

STUDY ON EMOTIONAL MATURITY AND COPING STRATEGIES AMONG THE COLLEGE STUDENTS PERSUING MEDICAL STUDIES

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Abstract: Emotional maturity and coping strategies are very essential factors for happy, purposeful and a successful life which also forms the base for building up relationships with one another. Since emotional maturity and coping strategies are interrelate, coping with life situations depends on the level of emotional maturity a person has developed. Today's young adults are finding difficult to face life and interpret situations and experiences as challenges, adjustments, discipline, stress, and failures. The result of this is they are becoming unhappy and frustrated in a competitive world where success, prestige, and career are highly prioritized. The present study studies 40 college students, age between 18 to 21 aiming at measuring their emotional maturity and coping strategies with the help of Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bargava(1991) and Coping Strategies scale by Prof. A.K. Shrivastava. Student's responses and raw scores were evaluated by means and of Pearson's correlation coefficient method. The result indicated a positive co-relation between student's emotional maturity and coping strategy. The students scoring high on emotional maturity also had ways of good coping strategy in their life and vise versa..

Key Words: Emotional maturity, coping strategies, purposeful, adjustment.

1. INTRODUCTION:

Emotional maturity is most essential quality for build relationships, effectiveness, happiness, and successful life. Emotional maturity is closely related with emotional intelligence which helps in identifying, recognizing and handling one's own and others feeling and emotions too. An emotionally mature individual understands well that one needs to take the responsibility of their emotions and avoid blaming others for their various reactions and thoughts. Elders or adults who incorporate emotional maturity and balance while interacting with young ones are eventually providing these younger ones with some of the most crucial tools for living a satisfying, happy and grudge free life. Emotional maturity and coping strategies are related to one another. Coping in simplest way means to invest one's own conscious effort to move from a disequilibrium state an attempt to solve a problem so that one is able to tolerate or minimize stress. The type of coping strategies used by persons in situations, challenges, difficulties and problems shows how emotionally mature the person is. Ways of coping defined by Lazarus (1974) "It has been used to denote the way of dealing with stress or to effort to master the condition of harm, threat, or challenges when routine or automatic response is not readily available."

Emotional maturity and coping strategies are shaped by one's own life experiences, family upbringing, age, society and culture in which the person is grown up. Parents have a great role in the emotional maturity and coping strategies of an individual. No one is born with emotional maturity or knows how to cop up with life ahead. It is through our own personal experiences, observing and learning from others life and also from our upbringing. If the parents are sufficiently mature they bring up their children responsibly knowing that their actions matters for the wellbeing of their child. The healthy atmosphere of the family were one is felt loved, cared, valued, and accepted; it matters for the psychological wellbeing of a person. In childhood when parents help the child to make right choices, acceptance of limitations and make certain decisions, helping to take responsibilities the child learn to grow and able to manage better, because life is full of choices and decision to make. Maturity is the ability of a person to respond to the environment positively or negatively in an appropriate manner.(Roja et al, 2013)

The unloved or over protected children mostly find difficulty in coping with the stress and strain of life. When the life seems difficult they get into anxiety and depression and for them even life seems to be a great burden. Emotional maturity help the people to cope with challenges, difficulties, failures, unexpected happenings, problems related to relationships, studies and carriers. Some develop a kind of defense mechanism to manage their emotional stress or other situations of stress and they succeed in it and it became part of his coping mechanism. It does not mean all succeed in this; some succeed due to a habitual practice others may not succeed at all. It helps find better and healthy way of solving the problems and able to move forward with right attitudes and purposes in life. An emotionally matured person feels life is worth living in spite of all difficulties and tragedies because he is able to manage and cop up with it in a healthy way. Ways of Coping define by Lazarus (1974) "It has been used to denote the way of dealing with stress or to effort to master the condition of harm, threat, or challenges when routine or automatic response is not readily available. While

others can find hard to go forward, they get stuck when situations seems not so manageable and favorable. Some withdraw into a stage of denial, passive aggression and world of fantasy, while some others certain learn to be projective, splitting or acting out.

