

**IMPACT OF EMOTIONAL MATURITY ON
STRESS, ADJUSTMENT AND SELF- CONFIDENCE
OF YOUNG ADULTS**

A Dissertation Submitted to the Domain of Psychology

In partial fulfilment for the award of degree of

MASTER IN PSYCHOLOGY



Transforming Education Transforming India

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This is to certify that the student namely Harmeet Kaur is a bonafide student of Department Of Psychology and she has successfully completed her dissertation work entitled “**Impact of emotional maturity on stress, adjustment and self-confidence**” at Lovely Professional University, Phagwara, Jalandhar.

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DECLARATION

This thesis is a presentation of my original research work. Whatever contribution of others are involved, every effort is made to indicate this clearly, with due reference of the literature and acknowledgement of collaborative research and discussions. The work was done under the guidance of **Dr. Komal Rai**, Assistance Professor, Department of Psychology, Lovely Professional University, Phagwara, Jalandhar.

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In my capacity as supervisor of the candidate's thesis, I certify that the above statements are true to the best of my knowledge.

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Date

ABSTRACT

There are people who are able to manage their emotions fully. They become emotionally mature and can easily handle the stressful events in their life and can adjust easily and face difficulties with self-confidence. From all of these skills the most vital is emotional maturity. There are so many evidences which says that a emotionally mature person can deal with stressful situation, get relax and can improve the adjustment and self-confidence level. The research was based on to investigate the impact of emotional maturity on stress, adjustment and self-confidence as an important aspect. The study further also investigated the gender difference in emotional maturity, stress management, adjustment and stress-confidence. For this study the sample was comprised of 200 students (100 males and 100 females) from Lovely Professional University in Phagwara, Jalandhar, Punjab. Data collection was done through Emotional Maturity Scale by Dr. Yashvir and Dr. Bhargava, Stress Management Scale by Dr. Vandana Kaushik and Dr. Namrata Arora Charpe, Bell Adjustment Inventory by Hugh M. Bell, Self-Confidence Scale by Dr. D.N. Sansanwal and Dr. Smita Bhawalkar. This study has been done to form the gender difference on emotional maturity, stress, adjustment and self-confidence and predicting on the basis of emotional maturity. Taking in consideration the objectives and hypotheses, data collection was analyzed by t-test and regression. The results of the study revealed no significant gender difference in emotional maturity, stress, adjustment and self-confidence. Further study revealed that emotional maturity significantly predicted 13% in stress management

CONTEXT

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CHAPTER 1

INTRODUCTION

INTRODUCTION

“The willingness to forgive is a sign of spiritual and emotional maturity.”

Gordon B. Hinckley

We are living in the modern era where continuous changes are taking place. Life changes in every single second. Human beings are hard enough to adapt with the changes and some people find more difficulty to adapt with the changes. As a result, many psychological and physical problems arise. People learning to tolerate the changes will decrease or resolve these problems. Emotional maturity helps the person to adjust and adopt things easily.

Emotional Maturity

Hambrick define “emotion maturity is the ability to differentiate and properly identify one’s emotion while granting yourself the freedom to experience whatever emotion is appropriate to a given situation” Emotional maturity is not connected to the bodily maturation and it does not grow according to the biological age of the human being. Rather it delays the growth comparing with the physical maturity. Maturity is the complete natural growth and emotion is the multipart state of the mind. This consist both the positive and negative emotion. Emotional maturity people will live their life to the fullest. They can adjust in any situation. They see the things in the positive ways and they are less judgmental. They often do self-reflection on the work they do and the role they play in their environment. Emotional maturity is the long process. It is the thing that cannot develop within the short period of time. Once the person is emotionally matured, they enjoy the richness and the success of their life. Success comprises wealth, well-beings in one’s life, success in relationships and achievements of one’s set goals.

