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## Relationship between mental health and emotional maturity of adolescents

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### Abstract

The objective of the present study was to investigate the relationship between Mental Health and Emotional Maturity of the adolescents. The study was conducted on a sample of 380 adolescents (Male) studying in different Kendriya Vidhyalayas of Pune. Purposive sampling was used to select the schools and further random sampling technique was used to collect the sample. Positive Mental health Inventory by Agashe & Helode (1983) and Emotional Maturity Scale by Singh & Bhargava (1990) were used for data collection. The data was analyzed by using coefficient of Correlation. The  $r$  value was .261 which was significant at 0.05 level of significance. The study revealed that there is positive significant relationship exists between mental health and emotional maturity of adolescents.

**Keywords:** Mental health, emotional maturity and adolescents

### Introduction

Youth development is a process of mental, physical, social and emotional growth during which young people prepare to live a productive and satisfying life within the customs and regulations of their society. It is a very important period in one's life which if properly nurtured will determine a bright future ahead. Therefore it is the responsibility of teachers, parents, counsellors, educators etc. to help bring in effective changes if necessary in the individual through systematic training and guidance so that the individual becomes a well-rounded personality and also successful in life (WordPress.com, 2011) [1]. Adolescent is the period which is very crucial for the right development of any child. The mental health and well-being of our children requires our attention. According to the WHO papers on mental health (Hendren, Birell Weisen and Orley, 1994) [2], 'nearly one in five children will have an emotional/behavioural disorder at some time during their youth regardless of where they live or how well to do they are' (p. 1). Emotionally disturbed children exhibit their impairment in a variety of ways such as failing academically, having poor self-images, having poor peer relationships and additionally, they may have little respect for the law of their society and adults (Hendren *et al*, 1994) [3]. Academic failure and social rejection have a lasting consequence, as a failure to learn in school limits a person's chance to succeed in the future. Our youth are facing many such challenges that today's adults did not have to face in their childhood. Technology and accessibility to information is growing faster than the people's intelligence to use it. Youth needs positive guidance and mentoring from the parents, elders and teachers to ensure good future.

In present scenario we see the youth of our nation engage in high risk activities which include heavy alcohol, tobacco or drug abuse, delinquency, and poor school performance, school drop outs or non-attendance. Teen pregnancy is also increasing at alarming rate. Because of these high-risk activities, youth become a burden to society instead of contributors. This is alarming for the development of any country of the globe as youth are the future of the country. A lot of emphasis is given to the physical health of the youth, they are going for physical exercises, hitting the gymnasium and following the good balanced diet. What about their mental and emotional health? Has adequate attention is given on this? The answer is mostly no. Lets understand about mental health and emotional maturity and its importance.

Mental health is not just the absence of mental illness. The World Health Organization (2007) defines mental health as "a state of well-being in which the individual realizes his or her own

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abilities, can cope with the normal stresses of Life, can work productively and fruitfully, and is able to make a contribution to his or her community". Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. Mental health can also be defined as an absence of a major mental health condition though recent evidence stemming from positive psychology suggests mental health is more than the mere absence of a mental disorder or illness. Quite simply, mental health refers to a person's health of the mind. Therefore the impact of social, cultural, physical and education

According to WHO, "Mental Health is emotional and spiritual resilience, which allows us to enjoy life and to survive pain, disappointment and sadness. It is positive sense of wellbeing and underlying belief of our own others dignity and wealth."

Mental Health plays an important role at every stage of life. However mental health is significant at adolescent as it this time on takes on new adults in the family and peers, to experiment with things symbolic with adult's life, and to raise questions about the family and societal roles and customs. Mental health influences on adolescent chooses to express the developmental tasks, the frequency and the intensity with which it is done, and it does not just affect the personal health of individual but it can also be affected by individual's own traits. Mental health is the ability to adjust satisfactory the various strains of the environment, meet in life & mental hygiene as the means to assure this adjustment thus on the basis of above mentioned definitions of mental health. It can be said that the term mental health has been used in different ways by psychologists, psychiatrists and others and is influenced by multiplicity of factors like intelligence, personality education level, diatomic achievement, cultural level and physical health. Emotionally healthy individuals accept themselves as they are with all their weaknesses as well as their strengths. They remain contact with reality as they are able to deal with stress and frustration they also act independently to outside influences and show genuine concern for other people (Madhu Singh 2003) [4].

Emotional Maturity refers to your ability to understand, and manage, your emotions. It enables you to create the life you desire. A life filled with happiness and fulfilment. You define success in your own terms, not society's, and you strive to achieve it. Emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent's development. The concept "mature" emotional behaviour of any level is that which reflects the normal emotional development. A person who is able to keep his emotions under control, who is able to broke delay and to suffer without self-pity, might still be emotional stunned and childish. Morgan (1934) stated the view that an adequate theory of emotional maturity must take account of the full scope of the individuality, powers and his ability to enjoy the use of his powers.

Kalpan and Baron [5] elaborate the characteristics of an emotionally mature person, say that he has the capacity to withstand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration. He has the belief in long-term planning and is capable of delaying or revising his expectations in terms of demands of situations. An emotionally mature child has the capacity to make effective adjustment with himself, members of his family, his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

The most outstanding mark of emotional maturity, according to

Cole (1944) [6] is the ability to bear tension. Other marks are an indifference toward certain kinds of stimuli that affect the child or adolescent and he develops moodiness and sentimentality. Besides, emotionally mature person persists the capacity to for fun and recreation. He enjoys both play and responsibility activities and keeps them in proper balance.

