



Emotional Maturity among Undergraduate Students in Bangalore

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Abstract: *The present study assesses emotional maturity of college going students to find gender differences. The sample for the present study includes students from different colleges in Bangalore. The study focuses on understanding gender differences in emotional development during the transition from school to college. A total sample of 120(60 boys & 60 female) were taken. The data was collected by administering the Emotional Maturity Scale developed by Prof. Yeshver Singh & Prof. Mahesh Bhargave. The comparison between boys and girls is an important aspect of this study, as previous research suggests that emotional development may vary across genders due to biological, social, and cultural influences.*

Keywords: *Emotional Maturity, Undergraduate Students, Gender.*

Introduction: Emotions are how a human deal with an environmental situation or matter that is significant to them. Emotional experiences have three components, subjective experiences, physiological responses and behavioural responses. Different types of emotions can be happiness, sadness, fear, anger, etc. Furthermore, emotional maturity is one's ability to understand the environment. Emotional maturity increases with the growth of a child. Emotion typically involves feeling but differs from feeling in having an overt or implicit engagement with the world. It is the ability to tolerate stress and avoid all kinds of projections that can affect a child or an adult. A mature person learns through experience and is able to see the negative aspects of life that can affect them in any way. Emotions are functional. For example, they prepare us to respond to a perceived or real environmental stimulus (e.g., being chased by a mountain lion or being rejected by a friend). In this case, we may experience fear and it causes us to retreat. It is very important to understand the importance of emotions as it helps in our well-being. Understanding your own emotions—what causes them, how you experience them, and how you regulate them—are important skills.

Importance of Emotional Maturity in Adolescents: Emotional maturity is essential for adolescents as it helps them to manage their feelings, build healthy relationships and handle stress. While growing up, adolescents experience hormonal changes and face difficulties handling it. There is peer pressure, more responsibilities, many more relationships to look after and thinking about rational decisions for their impulsive thoughts. Moreover, emotional maturity helps an adolescent to work on their advanced and complicated emotions and increase empathy towards other people. It helps them to work more on themselves and create a positive image in their minds and eliminates negative thoughts. Nowadays, youth learn how to

handle criticism and failures positively. It's also important to distinguish emotional maturity from general mental health or happiness. A person might be free of any mental illness but still be emotionally immature for example, a carefree individual who nevertheless crumbles at minor frustrations or cannot empathize with others. Identity development is important for adolescents as they approach adulthood. When adolescents or young adults are exploring many identity options, they often have high levels of anxiety but show interest in exploring those options. Adolescents who make an early commitment to a particular identity, usually an identity promoted by their family, have low levels of anxiety and do not experience much conflict in their family relationships.

Ultimately, emotional maturity shapes an adolescent's character and parent's help matters a lot for children while growing up.

Characteristics of an Emotionally Matured Person

1. **Self-Awareness-** It is an ability to understand one's thoughts, behaviours and characteristics to enhance personal growth and opportunities. It leads to a positive and balanced attitude which can help a person build a strong relationship with oneself. One should always accept their responsibility rather than blaming others. It's the details you pick up from your perception of the world. It's your consciousness actively gathering and processing information from your environment. It's how you experience life. Due to self-awareness, you are aware of all those different aspects of yourself as if you were another person observing you.
2. **Showing empathy-** Empathy is what we experience when we feel other people's pain or joy, it is our ability to put ourselves in someone else's shoes, and understand and share what they are feeling. Listening actively and understanding one's feelings and showing genuine concern towards others without any judgement is an important key for an emotionally matured person. It involves experiencing another person's point of view, rather than just one's own, and enables prosocial or helping behaviours that come from within, rather than being forced.
3. **Healthy Communication-** Expressing thoughts and feelings clearly without any fake words and being respectful is very important. Knowing when and what to speak in the correct situation helps to have healthy communication. An emotionally mature person also listens attentively, values others' opinions, and knows when to speak and when to remain silent. Having a healthy communication with others will strengthen the relationship, improve emotional and mental wellbeing, enhance workplace productivity and prevent conflicts and misunderstandings.
4. **Facing reality without undue stress-** To be a mature person, one should accept reality. Learning and properly handling life's obligations are two duties of growing up. Facing reality without undue stress involves a combination of acceptance, focused action on what you can control, and the use of healthy coping mechanisms. Resisting reality often leads to more pain and anxiety, while acknowledging it allows for positive change and personal growth.
5. **Taking ownership and responsibility-** A person who is emotionally mature may accept responsibility for their own mistakes and refrain from putting the blame on others. It involves acknowledging one's role in shaping their life circumstances and initiating the necessary changes to achieve personal growth and well-being. When individuals take ownership, it fosters a culture of accountability, productivity, and innovation. It can lead to personal growth and overall success in various aspects of life.
6. **Emotion regulation -**Emotion regulation is the ability to exert control over one's own emotional state. It may involve behaviours such as rethinking a challenging situation to reduce anger or anxiety, hiding visible signs of sadness or fear, or focusing on reasons to feel happy or calm. With emotional regulation skills, you can influence which emotions you have as well as how you express them. Emotional

