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## A correlational study of emotional maturity, emotional intelligence and life satisfaction among college girls

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### Abstract

The present study was aimed to explore the relationship between emotional maturity, emotional intelligence and life satisfaction. It was hypothesized that there is a positive correlation between emotional maturity, emotional intelligence and life satisfaction. To verify the hypotheses, 60 girls were selected from a women college, Bhiwani. Emotional maturity scale, emotional intelligence scale and life satisfaction scale were administered on participants to collect the data. The collected data were analysed by applying Pearson's correlation in SPSS software. The findings reveal that there is a positive correlation between emotional maturity and life satisfaction while no any significant correlation is found emotional intelligence and life satisfaction, emotional intelligence and emotional maturity.

**Keywords:** Emotional maturity, emotional intelligence, life satisfaction, college girls

### Introduction

Emotional maturity may be defined as a process of acting ones age. Maturity is not an absolute or definite characteristic at all. As an individual develops through childhood to adolescence to adulthood, his emotions become more easily classified as fear, hate, anger, disgust, affection, joy etc. People who out grow these types of emotional behavior usually adjust well in their lives and are accepted well in society. In the broadest sense, emotional maturity means the degree to which the person has realized his potential for richness of having and has developed his capacity to enjoy things, to love and to laugh, his capacity for whole hearted sorrow when occasion for grief arises, his capacity for experiencing anger when faced with a situation while he is not able to work according to him, that would increase the temper of any reasonably tolerant or sensible person and his capacity to show fear when there is an occasion to be frightened.

According to Young (1996) [25] the emotionally mature or stable individual regardless of his age, is the one who has the ability to overcome tension, to disregard certain emotion stimulations that affect him, and to view himself objectively as he evaluates his assets and liabilities and strings towards an improved integrator of his thoughts and emotional attitudes and his overt behavior, so the mature individual is said to have control over his emotions. According to Lisa, J.M. (2004) [14] Emotional Maturity brings with it a capacity for independence, the willingness to take action as free agent along with the capacity to affiliate, to freely initiate and sustain loving relationships.

### Characteristics of Emotional Maturity

- **The ability of give and receive love:** Emotional Maturity fosters a sense of security which preferred vulnerability. A mature person can show his vulnerability by expressing love and accepting expressions of love from the one who loves him. An immature person is unduly concerned with "weakness" and has difficulty in showing and accepting love. The egocentricity of immaturity will allow the acceptance of but fails to recognize the needs of others to receive love. They take it, but they won't give it.
- **The ability to face reality and deal with it:** The immature person avoids facing reality. Overdue interpersonal problems, any difficulties which demand character and integrity are avoided and even denied by immature people. Mature people eagerly face reality knowing quickest way to solve a problem and to deal with it promptly.

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A person's level of maturity can be directly related to the degree with which they face their problems or avoid their problems. Mature people confront their problems, immature people avoid their problems.

- **Just as interested in giving as receiving:** A mature person's sense of personal security permits him to consider the needs of others. He gives from his personal resources, whether money, time or effort to enhance the quality of life of those he loves. They are also able to allow others to give back to them. Balance and maturity go hand in hand.
- **The capacity to relate positively to life experiences:** A mature person views life experiences as learning experiences and when they are positive he enjoys and also learns a lot from these experiences of life. When they are negative, he accepts personal responsibility and is confident he can look for an opportunity to succeed.
- **The ability to learn from experience:** The ability to face reality and to relate positively to life's experiences are derived from the ability to learn from experience.
- **The ability to accept frustrations:** When things don't go as anticipated the immature person stamps his feet, holds his breath, and blames his fate. The mature person considers using another approach or going in another direction and moves on with his life.
- **The ability to handle hostility constructively:** The mature person looks for a solution. He uses his anger as an energy source and when frustrated, redoubles his efforts to find solutions to his problems.
- **Relative freedom from tension symptoms:** Immature people feel unloved, avoid reality, are pessimistic about life, get angry easily, attack the people closest to them when frustrated-no wonder they are constantly anxious. On the other hand, the mature person shows mature approach, he is relaxed, confident in his ability to get what he wants from life.