Emotional maturity people are able to maintain their emotion in appropriate situation and can express in suitable magnitude. A person is considered as mature person when he or she is behaving as an adult, means not showing tantrums if not getting what he or she wants. Basically, not showing childish behavior. Control on one's emotions considered as maturity. Ability to identify one's own emotions and knows how to behave in a particular situation. They know how to manage themselves in the given environment or in the society as well. They are very much able to manage their all sorts of emotions. When a person is able to identify his emotions, can relate himself with others and show empathy towards people and knows the sense of empathy. With this quality person becomes more approachable and have respect for others. Emotionally mature person is accountable to accept if he or she is wrong. They easily admit their mistakes and accountability in itself means responsibility. They don't blame others for their mistakes. There are 6 levels of emotional maturity are emotional responsibility, emotional honesty, emotional openness, emotional assertiveness, emotional understanding, and emotional detachment. Emotionally mature person is self-aware. They see others thoughts or actions and judge them as they think of themselves. They do not take criticism on their head. They handle each and every situation efficiently. They easily adopt any given environment. They tend to be less worried and more confident than others. They are flexible enough. They understand the reality of life and do not expect much. They understood that not all the things are going to their way so accept the things the way they are. Emotional responsibility is when person takes the responsibility of their actions and not put blame on anyone else. They always use I statement such as I made them feel that I was responsible for instead of using "you" or blaming others.

Adjustments

According to the psychology "adjustment is the behavioral process by which human and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments". Adjustment can be defined as the ability to mold oneself according to a situation or environment. Adjustment is a practical way to deal with things which are beyond control. The ability to adjust

according to situation also depicts the maturity level of a person. Adjustment is a tool which helps people to cope up with the unpredictable and unlikely situations and deal with their problems efficiently. Adjustment level of a person may vary according to age, gender, environment, endurance of a person etc. The system adjustment starts when a need is sensed and it concludes when it is content. For example, if one gets hungry, it lessens the exciting condition that urged them to an activity, and they are, thus adjusted to the particular needs. Universally, the adjustment route contains four fragments.

- 1). A need or motive in the form of a stronger tireless stimulus
- 2). Non-fulfillment of their needs
- 3). Different activity,
- 4) Some response that removes or at least reduces the initiating stimulus and complete the adjustment.

Psychological adjustments are similar to the cultural and social adjustment. To have a comfortable environment and to fulfill the psychological needs, social networking and the place we live in matters the most. We all are interdepending to each other and we need some good relationships to get adjusted to the community and society as a whole. Our needs and wants will arise at any time/place. When the needs arise in the new environments, they require interpersonal action to gratify those needs. Thus, one raises their understanding and security with their surrounding and believes that their needs will be fulfilled with the help of good social net-workings. One gets difficulty in adjusting to the new environments and often suffers from the anxiety and depression. This happens because one cannot get easily adjusted to the new environment and cultural of the different places and the people around.

Stress

Hans Seyle has defined “Stress is a medical term for a wide range of strong external stimuli, both physiological and psychological, which cause a physiological response called the general adaptation syndrome”. Stress is actually a response to an external stimulus which may come in the physiology as well as psychology of a person. Stress can occur due to an unexpected events/situation in day to day life. Stress can be dealt either by flight or fight. It is advisable to use fight or flight according to situation rather than

using one of them for every situation. Stress is of two types- Eustress and Distress. Distress is a negative type of stress while Eustress is a positive type of stress. Distress is caused by events causing pain, anger, anxiety etc. while eustress is caused by events causing excitement, anticipation, nervousness etc. Stress is a part of our life and it involves in the day to day activities we carry out. Stress is caused due to change in the situation every now and then. Stress is also caused when there is a mismatch between the demands and the availability of the resources and when the individual cannot meet their demands. Stress it causes the imbalance between the physical and mental health. The symptoms of the stress are different for the different person. Some people eats more and whereas some they loss their appetite. During the stress, some people use fight response and some people use the flight response. It is good to use both the responses according to the situation. Using one response cannot do away with the stress. Stress is level into two, Distress and Eustress. Stress from the negative life events like, the death of family members, sickness is labeled under distress and some positive life events such as wedding, rituals are labeled under the Eustress. Stress has different approaches to coping strategies like; appraisal approaches, problem focused and emotion focused. People uses all the mixture of above strategies but, problem focused found to be more effective. This focuses on eliminating the stressor. Generally, people level the stress as the negative effects, however; it has the positive effects as well. And we should have the stress to complete our works on time and to run our life carefully.

