adjusted without being emotionally mature. Emotional maturity is an essential ingredient of an educated, cultured and successful person. Emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent's development.

Maturity is the ability to control anger and settle differences without violence. It is the well-beingness to pass up immediate pleasure in favour of long term gain. Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging set-backs. Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse. According to J.D.Carter(1974) there are five basic dimensions of maturity: having a realistic view of oneself and others; accepting oneself and others; living in the present but having long-range goals; having values, developing ones interests, abilities and coping with the task of living. Psychologists, doctors, educationists and sociologists describes about different types of maturity like emotional maturity, intellectual maturity, spiritual maturity, social maturity etc. emotional maturity is the master concept, it is probably the most important contribution of modern psychology (Siva Kumar and Visvanthan, 2010). Emotion is a basic aspect of human functioning. It is one of the dimensions of personal experience that arise from a complex interplay among physiological, cognitive and situational variables (Singaraelu, 2008). Emotion dominate our life (Jerdild, 1947). They can be distorted or dissociated according to values and beliefs. They provide motivation and inspiration to retreat or to go excel. By impulsive we mean behavior that is carried out with little or no forethought and control, hot tempered actions, acting without planning or reaction, and failing to resist urges (Hoghughi, 1992; Lorr and Wunderlich, 1985; Monroe, 1970; Murray, 1938). An individual who is impulsive has difficulty inhibiting strong responses, desires, or emotions, stopping an ongoing activity, and inhibiting competing responses during delays or

quiet times in activities. Impulsivity is an important psychological construct. It appears, in one form or another, in every major system of personality. Impulsivity also plays a prominent role in the understanding and diagnosis of various forms of psychopathology.

Buss and Plomin (1975) included impulsivity, along with emotionality, activity, and sociability in their four factor model of temperament. They hypothesize that impulsivity is a multidimensional temperament with inhibitory control, or the ability to delay the performance of a behavior, as its core aspect. The other three components of impulsivity in this system involve the tendency to consider alternatives and consequences before making a decision, the ability to remain with a task despite competing temptations, and the tendency to become bored and need to seek novel stimuli. Although the authors describe impulsivity and the other temperaments as separate dimensions they contend that the traits influence behavior in an interactional manner. For instance, they postulate that while activity and emotionality motivate individuals to action, Impulsivity works to slow down or inhibit behavior. (Barratt, 1993), believe that impulsivity is independent of emotional factors; others recognize (Jackson, 1984; Wallace et al., 1991) that negative emotions may promote impulsive action.

In light of the above discussion the present study was designed to study the relationship between impulsiveness and emotional maturity.

2. Objectives of the Study

- To find out the level of Impulsive behavior of college students.
- To find out the level of Emotional maturity of college students.
- To find out significant relationship between impulsive behavior and Emotional maturity of college students.

3. Significance of the Study

Emotions and behavior of adolescence needs an attention. Impulsive behavior is very common in adolescent period. It is essential to develop emotional maturity among the

children to develop sense of direction, awareness of objectives for life, to develop organized and integrated emotional response and ability to bear stress under calmness to develop control over emotional maturity and do right thing at the right time. Emotionally mature persons have belief in long-term planning and are capable of delaying or revising their expectations in terms of demands of situations an emotionally mature person has the capacity to make effective adjustment with himself members of his family in school, workplace, society and culture. Emotional maturity leads to general unhappiness as seen in the feeling of fear to failure disappointment frustration stress.

4. Methodology

The present study attempts to explore the level of emotional maturity impulsive behavior of college students as far as the problem and objectives of the study is concerned the investigation selected survey method for conducting the study.

Sample :

The sample comprised of 40 college students who were selected mainly from kaithal area of Haryana on the basis of non-random purposive and volunteered sampling procedure. The age of sample group was 18-24 yr. Standardized emotional maturity scale and impulsiveness scale were used for the purpose of study.

Tools:

a. Emotional maturity scale: Emotional Maturity Scale constructed by Yashvir Singh and Mahesh Bhargava (2005) was used in the present study. The scale consists of 48 items with five dimensions viz. emotional stability with 10 items, emotional progression with 10 items, social adjustment with 10 items, personality integration 10 items and independence with 8 items. The reliability of the test by product moment correlation was 0.75. The internal consistency for emotional stability was 0.75, emotional progression was 0.63, social adjustment was 0.58, personality integration was 0.86 and

independence was 0.42 respectively and the concurrent validity of the total test was 0.64 as given in the manual.

b. Impulsiveness Scale developed by Dr. S.N.Rai and Dr. Alka Sharma (1988): This scale consists 30 items and there were two alternative yes and no. the time duration is 5 to 6 minutes. The reliability of this scale is .72 and Validity is .58.

Procedure :

First of all, the purpose of the study explained to all the subjects. The measures were administered individually and uniformly to all the subjects. They were asked to respond honestly to all questions, and were assured that their responses would be kept confidential.

5. Results and Discussions

To fulfill the main objective of the present study the descriptive statistics and Pearson Product coefficient of correlation were calculated for emotional maturity and impulsiveness the degree of freedom is 38, so the value of correlation .18 and .20 is significant at .05 levels and .01 level of significance respectively.

<u>scale</u>	<u>mean</u>
Emotional maturity	102.10
impulsiveness	12.95

There was significant and positive correlation between emotional maturity and impulsiveness means it is not necessary that an emotional mature person will be of impulsive behavior.

6. Limitations

The present study has been confined to limited rural areas educated college students. More elaborated studies may be conducted exploring other attributes of emotional maturity and impulsivity as depression, anxiety, aggression etc.

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