



## EMOTIONAL MATURITY AMONG ARRANGED MARRIAGE COUPLE WITH SPECIAL REFERENCES TO AGARTALA

### ABSTRACT

**E**motional maturity is that characteristic of emotional behavior that is generally attained by an adult after the expiry of his adolescence period. Emotional matured person is able to demonstrate a well balanced emotional behavior in his/her day to day life. This type of person is able to exercise control over his/her emotions. 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. The major aim of the study is to find out the emotional maturity among arranged marriage couples and also to know the sex differences in this regard. The total sample of the study is 60. 30 from arranged marriage male and 30 from arranged marriage female. The purposive random sampling technique was used. Their age ranges from 35 to 40 years having more or less socio economic status. Emotional Maturity Scale constructed by Dr. Yashvir Shing was used. For data analysis purpose mean, sd and t test were used. Result shows that Arranged marriage male persons found moderately emotionally maturity. And Arranged marriage female persons found extremely emotionally maturity.

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**KEY WORDS:** Emotional maturity, Arranged marriage, well balanced, Reasonable amount of frustration.

### INTRODUCTION

Emotional maturity is that characteristic of emotional behavior that is generally attained by an adult after the expiry of his adolescence period. Emotional matured person is able to demonstrate a well balanced emotional behavior in his/her day to day life. This type of person is able to exercise control over his/her emotions. Emotional matured person is not a day dreamer and does not possess the desire to run away from realities. This category a person never engages himself in such a behavior as is antisocial and can result in social conflicts. He/she can express his/her emotions at a proper time in a proper place. This type of people possess adequate self concept and self respect. He/she never likes to do things or show

such behavior that can injure his self respect and is adverse to his ideals. According to Fred Mckinney, "The Characteristics of an emotionally mature are heterosexuality, appreciation of attitude and behavior of others, tendency to adopt the attitudes and habits of others and capacity to delay his own responses". The ability to bear tension is considered by Cole (1944) as the most outstanding quality or mark of emotional maturity. Other marks are the indifference toward certain kinds of stimuli that affect the child or adolescent and his development of moodiness and sentimentality. It is also seen that the degree of capacity for fun and recreation is high in emotionally mature persons. He has the capacity to enjoy both play and responsibility activities and keeps them in



proper balance. All these variety of aspects show that emotionally matured person is not one who necessarily has resolved all conditions that are responsible for arousing anxiety and hostility but it is continuously in process of seeing himself in clearer perspective, continuously involved in a struggle to gain healthy integration of feeling, thinking action. People who are emotionally mature have the ability to trust themselves and others. This 'trust' makes them willing to give themselves and receive genuine love, affection and friendship as well. It has been observed that emotionally immature people spend a great deal of time and energy avoiding responsibility and reality while, on the other hand, emotionally mature people eagerly face the realities of daily life and confront with them boldly and in an ethical manner. *Jaisri et.al* in the year of 2013, presented a study which is based on the marital adjustment and emotional maturity of the couples when the both are employed. Marital adjustment is the states which consist of overall feeling in husband and wife of happiness and satisfaction of their married life. In this study hundred dual employed couples were selected as a sample of study. The results indicated that the wives had better marital adjustment and independence than their husbands. There are some important factors which have significant impact on the marital adjustment and emotional maturity which are age, type of marriage and the number of children of the couples. *Azadeh Saffarpour, Mina Sharifi* (2013) conducted a research on emotional Maturity and Marital Satisfaction in Married Men Having Healthy and Unhealthy inference from their family-of-origin . The main focus of this study was to analyze and compare the relationship. between emotional maturity and dyadic adjustment in people having healthy and unhealthy inference from their family-of-origin. 240 individuals were selected to do this study from among 681 individual married men working at Pipe Line Oil Co. of Tehran using systematic random sampling. In this study, data obtained from, family-of-origin scale, dyadic adjustment scale, and emotional maturity scale. In this study, the researcher found that in two groups of samples having healthy and unhealthy inference from their family-of-origin there was a significant relationship between the rates of emotional maturity and dyadic adjustment, the rate of emotional maturity and dyadic adjustment. The result of this study shows that the first hypothesis is supported by 95% confident and second and third hypothesis are by 99% confident at significant level of 0.01. The result of this study focuses on the role of family of- origin in creating emotional maturity and the quality of dyadic adjustment in people in the adolescence

and after marriage. 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.

### **AIM OF THE STUDY**

The present study aims to find out the emotional maturity among arranged marriage couples and also to know the sex differences in this regard.

### **OBJECTIVES OF THE STUDY**

- ↳ To search the emotional maturity level of the arranged marriage marriage couples.
- ↳ To find out the sex difference between arranged marriage couple with regards to their emotional maturity measured.

### **HYPOTHESIS OF THE STUDY**

There will be no significant differences arranged marriage couples with regards to their emotional maturity.

### **RATIONALE OF THE STUDY**

*Morgan* (1934) stated the view that an adequate theory of emotional maturity must takes account of the full scope of the individuality, powers and his ability to enjoy the use of his powers But very few Psychological Researches have been made in the area of emotional maturity. In the North East region particularly Tripura this is an unexplored area of Research. So this topic was chosen to be investigated.