regulation matters as it helps you to strengthen the relationships, reduce unnecessary stress and build resilience.

7. Social adjustment- It is the process by which an individual balances personal needs with the demands and expectations of their social environment to live harmoniously with others. It involves managing relationships, meeting group expectations, and balancing personal needs with societal standards to avoid isolation and foster positive interactions. It includes adapting to new environments, forming good relations with new people and role functioning.

Factors affecting emotional maturity

1. Parental modeling- Observing and mimicking the emotional responses and coping mechanisms of our parents and caregivers plays a critical role in shaping our emotional development. Adolescents learn what they see every day at home. However, poor parental modeling, such as outbursts of anger, avoidance of emotional expression, or unhealthy coping strategies like substance abuse, can lead to maladaptive emotional behaviours in children. Children with supportive households tend to have better communication, confidence and interpersonal relationships with others.
2. Education and awareness- Learning about emotional intelligence and healthy coping strategies can foster maturity. By providing education about emotions and proactive emotional management, individuals can enhance their ability to handle emotions without much difficulties in the future. Knowing how to react to a specific emotion from a young age will increase a child's emotional maturity in the future. Individuals who engage in emotional intelligence training improves self-awareness, self-esteem and healthy coping mechanisms to handle their emotions.
3. Cultural norms- Social expectations and culture that an individual lives in plays an important role in how they regulate their emotions. In some cultures, open emotional expression is encouraged, while in others, emotional restraint is valued. Understanding these cultural influences helps individuals navigate emotional expectations and adapt accordingly.
4. Peer relationships- Peer relationships play a crucial role in shaping emotional maturity during adolescence. As adolescents gradually seek independence from their families, peers become a primary source of emotional support, social learning, and identity formation. Supportive friendships help adolescents develop self-confidence, emotional security, and effective coping strategies while poor peer influence can stop a child from expressing emotions appropriately. Peer rejection, bullying, social exclusion, or unhealthy peer pressure may lead to emotional instability, low self-esteem, anxiety, and difficulty in emotional regulation. Through healthy peer interactions, adolescents learn important social skills such as cooperation, conflict resolution, communication, and emotional regulation.
5. Socio-economic status- Socio economic status generally includes factors such as family income, parental education, and occupational status, which together shape the environment in which an adolescent grows and develops emotionally. Adolescents from higher socio-economic backgrounds often have greater access to educational resources, emotional support, healthcare, and extracurricular opportunities. Such environments provide social security, increases confidence and effective coping skills meanwhile due to low socio-economic status, an individual can feel different stressors including financial insecurity, limited educational resources, family conflict, and unsafe living conditions that can ultimately lead to poor stress management, poor confidence and emotional immaturity.

