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Title: To measure the emotional maturity of an individual by using Emotional maturity scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava.

Introduction:

→ Emotional maturity means having the self-control to manage your emotions and work to understand them. As an emotionally mature individual, you don't view emotions as a weakness and have strong emotional pumanence. Instead, you value them and don't try to hide them. Emotional maturity is when someone can manage their emotions no matter their circumstances. They know how to respond to tough situations and still keep their cool.

It's a skill set they can consistently work on over time. Four stages of Emotional Maturation are Survival (fear-based living); Security (duty-based living), (success (ego based living), and Serenity (love/trust-based living).

Material Required:-

→ Emotional Maturity consumable booklet, manual, worksheet, pencil.

Remarks : Teacher's Signature :

fig :- Score & Interpretation

Score	Interpretation
50-80	Extremely Stable
81-88	Moderately Stable
89-106	unstable
107-240	Extremly unstable

fig :- Scoring table

Area	A	B	C	D	E	Total
Score	40	41	38	31	28	178

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(7) Result and Discussion

For each statement, point out of 5 are to be given on the basis of response given by the subject. [50-80 (Extremly Stable) 81-88 (Moderately Stable), (89-106) unstable, 107-240 (Extremely unstable] For each statement points out of five are to be given by the subject. Scoring is done from 1 to 5 in which

1 → Never
2 → Probably
3 → undecided
4 → Much
5 → very Much

→ For all the 48 statements sum of the points is to be calculated. on the basis of which the category (mature or immature) in which subject lies is determined.

Scores	Interpretation
50-80	Extremely Stable
81-88	Moderatly Stable
89-106	unstable
107-240	Extremely unstable

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Based on the Questionnaire. The score on various Area are

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Scoring table :-

Area	A	B	C	D	E	Total
SCORE	40	41	38	31	28	178

→ The score suggest that the total score of an individual lies in between (107 - 240) that means extremely unstable. The score tells us ~~that~~ about emotionally immature. The candidate is not emotionally immature. He is extremely unstable. The score tells us that the individual is highly emotionally reactive and uncomfortable with their own emotions. They struggle to self - reflect and see their own role.

The score tells us about the struggle of an emotionally immature person struggle with planning and thinking about the future. They may cry easily, get overly, or throw a temper tantrum when they don't get this way.

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Learning Objectives:

- Understand the emotional maturity related factors.
- Know about how to assess the emotional maturity of the Subject.
- Know about the conduction of the test.
- to interpret Scores.

Description of the test:

→ Emotional Maturity Scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava Aim of the testis to asses the emotional maturity of an individual. This test consists 48 items in which all with 5 responses for each item. This Scale contains positively and negatively worded items, which help in the Scoring process. Scoring, norms and interpretation, are given in the manual. Though this Student will be able to administer the test and able to interpret the scores.

procedure:

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1. Instruct the following " This is not an Intelligent test and generally people will take 10 minutes to complete it.
2. Instructions will be provided to the subject regarding the test.
3. Total 48 items are there with 5 options each and the subjects have to select one option for each item.
4. There is no time limit to complete the test.
5. After instructions administration will be done with the help of the experimenter.
6. Then Scoring will be done with the help of manual.
7. After Scoring interpretation of the scores will be provided to the subject for his/her knowledge.

*. Required results:

→ There are positively and negatively worded items with different scores. Scoring procedure, norms and interpretations are available in the manual. After getting the raw scores through the help of table interpretation of the scores will be provided to the subject.

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*. Precautions :

(a) Calm environment

(b) Material required for the test should be ready beforehand.

(c) Consent must be taken by the subject for administering the test.

(d) clear all the ambiguities beforehand.

(e) Confidentially should be maintained regarding the results of the subject.

* learning outcomes :

1. Understanding the basic concepts related to emotional maturity.

2. Evaluate the scoring and intrepretation of test scores.

3. Analyze the emotional maturity of an individual.

4. Remember to administer the scale and able to apply the precaution.

5. Interpret the scores and learn to know about the conduction of the test.

Remarks :..... Teacher's Signature :.....