Personality Factors as Correlates of Emotional Maturity among Adolescents

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Emotions play an important role in the life of an individual and one requires a higher emotional maturity to lead an effective life. We need to study the emotional aspects of adolescents as they go on with their normal lives. The current study was planned to analyse the relationship between emotional maturity and personality factors. The sample consists of 110 adolescents studying in class XI and XII taken from a private school. Further, the association of emotional maturity with personality dimensions of these adolescents was analyzed. ‘Emotional maturity scale’ was administered on the selected sample to assess emotional maturity and ‘NEO-FFI (Form S)’, was used for measuring various personality dimensions of these adolescents. The results showed that (i) Neuroticism has a significant negative correlation with emotional maturity (ii) Agreeableness and Conscientiousness have significant positive correlation with emotional maturity, (iii) Openness and Extroversion doesn’t show any significant relation with emotional maturity and (iv) Stepwise regression analysis revealed two predictors of emotional maturity i.e. Agreeableness and Neuroticism, jointly account for 19% of variance in emotional maturity.

Keywords: Emotional Maturity, Neuroticism, Agreeableness, Openness, Adolescents.

In the present world, adolescents, in addition to daily rigors of life, are facing enhanced difficulties due to fierce competition, peer pressure, parental expectations, and so on. These difficulties are giving rise to many psychosomatic problems such as anxiety, tensions, frustrations and emotional upsets in day to day life. Emotions are great motivating forces throughout the span of human life; affecting aspirations, actions and thoughts of an individual. Adolescence is a period when the behavior getting influenced highly by the emotions. A healthy emotional development leads to emotional maturity. Emotional maturity can be understood in terms of ability of self-control which, in turn, is a result of thinking and learning.

Emotional maturity and social maturity are vital for attaining success and happiness in life. Social maturity is a term commonly used in two ways with reference to the behavior that conforms to the standards and expectations of the adults and secondly, with reference to the behavior that is appropriate to the age of the individual under observation. Botcheva et al. (2002) stated that adolescents reported decline in optimism, relative stability of depression and problem behavior because of the improvement in social maturity. The psychosocial context of adolescents is markedly different to that of children and adults. Relationships with peers, family and society go through distinct changes during this time. Adolescents begin to assert more autonomous control over their decisions, emotions and actions, and start to disengage from parental control. At the same time, the school context involves an intense socialization process during which adolescents become increasingly aware of the perspectives of classmates, teachers and other societal influences (Berzonsky & Adams, 2003). It can be assumed that while emotional maturity enables adolescents to make better decisions for life, good social adjustments determine, to a large extent, his social attitude throughout the adult years. In other words, it can be said that at the end of the adolescent period, the adolescent is...