Self-Confidence

Self-confidence is “the belief and assurance of one’s ability, strengths and power”. It’s the belief than one is capable to do things and possesses the strengths to do things. It’s not about possession but about the attitude and assurance in one’s capabilities. Self-confidence is a personality trait which helps a person to carry out his or her work/activities effectively. Self-confidence comes from the way a person perceives himself/herself. For eg. A person with low self-confidence has a poor perception about his or her image and may underestimate themselves. While on the other hand a confident person carries out tasks without being doubtful of his or her capabilities. Due to this, a person having higher self-confidence is able to give his or her best to given task and

reach targets easily. Contrary to this, a person on low self-confidence may not be able to utilize his or her potential to the fullest and is more likely to underperform. Self-confidence takes one out of the circle of uncertainty and brings certainty in one's life. Self-confident people trust their abilities and move with a positive attitude in life and are optimistic about their future. Self-confident people are positive about their academic achievements and their future goals and their social life. Self-confidence is a part of the personality and is more like a self-judgement, which influences the actions and behavior of the person and makes them take decisions in adverse situations. Self-confidence also increases the motivation to act in a situation and face things. Self-confidence also enhances the self-esteem of a person.

Goal Setting and Explanation

Great aegis and optimism arises if we accept a defended adjustment for searching advanced and getting able to set goals that are practical, adventurous, and achievable. We accretion from an action that advice us to accord ourselves the best adventitious for acumen what is important to us in life. The way we set our goals is important. The best access seems to be to brainstorm that our goals are already accomplish as an aftereffect they become the accompaniment that will abide if we accept what we accept set for ourselves. Once the goal is fixed, achieve them quickly.

Introspection

To animate equitable lives, we need to go "within" or look within ourselves.

Meditation helps to go through with remarkable life. As a result, an individual with the passage of time becomes entirely different from what he was from the start. At the same time, we become more transparent. Regular meditation is a "food for the soul".

Gallup led an extensive worldwide investigation of more than 150 nations, giving them a focal point into the prosperity of over 98% of the total population. From

Afghanistan to Zimbabwe, they got some information about wellbeing, riches, connections, employments, and groups. They then contrasted these outcomes with how individuals encounter their days and assess their lives general.

In the underlying examination, they asked individuals what "the most ideal future" for them would resemble. They found that people with high emotional maturity are able to adjust and have better coping strategies than people with low emotional maturity. However, they don't have a standard approach to quantify the nature of our vocations or the strength of their connections.

So, to develop a complete measure of individual prosperity, Gallup planned an evaluation made out of the best inquiries. They have asked throughout the most recent 50 years. To make this appraisal, the emotional maturity finder, they tried several inquiries crosswise over nations, dialects, and tremendously unique life circumstances.

Endless supply of the examination, five particular factual components rose. These are the all-inclusive components of prosperity that separate a flourishing life from one spent enduring. They portray parts of our lives that we can take care of and that are imperative to individuals in each circumstance that is considered.

These components are the money of an existence that matters. They do exclude each subtlety of what's critical in life, however they do speak to five general classes that are fundamental to a great many people. The main component is about how you possess your time or basically loving what you do each day: your level of emotional maturity.

The second component is about having solid connections and love in your life: your stress management.

The third component is about adequately dealing with your daily life: your adjustment

The fourth component is about having great self-confidence and enough vitality to complete things every day: your self-confidence.

While 66% of individuals are doing admirably in no less than one of these ranges, only 7% are flourishing in every one of the five. In case they're battling in any of these spaces, as the greater part of us may be, it harms the prosperity and wears on day by day life. When they reinforce the prosperity in any of these territories, they will have more promising times, months, and decades. Be that as it may, we're not getting the most out of the lives unless we're living adequately in every one of the four.

