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EMOTIONAL MATURITY OF WORKING WOMEN AND HOUSE MAKERS

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ABSTRACT

The present study aims at assessing the Emotional Maturity among working and non-working Women. The sample included total of 120 working and House maker Women of 25-40, 41-55 years. . For this investigation, “Emotional Maturity Scale” (EMS-SB) by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. They are from various area from Gujarat for working women and house makers of Gujarat. “t” test applied for statistical analysis. There is significant difference between working and House maker Women. As far as their Emotional Maturity is concerned ($t=6.3$) second result also suggest that there is no significant difference between 25-40 and 41-55 years of working Women as far as their Emotional Maturity is concerned ($t=0.32$). There is no significant difference between 25-40 and 41-55 years House maker Women as far as there Emotional Maturity is concerned ($t=1.43$) there is significant difference between 25-40 years working and 25-40 years House maker Women as far as there Emotional Maturity is concerned ($t=6.34$) there is significant difference between 41-55 years working and 41-55 years House maker Women as far as there Emotional Maturity is concerned ($t=5.10$) there is significant difference between 25-40 years working and 41-55 years House maker Women as far as there Emotional Maturity concerned ($t=5.38$) there is significant difference between 41-55 years working 25-40 years House maker Women as far as there psychological wellbeing is concerned ($t=5.69$).

Key Words: Psychological Well-being, Working Women, Non-Women.

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INTRODUCTION: -

Emotional maturity defines how well you are able to respond to a situation, control your emotions and behave in an adult manner when dealing with others. Emotional maturity – the ability to differentiate and properly identify one's emotions while granting yourself the freedom to experience whatever emotion is appropriate to a given situation. Emotional maturity means a level of understanding or event of some kind through the eyes of a certain age or person.

The only change in the approach to these investigations for many years, investigation regarding emotions were neglected by research as it was seen as a part of the mind rather observed through physiology, as emotion is usually considered to be a feeling or reaction to certain important events or thoughts. Emotions are psychophysical reactions to specific events.

Emotional maturity is a personality trait, the result of emotional development and the display of emotion appropriate to one's chronological age. It usually reflects in increased emotion adjustment and emotional stability. Emotional maturity implies controlling your emotions more willingly than letting your emotions give you orders. Emotional maturity depicts one's capacity to manage and to check his/her emotions, evaluate others emotional state and to persuade their judgment and action.

According to teachings of modern dynamic psychology, emotional maturity is characterized by the ability to become interested in thinking and persons, to think for their own sake, to give love to other-to-other persons. In other words, capacity for altruism is one fundamental characteristic of emotional maturity. For this part, there could be a correlation between yoga and emotional maturity as well as gym and emotional maturity.

The term "well-being" as used in present –day literature is an extremely vague notion.(seedhouse.1995).while psychologists believe well-being is constructed out of three components :

- a) Life –satisfaction.
- b) Positive affect and,
- c) Low negative affect

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Krishna Mohan (2001) concludes that judgments of well-being are irreducibly subjective and that the meaning and content of the term can only be referred in the context of its use Myers and diener (1995). Define high subjective well-being as frequent positive affect. Infrequent negative affect and a global sense of satisfaction with life.

In the backdrop of the definition of health and well-being are used interchangeably. Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception. Not surprisingly, the definition of well-being varies. The conceptualisation of the state of well-being is closer to the concept of mental health, happiness, full of life, vital, energy, interest, self actualisation of one's full potential and prosperity as well as health (American Heritage dictionary,1980).

According to cloninger (2008),well-being can be assessed by four methods.

1. Presence of positive emotions and absence of negative emotions.
2. Mature character traits ,including self-directed, cooperatives and self-transcendence.
3. Life satisfaction or quality of life.