### Levels of Emotional Maturity

#### Level One: Basic Emotional Responsibility

When persons reach level one of emotional maturity, they realize that they can no longer view, their emotional states as the responsibility of external forces such as people places, things, forces, fate and spirits. They learn to drop expressions from their speech that show disownership of feelings and a helpless attitude towards their feelings. Expression such as; "They made me feel.....," "it made me feel, "made them feel....., " and any others that denote external emotional responsibility are first changed into "I" statements as opposed to "you" or blaming statements.

#### Level Two: Emotional Honesty

Emotional honesty concerns the willingness of the person to know and own their feelings. This is a necessary self-understanding and acceptance. At this level the issues of resistance to self-discovery are dealt with. They are related solely of the person's conscious and unconscious fears of feeling directly the critical voices they hear inside.

#### Level Three: Emotional Openness

This level concerns the person's will and skill in sharing their feelings in an appropriate manner at appropriate times. Persons at this level, experience and learn the value of ventilating feelings, and also the dangers involved in hiding from self and others. Self-disclosure is the important issue at this level of work.

#### Level Four: Emotional Assertiveness

The person at this level of work enters a new era of positive expression. The primary goal here is to be asked for and to receive the nurturing that one needs and wants-first from self and then from others. As a secondary goal, persons should learn how to express any feeling appropriately in any situation, i.e. without aggressive overtones.

#### Level Five: Emotional Understanding

The person at this level understand the actual cause and effect process of emotional responsibility and irresponsibility. Self-concept is known as 'the' problem. They realize that it is not possible to have a so-called good self-concept without a complementary bad self-concept.

#### Level Six Emotional Detachment

At this level the person lives without the burden and share of self-concepts, self-images, self-constructs, and all group concepts and thing-concepts. They are only aware of self as process, as a sensible being, as an experiencing being, as a living vessel, as unknowable and untrapable because the self is alive and not static or fixed. They have died to the life of self-concepts. Thus, true detachment from others also occurs, which means that absolute emotional responsibility has been achieved.

#### Emotional Intelligence

Mayer and Salovey (1993) <sup>[15]</sup> assert that, emotional intelligence is the ability to monitor one's own and others feelings and emotions to discriminate among them and to use this information to guide one's thinking and action and promote emotion and intellectual growth. Caruso and Wolfe (2004) <sup>[24]</sup> define emotional intelligence as the ability to perceive emotions, access and generate emotions so as to assist thought, understand emotions and emotional knowledge and reflectively regulate emotions so as to promote emotional and intellectual growth.

#### Goleman: A Mixed Model of Emotional Intelligence

Goleman's thesis is that somewhere between 75% to 90% of effective performance, particularly in the case of managers and leaders, is attributable to "emotional intelligence" (EI). What is EI? He defines it as, "the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationship." He devotes two thirds of the book to laying out in detail 25 competencies, grouped into five domains, the first three reflecting how we manage ourselves and the last two how we handle our relationships with others. These domains are:-

1. **Self-Awareness:** An ability to notice what you are feeling in the moment and to tap into your intuitive self as you deal with the daily decisions and challenges of organizational life. It includes exercising a self-confident, candid openness to feedback about your strengths, your blind spots and where you need to grow.
2. **Self-Regulation:** Managing your deeper emotions and impulses appropriately, rather than self-indulgently (know anyone who allows himself/herself to "fly off the handle" and lash out at others?). It includes positioning these feelings against the wider perspective of your longer-term goals and the interests of others and the organization at large. "stress-hardy" individuals are those who have mastered the ability to stay focused and constructively energized in times of stress. This domain

is also about choosing to be trustworthy (“walking your talk”) and allowing space in your world for ambiguity and for the (often different) ideas of others.

