

Effect of Home Environment on Different Dimensions of Emotional Maturity of Adolescents

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ABSTRACT

The first lesson of a child's life is learnt at home. The family nurtures the individual and prepares him for his role and function in the society. Healthy parental relations in the home are a medium for making children into wholesome and adjustable personalities. These ongoing changes in the society have not only affected the thinking of people but has also changed the perceptions of people, their lifestyles, even the dimensions of anxiety have changed, now even the small children are facing different kinds of pressures, so adolescence which is considered an age of storm and strife is bound to have more pressures which affect their emotional maturity. The main objective of the topic is to find out the effect of home environment on different dimensions of emotional maturity of adolescents of Bilaspur District of Chhattisgarh. A sample size of 120 Adolescents was selected and taken up for the study. Home Environment Inventory by Karuna Shankar Mishra and Emotional Maturity Scale by Dr. Yasvir Singh & Dr. Mahesh Bhargava are used for the study. It is found that there is significant effect of home environment on all the dimensions of emotional maturity of adolescents.

Keywords: *Home Environment, Emotional Maturity, Adolescents.*

Home Environment stands for all those circumstances, which asset their influence on the child since conception to death. The first environment contact for a child is home, the development of child, inculcation of values and creating wholesome individuals all these functions are performed by the family which is the fundamental unit of human society. The first lesson of a child's life is learnt at home. The family nurtures the individual and prepares him for his role and function in the society.

Healthy parental relations in the home are a medium for making children into wholesome and adjustable personalities. In fact, home and parents play the most important part in laying the foundation of the child's personality, because they are the most influential part of child's environment.

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Parents are an essential part of their child's environment. Therefore, in order to foster caring, responsible and strong children, adults need to have a positive view of them and serve as role models for their children.

SIGNIFICANCE OF THE STUDY

The purpose of the present study was to study the emotional maturity among adolescents in the age group of 13 to 15 years and the various factors affecting it like self-esteem, home environment and mental health. The adolescents in this age group face many kinds of pressures at home and also outside. It is a globally accepted fact that during adolescence a child goes through a lot of changes physically, emotionally and socially. These changes have a great impact on them; they can either make or break an individual.

The family nurtures the individual and prepares him for his role and function in society. Consciously, or unconsciously the home environment moulds the behavior, personality, and attitude, level of aspiration, aptitude of the child. The emotional maturity is also affected by home environment and mental health, which means that these two factors also play an important role in shaping emotional maturity of an individual. The modern era of globalization and liberalization has not only changed the economy of our nation but also embarked a great revolution in the society and culture as a whole. These ongoing changes in the society have not only affected the thinking of people but has also changed the perceptions of people, their lifestyles, even the dimensions of anxiety have changed, now even the small children are facing different kinds of pressures, so adolescence which is considered an age of storm and strife is bound to have more pressures which affect their emotional maturity. Emotional maturity plays an important role in how an individual behaves at home, school and society.

Previous studies have shown that there exists a positive and significant relationship between emotional maturity and intelligence of student which implies that more intelligent the person is, more emotionally mature he is in the fast changing society home environment is changing, conflicting situation at home and outside disturbs the mental health also, weakens the adolescents psychologically and creates complexities in their social and familial relationships.

- i. Home environment serves as a foundation for early learning. As child's parent, you are her first teacher, and home is her first classroom. Creating a home environment that fosters learning can have a positive effect on your child's ability and desire to learn.
- ii. Learning Ability: Child's ability to learn is directly influenced by his learning environment. Children are better able to pay attention, absorb information and engage in learning if their brain is rested and their belly is full. So, this is very important to build their personal values.
- iii. Motivation: to decide how much effort and energy he/she will put into learning based on how much he values learning and education. Creating an environment where you can freely show interest in child's learning progress, communicate expectations and model learning can help to increase your child's motivation.

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- iv. Attention Level: For a child to learn effectively, he/she must have some ability to sit still, pay attention and focus.
- v. Work Habits and Skills: To succeed in learning, your home environment must be conducive to developing solid work habits and study skills.
- vi. Maximizing Learning: Creating an environment that provides an opportunity for your child to explore her world can help to maximize learning.

Keeping this in mind, the investigator visualized a need to study emotional maturity and its relationship with home environment among adolescents.

STATEMENT OF THE PROBLEM

The problem for the present study is stated as follows:

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OBJECTIVES OF THE STUDY

- i) To study effect of home environment on emotional instability dimension of emotional maturity of adolescents.
- ii) To study effect of home environment on emotional regression dimension of emotional maturity of adolescents.
- iii) To study effect of home environment on social maladjustment dimension of emotional maturity of adolescents.
- iv) To study effect of home environment on personal disintegration dimension of emotional maturity of adolescents.
- v) To study effect of home environment on lack of independence dimension of emotional maturity of adolescents.
- vi) To study effect of home environment on emotional maturity of adolescents.

HYPOTHESES OF THE STUDY

H₀₁: There will be no significant effect of home environment on emotional instability dimension of emotional maturity of adolescents.

H₀₂: There will be no significant effect of home environment on emotional regression dimension of emotional maturity of adolescents.

H₀₃: There will be no significant effect of home environment on social maladjustment dimension of emotional maturity of adolescents.