Cheaters strength and virtues, such as hope, compression and courage (Peterson & Seligman,2004)

Emotional Maturity is a malleable concept which is concerned with an Individual's feelings about his daily life experiences. These feelings extend from negative state such as stress, worry unhappiness to more positive states which are not simply states of absence of worry or unhappiness but are states which are related to sound mental health and include favorable self esteem and success Warr (1978). Johoda (1958) have also stated that such feelings may range from negative mental states or psychological strains such as anxiety, depression, frustration, emotional exhaustion, unhappiness, dissatisfaction, to a state which has been identified as positive mental health. The concept of Emotional Maturity and mental health focuses on ideal state emphasizing "positive well-being" of the world health organization charter rather than on disease, statistical or conformity criteria. Negative components of Emotional Maturity are relatively easily assessed through self-reports of anxiety, depression, frustration etc. but it is difficult to assess positive components of wellbeing. Emotional Maturity depends upon how a person is valued by those around him. The status of the elderly may depend upon the evaluative

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perception of those around i.e. primarily the members of the family and secondarily the significant others, outside the family circle (Jamuna, 1986; Ramamurti&Jamuna, 1984). Compbell, converse & Rodgers (1976) distinguishes three types of well-being –affect, strain and satisfaction. The positive affect corresponds with greater social relationship and more new experience, whereas negative affect was closely related to tear of a nervous breakdown, ill health, anxiety and stress. Research suggests that probing your happiness is one of the most important things a doctor can do to predict your health and longevity In health-conscious modern societies, most people overlook one's emotions as a vital component of one's health, while over focusing on diet and exercise. According to Diener & Biswas-Diener, people who are happy become less sick than people who are unhappy. There are 3 types of health: morbidity, survival, andlongevity.Evidence suggests that all 3 can be improved through happiness. Morbidity, simply put, is whether or not someone develops a serious illness, such as finding out you have the flu or cancer. In a 30-year longitudinal study, participants who were high in positive emotions were found to have lower rates of many health problems. Some of these illnesses/problems include lower death rates from heart disease, suicide, accidents, homicides, mental illnesses, drug dependency, and liver disease related to alcoholism. Additionally, results showed that depressed participants were more likely to have heart attacks and recurrences of heart attacks when compared to happy people. Survival is the term used for what happens to a person after he/she has already developed or contracted a serious illness although happiness has been shown to increase health, with survival, this may not be the case. Survival may be the only area of health that evidence suggests happiness may actually be sometimes detrimental.

The problem of the study:-

The main purpose of the presents research work is to study of adjustment, life satisfaction, and Emotional Maturity among working and House maker Women. The problem may be spelled out as follows. '

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OBJECTIVE OF THE STUDY:-

The main objectives of the present study are as under.

1. To study of Emotional Maturity among working and House maker Women.
2. To study of Emotional Maturity among 25-40 years and 46-55 years working Women.

3. To study of Emotional Maturity among 25-40 years and 41-55 years House maker Women.
4. To study of Emotional Maturity among 25-40 years working and 25-40 years House maker Women.
5. To study of Emotional Maturity among 41-55 years working and 41-55 years House maker Women.
6. To study of Emotional Maturity among 25-40 years working and 41-55 years House maker Women.
7. To study of Emotional Maturity among 41-55 years working and 25-40 years House maker Women.

METHODOLOGY:-

Table - .1

N	Name at variable	Nature of variable	Level	Name of Level
1	Women	Independent variable	2	working Women and House maker Women
2	Age	Independent variable	2	25-40 years 41-55 years
3	Emotional Maturity	Dependent variable	1	Score of psychological well-being

HYPOTHESIS:-

The following major hypothesis were formulated and tested in present study.

1. There is no significant difference of Emotional Maturity among working - House maker Women.
2. There is no significant difference of Emotional Maturity among 25-40- and 46-55-years Women.
3. There is no significant difference of Emotional Maturity among 25-40 and 41-55 years House maker Women.
4. There is no significant difference of psychological well- being among 25-40 years working and 25-40 years House maker Women.
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5. There is no significant difference of Emotional Maturity among 41-55 years working and 41-55 years House maker Women.
6. There is no significant difference of Emotional Maturity among 25-40 years working 41-55 years House maker Women.
7. There is no significant difference of Emotional Maturity among 41-55 years working 25-40 years House maker Women.