3. **Motivation:** A combination of an internally generated drive to achieve, an emotional commitment (often called passion) to goals (both your own and the organizations’), a willingness to mobilize yourself and others to action, all the while placing an optimistic “spin” on challenges and setbacks you face.
4. **Empathy:** This is an absolute key to establishing working relationships. It builds on the first two domains. You cannot tune in to others if you are preoccupied by your own disrupting feelings. Empathy means having a genuine interest in, and sensitivity to, the perspectives, concerns and needs of others. In companies, it includes a service orientation to the customer as well as a healthy attunement to the prevailing organizational politics.
5. **Social skills:** Influencing others is a prerequisite to your success. To influence, you deal with the emotional state of others. With individuals, you build rapport, communicate resolve disagreement, and inspire them towards your vision and ideas.

### Life Satisfaction

Life satisfaction is the ultimate goal that we as human beings are striving to achieve our entire lives. The label satisfaction is a concept that can mean many different things to different individuals. Webster's dictionary defines satisfaction as the fulfillment of a need or want. Life satisfaction is one of the oldest and most persistently investigated issues in the study of women. In this context it is generally referenced as “an assessment of the overall conditions of existence as derived from a comparison of one’s aspirations to one’s actual achievements.”

Satisfaction with life formerly focused on who is happy, whether the one who is a married, wealthy, spiritual individual or other. Individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener, 1984)<sup>[5]</sup>. Life satisfaction is defined as having a favourable attitude towards one’s life as a whole (Jan M. & Masood T; 2008)<sup>[12]</sup>. People will feel more satisfied when they perceive that their standards of fulfillment have been met and less satisfied when they have not been met (Diener, Suh, Lucas, & Smith, 1999)<sup>[5]</sup>.

Life satisfaction can be explained as a feeling of goodness and may be decide in terms of mood, satisfaction with dealings with others and with self-achievements, self-concept, and self-supposed capability to deal with everyday life (Glossary of Terms, 2003). Life satisfaction comes from inside a person himself/herself based on the persons own morals and values and what the person holds essential things. For some people it is there family, for others people it is care and love, and for some others it is wealth or other material things; any way, it is different from every person’s point of view, same as life satisfaction looks different from every point of view.

### Determinants of Life Satisfaction

1. **Personality:** Literature suggests that personality play a significant role in whether a woman will judge her life to be satisfying. However, proximal environmental factors (e.g., recent life events) can influence life satisfaction judgments in the short term.
2. **Culture:** Current researches show that members of individualist cultures report greater life satisfaction relative to members of collectivistic cultures. Cultures

that are more accepting of differences (gender, sexual orientation, age, ethnicity, religion) and those that demand equal treatment of and equal opportunity for their citizens, appear to foster greater overall satisfaction.

3. **Subjective Health:** Various cross-sectional studies have shown that reports of good physical health are associated with higher level of life satisfaction (Mroczek & Spiro, 2005)<sup>[18]</sup>.
4. **Age:** According to the survey on Health, Ageing and Retirement in Europe to assess the effect of ageing and health on life satisfaction of the oldest old (defined as 75 and older), a U-shaped curve relationship between age and levels of life satisfaction for individuals aged between 16 and approximately 65 has been observed. Thereafter, life satisfaction declines rapidly and the lowest absolute levels of life satisfaction are recorded for the oldest old. This decline is primarily attributable to low levels of perceived health.
5. **Education:** Studies related to the effect of education on life satisfaction across thirty-five countries show that life satisfaction is higher in countries where people have more education (Cheung & Chan, 2009)<sup>[13]</sup>.
6. **Employment:** There are many factors associated as with employment i.e. employment status, job satisfaction and the type of employment an individual is engaged in that decide whether an individual feels satisfied and happy as a result of his work or not.

