



## A STUDY OF EMOTIONAL STABILITY AMONG CHILDREN'S

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### **Abstract**

*Present research Aims to study emotional stability among children's of Aurangabad city. The sample of the study was selected by Proportionate Stratified Random Sampling method which included 100 (50 boys and 50 girls) children's of age group 12 from Aurangabad city .Sample were selected by Proportionate Stratified Random Sampling method. Tool used for the research was Emotional Stability Test by A.K.Singh and Sengupta. Research finding reveals that the emotional stability level of children's in Aurangabad city is Average. Result also revealed that there is no significant difference between the levels of emotional stability of boys and girls.*

**Key Words:** Emotional Stability, Mental health



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### **Introduction:**

Emotions are the ability of humans to evaluate and understand or interpret what is happening at any given moment. Emotions have a powerful effect on mankind. They rule one's life. Some psychologists call emotions as "a disruptive state of the organism". Emotionally stable person is one who can control his emotions properly, can express spontaneously in diverse useful directions, which are socially approved. Emotional pressure is increasing day by day among adolescents, which has led to imbalanced and maladjusted personalities in the society. Emotional stability is a state of equilibrium in which forces within the individual- his wishes, ambitions and needs are in harmony with themselves and with the stress of the environment.

Today, we live in highly ambitious and competitive society where each one of us wants to show better than others. Emotional stability is one of the significant aspects of educational growth and development. Children's behavior also is guided in some degree by emotions. Emotions are present in every activity and they are prime movers of thought and conduct. They play an important role in influencing physical, mental health, social life, character, learning process and area of adjustment. The concept of stable emotional behaviour at any

level is that which reflects the fruits of the normal emotional development. Therefore emotional stability is considered as one of the important aspect of human life. Children's must be able to control his/her emotions adequately and also expressed them appropriately. Scott (1968) opined that emotional stability as one of the seven important indicators of superior mental health. It also affects the learning of the pupils. Emotional control may impair performances in situations which require flexibility and adaptability on the part of the person or pupil. If the pupil have no very little emotion control. It may lead to anxiety, inferiority feeling and guild (Fandsen, 1961). It has also been found that if the people want to be mentally healthy, these unhealthy feelings must be replace by the feeling of self respect, security and confidence which can be achieve only after a good sense of emotional stability emerges. Emotional stability overcomes the fear generated by past errors; it also allows pursuing superior ideals and being of service to others whenever we wish to do so. It neutralizes environmental instability and helps to face pressures or facilities with equal poise, refraining from excess and extravagance.

According to Smitson (1974) emotional stability is the process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally. It has been emphasized that the emotionally stable individual has the capacity to withstand delay in satisfaction of needs, ability to tolerate a reasonable amount of frustration, belief in long term planning and is capable of delaying or revising his expectations in terms of demands of the situations. An emotionally stable child has a capacity to make effective adjustments with himself, members of the family and his peers.

In today's culture, children's are encouraged to center their daily lives homework, competition achievements and play dates. It increases the risk of becoming dangerously distracted from what's most important: how children feel. While setting schedules children's feelings should be the first priority like genuine caring, nothing is as valuable or has the positive impact as staying attuned to a child's feelings, asking them how he/she is and allowing them to open up about her thoughts, impressions and fears.

**Objectives of the study:**

1. To study the level of emotional stability among the children's
2. To study the level of emotional stability among the children's with respect to gender.
3. To compare the level of emotional stability among boys and girls.

**Hypotheses of the study:**

1. The level of emotional stability among the children's is high.

- 2. The level of emotional stability of boys and girls is high
- 3. There is no significant difference between the levels of emotional stability of boys and girls.

**Methodology:**

*Method:* Survey method of research was employed to study emotional stability among children's

of Aurangabad city

*Sample:* A sample comprises of 100 (50 boys and 50 girls) children of age group 12 .Sample was

selected by Proportionate Stratified Random Sampling method.

*Tools:* Tool used for the research was Emotional Stability Test by A.K. Singh and Sengupta

*Statistical Analysis:* Mean, SD, and t-test were used to analyze the data.

**Analysis and interpretation of result**

**Hypotheses 1:** The level of emotional stability among the children's is high.

**TABLE 1-** *Showing the level of emotional stability among the children's*

Emotional stability	N	Mean	Interpretation
	100	7.06	Average

It is inferred from the table 1 that the obtained mean value is 7.06. It shows average level emotional stability among the children's

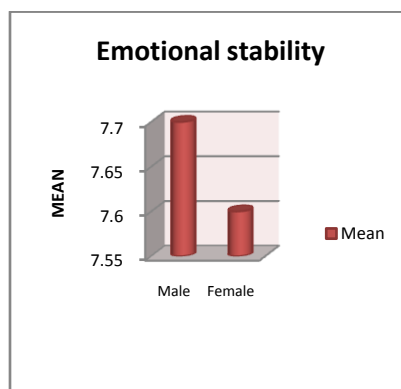
**Hypotheses 2:** The levels of emotional stability of boys and girls is high

**TABLE 2-** *Showing the levels of emotional stability of boys and girls*

	Gender	N	Mean	Interpretation
Emotional stability	Boys	50	7.76	Average
	Girls	50	7.60	Average

It is inferred from the table 2 that the obtained mean value 7.76 and 7.60 for boys and girls respectively. It shows that the level of emotional stability of boys and girls is average.

**GRAPH 1:** Showing the levels of emotional stability of boys and girls



**Hypotheses 3:** There is no significant difference between the levels of emotional stability of boys and girls.

**TABLE 3-** *Showing the significant difference between the levels of emotional stability of boys and girls.*

	<b>Gender</b>	<b>N</b>	<b>Mean</b>	<b>S.D</b>	<b>t-value</b>	<b>Interpretation</b>
Emotional stability	Boys	50	7.76	2.20	0.36 df = 98	Insignificant
	Girls	50	7.60	2.16		

Table 3 shows that mean value 7.76 and 7.60, the SD is 2.20 and 2.16 is for boys and girls respectively. The obtained t-value 0.36 is less than the tabled 't' value (1.96) at 0.05 level which indicates that there is no significant difference between the levels of emotional stability of boys and girls.

**Findings:**

Research finding reveals that the emotional stability level of children's in Aurangabad city is Average. Result also revealed that there is no significant difference between the levels of emotional stability of boys and girls.

**Discussion:-**

Emotional health is a vital component of overall health. Emotional stability contributes to a sense of well being. Without this, we may be prone to feelings of internal chaos, despair and isolation. In addition, emotional health influences other aspects of health, including physical, mental and social health. Stress leads to the release of certain chemicals that prepare us for action. However, when this is not required these excessive chemical levels can cause damage to our body over time. Emotional issues that are not dealt with properly can present as psychological problems and may affect how we interact with others. The findings of present research revealed that the emotional stability level of the children (age group 12) of Aurangabad city .It is very important to train these children's to manage their emotion so that in future they do not get lost in the competitive world. Parents and teachers need to take affords to improve the mental health of the children's. Many of our children's emotions get overlooked, as we tend to pay more attention to how they are behaving than how they are feeling. By maintaining an awareness of our children's psychological state we can help the children to develop their emotions, so that they can lead their life with confidence. Promoting emotional health therefore requires a multi-dimensional approach. Among the various aspects of such an approach includes the Following-Counseling, Anger management Meditation, Regular exercise.

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