

## Emotional Maturity among College Students

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### Abstract

*An emotionally stable individual has adequate arrogance. They utilize their emotional, mental, bodily and psychological capabilities to the greatest degree. They possess the competence to solve the disputes in correct manners simultaneously their emotional perceptions are realistic. They can exercise imagination in their emotional surroundings. They have capability to love more than one and be sympathetic to others. The present paper mainly deals with the concept of emotional maturity. Along with-it characteristics, importance and obstacles in the way of emotional maturity have also been highlighted.*

### Emotional Maturity

College life is very critical stage for students. At this stage student prepares their cognitive and social abilities for their adult life and career. It is a period in which a person attains physical, emotional and mental maturity. When child goes to college, he or she gain knowledge to deal with psychological stress, emotions, pressure, determine conflicts, build connection with friends and family, develop self-confidence, and protect themselves from high stress advertising approaches and manage with other stress like academic struggle etc. They need to be emotionally balanced.

Emotions are considered as foundation of every relationship in one's life, and the influence emotions can't be ignored. These are voice and accent of one's soul and are very essential feature in the growth of the offspring. These are considered springs of actions. Broadly it refers to process of impulse control .As per Menninger (1999), "emotional maturity includes the ability with to deal constructively with reality". A lot of efforts have been made to describe emotional maturity. Emotional Maturity should not stress merely constraint and control but also the optimistic possibilities intrinsic in person's nature. A mature emotional deed at any stage of growth is that which is most completely replicate the fruits of strong development in all the inner acting characteristics of the person are growing development.

Emotional stability varies as per gender differences as Rawat C at el( 2017) in a study 320 adolescents(160 boys and 160 girls) from Uttarkashi and U.S Nagar districts found out that in both the districts boys were more emotionally stable, emotionally progressive, socially adjusting as compared to girls. Hollingrowth (1928) mentioned certain characteristics of emotionally mature person which have been mentioned in the following points:

- Emotionally mature person is competent to react in progression or as per circumstances.
- Emotionally mature person is competent enough to face setbacks.
- Emotionally mature person is capable of self-treatment as opposed to demonstrating themselves as uncontrolled one. Instead of feeling sorry for themselves they can understand themselves.
- Emotional maturity enables young people to make good decisions. Emotional stability of men and women varies in certain levels depending on the external sources that influence the individual into reacting to certain situations. Studies have shown that girls mature earlier than boys; maturity demands that a individual reach a level of psychosocial development where he or she learns to take action, respond and make decisions while winning possession of those actions. So if a woman matures before,

does it mean they are also extra mature? Women's brains are wired for social interactions. But this does not mean that they are more mature than men. A study shows that men are more emotionally mature as compared to women

### **Characteristics of Emotional Maturity**

#### ➤ **Empathy**

Identifying of one own emotion is very easy but people seldom confess their emotion to the outside world, and what most of the people do is hide their emotions and hunt for the emotions of others, Actually, one need to identify their emotion and try to bring the change that needed and suite in the society. It is belief that sympathy is very much required to be a respected human being and it includes thoughtfulness, cooperation, and social adjustment. Generating empathy for others is a form of value that will make one more adjustable in the society and build up strong sense of matured and understanding person.

#### ➤ **Accountability**

Being accountable means the person is in a position to take any decision with strong responsibilities and determination. Controlling emotions or admitting wrong and deciding to take any consequences for the wrong work done shows the accountability and dignity of the person. Otherwise none will take the responsibilities of the consequences upon the work they have not done. In this modern world another type of personality can also be seen who play a blame game for the wrong work they have done means they put the blame on others.

#### ➤ **Self-Awareness**

Self-awareness denotes to ability to identify self-emotions and act accordingly or make necessary adjustment. This fundamental adjustment ability makes one very capable to take any sort of criticism and prepare themselves to be strong in dealing with further emotions and feeling. It is a good practice to prepare for emotional maturity

#### ➤ **Flexibility**

Flexibility intends to liberal that not all things will go ones way, and that is only a truth of life. Being gifted to make bargain, particularly when it includes others, is a positive image of passionate development. Buildings up a keenness of adaptability need a couple of various attributes: persistence, for one. On the off chance that you can't keep crisp during times of progress or when incautious issues show up, won't have the option to settle on peaceful and educated choices?