### How emotional intelligence, emotional maturity and life satisfaction affect each other-

Personal values such as, human attitude, self-esteem, self-consciousness, alertness, emotional stability, emotional maturity, social adjustment etc. suggested that the values to group together and form a higher order value domains like satisfaction, happiness and well-being (Joshnloo *et al.*, 2016)<sup>[13]</sup>. It is generally assumed that person who has full knowledge of self and others, who can manage his/her emotions can effectively deal with the surroundings and he/she evaluate his/her life in a positive way. He will optimistic about his future and thus has a greater life satisfaction.

### Review of related literature

- Sudarsan Behera and B. Rangaiah (2017)<sup>[2]</sup> did a study to find the relationship between emotional maturity, self-esteem and life satisfaction. The findings reveal that there is a significant positive correlation between emotional maturity and life satisfaction. Further, the study indicate that emotional intelligence also affects life satisfaction through self-esteem.
- Rey *et al.* (2011) found that emotional intelligence positively accounting life satisfaction by the presence of self-esteem. They also found that mood clarity and emotional repair had a significantly direct and indirect link with life satisfaction through self-esteem.
- Den (2008) suggested that emotional abilities are strong predictors towards healthy life and psychological well-being. The positive emotional state is a best indicator towards life satisfaction, health fitness and well-being.
- Egan (2008) conducted a study on emotional intelligence, personality, alexithymia, life satisfaction, social support and health related measures were assessed in Canadian (N=500) and Scottish (N=204) groups. Emotional intelligence was found to be positively associated with life satisfaction and social network size and quality.

- Fernandez (2008) [7] investigated the association between perceived emotional intelligence, measured by the trait-meta-mood scale and life satisfaction in Spanish undergraduate university students. Correlation analysis showed significant associations between clarity and repair and higher life satisfaction.
- Duran and Rey (2007) [6] examined the relationship between perceived emotional intelligence dispositional optimism, pessimism and psychological adjustment (perceived stress and life satisfaction) in sample of 498 adolescents (202 males and 296 females). TMMS dimensions and dispositional optimism/pessimism showed significant correlations in the expected direction with perceived stress and life satisfaction. Further hierarchical regression analyses confirmed that emotional clarity and mood repair still remained significant in predicting perceived stress and life satisfaction after the influence of optimism/pessimism were controlled. This suggested that adolescents with high perceptions of emotional abilities generally show higher life satisfaction.
- Tram and Hara (2007) [23] studied the relationship among employees' emotional intelligence, their life satisfaction and performance for 187 food service employees from nine different locations of the same restaurant franchise. They found that employees' emotional intelligence was positively associated with life satisfaction and performance.
- Hein (1999) [11] suggested that emotional intelligence is apart of emotional maturity which was recognized one side of a coin. Both are correlated and have positive effect towards psychological well-being.
- The power of emotional maturity encounters negative feelings, anxiety, undesirable facts and strong vision of certain reality towards emotional life (Good, 1981) [10]. In addition, it indicates positive emotional health which is a part of well-being and displays human beings life satisfaction.

**Objectives**

The present study was aimed to find the relationship between emotional maturity, emotional intelligence and life satisfaction.

**Hypotheses**

There would be a significant positive relationship between emotional maturity, emotional intelligence and life satisfaction.

**Methodology**

**Sample:** The sample of this study consisted of 60 female college students with age ranging from 17-24years. Purposive sampling technique is used to select the sample. All respondents were students of class B.A. from Govt. Women College, Bhiwani, Haryana.

**Tools Used:** The following tools were used in the present study for different purposes –

**1. Emotional Maturity Scale**

The Emotional Maturity Scale constructed and validated by was used to examine emotional maturity of the subjects for the study. The emotional maturity scale is a self-reporting five point scale. The scale contains 40 items in declarative form demanding information for each in any of the five options - strongly agree, agree, moderate, disagree and strongly disagree. The 5 score is to be given to strongly agree, 4 to agree, 3 to moderate, 2 to disagree and 1 to strongly disagree response of each of the item of the scale. The scale has five broad aspects of emotional maturity: Emotional instability, Emotional regression, Faculty social adjustment, Lack of independency and Flexibility and Adaptability. The maximum possible score is 200 and minimum is 40. Scoring pattern shows that more score indicates less emotional maturity. The less score in the scale indicates good (more) emotional maturity. The reliability score of emotional maturity scale comes to 0.84, derived by the split half method, obtained from the sample of 200 students.