Emotional Immaturity: Emotional immaturity is an inability of a human to manage and express their feelings in a balanced and healthy way. It often shows up when someone reacts impulsively, avoids responsibility, or depends too much on others for emotional support. Emotionally immature people tend to struggle with controlling their feelings, they may get angry easily, feel hurt over small things, or withdraw

when faced with conflict. People who are emotionally immature often face difficulties meeting society's expectations and maturity. Emotionally mature people can accept criticism and learn from it unlike emotionally immature people as they have difficulties dealing with it. Emotional immaturity can be recognized through specific patterns of behaviour. These include emotional instability, which is frequent mood changes; emotional regression, or acting childishly under stress; social maladjustment, meaning difficulty fitting in or adapting to others; personality disintegration, which involves inconsistent behaviour or lack of self-control; and a lack of independence. Some of the characteristics of an emotionally immature individual are lack of empathy, dependency on others for validation and decision making. Emotionally immature people also avoid responsibilities and try to put all of their mistakes on others. Maintaining healthy relationships is very essential for constructive relationships. Emotionally immature individuals may have poor inner boundaries, leading to codependent or toxic dynamics with people, work, material things, drugs and alcohol.

Review of Literature: Rashmi, S. (2024) conducted a study on the effect of emotional maturity on study habits, academic stress and school adjustment among students of different academic streams. A sample of 360 students, studying in 11th and 12th classes in the age range of 15 to 18 years of different was taken. It was stated that the arts stream students are better adjusted in school compared to science and commerce stream students.

Upadhyay, S. (2012) conducted a study on Emotional maturity, moral judgement and self-concept of adolescents in relation to aggressive behaviour. The study was conducted on 400 adolescent students (200 boys and 200 girls) belonging to 14-18 years of age group from different schools/colleges of Varanasi city. The study found that boys scored higher on behavioural and anxiety dimensions, while girls scored higher on intellectual and school status, as well as happiness and satisfaction.

Rani, T. R. (2020, June 22) conducted a study on emotional maturity and social adjustment of institutional children under need of care and protection. Only children between the age group of 14 years to 18 years are considered for the research. It was also found that male institutionalized children were more emotionally immature than their female counterparts. Additionally, male institutionalized children showed poorer social adjustment compared to female institutionalized children

Sunilima (2018) conducted a study on A study of academic stress, emotional maturity and self-awareness among under graduate students of working and non-working mothers. All the undergraduate students of Lucknow District were taken as population. The results from this study conclude that the academic stress and emotional maturity of undergraduate students of working mothers are higher than the students of non-working mothers.

Mansuri, M. (2016) conducted a study of adjustment, emotional maturity and self -concept among college students. The students have been selected from various college of Vadodara, Anand and Kheda district. There is a significant difference in emotional adjustment among boys and girls of college students. Boys have more emotional adjustment than girls.

Adsul, R. K. (2016) conducted a study on Suicidal ideation depression emotional maturity personality and parenting style among adolescents. Researchers collected the list of various high schools and junior colleges located in Sangli district. The study indicates that suicidal ideation and depression are significantly related to emotional maturity, personality and parenting style.

Suneela, M. E. (2023) conducted a study on Emotional maturity and social maturity in relation to school adjustment of secondary school students. It was conducted on secondary school students in the Guntur district of Andhra Pradesh. As soon as individuals reach the age of maturity, their emotional development tends to increase. However, with the right information, psychology can help shed light on issues such as a student's behaviour at school.

Madankar, R. R. (2016, June 10) conducted a study on An effect of home environment on emotional competence and emotional maturity of college going students. The study consists of a total number of 300 college students who were selected from different colleges from Belgaum District. Boys and girls differ significantly in respect of confidence, neurotic tendency, self-sufficient and personality dimension, B emotional stability and emotional progress, five dimensions of emotional competence.

Wani, M. A., & Masih, A. (2015b) conducted a study on the emotional maturity across gender and level of education. The sample for the present investigation was randomly drawn from different departments of Jamia Millia Islamia New Delhi. A total sample of 100(50 male & 50 female) including Post Graduates and Research Scholars were selected.

Limmong, N. J. (2014) conducted a study on emotional maturity and adjustment level of college. For this study a sample of 160 female students of age range 18-22 years studying in post graduate courses were selected from different colleges of Yasouj city. High Positive correlation was obtained between emotional maturity and overall adjustment.

