Chapter-5
Research Report

5.1 INTRODUCTION

The last step of the research is the research report. Whenever a researcher completes the research their prepares a report of it. In the scientific research the report is prepared scientifically. The stages of it are prepared by using the scientific methods. Any researcher cannot write a report in a haphazard manner. He/ she needs to prepare the report on the basis of some rules and stages. With the help of the research report the researcher can spread their research to many people. With the help of the report the other researchers can get the information.

The objective of the research report is to let the readers know about the problem upon which the research is conducted, the methods used to solve the problems, results of the research, and outcome of the research. The shorter understanding of it is represented in the research report.(78)

The objective of the present research is to study the emotional maturity, mental health and Adjustment of School and College Students and also to study the effects of some personal – social variables. Research is a complex process. To get the information about it is very difficult. So, in this chapter mainly the summarization, outcomes, suggestions, and the future research possibilities and consequences are given. In short, the motive is to reach to the society with the help of the ‘acquired outcomes’.
5.2 SUMMARIZATION OF THE RESEARCH

The task of getting education is formal, hard and challenging. Moreover, it is affected by many other factors. In relation to this the motive was to study the emotional maturity, mental health and Adjustment of School and College Students of the various schools and colleges of Surendranagar district. With reference to this, the following research problem was created:

‘A STUDY OF EMOTIONAL MATURITY, MENTAL HEALTH AND ADJUSTMENT.’

For the present research, 800 students were selected as the stratified random sample according to the $2 \times 2 \times 2$ factorial design by focusing on the student’s education level, place of residence and sex. To get the information about their emotional maturity the ‘Emotional Maturity Scale’ prepared by Dr. Yashvar Singh and Mahesh Bhargav, ‘Mental Health Inventory’ prepared by Dr. D. J. Bhatt and Gita R. Gida and ‘Revised Adjustment Inventory’ prepared by Dr. Pramod Kumar were used.

After selecting this stratified random sample, the information was marked and then for the statistical analysis the standard deviation, ‘t’ test, product moment correlation and partial correlation techniques were used. Then the acquired information was interpreted and the results were discussed. And at the end the acquired outcomes were presented, which are as following:(78)
5.3 OUTCOME OF THE RESEARCH

In the present research, the outcomes acquired on the basis of the results are as following:

5.3.1 The Outcome of the Percentage of the General Information:-

The percentage of the general information of the emotional maturity, mental health and adjustment is as following:

I. Standard of Education:
   In the total sample of 800 students, the 50% means the 400 students were from the higher secondary schools and another 50% means 400 students were from the colleges.

II. Place of Residence:
   From the total sample of 800 students, the 50% means the 400 students were from the villages and another 50% means 400 students were from the city.

III. Mother’s Education:
   From the total sample of 800 students, the 59.625% means the 477 students were the children of the mothers whose education level was till std. 7th or less than that and another 40.375% means 323 students were the children of the mothers whose education level was above std. 7th.

IV. Father’s Education:
   From the total sample of 800 students, the 80% means 640 students were the children of the fathers whose education level was till std. 7th or less than that and the 20% means 160 students were the children of the fathers whose education level was above std. 7th.

V. Mother’s Occupation:
   From the sample of total 800 students the 95.5% means 764 students were the children of the housewives mothers and 4.5% means 36 students were the children of the working mothers.
VI. Father’s Occupation:
From the total sample of 800 students the 80.5% means 644 students were the children of the businessman fathers and 19.5% means 156 students were the children of the fathers having job.

VII. Sex:
From the total sample of 800 students the 50% means 400 students were boy students and 50% means 400 students were girl students.

VIII. Age of the Students:
From the total sample of 800 students the 47.625% means 381 students were of the age group 18 years or less than that and 52.375% means 419 students were of the age group 18 years or above.

IX. Type of Family:
From the total sample of 800 students the 72.5% means 580 students were from the joint family and 27.5% means 220 students were from the separate family.

