

**MANUAL  
FOR  
EMOTIONAL MATURITY SCALE**

*Constructed and Standardised*

*By*

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### **INTRODUCTION**

One of the dimensions of personal experience is the emotional or affective dimension. Emotional process is not an isolated phenomena but components of general experience, constantly influencing and influenced by other processes going on at the same time. Emotional competence is greatly dependent on an accurate frame of reference and on overall maturity. Each of us develops a consistent emotional pattern, we don't remain the same today, tomorrow and forever. If we find that our emotional patterns are immature and disruptive, we can take steps to improve them—not by fighting our emotions but by understanding and accepting them, learning to function with them and express them constructively and accentuating those that are positive rather than negative. The present test is an humble attempt in this direction.

Like all major concepts of maladjustment and mental health, the concept of emotional maturity also happens to be a by product of therapeutic intervention in the psychiatric setting. Saul (1957) aptly remarked—"The concept of emotional maturity is called the master concept of our time. It is probably the most important contribution of modern psychiatry." Emotional maturity actually means, "A process of readjustment, the infant learns under parental supervision what situations after permissible opportunities for emotional reactions and to what extent, so that permissive elements

tal psychological response, that we call 'emotion' becomes patterned in accordance with the approved from the expression and repression favoured by cultures." (Frank, 1963). Walter D. Smitson (1974) defines emotional maturity as, "A process in which the personality is continually striving for greater sense of emotional health, both intra-psychically and intra-personally." In brief emotional maturity can be called as the process of impulse control through the agency of 'Self' or 'Ego'.

Bernard (1954) has suggested the following criteria to evaluate emotional maturity—

1. Inhibition of direct expression of negative emotions.
2. Cultivation of positive, upbuilding emotions.
3. Development of higher tolerance for disagreeable circumstances.
4. Increasing satisfaction from socially approved responses.
5. Increasing dependence of actions.
6. Ability to make choice and not brood about other choices.
7. Freedom from unreasonable fear.
8. Understanding and action in accordance with limitations.
9. Awareness of the ability and achievement of others.
10. Ability to err without feeling disgraced.
11. Ability to carry victory and prestige with grace.
12. Ability to bounce back from disappointing experiences.
13. Ability to delay the gratification of impulses.
14. The enjoyment of daily living.

It goes without saying that all psychological tests are culturally loaded and as such are most wholly applicable to a different culture. The need for developing test which would be specially relevant to a given culture is therefore obvious. The present test is an attempt to meet this need. The purpose of the present test is to operationalize a emotional maturity scale, to meet the above mentioned need.

### Construction and Standardization of the Scale :

The items of the present scale have been collected from the available tests and literature in the field. At the preliminary stage only 25 items were selected. Five areas of emotional maturity was taken for consideration as—emotional instability, emotional regression, faulty social adjustment, lack of independency and Flexibility and adaptability. The items were written in Hindi and English and were given to ten experts (including 3 psychologists, 3 educationists and 4 language experts). All the experts were requested to check the language of the items, appropriateness of the content and add atleast four new items. On the basis of experts opinion, the final form of the scale was prepared, consisting 40 items (8 items for each area of emotional maturity).

The final form of the scale was administered to a group of 200 college going students who were selected randomly. Out of the 200 Ss, 100 were studying with the Hindi Literature subject where as the rest with the English Literature were studying at the college level. The correlation coefficient between the two groups was found to be .84 when calculated. This shows that both the versions of the test have appropriate value of understanding the content.

Thus the present test consists of 40 items i.e. 8 items for each area of emotional maturity as given in the following table—

#### Areas of Emotional Maturity

	Emotional Unstability	Emotional Regression	Faulty Social Adjustment	Lack of Independency	Flexibility and Adaptability
Item No.	1, 8, 12, 16, 22, 27,	2, 6, 13, 17, 23, 28.	3, 7, 14, 19, 24, 29,	4, 9, 15, 18, 21, 26,	5, 10, 11, 20, 25, 30,
	36, 37.	35, 38.	34, 39.	31, 40.	32, 33.

### Reliability of the Scale :

Split-Half method, Test-retest and Internal Consistency method was applied for obtaining the reliability coefficient of the scale.

The scale was measured for its Split-half reliability by administering on a group of 200 college students including males as well females aged 19-22 years of Agra city. Areawise as well as total scale reliability is given in the following table—

Areas of Emotional Maturity	Split-Half Reliability
Emotional Unstability	·81
Emotional Regression	·73
Faulty Social Adjustment	·79
Lack of Independency	·76
Flexibility and Adaptability	·80
Total Scale	·74

For the Test-retest reliability of the sub-scales as well as the total scale, the scale was administered to the same subjects with an interval of one month and the reliability coefficient was found to be as given in the following table—

Areas of Emotional Maturity	Test-retest Reliability
Emotional Unstability	·72
Emotional Regression	·79
Faulty Social Adjustment	·82
Lack of Independency	·70
Flexibility and Adaptability	·86
Total Scale	·77

The interval consistency of the scale was checked by calculating the coefficient of correlations between the total scores and scores on each of the five areas and was found to be as given in the following table—

Areas of Emotional Maturity	Internal Consistency
Emotional Unstability	.79
Emotional Regression	.68
Faulty Social Adjustment	.60
Lack of Independency	.82
Flexibility and Adaptability	.65

#### Validity of the Scale :

As pointed out earlier, the items of the present scale were collected either from existing standardised tools in this field or from the literature and with the experts opinion. The validity coefficient of the present scale with Singh and Bhargava's Emotional Maturity Scale was found to be .84 and with the Adjustment Inventory of Srivastava and Tiwari .80 regarding the Faulty Social Adjustment area of the present scale.