**2. Emotional Intelligence Scale**

Emotional Intelligence Scale (EIS) was developed by This scale has 40 statements each with 5 probable answer. It measures emotional intelligence in 5 dimension: Self-confident, Trustworthy, Innovative, Conscientious, Adjusted. The scale has a split half reliability value of 0.86 and test-retest reliability value of 0.79.

**3. Life satisfaction sale**

This scale was developed by It consisted 60 items related to six areas, viz., Health, Personal, Economic, Marital, Social and Job. The responses are to be given in yes/no. Yes responses indicate the satisfaction. The score are summed up to get the total score on the six dimensions. The scale has a test-retest reliability of .84 and the validity of the scale was obtained by correlating it with Saxena's Adjustment Inventory and Srivastava Adjustment Inventory and the quotient obtained was .74 and .82 respectively.

**Procedure**

To conduct the study, participants were contacted personally and rapport were established. They were given a briefing about the aim of present investigation. Instructions were given according to the used questionnaire. They were assured that their information would be kept confidential and used only for research purpose, so they are requested to be open and honest in their responding. After that scales were administered and data were collected.

**Statistical Analysis**

The data were analysed by using Pearson product moment method in SPSS 20 to find the relationship between emotional maturity, emotional intelligence and life satisfaction.

**Result and discussion**

**Table 1:** shows the relationship between emotional maturity, emotional intelligence and life satisfaction.

Variable	Emotional Maturity	Emotional Intelligence	Life Satisfaction
Emotional Maturity	1	.007	-.342**
Emotional Intelligence	.007	1	.022
Life Satisfaction	-.342**	.022	1

Results indicate that there is a significant inverse relationship between emotional maturity and life satisfaction. Here negative relationship occur because high score on emotional maturity scale shows less emotional maturity. It means that there is a significant positive relationship between emotional maturity and life satisfaction. Higher the emotional maturity, higher the life satisfaction and vice-versa. suggested that emotional abilities are strong predictors towards healthy life and psychological well-being. It suggested that emotional mature person is able to understand and manage their emotional state under control. It is a one type of human trait that to parade our emotion appropriately usually it reflects and increased emotional stability, emotional adjustment and attainment of self-regulation. The power of emotional maturity encounters negative feelings, anxiety, undesirable facts and strong vision of certain reality towards emotional life (Good, 1981) <sup>[10]</sup>. In addition, it indicates positive emotional health which is a part of well-being and displays human beings life satisfaction. The positive emotional state is a best indicator towards life satisfaction, health fitness and well-being.

There is no any significant relationship found between emotional intelligence and emotional maturity. Also no significant correlation is found between emotional intelligence and life satisfaction. It is generally assumed that Both emotional intelligence and emotional maturity are inter-correlated in which emotional intelligence defines the ability to recognize and manage one's own and others emotion, in other side, emotional maturity defines that the ability or capability based on your emotional intelligence to deal successfully within emotional control (Thingujam, 2002) <sup>[22]</sup>. Runcan and Iovu (2013) <sup>[19]</sup> studies one motional intelligence and life satisfaction in Romanian University students: the mediating role of self-esteem and social support. The bootstrap analysis of the study suggested that self-esteem and social support partially mediated life satisfaction with the association between emotional intelligence and social support.

### Conclusion

Following conclusion can be drawn from the present study-

- There is a positive relationship between the emotional maturity and life satisfaction.
- There is a role of other factor i.e. self-esteem and social support with emotional intelligence for life-satisfaction.

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