EMOTIONAL MATURITY AND DECISION MAKING STYLES AMONG ARTS AND SCIENCE AND ENGINEERING COLLEGE WOMEN STUDENTS

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ABSTRACT

An attempt was made to examine the emotional maturity and decision making style among college students with special reference to day scholars and hostellers. The data was collected from 52 students of Arts and Science and Engineering College Women Students. Random sampling technique was used. Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bharagava (1994) and Decision Making Styles Scale developed by Leon Mann (1982) was used to measure the emotional maturity and decision making styles respectively. The Mean, SD and T test was computed to analyse the data. The results revealed that there is significant difference between day scholars and hostellers women students’ in their emotional maturity and decision making styles with respect to their dwellings. The mean difference of the day scholars are higher than that of hostellers. Day scholars are vigilant and adaptable to their environment.

Emotion is the complex psycho physiological experience of an individual state of mind as interacting with biochemical or internal and environmental or external influences. In human emotions fundamentally involves “physiological arousal, expressive behavior and conscious experience”. Emotion is associated with mood, temperament, personality, disposition and motivation. According to Baron (1998), “Emotions are the reactions consisting of cognitive changes, physiological reactions and expressive behavior”. Emotions are broadly classified into positive which improves physical and mental health and negative emotions which impairs physical and mental health.

Emotional maturity is defined as “a process in which the personality is continually striving for greater sense of emotional health, both intra – psychically and intra – personal”. In the present circumstance, youth as well as children are facing difficult in their life. These difficulties are giving rise to many psychosomatic problems such as anxiety, tension, frustration and emotional upset in day to day life. Emotional maturity is not only effective determent of person pattern but it also helps to control the growth of adolescence development. Emotionally mature person accept responsibility for their action. Emotional maturity means, in essence controlling the emotions rather than allowing the emotions to control. That does not mean it should hide or repress the emotion, though one can use muscle relaxation yoga, guided imagery and other relaxation tools to reduce their intensity. Cognitive – behavioral therapist believe that thoughts in conjunction with the environment, create the emotion. Emotional maturity is implies controlling ones emotion rather than letting the emotions. Emotion maturity depicts the capacity of an
individual to manage and to check the emotions, to evaluate others emotional state and to persuade their judgment and action. The persons emotional maturity is very much influence by his / her relationship with others. Emotional maturity has five dimensions. They are emotional instability, emotional regression, social mal adjustment, personality disintegration and lack of independence.

Decision making can be regarded as the mental process or cognitive process resulting in the selection of a course of action among several alternative scenarios. The factors such as social, interpersonal, cognitive and individual differences can also affect the person decision making process. Decision making is almost universally defined as “choosing between alternatives”.

Herbert A. Simon (1960) who conceptualizes three major phases in the decision making process. Intelligence activity is the initial phases as consisting of searching the environment. Design activity is the second phases inventing, developing and analyzing possible courses of action take place. Choice activity is the third and final phase is the actual choice – selecting a particular course of action from among those available. Closely related to Simon’s phases are Mintzberg et al (1976) decisions making stages and they are the identification phases, the developmental phases and selection phases. Yet another level it might be regarded as problem solving activity which is terminated when a satisfactory solution is reached. Therefore, decision making is a reasoning or emotional process which can be rational or irrational, can be based on explicit assumption or tacit assumption. The decision making styles has seven dimensions like self esteem, vigilance, hyper vigilance, defensive avoidance, rationalization, buck – passing and procrastination. Praveen Kumar Jha (2002). Conducted a research and found that emotional maturity were positively associated with vigilant style of decision making in the case of college students. Hiremani et al (1994) found that emotionally matured were high in adjustment. Stephen (2002) found out that those who score high in neuroticism has very less decision making capacity. Sandra, P.T., and Margaret.P., (2001) conducted a study among female adolescents of rural area and urban area on decision making. The study reveals that adolescent female of urban shows higher in decision making than the female adolescent of rural area.

**Objectives:**
- To identify emotional maturity of day scholars and hostellers of Arts and Science and Engineering College women students.
- To identify the decision making style of day scholars and hostellers of Arts and Science and Engineering College women students.

**Sampling design:**
The sample consisted of 52 Women College students randomly selected from the private Arts and Science and Engineering Colleges situated at Coimbatore.