H₀₄: There will be no significant effect of home environment on personal disintegration dimension of emotional maturity of adolescents.

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H₀₅: There will be no significant effect of home environment on lack of independence dimension of emotional maturity of adolescents.

H₀₆: There will be no significant effect of home

METHOD

In the present study researcher has used survey method.

Sample

In this study, all the students of class X in the High schools of Bilaspur District of Chhattisgarh formed the population of the study. In order to collect the data for the present study 4 High schools were selected through random sampling techniques.

Tool used

In the present study, the tool used is-

1. Home Environment Inventory by Karuna Shankar Mishra
2. Emotional Maturity Scale by Singh & Bhargava

Data were collected individually. The scoring of responses was done in accordance with the scoring key given in the manual. Statistical treatment of obtained data was done to test signification of each hypothesis.

Statistical Techniques Used

The scores obtained were subject to statistical treatment using proper statistical techniques. For this purpose Mean, Standard Deviation, t- test, was used. The result so obtained are interpreted and discussed in the light of problem factors to make the result meaningful.

Variables

Independent variable: - Home Environment,

Dependent variable: - Emotional Maturity,

Intervening variable: - Students of class X in Secondary Schools.

ANALYSIS AND INTERPRETATION OF DATA

H₀₁: There will be no significant effect of home environment on emotional instability dimension of emotional maturity of adolescents.

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Table - 01

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	4.432	45.293	238
Emotional Instability	120	25.33	6.52			

Above table shows that the t value 45.293 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on emotional instability dimension of emotional maturity of adolescents.

H₀₂: There will be no significant effect of home environment on emotional regression dimension of emotional maturity of adolescents.

Table - 02

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	4.45	45.166	238
Emotional Regression	120	25.1	8.07			

Above table shows that the t value 45.166 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on emotional regression dimension of emotional maturity of adolescents.

H₀₃: There will be no significant effect of home environment on social maladjustment dimension of emotional maturity of adolescents.

Table - 03

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	4.447	45.372	238
Social Maladjustment	120	24.31	7.63			

Above table shows that the t value 45.372 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on social maladjustment dimension of emotional maturity of adolescents.

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H₀₄: There will be no significant effect of home environment on personality disintegration dimension of emotional maturity of adolescents.

Table - 04

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	4.453	45.309	238
Personality Disintegration	120	24.3	8.07			

Above table shows that the t value 45.309 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on personality disintegration dimension of emotional maturity of adolescents.

H₀₅: There will be no significant effect of home environment on lack of independence dimension of emotional maturity of adolescents.

Table - 05

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	4.431	46.352	238
Lack of Independence	120	20.71	6.39			

Above table shows that the t value 46.352 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on lack of independence dimension of emotional maturity of adolescents.

H₀₆: There will be no significant effect of home environment on emotional maturity of adolescents.

Table - 06

Category	N	Mean	SD	S _{ED}	t-test Value	Df
Home Environment	120	226.1	48.11	5.275	20.175	238
Emotional Maturity	120	119.6	32.00			

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Above table shows that the t value 20.175 is significant at the 0.05 level and 0.01 level. Hence, the null hypothesis stated above is rejected. It means; there will be significant effect of home environment on emotional maturity of adolescents.

FINDINGS

On the basis of result and discussions, the following findings were found:

- (i) There will be significant effect of home environment on emotional instability dimension of emotional maturity of adolescents.
- (ii) There will be significant effect of home environment on emotional regression dimension of emotional maturity of adolescents.
- (iii) There will be significant effect of home environment on social maladjustment dimension of emotional maturity of adolescents.
- (iv) There will be significant effect of home environment on personal disintegration dimension of emotional maturity of adolescents.
- (v) There will be significant effect of home environment on lack of independence dimension of emotional maturity of adolescents.
- (vi) There will be significant effect of home environment on emotional maturity of adolescents.

SUGGESTIONS

The investigator's work is complete only when some positive suggestions are put forth after the analysis of the problem. The following suggestions are worth mentioning to strengthen the finding obtained:

■ To Home Members

- a. Provide a safe and loving home environment.
- b. Create an atmosphere of honesty mutual trust and respect.
- c. Support and guide properly.
- d. Do not expect unreasonable achievement.

Home environment plays an important role and the present study revealed that the increase of control at home can cause a hindrance in their independence, as children in this age want independence and to explore the world. Parents should provide more rewards, nurturance and permissiveness and should allow the adolescent to express his views freely. There should be a provision of opportunities with no interference from parents, which may help in proper development of the child. Parents should try to avoid the factors that can cause stress and frustration in the adolescents like punishment, deprivation of privileges, and rejection etc. This

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implies that conditional love of parents for the child and imposing sanctions on children by isolating them from the beloved ones or putting their (parents) expectations to comply by their actions is in-fact detrimental for a child's harmonious development.

Parents who are democratic in their dealings with children and provide reasonable freedom to them can pave a path for making their wards emotionally mature.

Counselors or school administrators or teachers who face problems with adolescents like aggression, depression or use of drugs, can also be benefited by the findings of this study. It is evident that home environment plays an important role but the emotional maturity of adolescents.

Students should be involved in activities that enhance the ability to think with maturity. The present study has given a clear picture of the current situation to help and identify the factors responsible for creating problems in the life of adolescents and how they can be helped.

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