Despite the fact that these components are all inclusive crosswise over beliefs, societies, and nationalities, individuals take distinctive ways to expanding their individual prosperity. For some individuals, deep sense of being drives them in every one of these regions. Their confidence is the most critical aspect of their lives, and it is the establishment of their every day endeavors. For others, a profound mission, for example, securing the earth, moves them every day. While the things that rouse, us vary extraordinarily starting with one individual then onto the next, the results don't.

Be that as it may, the single greatest risk to our own prosperity has a tendency to act naturally.

Age and Gender

Contingent upon which sorts of measures are utilized (e.g., life fulfillment versus positive effect), age and sexual orientation likewise have been appeared to be identified with emotional maturity. All in all, men and ladies have comparative levels of

prosperity, however this example changes with age, and has changed after some time there is a same level of emotional maturity by age—more youthful and more established grown-ups have a tendency to have all the emotional maturity contrasted with moderately aged grown-ups. It is a saying that emotional maturity has no concern with age. Hence, maturity is not coming with age.

CHAPTER 2

REVIEW

OF

LITERATURE

REVIEW OF LITERATURE

Dalwinder Singh et al.(2012). Conducted the study on emotional maturity amongst the sport person and non-sport person of university students. They took 200 samples in total, 100 each from sports person and non-sport person. The study found that, there is the significant differences between sports person and non-sport person,

Wani & Masih (2015) conducted a study on emotional maturity amongst students of university to check the substantial modification transversely on gender & their education level. Descriptive research method was used & the sample of the study was selected from departments of Jamia Milia Islamia University. Sample was consisting of 50 males and 50 females. The findings of the study revealed that female students are more emotionally mature than male students. There exists significant difference between those students who are pursuing post-graduation and research scholars.

Panth et al (2015) The study was design to see the relationship between emotional maturity and adjustment of college student and to see the impact of gender & stream on emotional maturity and adjustment. For this purpose, 100 students of B.A. & BSC (50 boys + 50 girls) were selected from different college of Lalitpur. They were in the age group between 18-22 years. Data collected for the present study by using EMS developed by Singh and Bhar- gava (1990) and Adjustment Inventory College Students(AICS) developed by A. K. P. Sinha & R.P. Singh (Hindi Adaptation) was administered on all subjects. The obtained data were evaluated by using Mean, SD, test & correlation. The result revealed that the level of emotional maturity and adjustment of girls have high than boys and science students have high AICS and art students have high EMS. There were not significant differences between boys and girls AICS & EMS. There was significant difference between art & science student in EMS but not significant in AICS.

Mukesh Kumar Panth et al (n.d) designed a study to see the relationship between emotional maturity and adjustment of college students and to see the impression of gender and course on emotional maturity and adjustment. Sample size for the purpose is 100 students of B.A. and B. Sc (50 boys & 50 girls) from different colleges of Lalitpur. Age group for the study is 18-22 years. Emotional Maturity Scale developed by Singh

and Bhargava(1990) , AICS developed by A.K.P. Sinha & R.P. Singh(Hindi Adaptation) was administered on all subjects' is clearly shown from the results that girls have high emotional maturity and adjustment than boys.Students of science stream have high AICS and students of arts stream have high Menon notable dissimilarity have been found between AICS & EMS and in boys and girls but between arts and science stream students notable difference in EMS have been recorded but it's not significant in AICS.

Hildingh C et al.(2006) conducted a study on stress, fitness objections & self-confidence on women in USA and Sweden in the age of adulthood. They took 587 samples in total and result reveled that both the American and Swedish shows the daily life stress but, degree shows more in the American women. However, in terms of the health, more health complaints reported by Swedish women i.e. headache, depression & insomnia. In terms of self-confidence American women reported more confidence than Swedish.

