

CONTENTS

INDEX

TITLE	Page(s)
Significance of Research Data Methodology and Research Data for its Effective Organization - Dr. Shivpal Singh, Mr. Rakesh Kumar Keshari	02
IOT BASED SMART IRRIGATION SYSTEM - Dr. Mukta Makhija	09
A STUDY OF MORAL VALUES IN SECONDARY SCHOOL STUDENTS IN RELATION WITH THEIR GENDER AND LOCALITY - Ms. Richa	16
To Compare the Emotional Regression dimension of the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools - Mr. Dharamveer Singh	28
Effectiveness of Project based Learning in Mathematics at Secondary School Education – Mr. Mandeep Kumar, Dr. Meenakshi Sharma	37

To Compare the Emotional Regression dimension of the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools

Mr. Dharamveer Singh

Assistant Professor, (B.Ed., Dept.)

Dewan Institute of Management Studies, Meerut

ABSTRACT

Emotionally mature people are sensible who do not whine, crib or play the blame game. They have full control over their lives. They reflect on their lives and on the role that they play in other people's lives. Emotional maturity is not related to physical maturity which is expected to be but, does not grow with chronological age. Emotionally mature people lead a well-adjusted life due to their healthy outlook on life. Emotional maturity is a significant predictor of the level of success that an individual achieves in his/her lifetime. Success includes wealth, general level of happiness, self-confidence, success in relationships, etc. where emotional maturity plays a significant role to get success. Emotional maturity is defined as how well one is able to respond to situations, control emotions and behave in an adult manner when dealing with others. Emotional maturity means, in essence, controlling emotions rather than allowing emotions to control you. That does not mean one should hide or repress emotions, but one can use muscle relaxation, yoga, guided imagery and other relaxation tools to reduce their intensity. Fortunately, one can control thoughts by becoming aware of negative and inaccurate beliefs and ideas. By Comparing of Emotional Maturity the significance level of the art and science group were found significant and by Comparing of Emotional Regression Dimension the significance level of the art and science group were found not significant.

Keywords: Chronological, Whine, Significant, Crib, Repress and Imagery

INTRODUCTION:

In the present circumstances youth are facing difficulties which is giving rise to many problems like frustration, anxiety, stress and emotional imbalance in day to day life due to which life is getting complicated day by day. We can say that striving to satisfy our need to live happily and function effectively. We grow from infants to adults, passing through different stages of maturity. We are expected to go through physical, cognitive, emotional and relationship maturation. But when our bodies' age and our muscles and body shape define themselves, do our emotions follow suit? If there is a balance between one's physical age, IQ, social maturity and emotional maturity, then one actually grows up.

Education creates good quality human resource for a fast developing country. The main aim of education is the progress of physical, social activity, feeling and knowledge of the student stability. Emotional maturity is a process in which the personality is constantly striving for a greater sense of emotional health, both internally and personally. "An emotionally mature person is one who is able to keep a lid on emotions. He can suffer in silence. He can spend his time in spite of discomfort. When he expresses feelings, he does so with restraint. , does it decently and in good order".

Emotional Maturity is a process in which the personality is continuously striving for greater sense of emotional health both intra psychically and intra personally. "An emotional mature person is one who is able to keep a lid on feelings. It is the ability to bear tension and it is the ability to develop high tolerance for disagree circumstance. The tern 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.

Emotional maturity is not related to physical maturity. Emotionally mature people are sensible people who don't cry, crib or play the blame game. Emotionally mature people lead a well-adjusted life because of their healthy outlook towards life. They have complete control over their life. They reflect on their own lives and the role they play in the lives of other people. Emotional

maturity is an important predictor of the level of success a person achieves in their lifetime. Success includes wealth, general level of happiness, self-confidence, success in relationships, etc., where emotional maturity plays an important role in achieving success.

NEED AND THE IMPORTANCE OF THE STUDY:

If one lacks emotional maturity then the life of the person will be miserable because emotional maturity is said to be the basis of living a happy and contented life. Youngsters as well as children are facing many difficulties in life in the present circumstances due to lack of emotional maturity. These difficulties are giving rise to many psycho-somatic problems like anxiety, stress, frustration and emotional troubles in day to day life. Therefore, the study of emotional life is now emerging as a descriptive science. It deals with the interaction of forces with intensity and quantity. Therefore, an emotionally mature person is not one who necessarily has all the conditions that create anxiety and hostility, but is constantly seeing himself or herself involved in the struggle for a healthy integration of feeling, thought action. This prompts the investigator to conduct a comparative study on the emotional maturity of secondary school students of Meerut district.

STATEMENT OF THE PROBLEM:

To Compare the Emotional Regression dimension of the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools.

OBJECTIVES OF THE STUDY:

- (i) To Compare the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools.
- (ii) To compare the emotional regression dimension of the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools.

