Chapter-1

THE PROBLEM AND ITS BACKGROUND

INTRODUCTION

Since last many years we have been the witness of the changing time around us. We cannot even neglect the social and personal effects of the arrival of new technology. We accept this innovation happily and continue to give new dimension to our life parallel to that of the new technology.

With the arrival of 21st century, the world seems to be shrinking and nearest. It is because of the new technological innovations like computer, I-pad, tablet, internet, fax etc. The parents provide these new technological facilities immediately to their children so that the children can be with the changing world. But they never inform their children about the usefulness of the instruments. In such situation, it is possible that the children/student would be misguided to use the technology. With incomplete information and incomplete understanding, the students are misguided to use the powers negatively rather than positively.

The caliber of the student develops according to the age of the student. But with the use of such instruments the students face mental agony and at this stage they don’t have any type of control over their emotional behavior. But if the student has the understanding of their emotions then she/he won’t be facing the problems regarding behavior or will not perform sexual misconducts.

The emotional maturity of the student increases as soon as the student enters into the state of maturity. But if the proper information is provided then Psychology can throw light upon such matters like; the type of behavior the
student can have at school level. Whether the student is mature enough to handle the emotional problems or not can be specified with such researches.

Nowadays, the teenagers digest whatever is given to them through the medium of television. They accept the information identically without considering the truthfulness or the acceptability of it. The important reason for this identical acceptance is that they are not emotionally mature enough and the social status and familial atmosphere do not provide them proper guidance. So, rather than facing this kind of mental problems what they do is losing their mental health and cannot even adjust with the surrounding atmosphere. If the students can control their emotional maturity, they can stabilize their mental concentration also. Moreover, with the mingling of mental health and adjustment we can stabilize the healthy mind.

The prime motive of this research is to study the emotional maturity, mental health and Adjustment of School and College Students who are studying at higher secondary school level and colleges.

1.1 THE PROBLEM OF STUDY

“EMOTIONAL MATURITY, MENTAL HEALTH AND ADJUSTMENT OF SCHOOL AND COLLEGE STUDENTS”

The student is associated with the education since ancient times. According to Swami Dayanand Saraswati, Education is,

“That which enables humans to receive auspicious “learning” and that which can help humans to leave “ignorance” and that which can make the human life happy. This would be the education according to the norms provided in the Vedas”
Education was provided according to two methods: (1). Oral Method (2). Contemplative Method. In this way, except acquiring knowledge, the ability of the student was also tested. But at the end, the words of the ‘Guru’ – Teacher were taken as final judgment and this was helpful to the students and teachers equally to grow up from every point of view. (83)

As mentioned above, the students not only ‘learns’ but also allows such factors like ‘ignorance’ to enter into their field of knowledge.

If we look at the present Education System, then it would be noticeable that it has changed a lot. And it allows the student to learn with the combination of their abilities of knowledge and skills. The government has imitated the Western Culture and has made exterminable changes in our Education system.

In the midst of these many changes, the student is facing mental struggle to unify himself/herself with the new, longer and difficult syllabuses. In this way, because of the changes of new syllabus, the student achieves the ‘physical’ and ‘mental’ maturity but not the ‘Emotional’ maturity. In this way, the student becomes more mature than their age because of the easily accessible technology and the burden of syllabus.

Now-a-days, in our country, criminal acts are increasing. The cases of rapes, thievery, killings, and kidnappings are increasing at the level of city, village, state and country. It is suggesting that somewhere, it is the lack of ‘Emotional Maturity.’(31)

If the students can maintain the ‘emotional maturity’ then they can definitely stabilize the consciousness. For healthy ‘Adjustment’ in the society, it is necessary to achieve the adjustable ‘mental health’.
With the consideration of this matter, the above mentioned problem of the research is selected to see the effect of various variables.

On the subject of “The Emotional Maturity of Students” many noticeable studies have been conducted by Mr. Sunil Kumar (2014), Ms. Vinita Kumari Sinha (2014), K. Subbarayan (2011), Bhalchandra Bhave (2014) and Yogesh Jogsan (2013) etc.