D.S. Veerabhadra Swamy et al (2014) proposed a study to determine the prevalence of emotional maturity level among professional students and effectiveness of counselling on emotional maturity from the selected professional institutions. Study also aims to find the association between emotional maturity with selected demographic variables. This research is descriptive which is true experimental. . For eight consecutive weeks' intervention was given according to counselling checklist issues to the students who were identified with average low maturity. Prevalence rate of emotional maturity was average to low i.e. 63.38%. In the ninth week, emotional maturity was again measured and compare the pretest and posttest measurements. Reduction in the mean scores of emotional maturities seen among the subjects from pre-intervention to immediate posttest. Significant association was found with the mother's education status, health status of parents and any history of mental illness in the family with emotional maturity. Counselling proved very effective in improving the emotional maturity level of the students.

Bharti Sharma (2012). Done a research on adjustment processes of college and emotional maturity between 1st & final year female students. The tool that they have used were Emotional maturity scale and emotional maturity and adjustment. It is clearly shown in the results that the undergraduate students of 1st year were not as much of emotionally mature, and had trouble dealing & adjusting with emotions and faced more educational struggle as compared to final year students. The final year students were more publically familiar and more assimilated into the social material of the college.

Uttam kumar B. Lunagariya (n.d) conducted the study on Emotional Maturity and Mental Health among joint and nuclear family. The Participants were female members of the family. The tool that they have used were the Emotional Maturity Scale developed by Dr. Mahesh Bhargav and Mental Health by Dr. D. J. Bhatt, G. R. Gida. The statistical technique they have used was t- test to find the relationships between the families. The result discovered that there was a substantial modification between females of nuclear and joint family in Emotional Maturity and Mental Health.

Krishan Lal (n.d) designed a study to analyse and interpret data for the betterment of young adolescents. Guidance and counselling facilities should be provided them to make them Emotionally Mature & Self Confident. For career enhancement, they should be given more chances. Rewards should be given for the better work to the students and for the academic betterment good quality environment should be provided time to time. The curriculum could be renovated and updated. To enhance their academic performance modern educational gadgets could be employed in teaching. It will help students in a long run to update their knowledge and prepare them to face the challenges of life with more confidence and courage. To enhance student's further academic achievement positive & suitable climate should be provided. To make them more confident and mature person co-curricular activities should be introduced to adolescents. Administrators in the field of education must ensure that the congenial school environment should be given to motivate them to achieve them their academic goals. Scholarship and incentives should be given to needy students. PTA meetings should be conducted frequently to develop better understanding among students & teachers. For better achievement of the student's

continuous evaluation should be done by conducting demonstration, provision for smart class, quiz programs and English Language laboratories.

S. Kalaiselvan et al (2016) proposed that maturity is the capacity to answer back to the situation in a proper manner. This reaction is not determined by one's age and generally more learned than instinctive. Ability to become interested in things and persons, to do things for their own sake, to give love to other person these all are characterized as Emotional Maturity. Researchers keep these things in mind to plan to study the emotional maturity of post graduate students of Bharathidasan University College, Perambalur. Descriptive research method has been adopted by the researcher. The sample size taken of 160 postgraduate students from the University College Perambalur. The researcher has used purposive sampling method to collect data from 50 respondents. Data for measuring emotional maturity of the respondents collected by using questionnaire method. As per shown in the results that 45.5% participants have moderate level of Emotional Maturity.

Reena Rani and Manjeet (2014) did the study on emotional maturity and adjustment. For this study, they took 100 samples, 50 boys and 50 girls each from different colleges. The tools that they have used were EMS by Yashvir Singh and Bell adjustment inventory. The result revealed that girls' students were more emotionally mature than the boys' students. The study also found that girls' students were more adjusted to the environment than the boys. In addition to the above result, the study found public school students were having more capabilities in adjusting than the private students and it also shows that good association between student's emotional maturity and adjustment level.

CHAPTER 3

SCOPE

&

OBJECTIVES

SCOPE OF THE STUDY

Mature means a completed natural growth. Emotional maturity is not related to physical which is expected to be but, does not grow with biological age. Nowadays young adults facing so many problems with regards to the Stress management, adjustments, and self-confidence. If the person is mature enough, they are able to adjust in any situation or handle any sort of stress. A person with low maturity cannot handle the situation it leads to stressful life and not able to adjust in the environment easily.