HYPOTHESES OF THE STUDY:

1. There is significant difference between emotional maturity of the male senior secondary students belonging Art and Science streams of CBSE Board Schools.
2. There is significance difference between emotional regression dimension of the Emotional Maturity of Male Senior Secondary Students belonging to Arts and Science streams of C.B.S.E. Board Schools.

LIMITATIONS:

1. The study was delimited to the senior secondary students of Art and Science streams.
2. The study was delimited to the students of CBSE Schools of Meerut City.

METHODOLOGY:

This study intends to compare the Emotional Maturity of Male Senior Secondary Students Belonging to Arts and Science Streams of C.B.S.E. Board Schools. Various research strategies are available for conducting research studies such philosophical, historical, case study etc. But the choice of method of research is controlled by considerations like purpose of study, objective, hypothesis of study & resources on the part of investigator. A number of research studies related to the present one conducted so far, were reviewed by the investigator, where the emphasis was found to be lying more on survey type research.

POPULATION:

The population in the present study consisted of all the senior secondary students of CBSE Board Schools in Meerut City.

SAMPLE:

The researcher selects 100 students studying at senior secondary level of CBSE of Meerut City for the study.

TOOL:

The tool used in the following study is the emotional maturity scale. It has a sum of 48 items under the following categories. This scale named as Emotional Maturity Scale constructed by Dr. Yashveer Singh and Dr. Mahesh Bhargava.

Description of the Dimensions

S. No.	Areas	No. Of Items
1.	Emotional Instability	10
2.	Emotional Regression	10
3.	Social Maladjustment	10
4.	Personality Disintegration	10
5.	Lack of Independence	8
Total		48

EMS is a self-reporting five point scale. Items of scale are in question form.

STATISTICAL TECHNIQUES:

In this study the researcher wants to compare the Emotional Maturity of Male Senior Secondary Students Belonging to Arts and Science Streams of C.B.S.E. Board Schools. Researcher uses Mean, Standard Deviation and t-test

ANALYSIS OF DATA AND INTERPRETATION OF THE RESULTS:

1. To compare the emotional maturity of male senior secondary students belonging to Arts and Science Stream of C.B.S.E. Board Schools.