Many studies have been done on the subject of “The Effects of Different Variables on Mental Health” by Philip Tyson, Kelly Wilson and others (2010), Bandhana, Darshna P. Sharma (2010), Felice Jacka, Edvind Ystrom (2013) and Anne Lise Kvalezaag (2013) and Manju Dhondiyal, Renuka Venktesh (2009) etc.

On the subject of “Adjustment” many studies are conducted by Anita Kaur (2013), Mrs. Vandana Chauhan (2013), Yashwant K. Nagle, Kalpana Aanand (2012), Dr. Pankaj S. Suvera (2013), Ramesh O. Prajapati (2013) etc.

In this research, the researcher has paid attention to the following problems:

1. The Boy students of Higher Secondary Schools in Villages
2. The Girl students of Higher Secondary Schools in Villages
3. The Boy students of Higher Secondary Schools in City
4. The Girl students of Higher Secondary Schools in City
5. The Boy students of College in Villages
6. The Girl students of College in Village
7. The Boy students of College in City
8. The Girl students of College in City
After the Higher Secondary education of schools, the students move forward for Higher education of colleges. Many of the village areas do not have the facilities of this kind of higher education. So the students have to go outside or away from their villages to study at higher level. At this time, after completing the higher secondary school education, the student enters to the college level education system. During this time, the student faces the mental problems. They are as following:

(1) After finishing the Secondary education, the student enters to the Higher Secondary school. There they come in contact with new atmosphere and new students.

(2) The student faces problems with the understanding of the subjects of Higher education.

(3) The students of Higher Secondary Schools do not possess the complete understanding. So they face problems regarding Adjustment.

(4) The student has to face the Actual and Suppositional goals and situations.

(5) In the college only, they have to adjust with the students of different mental abilities and the students from different areas.

(6) It takes time to adjust in totally new atmosphere.

(7) With the admission in college, the student has to adjust with the differentiating burden of subjects.

These questions of the students need to be thought upon. If we think upon them deeply, they seem very complex; this is why the students feel lack of Emotional Maturity. In this context, it is necessary that a student should learn to attain Emotional Maturity and if any kind of trouble comes they should learn to stay mentally stable and healthy and it is even necessary that they can Adjust with their School and College group and build their career properly.
1.2 OBJECTIVES OF THE STUDY

This research is being conducted with keeping in mind some specific goals. The problem of study is logically distributed, and so it is necessary to specify the objectives of the research because objectives of the research shows what type of matters should be conducted in a particular research. These objectives continue to direct the research process.

Regarding the present research some primary and subsidiary ‘objectives’ are decided. They are as follows:

1. To examine the ‘emotional maturity’ of the students.
2. To examine the effects of the education level, the place of residence, sex, age, type of family, the stream of education, the education level of mother, the education level of father, the occupation of mother and the occupation of father on the ‘emotional maturity’ of the student.
3. To examine the ‘mental health’ of the students.
4. To examine the effects of the education level, the place of residence, sex, age, type of family, the stream of education, the education level of mother, the education level of father, the occupation of mother and the occupation of father on the ‘mental health’ of the students.
5. To examine the ‘adjustment’ in the students.
6. To examine the effects of the education level, the place of residence, sex, age, type of family, the stream of education, the education level of mother, the education level of father, the occupation of mother and the occupation of father on the ‘adjustment’ of the students.
7. To examine the correlation ship between ‘emotional maturity’, ‘mental health’ and ‘adjustment’ of the student.
8. To provide suggestions for increasing the ‘emotional maturity’ of the students.
9. To provide suggestions for the improvement of the ‘mental health’ of the students.

10. To provide suggestions for the improvement of the ‘adjustment’ of the students.

The scientific research begins with the ‘problem’ as well as the ‘hypotheses’ of it. The problem of study is converted into more than one hypothesis. Then on the basis of experimental study they are tested. If they prove to be true then they are accepted, if they prove to be untrue they are rejected. Here, we will try to understand the meaning and the form of hypothesis. (82)

1.3 UNDERSTANDING THE IMPORTANT POINTS OF STUDY

The explanations of the important points of this research are as following:

1.3.1 What is ‘Emotional Maturity’?

As it is necessary to have grown up mentally and physically for the firm growth of a person, it is even necessary to have ‘emotional maturity’ for emotional growth. Horal English has rightly said that, “The oppression of all the natural feelings and its expression is not the true explanation of emotional maturity. It is never possible to rightly say that a person is ‘emotionally mature’ even if she/he is very quiet, sad, obedient and well mannered.” (31)

If any person expresses their emotions uncontrollably or tries to fulfill it through another expression is not called the ‘emotional maturity’. On this matter H. B. English explains elaborately that, “when the emotions are expressed in a controlled, serialized, effective and adjusted manner than it can be called the ‘emotional maturity’.”(31)
“Emotion is a complete way of behavior in which the various components are integrated about the internal relation.”