Bhattacharjee, A. (2022) conducted a study on emotional maturity among Young Adults: A Comparative Study. The study was carried out among 200 young adults aged 21-23 years and they were selected purposely from different post graduate departments of Tripura University. Findings revealed that the male students were emotionally more mature than the female students

Anshu. (2021b) conducted a study on development of a scale on emotional maturity of adolescents. The selected sample for study was 450 adolescents (225 boys and 225 girls) between the age group of 13 to 18 years belonging to three socio-economic groups. This Study revealed that higher emotional maturity was found in the upper socio-economic group followed by the middle socio-economic group and least emotional maturity was observed in the lower socio-economic group.

Anand, A. K., Kunwar, N., Kumar, A., & International Science Congress Association. (2014). Conducted a study on the impact of different factors on Emotional Maturity of adolescents of Coed-School. The sample consists of 220 students of IXth, Xth, XIth and XIIth class selected from the coeducational english medium schools of Kanpur district. Out of which 110 were boys and 110 were girls. High intelligence alone does not guarantee emotional maturity, and individuals who begin life with few advantages can still grow into mature, well-adjusted adults.

Duhan, K., Punia, A., & Jeet, P. (2017) conducted a study on emotional maturity of adolescents in relation to their gender. The sample consists of people in the age group of 16-17 years, studying in 11th standard. Additionally, emotional maturity was positively associated with adolescents' educational level and their fathers' occupational status.

Adesokan, A., Obafemi, K. E., Badmus, R., Adesokan, T. T., & Hamza, R. A. A. (2023) conducted a study on Emotional maturity and emotional adjustment of adolescents with emotional and behavioural disorder. The study found that adolescents with emotional and behavioural disorders have low emotional maturity and emotional adjustment. Females showed higher emotional maturity than males, but no gender difference was found in emotional adjustment.

Rawat, C., & Singh, R. (2017) conducted a study on the paradox of gender difference on emotional maturity of adolescents. 160 adolescents from Uttarkashi and 160 adolescents from U.S Nagar, that is, 80 boys and 80 girls from both the districts of Uttarakhand were taken. The results showed that boys from both districts were more emotionally mature than girls in terms of emotional stability, progressiveness, social adjustment, personality adequacy, and independence, with differences attributed to factors such as patriarchy, gender bias, family environment, and cultural traditions.

Singh, R., Pant, K., & Valentina, L. (2014). Impact Analysis: Family structure on social and emotional maturity of adolescents. The sample included 277 adolescents studying in class XI from Patnanagar. The results indicated that adolescents from joint families showed higher social and emotional maturity than those from nuclear families, with a significant positive correlation found between social maturity and emotional maturity across family types.

Patrani, S., & Bhakre, P. (2019) conducted a study on the relationship between Emotional Maturity and Personality traits among Adolescents. A total sample of 300 students were taken from five SSC board schools where 60 students of 9th grade were selected from each school in Mumbai. Most adolescents were found to be extremely emotionally unstable. Emotional maturity showed significant positive and negative associations with various personality traits, indicating a strong link between emotional maturity and personality development.

Napa Prinita, S., Janani, R., & Kumari, R. A. (2018) conducted a study on social media usage and emotional maturity among adolescents. The current study was conducted on 50 boys and 50 girls (N=100) whose age range between 11 years to 19 years. The study concluded that adolescent girls as well as boys were emotionally stable in the dimensions of Emotional stability, Emotional progression, Personality integration and Independence and emotionally unstable in social adjustment dimension. No significant gender difference among adolescents was found.

Singh, D., Kaur, S., & Dureja, G. (2012) conducted a study on emotional maturity differentials among university students. The study included 200 college students from Panjab University, Chandigarh, comprising equal numbers of male and female sportspersons and non-sportspersons. The results showed that among sportspersons, males and females differed only in social maladjustment, while no differences were found in emotional maturity. However, among non-sportspersons, significant gender differences were found in all aspects of emotional maturity.

