

## **Emotional Maturity among Love Marriage Couples - With Special References to Agartala**

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**ABSTRACT :** *Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personality (Walter D.Smitson 1974). The world is becoming tougher and tougher day by day and this brings in more complexities in running our life. In the present circumstances, people are confronting with difficulties and problems in life. Some are newer problems never experienced before. These difficulties and problems are giving birth to many psycho-somatic problems such as, tension, anxiety, frustration and emotional upsets in day to day life. The main objectives of the study were to find out the emotional maturity among love marriage male persons, to find out the emotional maturity among love marriage female persons and to search the sex differences between love marriage couples with regards on their level of emotional maturity. The total sample of the study was 60, 30 from love marriage male & 30 from love marriage female from Agartala City of Tripura state. Emotional Maturity Scale constructed by Dr. Yashvir Shing was used. For data analysis purpose mean, SD and t test were used. Result shows that love marriage male and female persons are found to have extremely emotional maturity.*

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### **I. INTRODUCTION:**

The world is becoming tougher and tougher day by day and this brings in more complexities in running our life. In the present circumstances, people are confronting with difficulties and problems in life. Some are newer problems never experienced before. These difficulties and problems are giving birth too many psycho-somatic problems such as, tension, anxiety, frustration and emotional upsets in day to day life. So the study of emotional life is now emerging as a descriptive science, comparable with anatomy. It deals with interplay of forces with intensities and quantities. Available tests are crude and measure chiefly the degree of dependence. But this test measures the different aspects of emotional maturity. As self acceptance is an important aspect of maturity, says wenkart, and it must be preceded by acceptance from others. Kaplan and Baron elaborate the characteristic of an emotionally mature person; say that this type of person has the ability to with stand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration; he has belief in long-term planning and is capable of delaying or revising his expectations in terms of demand of situations. L.s. Hollingsworth (1928) mentions some characteristics of emotionally mature person in the following points-

- The emotional mature person is capable of responding in grading or degree of emotional responses. The person does not respond in all or none fashion, but keeps within bounds.
- The emotional mature person is able to delay his/her responses as controlled with the impulsiveness of young child.
- Handling of self pity, instead of showing unrestrained self pity, person tries to feel for himself/herself.

### **OBJECTIVES OF THE STUDY:**

- [1] To find out the emotional maturity among love marriage male persons.
- [2] To find out the emotional maturity among love marriage female persons.
- [3] To search the sex differences between love marriage couples with regards on their level of emotional maturity.

**Hypothesis of the study:** Their will be no sex differences between love marriage couples with regards on their level of emotional maturity.

## II. METHODOLOGY:

**Variables under study:-** In the present study type of marriage (love marriage), sex was treated as independent variables, where as emotional maturity was treated as dependent variable.

**Sample:-** The effective sample of the study consists of 60 subjects classified as 30 male (love marriage) and 30 female (love marriage) was selected randomly using purposive sampling technique from Agartala City of Tripura state. Their age ranges from 35years to 45years having more or less similar socio economic status and educational background so as to maintain the homogeneity of sample.

**Tool used for data collection:-**The following scale was used for collecting data:

**Emotional Maturity Scale:** The scale is constructed by Dr. Yashvir Shing. It consists of 48 statements. The scale measures five dimensions of emotional maturity. Namely; Emotional instability, Emotional regression, Social maladjustment, Personality disintegration, Lack of independence. In the scale positive and negative statements are given. For positive statements score 5 is given for Very much, for much score 4 is given, for undecided 3, for probably score 2 and for never score 1 is to be awarded. For negative statements score 1 is given for very much, 3 for undecided, 4 for probably and 5 for never to be awarded. The reliability of the scale was determined by test-retest Method for each dimension of the scale. It ranges from .42 to .75. The validity coefficient of the scale was found to be .64.

**Interview schedule:-**A semi structured interview schedule was used to collect the demographic information and other related personal data. In interview schedule some basic questions like respondent identification, family history, health history, and family education history were asked.