Horish B. English

This means that change can occur to a person immediately but the emotional maturity in a person occurs slowly as the person grows their adjustment with the situation. (31)

According to Barnhart the emotions are “emergency equipment”. It helps a person very aptly in the moments of crisis. There are two types of emotions: Creative Emotions and Destructive Emotions. The Creative emotions such as happiness, love, contentment, gaiety etc. can provide new directions to a person’s behavior. It motivates a person towards an appropriate direction. While such Destructive emotions like anger, jealousy, fear, disgust and grief etc. can create adversity. And so the life and behavior of a person turns towards the maladjustment. It is necessary to have Emotional Maturity in a person’s life but it is even necessary that a person feels it appropriately.(31)

To understand the Emotional Maturity it is important to understand the meanings of the two words: ‘Emotion’ and ‘Maturity’ separately. This will be discussed now.

MEANING OF EMOTION

This is known as ‘emotions’ in English. It has been derived from the Latin word ‘EMOVERE’ which means ‘to be restless’ or ‘to burst out’. (31)

Definitions of Emotion:

“Emotion is a kind of experience which in a behavior can unite effectively as well as provide strength or even it can be erosive of it.” (31)
“Emotion means the stirred up state of the whole nervous system.”(31)

Woodworth and Moskowitz.

MEANING OF MATURITY

The analysis of maturity is done by considering the physical growth and the age, which means, ‘After the teenage, around the age of 18 to 20 years, when the physical growth is completed, is known as the ‘Maturity’. But maturity is not merely related to physical or organismal growth, but to some extent it is indebted to the education, and that is why we can say that, “The degree of maturity is not determined by chronological age alone, physical age, mental age, social age and emotional age are also important.”

Thus, maturity is not merely related to the physical age but also to the emotional, social, mental maturity. If we look at it through the larger perspective than, it does not matter if a person is physically mature enough, what matters in deciding the emotional maturity of a person is the ability of a person to take decisions in failure and problems, the ability of controlling emotions, and the ability to pass through the times of failure. Moreover, the maturity is even concerned with the person’s fundamental values, bringing up and scales of living.(31)

Definitions of Emotional Maturity:

The different definitions of ‘Emotional Maturity’ are as follows:

“Emotional Maturity has been defined as an array of capabilities, competencies and skills that influence one’s ability to cope with environmental demands.”(50)

“Emotional maturity, like personality maturity in general, has often been investigated by referring to individual’s self-conceptions.” (50)

Campbell, Assonants&DePaul (2003)


“Emotional maturity is characterized by the ability to integrate multiple emotional perspectives to form flexible and differentiated representations of one’s self, others and situations.” (50)

1.3.2 What is Mental Health:

The question of mental health has nowadays become very complex thing. If a human being really wants to live the actual happy and healthy life then their will have to learn the art of living. A mentally healthy person can understand himself/herself and can even be aware about one’s limitations and capacities. There can think about what is right and what is wrong before attempting any task and can throw light upon the future consequences and that makes the person full of self-confidence. (67)

Generally, it is believed that if a person does not seem to have any disease than their is healthy but according to World Health Organization –WHO, “it does not mean to have a true healthy stature if a person is without any disease but the true healthy stature inculcates the physical, mental and social health.” In today’s fast-forward life it seems impossible to be mentally healthy and the understanding of this fact has also become widespread. But it is necessary to have
true understanding and information about this matter. One’s thinking ability, social system and life style plays an important role. (67)

In simple terms, Mental Health means ‘healthy mind.’ In the midst of physical health, social health and spiritual health it is necessary to have a healthy mental state to establish proper adjustment in life. (67)