X. Stream of Education:
From the total sample of 800 students the 82.625% means 661 were the students of general stream and 17.375% means 139 were the students of science stream.(78)

5.3.2 The Outcomes Regarding the Student’s Emotional Maturity:-

5.3.2.1 The Outcomes Related to Standard Deviation:

(1) The emotional maturity of the college students is better than the higher secondary school students.

(2) The emotional maturity of the village students is better than the city students.

(3) The emotional maturity of girl students is better than the boy students.

(4) The effect of the correlation of the student’s place of residence and standard of education is accurate upon the emotional maturity.
(5) The effect of the correlation of the student’s place of residence and sex is accurate upon the emotional maturity.

(6) The effect of the correlation of the student’s sex and standard of education is accurate upon the emotional maturity.

(7) The effect of the correlation of the student’s sex and standard of education and place of residence is accurate upon the emotional maturity.

5.3.2.2 The Outcomes Related to ‘t test’:

(8) The emotional maturity of the students of the age group 18 years or above is better than the students of the age group 18 years below.

(9) The emotional maturity of the joint family students is better than the separate family students.

(10) The emotional maturity of the general stream students is better than the science stream students.

(11) In relation to the student’s mother’s education there is no significant difference found in the scores of emotional maturity.

(12) The emotional maturity of the students who were the children of the fathers whose education level was above std. 7th is better than the students who were the children of the fathers whose education level was below std. 7th.

(13) The emotional maturity of the students who are the children of the housewife mothers is better than the students who are the children of the working mothers.

(14) In relation to the father’s occupation there is no significant difference found in the scores of emotional maturity.
5.3.3 The Outcomes Regarding the Student’s Mental Health:

5.3.3.1 The Outcomes related to Standard Deviation:

(15) There is no significant difference found in the scores of mental health in relation to the student’s standard of education.

(16) There is no significant difference found in the scores of mental health in relation to the student’s place of residence.

(17) There is no significant difference found in the scores of mental health in relation to the student’s sex.

(18) The effect of the correlation of the student’s place of residence and standard of education is accurate upon the mental health.

(19) The effect of the correlation of the student’s place of residence and sex is accurate upon the mental health.

(20) The effect of the correlation of the student’s sex and standard of education is accurate upon the mental health.

(21) The effect of the correlation of the student’s place of residence, standard of education and sex is accurate upon the mental health.

5.3.3.2 The Outcomes related to ‘t test’:

(22) The mental health of the students who are below the age of 18 is better than the students who are above the age of 18.

(23) In relation to the student’s type of family there is no significant difference found in the scores of mental health.

(24) In relation to the student’s stream of education there is no significant difference found in the scores of mental health.
(25) In relation to the student’s mother’s education there is no significant difference found in the scores of mental health.

(26) In relation to the student’s father’s education there is no significant difference found in the scores of mental health.

(27) In relation to the student’s mother’s occupation there is no significant difference found in the scores of mental health.

(28) The mental health of the students who were the children of the businessman fathers is better than the students whose fathers had a job.

5.3.4 The Outcomes Regarding the Student’s Adjustment:

5.3.4.1 The Outcomes Regarding Standard Deviation:

(29) The adjustment of the higher secondary school students is better than the college students.

(30) In relation to the student’s place of residence there is no significant difference found in the scores of adjustment.

(31) The adjustment of the boy students is better than the girl students.

(32) The effect of the correlation between the student’s standard of education and place of residence is accurate upon the adjustment.

(33) The effect of the correlation between the student’s place of residence and sex is accurate upon the adjustment.

(34) The effect of the correlation between the student’s standard of education and sex is accurate upon the adjustment.

(35) The effect of the correlation between the student’s standard of education, sex and place of residence is accurate upon the adjustment.
5.3.4.2 The Outcomes Regarding ‘t test’:

(36) The Adjustment of School and College Students who were above the age of 18 years is better than the students who were below the age of 18.