To summarize, the reviewed studies indicate that emotional maturity is a significant psychological factor influencing adolescents' and young adults' academic performance, adjustment, personality development, and overall well-being. Research has consistently shown that emotional maturity is related to variables such as academic stress, study habits, social adjustment, self-concept, personality traits, parenting style, and home environment. Emotional maturity is influenced not only by gender but also by socio-cultural, environmental, and developmental factors.

Objectives:

1. To assess Emotional Maturity among 1st year undergraduate students.
2. To study the gender differences in emotional maturity among 1st year undergraduate students.

Need and Significance of the study: This study specifically focuses on first-year undergraduate students in Bangalore, who are at a unique transitional stage of life. Unlike studies conducted on school students or senior college students, first-year undergraduates are newly exposed to independence, academic pressure, and a diverse social environment. The cultural, social, and academic environment of Bangalore provides a unique context that may influence students' emotional development differently. It will also explore how emotional maturity influences a student's ability to cope up with stress, upcoming pressure and interpersonal relationships.

Methodology:

Aim: To assess emotional maturity scale on 1st year Undergraduate Students of Bengaluru

Hypothesis: There's no significant gender difference in emotional maturity amongst 1st year undergraduate students.

Operational Definition

1. Emotional maturity - Ability to understand, manage, and express emotions in a healthy and constructive way, allowing for the development of self-awareness, strong relationships, and effective coping with life's challenges.
2. Undergraduate students- 1st year students who are pursuing any form of graduate degree in Bangalore.

Variables: Independent variable – Gender

Dependent variable - Emotional maturity

Research Design: Quasi ex-post facto- Since there is no control over the manipulation of independent variable, this research design is used.

Sample: The sample includes 120 1st year undergraduates living in Bangalore among which 60 are boys and 60 are girls.

Inclusion Criteria

1. Only 1st year students are included

Exclusion Criteria

1. Students living outside Bengaluru
2. Different streams of education
3. Age

Tool: Emotional Maturity Scale by Yashvir Singh and Mahesh Bhargava, having the test\ re-test reliability value of 0.75 and has the external criteria validity of 0.64.

The Scale consists of 5 sub-areas and they are emotional stability, emotional progression, social adjustment, personality integration and independence.

Procedure: The Emotional Maturity scale was administered on 120 undergraduate students belonging to 1st year (60 boys and 60 girls). Data was collected through google form using snowball sampling method.

Analysis of Results

Table 1 shows mean and standard deviation of boys and girls in Emotional Maturity Scale

	gender	N	Mean	Std. Deviation	Std. Error Mean
total	1	60	116.70	32.464	4.191
	2	60	114.90	30.510	3.906

Table 2 shows the t score of the group on emotional maturity scale

T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
.314	119	.754	1.798	5.726

Since $p > 0.05$, the difference between the two groups (boys and girls) is not statistically significant.

This means that there is no significant difference in emotional maturity scores between undergraduate boys and girls in 1st year.

Discussion And Conclusion: Emotional Maturity Scale was administered on 120 Undergraduate Students of Bengaluru, among which were 60 boys and 60 girls. The study assesses emotional maturity of students to find gender differences. Table 1 shows the mean and standard deviation of boys and girls Emotional Maturity and the study found no statistically significant difference in the level of emotional maturity between these two variables.

Table 2 shows the t score of the group in Emotional Maturity Scale; the study showed no significant difference in mean which said that there are no differences in the level of maturity amongst boys and girls.

This study shows that both the gender has the ability to manage emotions, handle stress, and adjust to new academic changes of college. The shift from school to college appears to influence students regardless of their gender. This indicates that the students, irrespective of the compared variables (such as gender, stream, or background), exhibit a similar level of emotional development during their first year of undergraduate study. These results indicate that the emotional maybe shaped by more by shared experiences, educational exposure, and social environment rather than just the gender. Furthermore, the study will include comparison of Emotional Maturity of 12th standard students and 1st year undergraduates for more clarity about these two groups which can help to examine differences in emotional maturity as students move from late adolescence to early adulthood.

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