The first representation of Mental Health was proposed by Bears in 1908. Since then, the different researches have been performed over this matter and many definitions and explanations have been provided. Some of the definitions/explanations are as under:

Cutts and Mosley (1941) defined “Mental health is the ability to adjust satisfactory to various strains we meet in life and mental hygiene as the means we take to assume this adjustment.” (38)

Brooks and Shaffer (1951) points out that, a person is mentally healthy if he adjust himself so as to avoid undue conflicts, stress, and strains and if he adjusts to the world of people, things, and events about so as to be highly effective both socially and personally. (38)

J. A. Hadfield (1952) defines, “Mental health is the full and harmonious functioning of the whole personality.” (38)

Maslow (1962) observes, “Mental health is not a passive acceptance of life and its conditions. It is a process of living that point to still better living. It is a life, in which one’s potentialities are coming to full development, in which one’s inner nature expresses itself freely and is not wrapped, suppressed or denied.” (38)
Dhingra (1966) states that, “a person is said to be mentally healthy when he is thoroughly adjusted to his environment. A mentally healthy person is an adjusted person.”

According to Encyclopedia of Educational Research (1969), undoubtedly, mental health has to do with being able to love, to work, to play, have a peace of mind, to be happy, to be secure and to be able to manage stress. One of the concepts about mental health that has emerged over the years in its relationship to emotional robustness, the ability to take the stress of life without caving in or striking out violent against society.(38)

Dutt (1974) says, “Mental health appears as an attribute of mature human personality and social value to be guarded and maintained through purposefully living.”

Lulla B. P. (1981) says, “mental health is a combined outcome of five types of health: (1) Physical (2) Emotional (3) Moral (4) Spiritual (5) Social. Mental health is an important aspect of total health of a person because is both the cause and effect of the other type. It means three things to an individual: (1). Right thought (2) Right attitude (3) Right action.

Mental health can be called the process of human self-realization, self-satisfaction and fully successful existence.

Chauhan (1984) says, “The mental health is a condition which permits the maximum development of physical, intellectual and emotional status of the individual, so that he can contribute maximum to the welfare of the society and can realize his ideas and crisis of life.”
Mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. (WHO, 2007) (38)

Thus, mental health means adjustment of life, effective relationship, maturity, and stability, awareness of social responsibility, methodological work and complaisance towards others. In this way, one is continuously passing through confrontational situations of today’s technical and competitive world. (72) A student is even suffering in recent times higher education system and changing lifestyle. Moreover, a student is supposed to prove himself/herself as a student and as a child of their parents. So, if a student fails to attempt and work hard according to their age towards progress, their feels mental anxiety.

Moreover, with the growing physical growth according to the age, a person does not receive necessary mental growth. So the student feels anxiety and even problems while adjusting in life.

1.3.3 What is Adjustment:

Adjustment is an interaction between our own self and our surrounding environment. A person constantly tries to unite their self with the environment or keeps trying to be convenient towards the environment, and this is why a person changes the environment actively or passively. A person is able to adjust satisfactorily according to the easiness of their ability to change the environment. Like other animals, a person also needs to adjust with the environment to fulfillsuch requirements like physical, psychological and material. The adjustment becomes easy and satisfactory on the basis of this effectiveness of the interaction. (51)

Definitions of Adjustment:
Some of the definitions of adjustment are as following:

(1) Adjustment is the process by which a living organism maintains balance between his needs and circumstances that influence the satisfaction of his needs.(52)  
Laurence Shatter

(2) Adjustment is the maintenance of the harmonious relationship between man and his environment.(52)  
Gates and Jersild  
Crow and Crow

(3) Adjustment is the outcome of the individual’s efforts to deal with stress and meet his needs.(44)  
I. C. Coleman

(4) Adjustment is the process by which a living organism maintains a balance between its needs and the circumstances that influences the satisfaction of these needs.(42)  
Boring Langfield

(5) Personal adjustment is the process of interaction between us and our environments. In this process we can either adapt to the environment or alter it satisfactorily. Personal adjustment depends on successful interaction.(42)  
Lehner & Kube

1.4 DEFINITIONS OF THE IMPORTANT TERMS

The technical terms and the simple terms used in the research are defined. Here, the working definitions are given about them. To make this research congruous and to let this research reach to the common people, these definitions are provided as following:

1.5.1 AGE: The physical age of a student when the researcher has met him/her to fill up the questionnaire.
1.5.2 **SEX:** The sex suggests the sexual difference between a boy and a girl, a woman and a man.