### Need of the Study

People who are emotionally and mentally healthy can cope with difficult situations and maintain optimistic outlook in bad times. Emotionally stable person knows how to control his excessive emotion, to think positively towards environmental challenges, social adjustment makes a person to live and adjust to the society successfully and to make judgement about his life.

The Emotional Maturity and Mental Health are important in deciding the behaviour of a students, who are the pillars of the future generations. Therefore, 'the improvement of mental health of children and prevention of childhood emotional problems is a very important part of any mental health programme. This can partly be done by teaching the school children the essentials of mental health and giving training in life skills.' (Srinivasa Murthy and Wig, 2003) [7]. There are many factors that are affecting students' mental health and emotionality.

### Materials & Methods

**Method:** A descriptive survey was conducted to study the correlation between Emotional Maturity and Mental Health of school going Adolescent boys of Pune city.

**Participants:** Total 380 adolescent boys were selected as sample from different Kendriya Vidhyalayas of Pune using random sampling method.

Descriptive survey method was used and the variables included were Positive Mental Health and Emotional Maturity. The data was collected on 380 adolescents (Male) studying in different Kendriya Vidhyalayas of Pune. Using random sampling method. Data was collected from 380 adolescents (Male) by Kumar (1992) and Emotional Maturity Scale by Singh and Bhargva (1990). The data collected was analyzed by employing inferential statistics. Correlation between different dimensions of emotional maturity and mental health was found to determine the relationship between them. Further, simple linear regression and F-test was computed to examine the impact of emotional maturity on mental health of prospective teachers.

### Instrument

#### Emotional Maturity

To measure the Emotional Maturity of the students Emotional Maturity Scale: (EMS) by Singh & Bhargava was administered. This scale was based on five broad factors. The factors were; Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration and Independence. The scale comprised of total 48 questions, EMS is a self-reporting Five point Scale and responses offered for each question were Very much, Much, Undecided, Probably and never. Numerical scoring for each question was done in similar way i.e 5, 4, 3, 2, 1 marks were given to the responses Very Much, Much, undecided, Probably and Never respectively. The total composite score on the scale is indicative of emotional maturity, however the greater the composite score on the scale is expressed in terms of Emotional immaturity. The reliability of the scale is  $r = .75$  with internal consistency = 98.

**Mental Health**

The Positive Mental Health Inventory (PMHI) by Agashe & Helode was used to measure the Mental health of the subjects. PMHI has total 36 questions and is comprised of three components i.e. Self-acceptance, Ego-Strength and Philosophies of life. Each question was provided with two response Yes (✓) & No (X). A numerical credit of one mark was given to each response that matched with the keyed answer and a numerical credit of Zero mark was given to that response which didn't match with the keyed answer. A composite score was computed and considered as the raw score for mental health. The reliability of the PMHI is 0.723 and the construct validity is -0.427.

**Results and Discussions**

**Table1:** Descriptive Data analysis of mental health and Emotional Maturity

	MH	EM
N	275	275
Mean	20.44	126.22
Std. Error of Mean	.23	2.35
Median	20.00	119
Mode	22	117
Std. Deviation	3.87	38.89

From the above table it can be seen that the Mean of Mental Health, and Emotional Maturity is 20.44(SD=3.87) and 126.22 (SD=38.89) respectively. The standard error of mean for MH and EM is 0.23, and 2.35 respectively. It can be interpreted from the above mentioned score is all the adolescents possess moderate mental health. However their emotional

**Table 2:** Coefficient of Correlation between Mental Health and Emotional Maturity

		Emotional Maturity	
Spearman's rho	Mental Health	Correlation Coefficient	-.261**
		Sig.(2-tailed)	.000
		N	275

The table no.2 shows that the coefficient of correlation value is -.261\*\* which is significant at 0.01 level of significance. Therefore it can be concluded that there is a significant relationship between Mental Health and Emotional Maturity. Many researchers have conducted studies to find a relationship between Mental Health and Emotional Maturity. Hasumukh M. Chavda (Jan 2018) [8] conducted the similar study on Working and Nonworking Women. In his study he too concluded that there is a positive significant relationship between Mental Health and Emotional Maturity. Harmandeep Kaur [9] conducted a study on the Mental Health and Emotional Maturity of the prospective teachers. She found out positive significant relationship between Mental Health and Emotional Maturity. She further stated in her conclusions that Emotional Maturity is a predictor of Mental Health. However findings of Mr. Rajesh B. Shirsath (Apr 2012) [10] were different. He conducted the study on regular students and child labour students. The result of the study says that there is no significant relationship between Mental Health and Emotional Maturity. This difference in result could be due to the population. According to Madhu Singh (2003) [11] Mentally and Emotionally healthy individuals accept themselves as they are with all their weaknesses as well as their strengths. They remain contact with reality as they are able to deal with stress and frustration they also act independently to outside influences and show genuine concern for other people.

**Conclusion**

A significant association was found between the emotional maturity of the Students and their Mental Health Status. It was observed that students with positive Mental Health had better Emotional Maturity. This further emphasizes that both this psychological factors are correlated and improvement in one will definitely help to develop other.

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