(37) The Adjustment of School and College Students who were from the joint family is better than the students who were from the separate family.

(38) The adjustment of the general stream students is better than the science stream students.

(39) In relation to mother’s education there is no significant difference found in the scores of adjustment.

(40) The Adjustment of School and College Students who were the children of the fathers whose education level was below std. 7th is better than the students who were the children of the fathers whose education level was above std. 7th.

(41) The Adjustment of School and College Students whose mothers were housewives is better than the students whose mothers were working women.

(42) In relation to the father’s education there is no significant difference found in the scores of adjustment.

5.3.5 The Outcomes Regarding the Correlation between the Student’s Emotional Maturity, Mental Health and Adjustment:-

(43) There is accurate positive correlation found between the student’s emotional maturity and mental health.

(44) There is accurate positive correlation found between the student’s mental health and adjustment.

(45) There is accurate positive correlation found between the student’s emotional maturity and adjustment.
(46) There is accurate correlation found in between the scores of emotional maturity and mental health.

(47) There is accurate correlation found in between the scores of adjustment and mental health.

(48) When the scores of the student’s mental health are static, there is accurate correlation found in between the scores of emotional maturity and adjustment.

5.4 LIMITATIONS OF THE RESEARCH

Any research begins with a question and the whole research process tries to answer this question scientifically, yet it is hardly possible that the scientific research is complete and faultless. In the behavioral sciences it is possible for a researcher to be much objective as physics. The outcomes and the limitations of the research provides the beginning of the another research. The limitations of the present research are as following:

1. For the present research, the selected students are only from the various higher secondary schools and colleges of Surendranagar.
2. For the present research the sample was limited to 800 students.
3. The present research was limited to the students of the higher secondary schools and colleges of Surendranagar and so there can be no generalization about its consequences.
4. The present research was limited to the variables of the student’s standard of education, place of residence, sex, age of the students, type of family, stream of education, mother’s education, father’s education, mother’s occupation, father’s occupation etc.
5. In the research the number of the sample of the student’s standard of education, place of residence and sex but it is possible that the distribution of wealth is not equal in each area.
6. Here, the attempt has been made to measure the emotional maturity, mental health and adjustment but it is possible that the students may have not filled up the questionnaire properly.

7. The method of answering a question is different in each and every student and it is possible that the students have kept some answers secret and have provided the good answers rather than the true answers.

8. The information acquired during the research can be based on the attitude, opinions and actualization of the students.

9. The methods shown in the research for emotional maturity, mental health and adjustment can or cannot change the attitude of the students.

10. In the present research, all the information is acquired by the questionnaire method. The choices of the options or answers of the questions can be a person’s inner speculations. Here, the information is not acquired by any other method. So, while using these consequences practically, generally and socially, it is necessary to keep in mind these personal matters.

5.5 THE SUGGESTIONS FOR THE FURTHER RESEARCH

The motive of the present research was to study the emotional maturity, mental health and Adjustment of School and College Students but any research is not complete in itself. There are always some limitations which can be fulfilled by another research. With reference to the consequences of the present research the following suggestions will be helpful in making the further researches broad and meaningful. The suggestions are as following:

1. For the present research, the students were selected only from the higher secondary schools and colleges of Surendranagar. The further study can be done by considering the students of other district.

2. One can choose the students from the colleges only and can study the variables like sex, age and the place of residence.
3. For the research one can choose the different streams of education such as science, commerce and arts as the researcher has chosen here the standard of education.

4. For the research one can choose the type of school, time of school and the distance of school from the house including the personal – social variables.

5. A researcher can take any one independent variable from the emotional maturity, mental health and adjustment and then can study them with reference to the personal – social variables.