1.5.3 **EDUCATIONAL QUALIFICATION:** Suggesting the standard of a student or level of education where a student wants to reach.

1.5.4 **TYPE OF THE FAMILY:** If a student is from a joint family or a separate family or the size of their family.

1.5.5 **PLACE OF RESIDENCE:** The village or city area where a student resides and studies at school.

1.5.6 **LEVEL OF EDUCATION:** The higher secondary school level in which a student enters after completing their secondary schooling and the college or university where a student goes for higher education after completing the higher secondary schooling.

1.5.7 **STREAM OF EDUCATION:** The stream chosen by a student to study – Arts, Commerce, Science

1.5.8 **EDUCATION LEVEL OF MOTHER:** The details of a student’s mother’s present education level at the time of the student’s schooling.

1.5.9 **EDUCATION LEVEL OF FATHER:** The details of a student’s father’s present education level at the time of the student’s schooling.

1.5.10 **OCCUPATION OF MOTHER:** The occupation performed by the student’s mother.

1.5.11 **OCCUPATION OF FATHER:** The details of income earned and occupation performed by the student’s father.

1.5.12 **THE ANNUAL INCOME OF THE FAMILY:** The annual income of the student’s family.

1.5.13 **SCHOOL:** The education given to student and the place which is recognized by government to educate a child.

1.5.14 **STUDENTS:** The students who go to study in schools and in colleges.

1.5.15 **EMOTIONAL MATURITY:** It is a kind of mental behavior which prompts a person to give emotional responses according to their age, society and culture. (31)

1.5.16 **MENTAL HEALTH:** It is an art which helps in establishing oneness and unitary relationships between the persons. (67)
1.5.17 ADJUSTMENT: This is the way a person adjust with their social environment and adjusts. (31)

1.5 VARIABLES OF THE STUDY

In the research problem, it is necessary, to study the various variables. So it is an important facet of defining these variables practically.

“Anything which can be changed accordingly is known as variable.”

The present research contains the following variables:

1.5.1 Independent Variables: All the variables which can affect the outcome of an experiment and which can be changed anytime by the experimenter are known as ‘independent variables’. It is a kind of a constituent which is chosen, applied or measured by the researcher to decide the relationship of the incident under observation in its accordance.

The present research contains the following independent variables:

1. Age
2. Sex
3. Education Qualification
4. Type of the Family
5. Education level of the Mother
6. Education level of the Father
7. Occupation of Mother
8. Occupation of Father
9. Annual income of the parents/guardians
10. The place of residence
11. Number of members in a family
12. Standard of school (51)

1.5.2 Dependent Variables: It is a variable, which occurs as the effect of changing experimental variables in the outcome of the experiment.

“Dependent variable is a kind of constituent, observed to find out the effects of the independent variable.” (51)

Here, there are three variables:

(1) Emotional Maturity of students
(2) Mental Health of students
(3) Adjustment of School and College Students

1.5.3 Moderator Variables

Moderator variable means some kinds of subsidiary independent variables which especially, affect the relationship of independent and dependent variable, because they are chosen to investigate.

Here, the Moderator variables are as following: (51)

(1) Type of the family
(2) Education Qualification
(3) The place of residence

1.5.4 Control Variables

This is a kind of variable which affects the independent variable and the effect of it on other variables also can be traced and controlled by the researcher during the experiment so that it affects objectively. There are two variables used here: (51)

(1) Academic achievement
(2) The annual income of parents/guardians
1.5.5 Intervening Variables

This is a kind of variable, which cannot be seen, observed or measured, but the existence of which can be established indirectly. Science does not concentrate on the inner mind yet the effects of these intervening variables can be found on the other variables. Only some guessing can be made for these effects, as following:(51)

1. The eagerness of the students studying in schools
2. The familial atmosphere of the students
3. Personality traits of the students
4. The present social and academic scenario
5. The problems regarding students and the policy of the government.