#### Administration of the Scale :

The scale is self administering and can be administered individually as well in group. There is no time limit but usually it takes 15 to 20 minutes to complete the test.

#### Instruction :

"There are some statements given in the next page related to your personality. Answer of each statement is given in front of it. There are five alternative answers. Tick ( $\checkmark$ ) mark to the answer which suits you the most. Only one answer is to be ticked. There

is no time limit but please try to do as soon as possible. Remember all the statements are to be answered."

#### Scoring Procedure :

The scoring procedure is very simple. 5 score is to be given to the statement of Strongly Agree, 4 to Agree, 3 to Moderate, 2 to Disagree and 1 to Strongly Disagree of each of the items of the scale.

After giving the scores to the items all the scores are to be added and interpreted in the following manner—

58-72 — Extremely Stable

73-91 — Moderately Stable

92-114 — Unstable

115-180 — Extremely Unstable.

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**AGRA PSYCHOLOGICAL RESEARCH CELL**

Tiwari Kothi, Belanoani, Agra-4

# Emotional Maturity Scale

*Constructed and Standardised*

By

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## INSTRUCTION :

"There are some statements given in the next page related to your personality. Answer of each statement is given in Answer-sheet. There are five alternative answers. Tick correct (✓) mark to the answer which suits you the most. Only one answer is to be ticked. There is no time limit but please try to do as soon as possible. Remember all the statements are to be answered."

**Please do not write any thing on this Test Paper. Give your answers in Answer-sheet only.**

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Tiwari Kothi, Belanganj, Agra-4 (INDIA)

1. Most often one faces such situations when one has to give priority to others wishes. At such times I feel irritated.
2. There is competition in every sphere of life. When I fail in any competition, I feel myself inferior in front of the successful competitors.
3. Social functions wastes money and time; as such the Government should ban them.
4. It is good to accept others views because if one presents one's own views one has to face criticism.
5. Change is life. As such we should give up the old customs and move towards modernization.
6. It is good to spend most of the time in thyself rather than waiting it on others in this busyful life of today.
7. Today everyone is busy with ones own business and does not hear to anyone. Hence it is good to remain self-centered.
8. Today life has become so complex that one cannot do all alone one's work but has to take help of others.
9. Knowing that success of the work depends on personal freedom, due to the circumstance I fail to work independently.
10. There are different types of people in the Society. In making them friends one attains a different pleasure.
11. One should act according to the members of the group.
12. One should not hesitate in taking others help in solving ones problems because with others help one can easily and in less time solve the problems.
13. Life has become almost a machine today and one cannot get even leisure time.
14. Self-praise is not bad because in the selfish human world, this is the only means of progress.
15. Whenever I think of working with the group members, one or the other obstacle come on my way and I get disturbed.

16. Rigid behaviour sometimes proves helpful as such I remain firm in my decision.
17. Individuals behaviour makes one friend as well enemy. As such one should not misbehave with anyone.
18. Our society has been constituted in such a manner that there is no place for personal independence.
19. Old traditions should be accepted only after considering their utility.
20. I feel very happy when people give comments on my work.
21. Everybody talk of rights and duties but none give importance to personal independence.
22. It often occurs in my mind that life is full of problems and that one cannot get rid of them.
23. After experiencing that the world today is full of selfishness, I have learnt to blame others for my faults.
24. Social festivals waste time and money as such one should try to remain aloof from them.
25. I neither interfere in anybody's work nor do I like anybody to interfere in my work.
26. When children become self-dependent then one should not interfere in their work.
27. Sometimes I feel that man is slave of the circumstances and sometimes that circumstances are man's slave.
28. Sometimes the problems upset me so much that I become imbalanced.
29. Telling lies is not bad because it is the only easiest means of defense.
30. I always go in opposition to my elders, without knowing the possible reason.
31. Whatever we do or how do we act is a matter of our concern and not that of others.

32. When someone gives my suggestion, I take decision only after deepy thinking.
33. When any body moves forward without careing the social norms, I feel pleasure in making him a friend of mine.
34. The customs performed at the time of birth and death are useless.
35. One cannot solve each and every problem of life. It is rather better to float on imaginations.
36. I love to move forward with the speed of a bullet rather than moving slowly.
37. I love to escape from the situation rather than struggling with it.
38. Due to peoples misbehaviour I am by and by becoming self-centered.
39. Even after due efforts I could not get adjusted with my society.
40. I am very much dejected when I am not given the opportunity to express my views.

