

# Emotional Maturity and Mental Health Among Working and Non-Working Women

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## ABSTRACT

*The main purpose of this research was to find out the emotional maturity and mental health among working and non-working women. The sample consisted of 100 women persons out of which 50 working and 50 non-working women were selected randomly from the same area of the Rajkot district (Gujarat). Emotional maturity was measured for the selected subjects using the questionnaire developed by Singh and Mahesh bhargav (1991) and Gujarati translated by Jogsan, Y. A. (2017). Second questionnaire mental health was developed by D.J.Bhatt and G.R.Gida(1992). The obtained data was analyzed t-test to know the mean difference between working and non-working women and Karl Pearson correlation method was used to know the relation between emotional maturity and mental health variables. Here t test result revealed that there is a significant difference in emotional maturity and mental health at 0.01 level. The co-relation between emotional maturity and mental health was 0.43 which was positive correlation.*

**Key words:** Emotional maturity and Mental health.

The concept of maturity is used also in psychology and psychiatry. In this field it designates that phase of personality development which corresponds to biological and psychological maturation. We call a person psychologically mature after he has reached a certain level of intelligence and emotional outlook. If the development of a person is undisturbed, biological and psychological maturation progress more or less parallel with each other. Usually, however, biological maturation proceeds ahead of emotional maturation. Emotional development is one of the major aspects of human growth and development. Emotions like fear, anger, love, affection, play important role in women personality. Intellectual social and moral development is also controlled by emotions and experiences. In the modern society neither individual are emotionally stable or emotionally mature to handle their life in society. This emotional instability leads to anxiety and stress. Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and interpersonally. Emotional maturity can be understood in terms of ability of self control which in turn is a result of thinking and learning.

According to Cole (1954) says, 'The chief index of emotional maturity is the ability to bear tension'. This view lays stress upon 'self-control' and not on 'self-fulfillment'. Dosanjh (1956) says, 'Emotional maturity means a balanced personality. It means ability to govern disturbing emotions, show steadiness and endurance under pressure and to be tolerant and free from neurotic tendencies'. Crow and Crow (1962), has also revealed "that 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 affect 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 behavior". Walter D. Smitson (1974) emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra-personally. Menninger (1999), emotional maturity includes the ability to deal constructively with reality.

Kaplan and Baron elaborate the characteristics of an emotionally mature person; say that he has the capacity to withstand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration. He has belief in long-term planning and is capable of delaying or revising his expectations in terms of demands of situations. An emotionally mature child has the capacity to make effective adjustment with himself, members of his family and his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully. There are many various factors are put its effect on Emotional Maturity one of them is women.

The WHO (1998) has defined mental health as:

- A positive sense of well-being;
- A belief in our own worth and the dignity and worth of others;
- The ability to deal with the inner world of thinking, feeling, managing life and taking risks;
- The ability to initiate, develop and sustain mutually satisfying personal relationships;
- The ability of the mind to heal itself after shock or stress.

Concepts of mental health include subjective well being, perceived self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential (WHO, 2003a).

Women in India today have more opportunities to pursue their higher education and more and more women have started taking up the jobs outside their homes. Women exist under cultural norms and values so the working women have to make an adjustment with the family members are expected to make such adjustments. So this in turn leads to a number of stress and strain among working women. WHO defines health as a state of 'complete physical, mental and social well-being, and merely the absence of disease or infirmity'? Mental health has been reported as an important factor influencing an individual's various behaviors, activities, happiness and performance. Mental pressure is a vital cause of the mental health problems which arise due to various conditions. If the mental condition is good, a woman can take various responsibilities of a family and her understand the complications, try to solve them, plan for future and adjustment with others by becoming mentally strong. Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment, on the plane of reality. In other words it is the ability to face and accept the realities of life (Bhatia, 1982). The interface between the work place and the family life is more stressful for the women who work outside the home and they have to perform both familial as well as professional roles. This in turn, leads to stress of a person and affects mental health. Rastogi and Kashyap (2001) reported that significant negative relationship existed between occupational stress and mental health among married employed in teaching, nursing and clerical jobs. The sources of stress for working and non-working women are heavy workload, lack of co-operation from colleagues or neighbors and negative community attitude.

In a book entitled mental hygiene in public health P. V. Lewkan has written that mentally healthy individual is one who is himself satisfied, lives peacefully with his neighbors, makes healthy citizens of his children and even after performing these fundamentals duties has enough energy left to do something of benefit to society? Possessing mental health, an individual can adjust properly to his environment, and can make the best effort for his own, his family's and his society's progress and betterment. The chief characteristic of mental health is adjustment. The greater the degree of successful adjustment the greater will be the mental health of the individual. Lesser mental health will lead to less adjustment and greater conflict.

#### *Review of literature:*

Vaghela, K. (2014) Study on emotional maturity of working and non-working women. Result revealed that working women significantly differ on emotional maturity score as compared to non-working women, working women have show better emotional maturity compared to non-working women.

Lunagariya, U. B. (2013) study on emotional Maturity & Mental Health among joint & divided family's Female's. Result revealed that there was significant difference between joint & divided family's female's Emotional Maturity & Mental Health.

Mankani, R. V. and Yenagi, G.V. (2012) study on Comparative study of mental health of working and non-working women. The results revealed that there was no significant association between mental health dimensions of the working and non-working women. The working women had better mental health when compared to non-working women.

