



Research Paper

Emotional Maturity and Self-Actualization in Graduate and Post-Graduate Students

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ABSTRACT:- The aim purpose of this research was to find out a emotional maturity and self-actualization among graduate and post-graduate students. The 40 graduate students and 40 post-graduate students were taken as sample. The research tool for emotional maturity was measured by Sing & Bhargav Emotional Maturity scale was used. While the tool of self-actualization Dr. K. N. Sharma self-actualization inventory was used. Here't test was applied to check the significance of emotional maturity and self-actualization in graduate and post-graduate students and check the correlation method is used. Result revealed that there is significant difference in emotional maturity among graduate and post-graduate students. There is significant difference in self-actualization among graduate and post-graduate students. While the correlation between emotional maturity and self-actualization reveals 0.85 positive correlations.

Keywords:- Emotional Maturity, Self-Actualization & Student.

I. INTRODUCTION

The term emotional maturity has been described by experts in many ways-typically as the effective determinate of personality pattern. Second, it also helps us to control the growth of adolescent's development. From a scientific point of view personality is the organization of some traits and emotional maturity is one of them.

One outcome of health development is increasing "Emotional Maturity." Emotional maturity is measure of one's capacity to create in a positive mental attitude. Emotions are our specific reactions to a particular event. They serve as a bridge between our thoughts and actions. The process of maturity emotional is never complete, for a person in fairly good health mentally continues to grow "mature" in this attitude toward life and toward himself as long as he live.

The emotional maturity essential in valves emotional control. According to this view the emotionally mature person is able to keep laid on his feelings.

Morgan (1924) Stated the view than an adequate theory of emotional maturity must taken an account of full scope of the individual power and his ability to enjoy the use of his powers. According to Walter D., Smithson (1974). Emotional maturity is process in which the personality is continuously striving for greater sense of emotional health both intra psychically and intra personality. Emotionality maturity is "A process of readjustment the infant loams under parental supervision what situations after permissible opportunities for emotional reactions and to what extent, so that primitive elemental psychological response that we call emotion becomes pattered in accordance with approved from the expression and repression favored by culture." Frank (1963)

Self-actualization is the term given to the modern psychological concept first coined by Kurt Goldstiin (1934) and then developed by Maslow (1943, 1954, 1968) in has work on motivational the arise sitting at the top of Maslow's hierarchy of needs (1943). Self-actualization can be described as persona realizing their potential "fulfilling themselves" and "doing the best they are capable of doing" Maslow (1959). According to maslow this stage in the hierarchy can only be achieved when needs lower down in the hierarchy are satisfied.

Maslow's hierarchy begins, at the bottom with psychological needs and progresses to safety needy needs, self-esteem needs and finally the need for self-actualization. The implication of the fulfillment of these

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lower needs suggests that the self-actualizing, person longer has the "need" for these motivational drives. Such an individual would subsequently possess particular characteristics which were observed and studied by **Moslow (1968)**.

Thus we have a description of "Self-actualizing individual" but the path to achieving this stage in maslow" hierach is not full explained.

Lakshmi & Krishnamurth S. (2011) this study reveals that the majority of higher secondary student Coimbatore district are in emotionally unstable condition. There exists significant difference between all the sub-samples except the age group of higher secondary students. The finding of this study will be an eye opening to the researchers, curriculum practitioners and parents.

Singh, D., Kaur, S.& Durej, G. (2012) The result revealed significant differences on sub-variable social maladjustment between male sportspersons and female sportsperson. However, no significant difference on emotional instability, emotional regression, social maladjustment, personality disintegration, lack of independence and emotional maturity (total).

Hah & Yang Sook (1994) Self-actualization level depends on motivation of choice, satisfaction with nursing as a major and satisfaction with college life. Therefore and effective guidance program is required to improve motivation and satisfaction with nursing as a major and with college life.

II. OBJECTIVES

The main objectives of study were as under:

1. To measure the emotional maturity of graduate and post-graduate students.
2. To measure the self-actualization of graduate and post-graduate students.
3. To measure the correlation between emotional maturity and self-actualization.

III. NULL-HYPOTHESIS

To related objectives of this study null-hypothesis were as under:

1. There is no significant difference in emotional maturity among graduate and post-graduate students.
2. There is no significant difference in self-actualization among graduate and post-graduate students.
3. There is no significant correlation between emotional maturity and self-actualization.

METHOD

TOOLS

For this purpose the following test tools were considered with their reliability, Validity and objectivity mention in their respective manuals. In present study two inventory used in research.

- (A) **Emotional maturity scale:** Emotional maturity scale made by **Dr.yashvir sing & mahes bhargave**. It consisted 48 items. Each was to be rated five point scale. The test retest reliability of whole test was 0.75 and validity 0.64 of this scale
- (B) **Self-Actualization Inventory:** Self-actualization inventory made by **Dr. K. N. Sharma**. Is consists 75 item. Each of these items is answerable by making tick mark into one of the three boxes marked with 'Never', 'Same time', and 'Always.' The test retest reliability of whole test was 0.85 and validity of this scale is very high.