## Emotional Maturity Scale

नाम (Name) .....

आयु (Age) ..... शिक्षा (Education) .....

व्यवसाय (Occupation) ..... जाति (Cast) .....

प्रश्न संख्या (Question No.)	पूर्णतः सहमत (Strongly Agree)	सहमत (Agree)	सामान्य (Moderate)	असहमत (Disagree)	पूर्णतः असहमत (Strongly Disagree)
1.	( )	( )	( )	( )	( )
2.	( )	( )	( )	( )	( )
3.	( )	( )	( )	( )	( )
4.	( )	( )	( )	( )	( )
5.	( )	( )	( )	( )	( )
6.	( )	( )	( )	( )	( )
7.	( )	( )	( )	( )	( )
8.	( )	( )	( )	( )	( )
9.	( )	( )	( )	( )	( )
10.	( )	( )	( )	( )	( )
11.	( )	( )	( )	( )	( )
12.	( )	( )	( )	( )	( )
13.	( )	( )	( )	( )	( )
14.	( )	( )	( )	( )	( )
15.	( )	( )	( )	( )	( )
16.	( )	( )	( )	( )	( )
17.	( )	( )	( )	( )	( )
18.	( )	( )	( )	( )	( )
19.	( )	( )	( )	( )	( )

प्रश्न संख्या (Question No.)	पूर्णतः सहमत (Strongly Agree)	सहमत (Agree)	सामान्य (Moderate)	असहमत (Disagree)	पूर्णतः असहमत (Strongly Disagree)
20.	( )	( )	( )	( )	( )
21.	( )	( )	( )	( )	( )
22.	( )	( )	( )	( )	( )
23.	( )	( )	( )	( )	( )
24.	( )	( )	( )	( )	( )
25.	( )	( )	( )	( )	( )
26.	( )	( )	( )	( )	( )
27.	( )	( )	( )	( )	( )
28.	( )	( )	( )	( )	( )
29.	( )	( )	( )	( )	( )
30.	( )	( )	( )	( )	( )
31.	( )	( )	( )	( )	( )
32.	( )	( )	( )	( )	( )
33.	( )	( )	( )	( )	( )
34.	( )	( )	( )	( )	( )
35.	( )	( )	( )	( )	( )
36.	( )	( )	( )	( )	( )
37.	( )	( )	( )	( )	( )
38.	( )	( )	( )	( )	( )
39.	( )	( )	( )	( )	( )
40.	( )	( )	( )	( )	( )

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## **2. Emotional Maturity scale:**

Emotional maturity scale by kum.Roma pal (1988) (Department of psychology, Agra college, Agra published by Agra psychological research cell, Tiwari kothi, Belanganj measures emotional maturity. It measures five factors of Emotional maturity that is Emotional instability, Emotional regression, and Faulty social adjustment, Lack of independency and Flexibility composite score for Emotional maturity. The scale is translated in Gujarati without changing the meaning and nature of the original item. Emotional maturity scale has a total 40 item and it is a self-reporting 5 point scale. The 5 options mentioned in strongly agree, agree, undecided, disagree and strongly disagree. 5 for tick mark totally agree, 4 for tick mark agree, 3 for tick

mark neutral, 2 for tick mark disagree and 1 for tick mark totally disagree. The maximum possible score is 200 and minimum score is 40. Scoring pattern shows that more score indicate less emotional maturity. The less score indicate good emotional maturity.

#### > Reliability:

The internal consistency of the scale was checked by split half method and the values of internal consistency of its various areas and test retest validity are as given in the table.

Areas of Emotional Maturity	split half	split half Test retest	Internal consistency
E.I	0.81	0.72	0.79
E.R	0.73	0.79	0.68
F.S.A	0.79	0.82	0.60
L of I	0.76	0.72	0.82
Flexibility	0.80	0.86	0.65
Total E.M	0.74	0.77	0.70

#### > Validity:

The scale was validated with Singh & Bhargava's Emotional maturity scale and correlation was 0.84. The main version of questionnaire is in final translated Gujarati version was delivered test retest reliability found 0.68.

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### **3. Social Adjustment**

This division shows whether the individual is shyness, introvert, extrovert etc. Individual's sociability and his participation in social life, intro version extroversion etc can be measured by this division. The selection of friend, the options about good friendship, his interactions with society, likes and dislikes, leadership in social functions, the activities social welfare etc. can be known by this scale.

### **4. Emotional Adjustment**

It indicates the frustration and disappointment of individual. How far he is to move emotionally? Emotional maturity, emotional stability, his temperament impulsiveness, the participation of his self. The development of superego, self-consciousness role playing in society, his sensitivity, his power of tolerant, inferiority complex etc. can be known through this part of the scale.

We get different areas for the above four types of adjustment and we also get the total score of adjustment. In the present research, the entire score of adjustment has been used.

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