6. A detailed study can be done by including the students from the whole of Gujarat.

7. A study can be done by comparing the students of Government colleges and Private colleges.

8. One can refer the subject material time by time to study.

9. In the present research only 800 students were selected, one can choose more students than this to study.

10. One can study the other variables like depression and anxiety except the emotional maturity, mental health and adjustment.

11. One can select the students only from the private schools or from the colleges only to take this study further.

12. One can select the students only from the government schools or from the colleges only to take this study further.

13. One can take this study further by controlling the variables like the type of school, sex and place of residence.

The outcomes of this small research are applicable only to Surendranagar district and cannot be applicable to all the students. One should keep these things in mind while applying the outcomes of this research practically.
5.6 THE SUGGESTIONS AND RECOMMENDATIONS ON THE BASIS OF THE OUTCOMES OF THE RESEARCH

a. From the results of this research it is clear that the emotional maturity of college students is better than the higher secondary school students but the higher secondary school students can even improve their emotional maturity by performing their works with zeal and inspiration.

b. There is a great effect of the atmosphere on the city area students. One can improve one’s emotional maturity by keeping aside the loneliness, personal life, selfishness and parochialism.

c. Girl students give importance to shyness and secretes and according to Indian lifestyle women are found weak in their emotional capabilities. If they give importance to modern thoughts and change their life style positively then they can definitely improve their emotional maturity.

d. There is greater effect found in the older students of the experience, education, understanding, familial environment and interaction. But the students, below the age of 18, can even improve their emotional maturity by improving their understanding, obedience, self – control, self – ability, and social awareness from the childhood.

e. In the joint family, a child frequently acquires the knowledge of obedience, courtesy, social knowledge, understanding, communication and practical knowledge. But the students from separate families can also improve their emotional maturity by developing their understanding, interaction and social skills.

f. The students of science stream can also improve their emotional maturity like the students of arts stream with a little time for games, jokes, obedience, and courtesy and communication skill.

g. The fathers having less educational qualifications do not expect much from their children. But the fathers having higher educational qualifications expect much from their children. The emotional maturity can be improved if a child is allowed manipulate the freedom of expression in its own way.
h. The working mothers cannot give their time fully to their children and so there is less effective communication between them and so she sometimes becomes unable to nurture her child much with the courteous characteristics. While the housewife mothers focuses much on their children and provides good emotional and social characteristics. In the same way, the working mothers can even try to give some more time to their children and nurture their emotional maturity.

i. The students below the age of 18 do not possess much sense of understanding and insight and so their mental health is weak. But their mental health can be improved by developing their lifestyle with the characteristics of understanding, insight, obedience and courtesy.

j. The fathers having job projects their future expectations and career in their children. The fathers having business are not able to take proper care of their children and so they allow them to take decisions on their own. But the mental health can be improved by communicating with the children and by having the same desires and expectations as the child.

k. The college students face some problems like their choice of business and life partner. The adjustment can be improved by deciding the solutions of these problems initially.

l. In Indian life style, girls feel more shyness, coyness and are more oriented towards their personal life than the boys. The adjustment can be improved by developing one’s skills according to one’s interest and inspiration and should even get away from the shyness and coyness to take part with the modern culture.

m. The Adjustment of School and College Students who are above the age of 18 is better than the students who are below the age of 18. The adjustment of the children can be improved by making the children aware about the interaction, understanding, lifestyle and social rituals from the childhood.

n. In the joint family the reciprocation of the interaction, thoughts and communication is found to be better and so the adjustment of their children is better. But the children from the separate family can even improve their adjustment by developing the interaction, reciprocation and communication.
o. The adjustment of the science stream students is found to be weak due to their focus upon the school and study. The adjustment of the science stream students can be improved by teaching them to emphasis upon the familial, social and emotional matters.

p. The Adjustment of School and College Students who are the children of the fathers having higher education can be improved by developing the attitudes according to the skills and life style regarding the child’s interest, wish and inspiration.

q. The working mothers cannot pay fully attention to their children. The Adjustment of School and College Students can be improved and the good characteristics can be developed in the child by giving them some more time and by nurturing in them the qualities of obedience, courtesy and morals.

