

A Study of Emotional Maturity and Attitude towards Spirituality among Youth

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Abstract

The main purpose of this research was to a study of Emotional Maturity and Attitude towards Spirituality among Youth. The total sample consisted 200 as a variation belonging to 100 Male and 100 Female youth. The research tool for Emotional Maturity was measured by Dr. Yasvir Singh and Dr. Mahesh Bhargava. Tool for Attitude towards Spirituality was measured by Dr.Akabar Hussain. To check the significance mean difference between group t-test was applied. Here t-test used result reveals Emotional Maturity is a Not significance mean difference among male and female Youth and Attitude towards Spirituality is a Not significance mean difference among male and female Youth.

Keywords: Emotional Maturity and Attitude towards Spirituality.

Introduction

Curtain (2002), quote in the U.N.World youth report 2003 and define it as a phase when a person moves from a time of dependence to Independence and identifies different of this move: Leaving the parental home and established new living arrangements; static personal relationship outside of the family, completing full-time education; forming close, often resting in marriage and children; Testing the labor market, finding work and possibly settling into a achieving and career a more or less sustainable livelihood. Around the world the term's 'Youth', teenager adolescent and Young person are interchanged, with the same meaning.

Emotion is the complex psycho and physical experience of an individual's condition of mind as interaction with biochemical (internal) and environmental (external) influences. In humans, emotion fundamentally involves "physiological arousal, suggestive behaviors and conscious experience." Emotion is associated with mood feeling, disposition personality and motivation. Motivations are direct and energies behavior, while emotions supply the affective component to motivation positive or negative.

Although the word 'mature' means 'ripe' or full development, psychological meaning is more flexible. A child may be mature in sense that he has reached the development which is typical for his act. Maturity is the ability to stick with a project or a situation until it is finished. It is the capacity to face unpleasantness, frustration, discomfort and defeat without complaint or collapse. It is the ability to make a decision and stand by it. Maturity is the ability to live up to the responsibilities and your energies and to do more than is expected in your relationship.

Emotional Maturity is not only the affective determinant of personality pattern but also helps to the growth of individual development. The concept mature emotional behavior at any level is that which reflects the fruits of normal emotional development. It is a stage, which is very essential in human life. One of the major aims of any good educational programmed is to help the learner to gain emotional maturity.

According to this concept spirituality with (A) Belief in a power beyond oneself, (B) Meaning and purpose of life, (C) Behavior in relation to the infinite such as prayer, (D) Hope and optimism, (E) Love and compassion, (F) Moral and ethical guidelines (G) Transcendental experience. Another broad definition can be seen in Lewis who consider spirituality as the life affirmed in a relationship with God, self, community and environmental which leads to the nurturance and celebration of wholeness. Within this context, spiritual needs include meaning, integrity



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and worthiness, religious participation, object and hope, transcendence circumstances, loving and preparations for spirituality such as focus on existential or transcendental questions, belongingness to involvement of cardinal values underlying every aspect of life and self-employed reflective behavior.

Although spirituality is potentially relevant throughout the life span, because of the developmental tasks and increased capacities relevant to adolescents, we chose to explore this domain of development among highly spiritually developed youth. Given that Youth may be less acculturated than adults, have increased cognitive and social capacities than children and have a developmental need to engage in potentially spiritual endeavors, youth is a particularly opportune life stage to investigate the nature of spiritual development.

Review of Literature

Rawat, C. and Singh R. (2016). A study of emotional maturity of adolescents with respect to their educational setting. In addition, result indicates that adolescent from educational schools were more emotionally progressive, socially adjusted and independent as compared to those studying in non-educational schools. The prominent for significant difference in emotional maturity across different educational setting was observed to be school gender composition, school climate and traditions and confounding factors.

Rajan C.S. (2019). Self esteem and emotional maturity among adolescents. In addition, result indicates that there was a significant difference in emotional maturity domains between boys and girls in emotional instability, social conflict and personality breakdown.

Ghosh, S. (2019). Emotional maturity among adolescents. In addition, result indicates that there was a significant difference between boys and girls on emotional maturity. Boys were more emotional mature girls.

Marianna Berinsterova, (2018). Spirituality and natural mentoring relationship among adolescent girl and boys in Slovakia. In Addition, result indicate that result confirm an association between spirituality and the existence of a natural mentoring relationship. Mentoring relationship was associated with a lower level of cognitive orientation towards spirituality among boys and girls.

Bussing, A. And et. all.(2010). Aspects of spirituality in adolescents. In Addition, result indicates that the correlation pattern between aspect of spirituality and life satisfaction dimensions differed remarkably between female and male adolescents.