SAMPLE DESIGN

For the present research were sample confined from Gujarat. The sample was drawn randomly from the Gujarat the samples were categorized as under. Age Working Women A1 House maker Women A2

Age	Working Women AI 55		- 55		Total
B1	25-40	30	25-40	30	60
B2	41-55	30	41-55	30	60
Total	-	55	-	55	120

RESEARCH PROCEDURE: -

The following research methodology will be used in present study. The primary information will be gathered by giving personal information from to each Women. The Women were provided the adjustment, Emotional Maturity Scale. To fill the Scale subjects will give general instructions belong to each test. Data were obtained by using scoring pattern standardized for each test.

RESEARCH TOOL

EMOTIONAL MATURITY SCALE:-

For this research, “Emotional Maturity Scale” by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. It consists of 48 items. The test-retest (after 6 months) reliability is 0.75.

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STATISTICAL ANALYSIS

The data obtained from 120 samples are arranged in a 2 x 2 design were subjected to adequate technique of statistical analyses techniques of ‘t’ test.

7) Result. Table-1

Shows SD, Mean and ‘t’ Value of Emotional Maturity of working and House maker Women.
N M SD

Group	N	M	SD	‘T’ Value	Significant Level
W.W	60	23.18	1.87	6.3	0.01
H.M.W	60	21.36	2.14		

W.W= Working Women

H.M.W=House maker Women

Table-2

Shows SD, Mean and 't' Value of Emotional Maturity of 25-40 years and 41-55years working Women.
Significant

Group	N	M	SD	'T' Value	Significant Level
25-40 years W.M	30	23.187	1.85	0.32	N.S
41-55 Uear W.M	30	22.83	1.88		

W.W= Working Women

N.S=Not significant

Table-3

Shows SD, Mean and 't' Value of Emotional Maturity of 25-40 years House maker Women and
41-55 years House maker Women.

Group	N	M	SD	'T' Value	Significant Level
25-40 years W.M	30	19.58	2.16	1.43	NS
41-55 Uear N.W.M	30	20.17	2.12		

H.M.W=House maker Women

N.S=Not significant

Table -4

Shows SD, Mean and 't' Value of Emotional Maturity of 25-40 years House maker Women and 41-55 years House maker Women

Group	N	M	SD	'T' Value	Significant Level
25-40 years W.M	30	23.187	1.85	6.34	0.01
41-55 Uear N.W.M	30	20.17	2.12		

Table-5

Shows SD, Mean and 't' Value of Emotional Maturity of 41-55 years working and 41- 55years
House maker Women

Group	N	M	SD	'T' Value	Significant Level
41-55years H.M.W	30	22.83	1.88	5.10	0.01
41-55 Years H.M.W	30	20.17	2.12		

W.W = Working Women

H.M.W = House maker Women

Table-6

Shows SD, Mean and 't' Value of Emotional Maturity of 41-55 years working and 41- 55years
House maker Women

Group	N	M	SD	'T' Value	Significant Level
41-55years H.M.W	30	23.187	1.85	5.38	0.01
41-55 Years H.M.W	30	20.17	2.12		

W.W=Working Women

H.M.W=House maker Women

Table-7

Shows SD, Mean and 't' Value of psychological wellbeing of 41-55 years working and 25-40 years
House maker Women.