5.7 CONSEQUENTIAL OF THE RESEARCH

The objective of the present research was to study the emotional maturity, mental health and Adjustment of School and College Students. Moreover another objective was to study the effects of personal – social variables such as the student’s standard of education, place of residence, sex, age, type of family, stream of education, mother’s education, father’s education, mother’s occupation, father’s occupation etc. upon the emotional maturity, mental health and adjustment.

The emotional maturity of the college students is better than the higher secondary school students because they are mature in their age and education. The life style of the city students is formal, covenanted and is fixed in behavioral patterns. The village students lead a free, easy and logical life and so their emotional maturity is better. The shyness and coyness of boy students is less than the girl students and so they are mature their emotional maturity is better. The students receive maturity by the experiences of lifestyle and behavior with the
passing age and so the emotional maturity of the students who are above the age
of 18 is better than the students who are below the age of 18. The emotional
maturity of the students from the joint family is better than the separate family
because the joint family deals with the problems and obstacles together in
collaboration. The emotional maturity of the general stream students is better than
the science stream students because the science stream students lead a formal,
covenanted and steady life. There is no effect found on the emotional maturity of
students of their mother’s education. The father having good education can project
their guidance in the children and so the emotional maturity of the students whose
fathers have good education is better. The housewife mothers can give emotional
teaching to their child naturally and so the emotional maturity of the students who
are the children of the housewife mothers is better than the students who are the
children of the working mothers. There is no accurate effect of the father’s
business upon the student’s emotional maturity.

There is no accurate effect of the student’s education upon the mental
health. There is no accurate effect of the village or city area upon the mental
health of the students. There is no effect of sex upon the mental health also. The
students above the age of 18 are understanding and emotionally mature and so
their mental health is good. There is no effect of separate or joint family upon the
mental health. The mental health is a personal matter and so there is no effect of
the stream of education upon it. There is no effect of the mother’s education or
father’s education upon the mental health of a student because the study is a
matter of understanding, insight and awareness. There is no effect of mother’s
occupation upon the mental health of the students but the effect of the father’s job
is definitely affecting the mental health of the students because the father’s job
affects the student’s thoughts, feelings and work and so the students give
importance to the formal matters. The students who are the children of the
businessman father are independent and free in their thinking. So the mental
health of the students who are the children of the businessman fathers is better
than the students who are the children of the fathers having job.
The college students have finalized their directions of education and business while the higher secondary school students are only concerned about their study and so they are more adjustable. Adjustment is the matter of the student’s interest and so there is no effect of the place of residence upon the Adjustment of School and College Students. The girl students of higher secondary schools and of colleges have the familial and educational responsibilities and so they feel shyness and coyness and so are less adjustable while the adjustment of the boy students is found to be better. The students who are above the age of 18 have better adjustment than the students who are below the age of 18 because they are understanding, obedient and have more better insight than the students below the age of 18. In the separate family the interaction of thoughts and communication is less while in the joint family the interaction of thoughts and communication is found to be better. So the adjustment of the joint family students is better than the separate family students. The science stream students give importance to their study and personal matters but the general stream students are able to reciprocate their thoughts and feelings and give importance to joviality and candidness and so their adjustment is better than the science stream students. There is no accurate effect of mother’s education upon the Adjustment of School and College Students. The students who are the children of the fathers having higher education give importance to the formal and accurate matters. But the students who are the children of the fathers having less education are obedient, courteous, interactive and communicative and so their adjustment is better than the students who are the children of the fathers having higher education. The mothers having job are problematic about their socialization and social interaction while the housewife mothers give their children better care, socialization and interactive qualities and so the students who are the children of the housewife mothers has better adjustment. Adjustment is based on interest and attitude and so there is no effect of the father’s education upon the Adjustment of School and College Students. (78)