

Emotional Maturity and Study Habits : A Review

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Abstract

Human beings are a valuable natural resource. He needs to be treasured, fostered and carefully developed. Throughout history, education has played a key role in moulding society's fate in all stages of its evolution. Education, more crucially, builds human capacity at diverse economic levels. It is also the substrate on which R&D thrives, as a final guarantee of national autonomy. Education is essentially to be seen as a unique investment in the now and the future. The world is becoming competitive. Performance quality has become the cornerstone to personal growth. Parents want their children to climb the performance ladder as high as possible. This ambition to attain a high level places great pressure on students, instructors and schools, and on the education system itself in general. In this education system, success is defined by academic achievement or how well a student satisfies the requirements established by the local government and the school itself. The increasing competitiveness for careers in the workplace has attracted the attention of parents, lawmakers and government authorities.

Kew Words: Education, Emotional, Maturity, Study Habit, Academic Achievement Students etc.

Introduction

Education is mankind's greatest invention. Without education, humans would still be trapped in the state of animal existence. Education has done away with education and made mankind into 'leg-less beasts.' When seen from different perspectives, education looks to be of a different colour. Society is dependent on it. School does not start the education process; education is a lifetime pursuit. The notion of education is in a constant state of flux. Over time, it has gone through several stages of growth, each of which features distinct meanings according to societal contexts.

Children are a country's future citizens. Children are the country's most valuable resource. In order to integrate into society, children must adhere to specific behavioural standards. These criteria differ slightly from one culture to the next and from one society to the next. They are the primary regulators that direct a child's social and antisocial conduct. One of the most crucial

stages of life is adolescence. It is a time when adolescent is confronted with a variety of issues. Family has a vital part in adolescent personality development as well. The adolescent period is characterised with significant variations in mood, which are commonly referred to as mood swings. Adolescent cognitive, emotional, and attitudinal changes are common throughout this time, which can lead to conflict, tension, and sadness on the one hand, and positive personality development on the other. Adolescence necessitated proper direction during this critical period of life in order to improve their positive self-concept, knowledge, and skills in decisionmaking, conflict resolution, and emotion management. Researchers have discovered that this is the most crucial time in one's life, as it is during this time that the critical foundation for an individual's personality development is laid.

Emotional Maturity:

Emotions are a key part of each person's existence. Leading a functional life requires one to have above-average emotional maturity. Although it is also true that our conduct is impacted by the emotional maturity level that we possess, it is equally important to realise that it occurs in a second. Adolescents who are reported to be exceptionally emotional are of particular importance. In light of this, it is anticipated that the consequences of emotional maturity in teenagers will be investigated to learn about their influence on stress and self-confidence.

Emotional Maturity and Study Habits

Not all of those who fail academically have limited cognitive power. Study habits can have a negative impact on academic success even among those who are inherently brilliant. Habits truly show the uniqueness of an individual. So Study habits are an individual's conduct linked to studying, which is then evaluated according to that individual's study habits. Researchers view the frequent exercise routines that learners employ to develop their abilities as part of a learner's study habits. Students' study habits may be described as their habits whilst doing their studies. Personality traits are revealed in a student's study habits. An important characteristic of learner's learning style is their study habits. To put it another way, study habits act as the tool of learning. It may be considered both a means of learning and an ultimate goal.

Effect of Emotional Maturity on the Study Habit and Academic Achievement of Students

Education is a dynamic process. It has continued to diversify and increase its reach from the beginning of human history. In order to show its own socio-cultural nature and to confront the

difficulties of the moment, each country establishes its unique education system. People are an important natural resource. It must be appreciated, encouraged and carefully cultivated. In all phases of its development, education has played a significant role in shaping the fate of society. More importantly, education creates human capability at many economic levels. The substratum for R&D is also the ultimate guarantee of national autonomy. Education is to be considered primarily as a unique investment in the present and future. The world is becoming competitive. Quality of performance has become the cornerstone of personal development. Parents want their children to rise as high as possible on the performance ladder. This desire to achieve a high level put considerable pressure on students, teachers and schools as well as on the system of education itself. This system of education defines success by academic accomplishment, or how effectively a student fulfils the needs of the local government and the institution. Parents, legislators and government authorities have drawn the attention of increased competitiveness for employment in the workplace. In the past, the academic progress was often measured more by teacher observations, and the summation now or quantitative way to measure "how well a child is done." The world is rapidly changing and current culture encourages everybody to succeed.