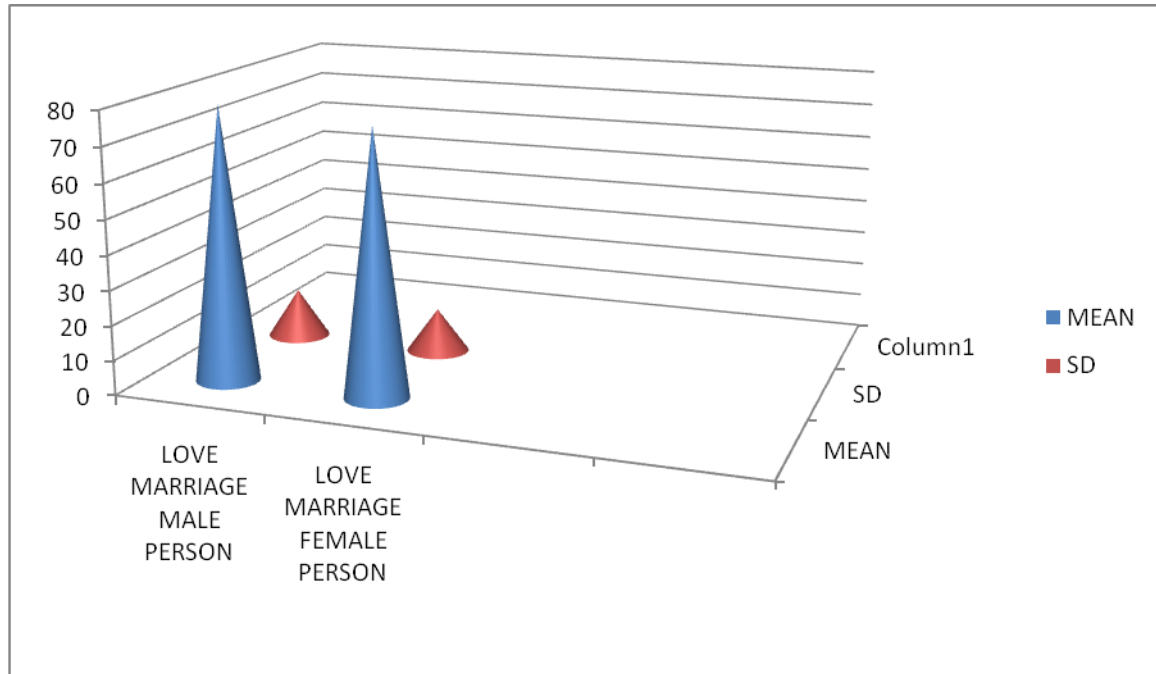
**Procedure of data collection:-** In the present study, the standardized tool was used for data collection. Initially, the selected subjects were called in a small group of 4 to 6 subjects. Prior to actual administration of test, a rapport was established with the subjects. Then the subjects were instructed according to the instructions laid down by the author of the test/scale. Ascertaining that, all the subjects cleared the instructions, the actual test was conducted with small interval. Finally, the filled copies of test were collected and subjected for further procedure.

**Statistical interpretation of the result:** In the present study an attempt had been made to search the emotional maturity level of the love marriage couples. The emotional maturity scores are treated by descriptive statistics in the following table:

**Table no 1: (Emotional maturity)  
Group Statistics**

	MALE1	FEMALE2	N	Mean	Std. Deviation	Std. Error Mean
EMOTIL	1.00					
MATUR			30	79.1000	14.18438	2.58970
Y	2.00		30	76.9000	12.66096	2.31157

Observation of the table no 1. Indicates that the mean value of the two classified groups seems to differ from each other on Emotional maturity measure. The mean value obtained by the group of love marriage male is found to be 79.10 and corresponding SD is 14.18. The love marriage females have a mean of 76.40 with SD 12.66. The graphical representation of two classified groups on Emotional maturity measure has been shown in the following table: table no A:



After inspection of the obtained values of the two classified groups it has been found that love marriage males have greater mean value i.e. 79.10 from love marriage female. But the manual interpretation of scores suggest that (50 to 80) means extremely emotionally mature and (81 to 88) means moderately emotionally mature. So the mean result suggest that males have much more emotional maturity than female persons. But on the basis of mean observation it would not be clear that whether these differences are really significant or not. So to solve this problem the data was further treated by inferential statistics i.e. t test:

**Independent Samples Test ( Table 2)**

		t	df	Sig. (2-tailed)
EMOTIONAL MATURITY	Equal variances assumed	.634	58	.529
	Equal variances not assumed	.634	57.267	.529

Our computed Z value is .634. The computed value of z = .634 is smaller than the critical values at 0.05 level of significance. Hence this result suggests that this z value is not significant at 0.05 level. So the null hypothesis is rejected. And this insignificant result suggests that these two different groups are not differing from each other on emotional maturity measure.

### III. DISCUSSION:

In the present investigation an attempt had been made to find out the differences between love marriage male and love marriage female on emotional maturity measure. The first objective was to find out the emotional maturity among love marriage male persons. The mean value obtained by the group of love marriage male is found to be 79.10. So the obtained result suggests that love marriage male have extremely emotional maturity in their life. The second objective was to find out the emotional maturity among love marriage female persons. The love marriage females have a mean of 76.90. The mean result suggest that love marriage female have extreme emotional maturity in their life. The third objective was to search the sex differences between love marriage couples with regards on their level of emotional maturity. So in this connection in the emotional maturity data was treated by descriptive statistics it shows remarkable differences were seen between two classified groups. To search the significance of differences when the same data was treated by “t “ test, a insignificant difference was observed between love marriage males and love marriage females. Hence the null hypothesis is accepted.

#### **IV. CONCLUSION:**

- a. Love marriage male persons are found to be extremely emotionally mature.
- b. Love marriage female persons are found to be extremely emotionally mature.
- c. According to t result these two different groups are not significant from each other.

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