### **SAMPLE OF THE STUDY**

The total sample of the study is 60. 30 from arranged marriage male and 30 from arranged marriage female. The purposive random sampling technique was used. Their age ranges from 35 to 40 years having more or less socio economic status .

**TOOL USED**

The emotional maturity scale is constructed by Dr. Yashvir singh was used. This scale was consist of total 48 statements. The Scale measure five dimensions of emotional maturity. Namely; Emotional unstability, Emotional regression, Social maladjustment, Personality disintegration, Lack of independence In the scale positive and negative statement is given. For positive statement 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 statement 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 dimensions of the scale. It ranges from .42 to .75. The validity coefficient of the scale was found to be .64.

**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 led 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 was 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 arranged marriage couples. The emotional maturity scores are treated by descriptive statistics in the following table:

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

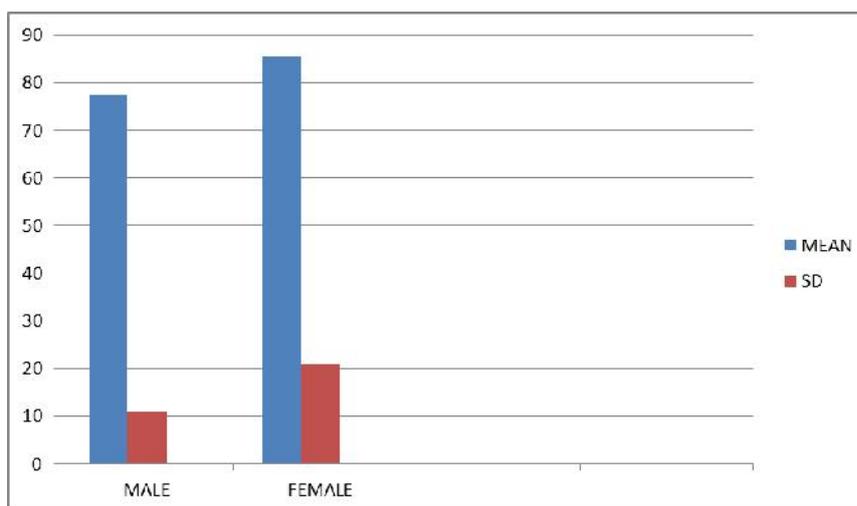
**Group Statistics**

|                           | MALE1 | FEMALE2 | N  | Mean    | Std. Deviation | Std. Error Mean |
|---------------------------|-------|---------|----|---------|----------------|-----------------|
| <b>EMOTIONAL MATURITY</b> | 1     |         | 30 | 77.5333 | 10.91893       | 1.99351         |
|                           |       | 2       | 30 | 85.4333 | 20.39047       | 3.72277         |

Observation of the table no 1. Indicates that the mean value of the two classified group seems to differ from each other on Emotional maturity measure. The mean value obtained by the group of arranged marriage male is found to be 77.53 and corresponding SD is 10.91. The

arranged marriage females have a mean of 85.43 with SD 20.39. 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 arranged marriage females have greater mean value i.e. 85.43 from arranged marriage male. 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 power 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 no 2:  
Independent Samples Test**

|                           |                             | t      | df     | Sig. |
|---------------------------|-----------------------------|--------|--------|------|
| <b>EMOTIONAL MATURITY</b> | Equal variances assumed     | -1.871 | 58     | .066 |
|                           | Equal variances not assumed | -1.871 | 44.368 | .068 |

Our computed Z value is 1.871. The critical value of  $z = 2.00$  at 0.05 level of significance. And the critical value of  $z = 2.66$  at 0.01 level of significance. So the obtained result suggest that, our computed Z value is slightly smaller than the critical values required to reach 5% and 1% levels of significance respectively. So this result suggests that these two different groups are not significantly differing from each other. So the null hypothesis is accepted.

**DISCUSSION**

In the present investigation an attempt had been made to find out the differences between arranged marriage male and arranged marriage female on emotional maturity measure.

The first objective was to find out the emotional maturity among arranged marriage male and female persons. The mean value obtained by the group of arranged marriage male is found to be 77.53 and the mean value of arranged marriage female is found to be 85.43. So the obtained result suggests that arranged marriage male have moderate emotional maturity in their life. The mean result suggest that arranged marriage female have extreme emotional maturity in their life.

The second objective was to search the sex differences between arranged 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 observed between arranged marriage male and arranged marriage female. Hence the null hypothesis is accepted.

**CONCLUSION**

1. Arranged marriage male persons found moderately emotionally maturity.
2. Arranged marriage female persons found extremely emotionally maturity.

3. The group of female arranged marriage persons found much more emotional maturity as compare to arranged marriage male.

**LIMITATION OF THE STUDY**

The major limitation of this study was that the sample size was small. So it was not sufficient for measuring the emotional maturity of the couples. If the sample size would be increased than the result would be quite transparent.

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