Age or Intelligence is not a guarantee for the emotional maturity of the person. People can grow in age and in Intellect but they need not be emotionally mature for their age. Rani et al, (2013) corroborated this finding when they asserted that emotional maturity is the ability to respond to the environment in an appropriate manner and the response is generally learned rather than instinctive, and is not determined by one's age. Emotionally matured persons can keep a lot of feelings within and yet to be calm and comfortable in dealing with others without any mood swings or out bursts (Sunil 2014). We often see people are struggling by swallowing too much of their emotions and giving full authority to these emotions. Others not able to take responsibility for one self, accepting own needs, limitations, wants, fears, feelings, emotions and mistakes. The emotionally matured students are strong and able to get adjusted with stress and strain associated with their learning. This help the person not to bounce back in to the early negative experiences or show any negative effects Stephens(2013). They find fault with everybody else's for their own difficulties and problems or they give over emphasis and blame oneself for everything. Some think that we are the victims of our lives; everybody is trying to hurt or make you sad, no one is there to help you out and become very negatively reactive towards all situations even to their own emotions and feelings. People who are sufficiently mature emotionally, and have some coping strategies towards life are able to tolerate and able to take responsibility for one's own life. They become mindful and take time to react to any situation and do it carefully and productively. They also give time and space for one self and others to make changes and progress in life and make the world a better place to live in. They take responsibility for all their actions, words and deeds as a way to learn and grow. "Responsibility has to do with the choice you make about how to think, feel and act about reality" (Roger K. Allen, PhD).

Persons with emotional maturity need to make certain healthy boundaries for themselves knowing own strength and limitations and able to stick to it without making much compromises. It is healthy and necessary for a successful and effective life. Certain signs of emotionally matured persons are: Self-awareness and self-acceptance, nonjudgmental, approachable, compassionate, other centered, optimistic, grateful, respect one self and others, open-minded, honest, self-control, able to make decisions and able to take responsibility. An emotionally matured person or those striving towards it will focus on their life and try to grow towards a life of satisfaction, happiness and fulfillment. It is not a one day effort but a lifelong process of mind full living.

2. REVIEW OF LITERATURE:

Study on emotional maturity and coping strategies among the students perusing rehabilitation studied by Amit Dharmपाल Wagde, Showkat Ahmed Ganaie (2013). D.Amit, Showkat, Ganaie concluded that there is a positive correlation between emotional maturity and coping strategy but gender difference were found in taking responsibility as part of coping strategy.

A similar study was done by Arti Chakara and Dr.M Aruna on Influence on family variables on core effective life skills of youth which concluded that parents education, occupation and the financial status has significance in the interpersonal, emotional skills of the students, also the involvement in self-help groups helps in coping with stress. Prof. Rajeshwari R R, Dr. S.John Raj studied the on environmental factors on emotional maturity. Findings showed that there is a significant correlation between environmental factors and emotional maturity. Emotional Maturity of the students vary according to the environmental factors.

Maria Camara G. B and Patricia P (2014) studied the role of social support in Adolescents: are you helping me or stressing me out? Their study stated that Inter personal relationship has a double role as stressors and source of social support. Among all the supports the emotional support is most valued.

Study on Social support and coping style, in predicting Suicide probability among the Turkish adolescents by Fulya Cenkseve. Among the male and female, females are the ones who seek for social support. There is also a significant correlation between Psychological factors, personality and situational variables.

Study about optimism and pessimism on emotional maturity, depression and coping strategies among the adolescent by R. Joshi, S. Tomar, International research journal, 2009. Coping strategies and Defence Mechanism: basic and Intermediate Defenses. Mark Dombeck PhD.

A study on the emotional maturity of higher secondary school students , S. Lakshmi, S. Krishnamurthy, International journal of current research, 2011. The study did not show any significant difference in areas of emotional maturity in government and privet school students and in gender also in urban and rural areas.

Vidya B. M.H, Yasrul L. A. B, Rohavah H, and Che M. K. (2016). Emotional maturity of medical students impacting their adult learning skills in a newly established public medical school at the east coast of Malaysian Peninsula the study findings shows that significant correlation between emotional maturity and adult learning and has an effect on the students.

Study on Managing stress: the influence of gender, age and emotion on coping among university students in Botswana. Nicole M. M, Shyngle K. B, and Kutto. N. O.(2014). The findings were non acceptance towards emotional responses and was related to problem solving, expressing emotions, cognitive restructuring, social support, problem avoiding and coping strategy.

John M. Raj. A study was conducted by Jhon M. Raj on relationship between emotional maturity stress and self-confidence among the management students showed that a strong and favorable relationship between emotional maturity and self-confidence and significant and not favorable relationship between stress and emotional maturity.

Studies were made on emotional maturity variation among college students with perceived loneliness by Aleena M.Sunny, Julia G Jacob, Neha Jimmy, Drishya T Shaji, Cilvania Dominic and came to a conclusion that there is not much difference between emotional maturity of hostellers and day-scholars, and the difference were found that emotional maturity varies between boys and girls.

Managing stress: the influence of gender, age and emotion regulation on coping among university students in Botswana was the study conducted by Nicole M. Monteiro, shingle K. balogunKutlo N. Oratile and fund that there was no significant difference in the coping strategy among the genders but found that non acceptance of emotional responses correlating with the problem solving.