Dudhatra, R.R. and Jogsan, Y.A.(2012) study on Mental Health and Depression among Working and Non-Working Women. Results revealed that significant difference in mental health and depression with respect to both working and non-working women on mental health and depression. While the correlation between mental health and depression reveals 0.71% high positive correlation.

#### *Research problem:*

Emotional maturity and mental health among working and non-working women

#### *Objectives:*

The main objectives of study were as under.

- 1 To measure the emotional maturity in working and non-working women.
- 2 To measure the mental health in working and non-working women.
- 3 To measure the correlation between emotional maturity and mental health.

#### *Null-Hypothesis:*

To related objectives of this study, null hypothesis were as under.

- 1 There will be no significant difference in emotional maturity among working and non-working women.
- 2 There will be no significant difference in mental health among working and non-working women.

3 There will be no correlation between emotional maturity and mental health.

#### Method

##### *Participants:*

According to the purpose of present study total 100 samples has been selected. There were 50 working and 50 non-working women were taken as a sample from different area in Rajkot district (Gujarat).

##### *Instrument:*

Following Instrument were used for data collection:

##### A. Emotional Maturity Scale:

The Emotional Maturity Scale was made by Singh and Bhargava, (1991). This scale measures a list of five broad factors of Emotional Immaturity-Emotional Unstability, Emotional regression, social maladjustment, personality disintegration, lack of independence. It is a self reporting five point scale. Items of the scale are in question form demanding information for each in any of the 5 options: Always, Mostly, Uncertain, Usually, Never. The items were scored as 5, 4,3,2,1 respectively. Therefore, the higher score on the scale, greater the degree of the emotional immaturity and vice versa. The scale has total 48 items.

##### B. Mental health :

The mental health scale was made by Dr. D. J. Bhatt and Ms. Geeta R. Geeda. This scale contains 40 statements pertaining to five domains aim of mental health, these five dimensions include perception of reality, integration of personality, positive self-evaluation, group oriented attitudes and environmental mastery to be rated a 3-point scale. In this scale statements no. 1, 3, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, neutral 3, 2, 1 score is used and which are negative statements for agree, disagree, natural 2, 3, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half-divided method, and test, re-test has 0.87.

##### *Procedure of data collection:*

In this study random sampling method was used. Initial meeting with the participants was made at different area. Total 100 Participants were taken as a sample. They were informed about the purpose of the study. Upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scales as per the instructions given in the scales. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

##### *Research Design:*

The aim of present research was to a study of emotional maturity and mental health among working and non-working women. For these total 100 samples were taken with used Random method. To check significance between groups t-Test was used. Check relation between emotional maturity and mental health Pearson correlation r-method was used. Result and discussion of study is as under:

##### *Results and Discussions:*

The main objective of present study was to measure the emotional maturity and mental health among working and non-working women. In it statistical t-test method is used. To check correlation between emotional maturity and mental health Karl Pearson 'r' method is used. Result discussion of present study is as under.

Table-1: Showing mean, S.D. and t-value score of emotional maturity among working and non-working women

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Working women	50	171.93	13.21	2.99	0.01
2.	Non-working women	50	157.86	16.76		

Significance Level 0.05 = 1.98

0.01 = 2.63

NS = Not significant

The table-1 indicates that the mean score of emotional maturity in working women are 171.93 and non-working women are 157.86. The standard deviations for both working and non-working women are 13.21

and 16.76 respectively. The t-value was 2.99 which were significant at 0.01 levels. So we can say that first hypothesis was rejected. This is conformity with the findings of Vaghela, K. (2014)

Table-2: Showing mean, S.D. and t-value score of mental health among working and non-working women

Sr. No.	Variable	N	Mean	SD	t	Sig.
1	Working women	50	95.47	18.22	3.44	0.01
2.	Non-working women	50	89.77	14.18		

Significance Level      0.05 = 1.98  
0.01 = 2.63  
NS = Not significant

The table-2 indicates that the mean score of mental health in working women are 95.47 and non-working women are 89.77. The standard deviations for both working and non-working women are 12.99 and 14.18 respectively. The t-value was 3.44 which were significant at 0.01 levels. So we can say that second hypothesis was rejected. This is conformity with the findings of Mankani, R. V. and Yenagi, G.V. (2012)

Table-3: Correlation of the emotional maturity and mental health among working and non-working women

Sr. No.	Variable	N	r
1	Emotional maturity	100	0.43
2.	Mental health	100	

According to table-3 the results obtained positive co-relation between emotional maturity and mental health. It was 0.43 positive co-relations between emotional maturity and mental health. It means emotional maturity decrease mental health decreases and emotional maturity increase mental health increases.

#### Conclusion:

We can conclude by data analysis as follows:

There were significant differences between the mean scores of two groups in emotional maturity. There was significant difference between the mean scores of two groups in mental health. The co-relation between emotional maturity and mental health is 0.43 which is positive correlations. It means emotional maturity decrease mental health decreases and emotional maturity increase mental health increases.

#### Limitation and future research:

This study had several limitations that can be addressed by future research. First, the participants consist only youth of the different areas in Rajkot district. So, it is not representative of all youth. Hence, a more representative participant might yield different result; for example, a participant from different areas of Gujarat might show significant interaction effects of areas.

#### Suggestions:

Endeavour can be executed to analyze more than 100 data of sample with efficacy to attain better results. For the accumulation of information, varied methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different district from different state to ascertain their emotional maturity and mental health. To crown the research work, other method of selecting sample can be appropriated.

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**Don't stay in bed, unless you can make money in bed.**

**~ George Burns**