OBJECTIVES

1. To study the effect of emotional maturity on stress level of young adults.
2. To study the effect of emotional maturity on adjustment of young adults.
3. To study the effect of emotional maturity on self-confidence of young adults.
4. To compare the gender difference in stress.
5. To compare the gender difference in emotional maturity.
6. To compare the gender difference in adjustment.
7. To compare the gender difference in self-confidence.

HYPOTHESES

1. There is no impact of emotional maturity on stress of young adults.
2. There is no impact of emotional maturity on adjustment of young adults.
3. There is no impact of emotional maturity on self-confidence of young adults.
4. There is no gender difference in emotional maturity of young adults.
5. There is no gender difference in stress management of young adults.
6. There is no gender difference in adjustment of young adults.
7. There is no gender difference in self-confidence of young adults.

CHAPTER 4

METHODOLOGY

RESEARCH METHODOLOGY

PROBLEM

Impact of emotional maturity on stress, adjustment, self-confidence of young adults.

The course of study included to select the sampling group in order to carry out the study.

The sample included a group of young adults (100 males and 100 females) of age 21-25 years. The sample was taken from lovely professional university Phagwara. Then suitable scales (Emotional Maturity Scale, Stress Management Scale, Bell Adjustment Inventory, Self-Confidence Scale) were used to assess the variables. For the data analysis, appropriate statistical approaches were applied. The present study is a descriptive study.

SAMPLING

For the study a sample of 200 young adults ranging from age 21-25 years were selected, out of which 100 were the males and 100 were the females. The simple random sampling method was used to select the participants. The participants were taken from Lovely professional university.

TOOLS

Keeping in view our study to be measured the aim of the study and the nature of the sample, appropriate instruments with satisfactory psychometric properties were selected.

In this study, we select following tools:

- Emotional Maturity Scale by Yashvir and Bhargava
- Stress Management Scale by Dr. Vandana and Dr. Kaushik

- Bell Adjustment Inventory by Bell M. Hugh
- Self-Confidence Scale by Dr. Sansanwal and Dr. Bhawalkar

Statistical Techniques

Keeping in view the objectives and hypotheses of the current study following statistical techniques were used to analyze the data:

- Independent Sample Student's 't-test'.
- Regression.

CHAPTER 5

RESULTS

AND

DISCUSSION

RESULT AND DISCUSSION

TABLE 1.1

GROUP STATISTICS

Gender	N	Mean	Std. Deviation	t- value	p-value
EMS					
Females	100	125.3500	30.21150	1.419	.157
Males	100	118.7100	35.73253		

The table number 1.1 represent that the sig value is more than 0.05 ($P > .05$). Hence there is no any significant difference in emotional maturity between male and female. Hence, we accept the hypothesis number 1 that there is no significant difference in emotional maturity in males and females.

TABLE 2.1

GROUP STATISTICS

Gender	N	Mean	Std. Deviation	t-value	p-value
SMS					
Females	100	77.5300	19.30220	2.148	.033
Males	100	71.2000	22.27378		

The above table 2.1 shows the sig value is .033 (sig =.033) which is less than 0.05 (sig<0.05) which illustrate that there is a significant difference in stress management between male and female. Hence, we reject the null hypotheses number 2 that there is no any significant difference between male and female in stress management.

TABLE 3.1

GROUP STATISTICS

Gender	N	Mean	Std. Deviation	t-value	p-value
BAI					
Females	100	20.8600	8.45310	-5.86**	.000
Males	100	35.4300	23.38101		
**Significant at 0.01					

The above table 3.1 shows the sig value is .000 (sig=.00) which is less than 0.05 ($p < 0.01$) which illustrate that there is a significant difference in adjustment between male and female. Hence, we reject the null hypothesis number 2 that there is no any significant difference between male and female in adjustment.

TABLE 4.1

GROUP STATISTICS

Gender	N	Mean	Std. Deviation	t-value	p-value
SCS					
Females	100	46.8100	12.08530	-.155	.877
Males	100	47.1400	17.57927		

The above table 4.1 shows the sig value is .877 (sig=.877) which is more than 0.05 (sig>0.05) which illustrate that there is no significant difference in self-confidence between male and female. Hence, we accept the null hypothesis number 2 that there is no significant difference between male and female in self-confidence.