1.6 THE SIGNIFICANCE OF THE PRESENT STUDY

The primary aim of this research is to find out the Emotional maturity of the students studying in higher secondary schools and colleges. With the absence of ‘emotional maturity’, the students cannot adjust with their classmates, friends, teachers and family etc. and so, with this absence they feel mental illness. Age related mental ability and emotional maturity comes into conflict with each other. The motive is to prepare the children to be ready to face such matters. There are so many researches conducted in Psychology and will continue to be conducted. Every research is important in its own unique way and so this importance can be understood in context of the usefulness.(31)

Today’s students are working in many directions altogether. They are habituated to work with many appliances from their childhood only. This has been the cause of the development of mind technically. But the growth related to age
occurs earlier than the actual age. But the emotional identification, which should be according to the age, does not occur and so the situation goes out of control.

It is believed that each and every student is the future citizen of the country. But if this future citizen is not emotionally mature than this would affect the growth of the country. In the ancient times, the students living in the ashrams of the rishis had to pass through many difficult examinations and tap. Rather than only education, the students were given such extra-curricular activities in the ashrams which would be helpful in their self-development. Woodcutting, horse riding, cooking, war tactics, and swimming etc. were also taught as a part of their education. The motive of these activities was to teach the students about social adjustment and to control one’s needs by achieving emotional maturity. Moreover, they were supposed to be capable of facing each and every situation in the life ahead and to becomesocially adjustable beings. Thus, this broad thinking leads the students to get higher and quality education and to adjust emotionally.(31)

In short, the motive of this research is ‘To study the problem of emotional maturity, mental health and adjustment in the students of colleges and higher secondary schools’. The usefulness of it can be described as following:

1. After acknowledging the present emotional maturity of students, prepare them as more mature and improvised being.
2. To care about maintaining the mental health of students.
3. To attempt about student’s social adjustment.
4. To motivate the students always.
5. To suggest the necessary changes in the education system.
6. To make students capable of using new technology and adjustable to the new social flow.
7. To inform teachers even that the necessary changes in the education system will be helpful in the growth of students.
8. To make students aware about education system and technological knowledge.
9. To suggest the government about the kind changes necessary for the students.
10. To make student able for self-evaluation.

1.7 LIMITATIONS OF THE PRESENT RESEARCH

Any research, taken for consideration, has some limitations. It is never accomplished in its broadness. The limitations are as following:

(1) In the present research, the number of villages and cities are same according to their area but may not be the same in its wealth and equity.
(2) In the present research, total 800 students from the schools and colleges of Surendranagar are taken for study. So, the information collected will not be applicable to all.
(3) In the present research, only the effects of the study of emotional maturity, mental health and adjustment are described. But it is necessary to suggest the proper solutions.
(4) Here, some specific instruments are used to measure the emotional maturity, mental health and adjustment. But it is quite possible that the students may not have filled the questionnaire properly.
(5) Sometimes, a student feels hesitation to answer some question and so it is possible that some answers are kept secret by the students.
(6) The collected information is based on the student’s nature, behavior and actualization.
(7) In the present research, some suggestions are given to amplify the emotional maturity, to improvise mental health and to teach adjustment on the basis of the information collected. It is possible that they would change but it is even possible that no change occurs.
The present research is measured on the basis of ‘t’ examination scheme and ‘r’ device of ANOVA - F. But it is possible that all the assumptions may not be present in it.

1.8 SUMMARIZATION OF THE STUDY

In the first chapter of this research introduction, problems, objectives, hypothesis, defined terms, the limitations of the research are described.

In the second chapter, the analysis of reference material and the theoretical understanding of emotional maturity, mental health and adjustment are elaborated.

In the third chapter the planning of research, instruments, demonstration, measurement of research variables, understanding of statistical methods etc. are defined meaningfully.

The fourth chapter is about the effects of variables and the analysis of the information; which includes the probing of hypothesis, ‘ANOVA-F’ – an itinerant analyzing method, Karl Pearson’s ‘r’ method of statistical analysis and the discussion of the final outcome/result.

The fifth and the final chapter of this research include the findings, summary, suggestions and important advises.