SAMPLES

According to purpose of present study 40 graduate and 40 post-graduate students were taken from different parts of Rajkot City (Gujarat).

PROCEDURE

According to purpose of present study, for date collection. The investigator explained the purpose of the study to the subjects, for these total 40 graduate, 40 post-graduate student were taken as a sample form different part of Rajkot City (Gujarat). Emotional maturity and self-actualization inventory was administered to graduate and post-graduate student the investigator assured them that their responses would be kept strictly confidential and would be utilized for the research purpose only, after these the date were collected individually.

RESEACH DESIGN

The aim of present research was to study of emotional maturity and self-actualization among graduate and post-graduate student. For this 40 graduate and 40 post-graduate student where taken as sample. To check difference in emotional maturity and self-actualization among graduate and post-graduate student t-test and correlation method was used. The result and discussion is as under.

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IV. RESULT

The main objective of present study was to make a comparative study of emotional maturity and self-actualization in graduate and post-graduate students. Statistical method was used and their correlation was measured. Result of the present study is as under.

The result obtained on the basic area of emotional maturity reveals significant difference of graduate and post-graduate students. The graduate student received mean score **86.98** as compared to higher mean score post-graduate student **106.73**. The standard deviation score of graduate student received **21.79** and post-graduate student **33.17**. So we can say that post-graduate student more emotional maturity to compare to graduate student. The 't' value of emotional maturity is **3.14**. There is significant difference among graduate and post-graduate student. It means hypothesis was not accepted.

The results obtained on the basic area of self-actualization reveal significant difference of graduate and post-graduate student. The graduate student received higher mean score **178.2** as compared to post-graduate student **169.2**. The standard deviation score of graduate student received **15.97** and post-graduate student received **19.42**. So we can say that graduate student more self-actualization to compare to post-graduate student. The 't' value of self-actualization is **2.26**. There is significant difference among graduate and post-graduate student. It means hypothesis was not accepted.

Showing to table-3 result obtained that positive correlation between emotional maturity and self-actualization among graduate and post-graduate student. There **0.85** positive correlation between emotional maturity and self-actualization. Emotional maturity is a very important factor that effect on self-actualization. It means the emotional maturity increases the self-actualization and vice-versa. Here important emotional maturity than important self-actualization.

V. DISCUSSION

Graduate student were compared with post-graduate students on emotional maturity and self-actualization. Graduate students then the post-graduate students these findings indicated that the graduate students are emotional maturity compare with post-graduate students stability/instability in emotional maturity. In this present study when compare graduate students and post-graduate students result emotional maturity than post-graduate students more higher compare to graduate student. This present study of possible reason on several attentions on emotional maturity among graduate student. It is important to know about the emotional maturity stability / instability in relation on to self-actualization on post-graduate students. Live as well as review of literature indicates that research works have been reported on this.

Subbarayan & Vivanathan (2011) in their study on emotional maturity among college students revealed that the emotional maturity of college students in extremely unstable.

Actual emotional maturity is very intimately related to individual's health adjustment and behavior. So it becomes necessary that a child should have a healthy emotional development. It means that one's pleasant and unpleasant emotional should develop in such a ratio so that unpleasant emotional could not influence his mental health. There should be proper development of the ability of emotional catharsis through which he could minimize the intensity of mental tensions and in balances which arise due to unpleasant emotions.

Graduate students then the post-graduate students these finding indicated that the graduate student are self-actualization compare post-graduate students more in this present study when compare graduate student and post-graduate students result graduate students main higher compare to post-graduate students.

Davidson, Bromfiel and Beck (2007) tested the prediction that individual differences in self-actualization would be associated with six academic orientations which influence college student's adjustment to their studies.

VI. CONCLUSION

There was significant difference in emotional maturity among graduate and post-graduate students. There was significant difference in self-actualization among graduate and post-graduate students. There were **0.85** positive correlations are seen between emotional maturity and self-actualization.

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RESULT TABLE

Table-1. Showing the mean SD and t-value of Emotional Maturity Among Graduate and Post-graduate Students.

Sr. No.	Variables	N	Mean	SD	t
1	Graduate	40	86.98	21.79	3.14**
2	Post-Graduate	40	106.73	33.17	

* P < 0.05

** P < 0.01

N.S. = Not Significant

Table-2. Showing the mean SD ant t-value of Self-actualization Among Graduate and Post-graduate Students.

Sr. No.	Variables	N	Mean	SD	t
1	Graduate	40	178.2	15.97	2.26*
2	Post-Graduate	40	169.2	19.42	

* P < 0.05

** P < 0.01

N.S. = Not Significant

Table-3. Showing the correlation between Emotional Maturity and Self-actualization Among Graduate and Post-graduate Students.

Sr. No.	Variables	N	Correlation
1	Emotional Maturity	80	0.85
2	Self-Actualization	80	