Review of literature

Dr. Jitender & Mona (2015) studied "*Emotional maturity and anxiety among college students in relation to demographic variables: a study*" and found that The present study aims to investigate the Emotional Maturity and Anxiety among college students in relation to demographic variables viz. gender, locality and academic stream. Sample included 150 randomly selected students i.e. 75 male and 75 female adolescents from various colleges of Education at Rohtak. For obtaining the data on Emotional Maturity and Anxiety, Emotional Maturity Scale by Singh & Bhargava and Sinha's Comprehensive Anxiety Scale by Sinha & Sinha (1955) were used respectively.

Raj, S. J. M., & Rajeshwari, R. R.(2015) compared "*Opening of New Insights for the Researchers: A Descriptive Study on Emotional Maturity*" and found that Detail study of the review of literature on emotional maturity, the researcher is able to find the gaps. These gaps are the direction for future research. The major findings are most of the researches are focused on school students or undergraduate students, researchers have not considered the postgraduate students for the study of emotional maturity. Researchers are not available where the students

from particular stream have been taken for the study such as, engineering students, management students etc.

Aysha Begum (2015) studied "*Emotional Maturity: Intelligence and Academic Streams*" Emotional intelligence is ability to understand, express and control one's own emotions. This ability of understanding one's own emotions makes the individual competent to understand others emotions accordingly. As individuals grow older they confront with numerous expectations from their parents, teachers and friends. They are expected to perform better in their academic along with participating in social activities. The 'pressure' of securing good position in academic may hinder their emotions. Academic achievement may be influenced by emotional intelligence and emotional maturity of the pupil. This paper is an attempt to assess emotional intelligence and emotional maturity of college students in Sikkim and further it will assess the relationship of these two variables with academic achievement of students.

Gunasekar, N., & Pugalenti, N. (2015) studied "*a study on emotional maturity and academic achievement of students at secondary level*" and found that The present study explored the extent to which the Emotional Maturity and Academic Achievement of Students at Secondary Level. The survey research technique was used for the study. In the present study sample of 100 students (50 boys and 50 girls) were taken by using propoanate simple random sampling technique. Emotional Maturity scale developed by the investigator on 2015 was used for data collection. Moreover, for academic achievement Marks obtained in the Xth class of the State board, aided and Matriculation board for assessing the achievement of students.

Dayanand (2016) discussed "*A comparative study of an emotional maturity of undergraduate & postgraduate students*" and found that Emotional Maturity is a natural and inevitable essential outcome of student growth and development. The Emotional maturity becomes important in the behaviour of individuals. As the students are the pillars of the future generations, their value pattern of Emotional Maturity are vital. So the present study intends to study the Emotional Maturity of undergraduate and postgraduate art stream students. This was an empirical research with a sample of 100 students studying in four colleges belonging to undergraduate art stream and postgraduate art stream selected randomly from Rewari city of Haryana. The study was conducted through descriptive survey method. 't' test was applied to find out the significance of difference between means.

Kumar, R. A., & Kiran (2017) studied "*Emotional Maturity: A Study of Secondary School Teachers*" and observed that The present study has tried to explore the teaching effectiveness of school teachers with different levels of emotional maturity. A representative sample of 300 (150 male and 150 female) teachers from urban and rural secondary schools of two districts in Haryana was randomly selected. Teaching effectiveness Scale by Kumar & Mutha (1974) and Emotional Maturity Scale by Singh & Bhargava (2012) was used to assess teaching effectiveness and emotional maturity of secondary school teachers. The study revealed that significant difference found in teaching effectiveness of secondary school male teachers with extreme emotional maturity and extreme emotional immaturity.

Conclusion

Emotional maturity is not only an important predictor of personality, but it also aids in the control of teenage development. The term "mature" emotional behaviour refers to behaviour that displays the results of proper emotional development at any level. Even if a person is able to regulate his emotions, break down barriers, and suffer without self-pity, he or she may nevertheless be emotionally startled and childlike. An adequate conception of emotional maturity must consider the whole range of an individual's personality, capacity, and ability to enjoy the application of those powers. Emotional Maturity is one of the important components of personality that characterises the Multi-trait non-cognitive psychological concept in the current study. Emotional maturity is a process in which the personality strives for higher emotional well-being on both an intrapsychic and intrapersonal level. In any field of life, emotional maturity or stability could be a deciding element.

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