TABLE 5.1

MODEL SUMMARY (SMS)

Model	R	R square	Adjusted R square	Std. error of the estimate	Sig. p
1	.361	.130	.126	19.66248**	.000
**Significant at 0.01					

TABLE 6.1

ANOVA

	Sum of Squares	Df	Mean square	F	Sig.
Regression	11454.948	1	11454.948		
Residual	76549.407	198	386.613	29.629	.000
Total	88004.355	199			

The table 5.1 and 6.1 indicates that the regression model predicts the dependent variable significantly well. R square is .130 and (sig=.000) which is less than 0.05 it indicates that emotional maturity can significantly predict only 13% of stress management. Hence, we

reject the hypothesis number 3 which states that emotional maturity is not a predictor of stress management (it is a good fit for the data).

COFFECIENT

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	46.454	5.313		8.744	.000
	EMS	.229	.042	.361	5.443	.000

TABLE 7.1
MODEL SUMMARY (BAI)

Model	R	R square	Adjusted R square	Std. error of the estimate	Sig. p
1	.049	.002	-.003	19.02142	.494

TABLE 8.1

ANOVA

	Sum of Squares	Df	Mean square	F	Sig.
Regression	169.535	1	169.535		
Residual	71639.260	198	361.814	.469	.494
Total	71808.795	199			

The table 7.1 and 8.1 indicates that the regression model predicts the dependent variable significantly well. R square is .002 and (sig=.494) which is less than 0.05 it indicates that emotional maturity can significantly predict only 2% of bell adjustment. Hence, we accept the null hypothesis number 3 which states that emotional maturity is not a predictor of bell adjustment.

COFFECIENT

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	31.541	5.140		6.137	.000
	EMS	-.028	.041	-.049	-.685	.494

TABLE 9.1

MODEL SUMMARY (SCS)

Model	R	R square	Adjusted R square	Std. error of the estimate	Sig. p
1	.220	.048	.044	14.71540	.022

TABLE 10.1**ANOVA**

	Sum of Squares	Df	Mean square	F	Sig.
Regression	2183.336	1	2183.336		
Residual	42875.539	198	216.543	10.083	.002
Total	45058.875	199			

The table 9.1 and 10.1 indicates that the regression model predicts the dependent variable significantly well. R square is .048 and (sig=.022) which is less than 0.05 it indicates that emotional maturity can significantly predict only 4% of self-confidence. Hence, we reject the hypothesis number 3 which states that emotional maturity is not a predictor of self-confidence.

COEFFICIENT

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	34.790	3.976		8.750	.000
	EMS	.100	.031	.220	3.175	.002

Conclusion

The present study shows that emotional maturity and adjustment has no significant difference in males and females. There is significant difference in stress management and adjustment in males and females. In regression, it reveals that stress management predicts 13% which is significant (good fit model) and adjustment is also predicted significantly. Emotional maturity and self-confidence do not predict significantly. According to mean value emotional maturity is not significant but there is significant difference in stress management. Females are more emotionally mature and good at managing stress as compare to males even researches revealed that they are good in managing emotions. There is significant difference in adjustment level between males and females. Males are more adjustable than females because of their duties or responsibilities. Self-confidence is also more in males than females but there is no significant difference in males and females in self-confidence.

The present study was conducted to see the gender difference in emotional maturity, stress management, adjustment and self-confidence and to check as a predictor of emotional maturity.

There was no significant gender difference in emotional maturity and self-confidence but there is significant gender difference in stress management and adjustment. Also, emotional maturity is significantly predicting the stress management but only 13% that is too low prediction.

LIMITATIONS AND FUTURE SCOPE

The study is less generalizable since it is confined to a limited number of students and that too from single university from Lovely Professional University Phagwara, Jalandhar. The more clarity of the study can be obtained covering increasing the sample size by covering different areas. Further, others factors should be included which have direct link with emotional maturity.

CHAPTER 6

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