Group	N	M	SD	'T' Value	Significant Level
41-55years H.M.W	30	22.83	1.88	5.69	0.01
41-55 Years H.M.W	30	19.87	2.16		

W.W=Working Women
H.M.W=House maker Women

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RESULTY DISCUSSION: -

- (1) Result indicates that there is significant difference of Emotional Maturity among type of Women. That's way null hypothesis is unaccepted .So here we can analyze that there is difference in Emotional Maturity between working and House maker Women. so, it may be possible House maker Women play roll as housewife, so she has responsibility of her family, children only, so may possible she has less stress. That's why Emotional Maturity is good. While working Women has responsibility of her job and family both. so, she cannot take care of her own, health, hobby, and interest. Because dual of her Emotional Maturity may be wick.
- (2) There is no significant difference of Emotional Maturity among 25-40 and 41-55years working Women. That's why null hypothesis is accepted. So here we can analysis that there is no difference of Emotional Maturity among 25-40and41-55 years working Women. She plays both the role of family responsibility and job responsibility. In any kind of age, she play strong roll in both places.so here age factor not affected of psychological well-being.so, she has good adjustment with family and her job.
- (3) There is no significant difference of Emotional Maturity among 25-40and41-55years House maker Women. That's why null hypothesis is accepted. So here we can analysis that there is no difference of Emotional Maturity among 25-40and41-55 year's House maker Women. Because House maker Women as only responsibility of her family and her children. She has no more responsibility.so, her life may be peaceful and stressless. There is no difference of Emotional Maturity among both age group.
- (4) There is significant difference of Emotional Maturity among 25-40working Women and 25- 40 House maker Women. so, here null hypothesis is not accepted. we can analyze that there is difference of Emotional Maturity among 25-40 working Women and 25-40 House maker Women. it may possible the Emotional Maturity of 25-40 House maker Women has well or high. Because she has only family responsibility. so that life is stress less. while may possible the Emotional Maturity 25-40working Women has poor or low. Because we have discuses above. She has played many roles, that's why her life is stressful and because of that Emotional Maturity is low or poor.

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- (5) There is significant difference of Emotional Maturity among 41-55years working Women and 41-55 years House maker Women. so, here null hypothesis is not accepted. we can analyze that there is difference of psychological wellbeing among 41-55years working Women and 41- 55years House maker Women. we discuss above working Women has so many responsibilities and the 41-55 years which ,old age is start, and retirement is also near, in this circumstance there may be possibility of maladjustment and stress. so, her Emotional Maturity may be poor ,41- 55years House maker Women are relaxing from some home responsibility, because her children become elder and responsibility also less and live spiritual life, and she

physical internal changes very normally, and because of that her Emotional Maturity may be high.

- (6) There is significant difference of Emotional Maturity among 25-40years working Women and 41-55 years House maker Women. so, here null hypothesis is not accepted. we can analyze that there is difference of Emotional Maturity among 25-40years working Women and 41- 55years House maker Women. it is very common 25-40years working Women young but having job and family both responsibilities. That why her Emotional Maturity is poor. We discuss above 41-55 years House maker Women are reducing home responsibility, and that's why her Emotional Maturity is good.
- (7) There is significant difference of Emotional Maturity among 41-55years working Women and 25-40 years House maker Women. so, here null hypothesis is not accepted. we can analyze that there is difference of Emotional Maturity among 41-55years working Women and 25- 40years House maker Women. We discuss above in whatever age if responsibility of job and home is increase Emotional Maturity will may be poor, and 25-40years House maker Women has only Emotional Maturity may be good.

CONCLUSION

- (1) There is significant deference of Emotional Maturity among working and House maker Women.
- (2) There is no significant deference of Emotional Maturity among 25-40and41-55years working Women.
- (3) There is no significant deference of Emotional Maturity among 25-40and41-55years House maker Women.
- (4) There is significant deference of Emotional Maturity among 25-40years working and 25-40 years House maker Women.
- (5) There is significant deference of Emotional Maturity among41-55years working and 41-55 years non-working Women.
- (6) There is significant deference of Emotional Maturity among25-40years working and 41- 55years non-working Women.
- (7) There is significant deference of Emotional Maturity among 41-55 years working and 25-40 years non-working Women.

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