#### ➤ **A Healthy Amount of Confidence**

Confidence is the basic components that make up passionate development, more certainty can confine into prevalence. Less certainty can go down into low confidence. One need a greater amount of certainty and mindfulness to faith in possess choice.

### **Importance of Emotional Maturity**

Emotions play an essential role in the life of an individual and require a higher enthusiastic development to have an effective existence, especially the students of college who are test to be exceptionally passionate. A Study was embraced to discover emotional development and modification level of undergraduate students. Test was taken from two govt. compositions of Jammu in which 52

young men and 52 young ladies inside the age of 18 to 21 years were taken as sample. The outcomes uncovered that there is no huge distinction in the emotional development and modification level of school going young men and young ladies. Emotional consistency is one of the most significant pointers of emotional well-being. It basically implies being full-grown up with the goal that one might be competent to by and by deal with his/her necessities and emotions and might be better ready to oversee up the unfriendly life circumstance in a most profiting and socially affirmed way. The most magnificent sign of enthusiastic development is the capacity to hold up under pressure. The enthusiastic develop isn't the person who basically has resolve all conditions that stimulated tension and hospitability however it is constantly in procedure of seeing himself/herself in more clear angle consistently associated with a battle to increase solid joining of feeling and thinking activity.

### **Obstacles in Attaining Emotional Maturity**

The following are some common obstacles that one will need to address on ones way to developing emotional maturity.

**Anxiety problem-** Anxiety is the incident of having be trouble, worry, fear. Anxiety can be obvious in one's mood, behavior, emotions, feelings and thoughts. The experience of anxiety can be repulsive, a normal amount of anxiety can serve up to help person to be aware of and more effectively contract with traumatic situations. Anxiety problems includes, panic problems, obsessive compulsive problems, post traumatic stress problems, generalized anxiety problems and phobias

**Depression:** Depression is a typical issue for people of all ages. It is a depressive disorder illness that includes the body, mind, mood and thoughts. It influences the manner in which an individual rests and eats, the way one feels about oneself, and the way one thinks about things. It can be gentle or extreme. It might come and go away, or it might keep going for quite a while. One may get discouraged or depressed just once or more then ones. One may be depressed if: one feel sad or desperate one feel small interest or happiness in life. Watch for these different indications of depression is: one pick up or lose a great deal of weight, one have difficulty in sleeping, or rest excessively, one feel impatient, anxious, restless one feel exhausted constantly, one feel inconsequential or very guilty, one have trouble with focal point, memory, or decisions, one thinks often passing or suicide and end his/her life.

**Anger and hostility-** Anger tells one's body to prepare for a battle. This is in some cases called a "battle or flight" answer. At the point when one blow up, hormones in blood raises one's circulatory strain. One's heart thumps quicker, and one inhales harder. This is an ordinary response to unpleasant minutes. It can even be useful on the off chance that one has to respond quick to peril. On occasion it can even be alright to express ones displeasure. Be that as it may, on the off chance that one feels furious regularly or on occasion when there is no motivation to be disturbed, one may have an issue. A person's emotional state or the atmosphere of a place is prepared for a fight constantly. Aggressive individuals may not able to move, anxious, hot-headed, or have a settled way of thinking or feeling about something. They may get into battles or want to beat a person or thing. Threatening vibe keeps an individual separated from others.

### **CONCLUSION**

To conclude, an emotionally grown-up person is sociable towards others and is less concerned in the aggression and the burst of anger, typical of childhood. They are more enthused by happiness, enjoyment, fulfillment and satisfaction than get rid with worriers, anxieties and frustrations. An emotionally full grown up individual might not have decided all condition of relationships and factors leading toward threats, nervousness and feeling of being upset or annoyed. He/she is however, constantly thinking about himself in clear point of view. Therefore, he/she is

continually associated with an extraordinary effort to lead a matured, adjusted, balanced and strong emotional life.

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