

EXECUTIVE SUMMARY OF THE PROJECT REPORT

on

**CORRELATES OF EMOTIONAL MATURITY AMONG ADOLESCENTS IN THE
UNION TERRITORY OF PUDUCHERRY**

submitted to

**UNIVERSITY GRANTS COMMISSION- SOUTH EASTERN REGIONAL OFFICE
Hyderabad 500001**

towards the

MINOR RESEARCH PROJECT IN HOME SCIENCE

by

DR. V.RAJI SUGUMAR

F.No. MRP-6680/16 (SERO/UGC) Dt. 30 June 2017

Principal Investigator

Post Graduate and Research Department of Home Science
Bharathidasan Government College for Women

(A NAAC accredited Autonomous College affiliated to Pondicherry University
Puducherry 605003)

June 2019

EXECUTIVE SUMMARY

Ongoing changes in the society have affected the perceptions of people and their lifestyles causing stress and anxiety even to small children. Adolescence which is considered an age of storm and strife is bound to have more pressures which affect their emotional maturity. Studies of this type will explore the level of emotional maturity, help in identifying the gap in attaining them and assist in planning for a psychological, educational and experimental intervention. In addition to this the contributory factors of emotional maturity like parenting style; values inculcated during the formative years; and similar such attributes can be culled out and can be applied for enriching emotional maturity which is very much essential in globalized situation where cross-cultural interaction has become a part of our work culture.

The present study was carried out in Karaikal (UTP). Only the Government institutions were selected for the study mainly because the highest percentage of students are natives of Karaikal under UTP which ensures homogenous group with respect to nativity. The study group comprised of college going adolescents between

17-21 years of age. Stratified proportionate random sampling technique was adopted to pick the samples and those who were willing to participate in the study were included, this number totaled to 1000 students included both boys and girls.

For data collection, self-administered pre-tested questionnaire and emotional maturity scale by developed by Dr. Yashvir Singh and Dr. Mahesh Bhargav (2005) were used. The data obtained was subjected to analysis using percentages as a comparable measure, appropriate statistical interpretation and illustrations wherever necessary

Analysis of the results indicated that lack of emotional maturity as one of the major causes of disruptive acts among adolescents. Boys were found to have higher mean values in all the dimensions of emotional maturity compared to girls. Statistical test suggests that the adolescents with permissive parenting exhibited higher aspects of emotional immaturity compared to those with democratic and authoritarian parenting style. Overall the study reveal that the emotional maturity level was desperately low among the target group 'adolescents' the young Indians. Personality attributes like self-esteem and class room interaction by mapping the students react to a particular situation and having a discussion on their expression will improve the emotional maturity levels.