3. AIM OF THE STUDY:

To study the relationship between Emotional maturity and ways of coping among students who are pursuing their medical studies irrespective to their course and gender. **Hypothesis** of the study is their will be a positive correlation in emotional maturity and coping strategies among the students pursuing medial studies.

4. METHODOLOGY:

Sample

The study aims to compare the emotional maturity and coping strategy among the college going students. In order to analyses the current situation the following hypothesis was framed. There will be a positive correlation in emotional maturity and coping strategies of college going students. The age group taken is between 18 – 21 years.

Questionnaire method was administered randomly on 40 college going girls and boys. Students were given two separate tests of questionnaire one on emotional maturity scale and the second was for coping strategy and explained them about how to go about it. The raw scores were then analyzed with the help of Pearson's Correlational coefficient. The analysis was also used to find out the difference and correlation between variables.

TOOLS USED: Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bargava(1991). The scale consists of 48 items in five areas. Coping Strategy scale developed by Prof. A.K. Shrivastava which had 50 statements with five strategies having many coping behaviors. The score was done according to the responses of the participants and using the manuals. The level of Emotional maturity depends on the score received by the individual. The reliability and validity was determined by; Internal consistency. The Internal consistency of the scale was checked by calculating the coefficient of correlation between total scores and scores on each of the five areas of emotional maturity scale and coping strategy scale.

5. RESULT AND DISCUSSION:

The Sample size was 20 for both dependent variables such as Emotional maturity (X) and coping strategy (Y) and the calculation was done by Pearson's correlation coefficient. The total score of (X) values are 1901, mean of X value is 95.05 and deviation squared = 1448.95. The total score of (Y) values are 1918, mean of Y value is 95.9 and the deviation squared = 5421.8. Combining both the X and Y the deviation Squared = 1839.1 and R is calculated and value of R = 0.6562. This is a moderate positive correlation which means there is a tendency for high X veritable scores go with high Y variable score and vice versa. The value of the coefficient of determination is 0.4306. It was found that better the emotional maturity better the coping mechanism that is developed in the individuals. We also found lower the emotional maturity they also found difficult in coping with day today's stress and strain irrespective of male and female. It is also found that most of the young adults are in the category of emotional immaturity and unable to cope with lives realities. It also found that girls were either emotionally mature or highly immature same with the coping strategy.

Result Details & Calculation

X Values

$$\sum = 1901$$

$$\text{Mean} = 95.05$$

$$\sum(X - M_x)^2 = SS_x = 1448.95$$

Y Values

$$\sum = 1918$$

$$\text{Mean} = 95.9$$

$$\sum(Y - My)^2 = SSy = 5421.8$$

X and Y Combined

$$N = 20$$

$$\sum(X - Mx)(Y - My) = 1839.1$$

R Calculation

$$r = \frac{\sum((X - Mx)(Y - My))}{\sqrt{(SSx)(SSy)}}$$

$$r = 1839.1 / \sqrt{(1448.95)(5421.8)} = 0.6562$$

Meta Numerics (cross-check)

$$r = 0.6562$$

The value of R is 0.6562. This is a moderate positive correlation, which means there is a tendency for high X variable scores go with high Y variable scores (and vice versa).

The value of R^2 , the coefficient of determination, is 0.4306

6. SUMMARY AND CONCLUSION:

The primary aim of study was to know the emotional maturity and coping strategies are inter related for the wellbeing of the adolescence doing their college studies. The study was conducted to find the relationship between emotional maturity and coping strategy among college going students. The study used a quantitative analysis with purposive sampling method. For this study used Emotional Maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bargava(1991). Ways of coping Strategies by Prof. A.K. Shrivastava. To do this data collected from 40 college going students of the age between 18 to 21. The result was statistically analyzed by Person's correlation. The result showed that there is a positive correlation between emotional maturity and coping strategies in individuals life. Increase in the state of emotional maturity grater will be the the coping mechanism developed in the individuals. We also found lower the emotional maturity they also found difficult in coping with day today's stress and strain irrespective of male and female. It is also found that most of the young adults are in the category of emotional immaturity and unable to cope with lives realities. It also found that girls were either emotionally mature or highly immature same with the coping strategy. The young adults need to be encouraged to take proper guidance and support from experienced counselors. The questionnaire method that used is limited to self-report measures, and have certain limitations for to measuring the development of individuals through the socio, psychological and emotional wellbeing and coping ways. We may need more and more people trained for effective interventions with young adults in the Colleges and Schools, so that young adults adapt new ways of growing in emotional maturity and coping strategies and have proper wellbeing and can build a healthy society. There were some drawbacks that were found: that students found it difficult to answer the questionnaire since it was quite lengthy, one had 50 questions and the other had 48 question. Also one was the language that one was in English and other was in Hindi. The sample selected was not purely English speaking or Hindi speaking population.

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