**Tools used:**
The following two tools were adopted to collect the data:
- The Emotional Maturity Scale develop by Yashvir Singh and Mahesh Bharagava, (1994).
- Decision Making Questionnaire by Leon Mann, (1982).

**Statistical Analysis:**
The statistical technique includes Mean, S.D, Mean difference and ‘t’ test.
Results and Discussion:

Table: 1. Comparison of day scholars and hostellers with respect to emotional maturity.

*Not Significant

<table>
<thead>
<tr>
<th>Colleges</th>
<th>Day scholars (N=26)</th>
<th>Hostellers (N=26)</th>
<th>Mean difference</th>
<th>‘t’ value</th>
<th>Level of significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Science</td>
<td>Mean 129</td>
<td>103.6</td>
<td>25.4</td>
<td>0.05</td>
<td>*NS</td>
</tr>
<tr>
<td></td>
<td>SD 42.26</td>
<td>38.58</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engineering</td>
<td>Mean 111.92</td>
<td>100.23</td>
<td>11.7</td>
<td>0.27</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SD 50.20</td>
<td>56.78</td>
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</tbody>
</table>

The table no.1 reveals that the mean score of Arts and Science day scholars is 129 and hostellers is 103.6. The mean difference is 25.4. However, the calculated ‘t’ value is 0.05 which is less than the table value 1.78. Therefore, at the 0.05 % of significance, there is no significant difference between the day scholars and the hostellers of Arts and Science College. However, there is a notable difference between Arts and Science and Engineering women students’ emotional maturity with regard to the place of dwelling. The similar trend has been noticed among the engineering college students the calculated ‘t’ value is 0.27 which is less than the table value, 1.78. Therefore the day scholars and the hostellers of the Engineering College did not significantly differ at the 0.05% of significance. The means score of the Engineering day scholars is 111.92 and hostellers is 100.23. The mean difference is 11.7. In general, as compared to the mean difference scores of both Arts and Science and Engineering college students, it is appeared to be there is a slight difference between day scholars and hostellers with regard to the dwelling place.

Table: 2. Comparison of day scholars and hostellers with respect to decision making.

*Not Significant

<table>
<thead>
<tr>
<th>Colleges</th>
<th>Day scholars (N=26)</th>
<th>Hostellers (N=26)</th>
<th>Mean difference</th>
<th>‘t’ value</th>
<th>Level of significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Science</td>
<td>Mean 47</td>
<td>46.7</td>
<td>0.3</td>
<td>0.47</td>
<td>*NS</td>
</tr>
<tr>
<td></td>
<td>SD 11.76</td>
<td>11.32</td>
<td></td>
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<tr>
<td>Engineering</td>
<td>Mean 40.2</td>
<td>43.5</td>
<td>3.3</td>
<td>0.09</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SD 7.58</td>
<td>6.10</td>
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</tbody>
</table>

The above table no: 2 envisages the difference between Arts and Science and Engineering Women students’ decision making styles. The means score of Arts and Science, day scholars is 47 and hostellers is 46.7. The mean difference is 0.3. The calculated ‘t’ value is 0.47 which is less than the table value 1.78. Therefore there is no significant difference between the day scholars and the hostellers of Arts and Science College. The means score of the Engineering day scholars is 40.2 and hostellers is 43.5. The mean difference is 3.3. The calculated ‘t’ value is 0.09 which is less than the table value 1.78. Therefore there is no significant difference between the day scholars and the hostellers of Engineering College. But when the mean difference of both Arts and Science and Engineering is taken into account, it is inferred that there is a slight difference between day scholars and hostellers with regard to decision making style and this may
be due to the influence of peer group. The day scholars are vigilant and adaptable to their environment than the hostellers.

**Conclusion:**
Form the above results we can conclude that
- There is no significant difference between day scholars and hostellers in emotional maturity.
- There is no significant difference between day scholars and hostellers in decision making.

**Implications:**
Emotion place a central role in the life of an individual, so one is expected to have higher emotional maturity in order to lead and effective and successful life. Hence the emotion maturity becomes important in part of the individuals life. As the students are the pillars of the future generation their emotional maturity is vital due to which they will be in a position to train their child in the future. The present study findings indicate that emotional maturity is high among the day scholar students. This study falls in the line with the study findings of Sandra P.T and Margareg.P (2001). That the female adolescents residing in urban area have high level of emotional maturity. Hence place of dwelling plays a crucial role to rise the level of decision making than any other factor.

**References:**