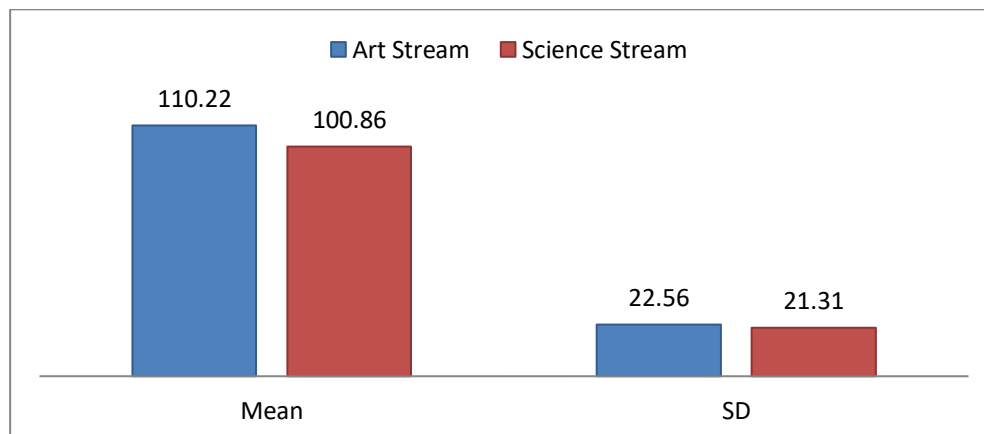


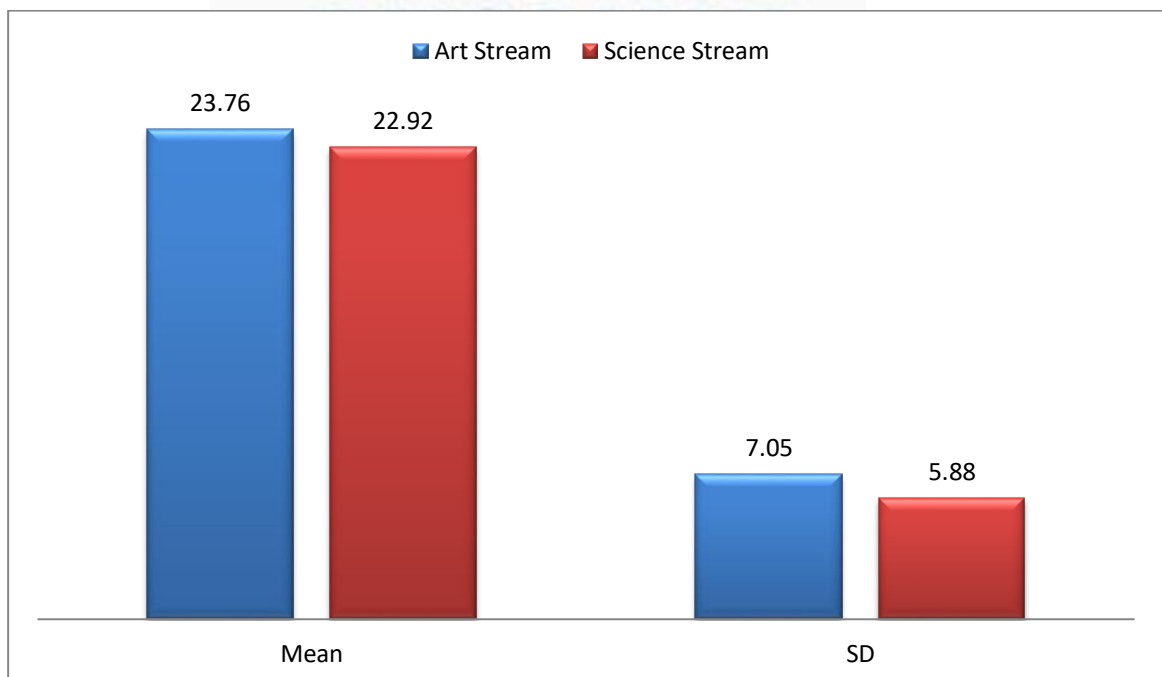
Table No-01

Comparison of Emotional Maturity

Group	N	Mean	SD	Critical-Ratio	Significance Level
Art	50	110.22	22.56	2.13	Significant at 0.05 level
Science	50	100.86	21.31		

The table value at 0.05 level for 98 d. f. is 1.98 and at 0.01 level is 2.63. The calculated critical ratio at 0.05 level is 2.13 which is more than the table value at this level therefore the obtained critical ratio is significant and at 0.01 level is 2.13 is less than the table value at this level therefore the obtained critical ratio is not significant at this the level.

- To compare the Emotional Regression Dimension of the emotional maturity scale of male senior secondary students belonging to Art and Science streams of C.B.S.E. Board Schools.



Comparison of Emotional Regression Dimension

Group	N	Mean	SD	Critical-Ratio	Significance Level
Art	50	23.76	7.05	0.84	Not Significant
Science	50	22.92	5.88		

The table value at 0.05 levels for 98 d. f. is 1.98 and at 0.01 level is 2.63. The calculated critical ratio is 0.84 which is less than the table value at both the levels therefore the obtained critical ratio is not significant at both the levels.

MAJOR FINDINGS OF THE STUDY:

- There is a significant difference on 0.05 level to compare of the emotional maturity of male senior secondary students belonging to Art and Science streams of C.B.S.E. Board Schools. Not Significant differences were found on 0.01 level between the Emotional Maturity of Art and Science stream male students.
- There is a not significant difference on 0.05 level to compare the Emotional Regression dimension of the emotional maturity of male senior secondary students belonging to Art and Science streams of C.B.S.E. Board Schools. Not Significant differences on 0.01 levels were found between the Emotional Maturity of Art and Science stream male students with respect to Emotional Regression.

REFERENCE:

- *Aggarwal, S. (2015)*, A Study of Academic Achievement of High School Students in relation to Emotional Intelligence, Emotional Maturity and Self-confidence. Indian Journal of Higher Education, IV(2), pp. 38.
- *Bhatnagar Shelly, Gill Satish (2016)*, Emotional Intelligence In Relation To Emotional Maturity And Emotional Competence Of Secondary School Students, Global Journal Of Multidisciplinary Studies, Vol-4, No-6.

- **Bhagat Vidya, IzadYasrul, JayarajJoash, Husain Rohayah, Mat Khairi Che (2017)**, Emotional maturity of medical students impacting their adult learning skills in a newly established public medical school at the east coast of Malaysian Peninsula, *Advances in Medical Education and Practice*:7 575–584.
- **Krishan Lal (2017)**, Emotional Maturity, Self Confidence And Academic Achievement Of Adolescents In Relation To Their Gender And Urban-Rural Background, *American International Journal of Research in Humanities, Arts and Social Sciences*, 5(2), pp. 188-193.
- **Roja, M. Panimalar, N. Sasikumar, and M. Parimala Fathima (2017)**, "A Study on Emotional Maturity and Self Concept at Higher Secondary Level." *Research in Psychology and Behavioral Sciences* 1.5 : 81-83.
- **Surjit, S.P. (2017)**, Role of emotional maturity in the academic achievement of High School Students. *GHG Journal of Sixth Thought*, Vol. 1(1), pp. 1-4.
- **Shafeeq Yasmin Nikhat, ThaqibAfeefa (2018)**, Comparative Study Of Emotional Maturity Of Secondary School Students In Relation To Academic Achievement, *The International Journal of Social Sciences and Humanities Invention*, Volume 2 issue 06 2015 page no.1437-1444 ISSN: 2349-2031.
- **ZapataDG Alodia (2020)** ,The Emotional Stability And Emotional Maturity Of Fourth Year Teacher Education Students Of The Bulacan State University *Journal Of Social Sciences & Humanities Research, JSSHR* 14|Volume 1|Issue 2.