Shubhash M. (2015): Holistic development of adolescents for social intelligence, emotional maturity and spiritual personality for nation building. In Addition, result indicates that there is a significance deference in the three groups of adolescents. Higher, Middle and lower groups based on SI, EM and SP scores and gender differences in relation to their emotional maturity and spiritual personality.

Objective of the Study

The main objectives of the study were as under:

1. To check the mean difference of Emotional Maturity among Youth.
2. To check the mean difference of Attitude towards Spirituality among Youth.

Hypothesis

To related objectives of this study, null hypothesis were as under:

1. There will be no significance mean difference in Emotional maturity among youth.
2. There will be no significance mean difference in Attitude towards spirituality among youth.

Method

Participants

According to the purpose of present study total 200 samples has been selected. There were 100 Male and 100 Female were taken as a sample from different areas in Rajkot City (Gujarat). Here use the random sampling method for data collection.

Instruments

For this purpose the following test tools were considered with their reliability, validity and objectivity mentioned in their respective manuals. In present study two inventory used in this research.

Emotional Maturity Scale

This scale construct by Dr.Yasvir Singh and Mahesh Bhargava. This inventory contains 48 items and 5 categories measures. This is a self- reporting five point scales. The items are so stated that if the answer is very much a score 5 to never a score 1 is to be awarded. Therefore, The higher score on the scale greater the degree of the emotional immaturity. The test retests reliability 0.75.

Attitude towards Spirituality Scale

This scale construct by Dr.Akabar Husain. The SAS was designed to measure the attitude of individual towards spirituality on different dimensions. The SAS consisted of 50 items, each scored on a likert scale ranging from 5 (Strongly Agree) to 1 (Strongly Disagree) of the 50 items, there were 31 positive and 19 negative items. Positive items were scored in the same direction, whereas the negative we're scored in the reverse direction.

Procedure

In this study random sampling method was used. Different area's in Rajkot City. Total 200 participants were taken as a sample. They were informed about the purpose of the study. Upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scale as per the instructions given in the scales. After completion of the scale participants

returned the scale and they were thanked for their participation and co-operation.

Research Design

The aim of present research was to a study of Emotional maturity and Attitude towards spirituality among youth. For this research total 200 samples were taken with used random sampling method for data collection. To check the significance mean difference between groups t-test was used.

Result and Discussion

The main objective of the present study was to measure the Emotional Maturity and Attitude towards spirituality among youth. In it statistical t-test method was used.

Result discussion of Present study is as under:

Result Table 1

Showing Mean, S.D. and t-Value Score of Emotional maturity among youth

Variable	N	Mean	SD	t	Sig.
Male	100	97.70	32.45	0.27	NS
Female	100	101.50	33.85		

Sig. Level = 0.05=1.97

0.01=2.60

NS = Not Significant

The table-1 indicates that the mean score of Emotional maturity in male are 97.70 and female are 101.50. The standard deviations for male and female are 32.45 and 33.85 respectively. The t-value was 0.27 which were not significance at 0.05 and 0.01 levels. So we can say that first hypothesis was accepted and there is a not significance mean difference in Emotional maturity among youth.

Result Table 2

Showing Mean, S.D. and t-Value Score of Attitude towards spirituality

Variable	N	Mean	SD	t	Sig.
Male	100	110.35	36.68	0.18	NS
Female	100	109.40	36.38		

Sig. Level = 0.05= 1.98

0.01=2.62

NS = Not Significant

The table-2 indicates that the mean score of Attitude towards spirituality in male are 110.35 and Female are 109.40. The standard deviations for male and female are 36.68 and 36.38 respectively. The t-value was 0.18 which were not significance at 0.05 and 0.01 level. So we can say that second hypothesis was accepted and there is a no significance mean difference in Attitude towards spirituality among youth.

Conclusion

We can conclude by date analysis as follows.

The main purpose of this research was to a study of Emotional Maturity and Attitude towards Spirituality among Youth. There was not significance mean difference in Emotional maturity among youth. There was not significance mean difference in Attitude towards spirituality among youth.

Limitation of the Research

This study had many limitations that can be addressed by future study. The participants only Male and female consisted of the different areas in Rajkot City (Guj.). So it is not representative of all other cities. Hence, a more representative participant might cause different result, for example, a participant from different city of Gujarat might show significance interaction effects of different city.

Suggestions

Endeavour can be executed to analyze more than 200 data of sample with efficacy to received better results. For the accumulation of information, variegated methods except questionnaire can be adopted. Selection of sample can be determinate with the intake of difference male and female from different state and district to ascertain in their emotional maturity and attitude towards spirituality. To crown the research work other method of selecting sample can be appropriated.

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