

# Emotional Maturity and Social Adjustment among Adolescent Students in East Coast Region of Tamil Nadu, India

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Received October 17, 2021; Revised November 23, 2021; Accepted December 03, 2021

**Abstract** The aim of this study is to know the relationship between emotional maturity and Social adjustment among Adolescent Students in East Coast Region of Tamil Nadu, India. The present study, a random sampling technique 200 adolescent students of Class IX from 3 Government schools and 3 Government aided schools in Ramanathapuram District, east coast region of Tamil Nadu, India and utilized as subjects of this study. Survey method was used. This study is intended to find out the levels of Emotional Maturity and Social Adjustment of adolescent Students and if there is any significant difference between the selected pairs of sub-samples. The study attempts to analyze the various aspects of emotional maturity and social adjustment among adolescent students. Two variables were discussed in the study and it will be taken care by the investigate for further studies. It is the dire need of the hour that as adolescent students we should have proper emotional development to rightly use our human emotions. Emotional maturity and social adjustment is a tool for promoting students mental health and personality. The findings of this study will be an eye opening to the researchers, curriculum practitioners and parents.

**Keywords:** *emotional maturity, social adjustment and mental health*

**Cite This Article:** N. Sasikumar, and P. Nagooran, "Emotional Maturity and Social Adjustment among Adolescent Students in East Coast Region of Tamil Nadu, India." *American Journal of Applied Psychology*, vol. 9, no. 1 (2021): 36-40. doi: 10.12691/ajap-9-1-5.

## 1. Introduction

Adolescence is a major period in the life and major changes takes place because of the transitions from the childhood to adulthood. The major changes are biological, cognitive, social and emotional, moral.etc. This study focuses on emotional maturity and social adjustment, and both are important variables which should be discussed on adolescence. Emotional maturity helps the child to learn some traits like self awareness, honesty, patience, truth, flexibility, self control and accountability, etc. Emotional maturity helps the individual to have positive and realistic view of their life which is essential in this era of modernization, globalization and liberalization.

## 2. Emotional Maturity

Emotional maturity is the ability of adolescents to stabilize emotions which include their capability for Emotional progression, Independence, Social adjustment, Emotional stability, Personality integration, etc. [17]. According to Walter D. Smitson "Emotional maturity is a process in which the personality is continuously striving

for greater sense of emotions, health, both inter and intra personally" [22]. "Emotional maturity can be defined as a process in which the personality is always determined for better sense of emotional well-being" [19]. Emotional maturity is a state of having reached an adult level of emotional development which implies emotional control in social situation. Emotional maturity is considered as one of the major determinant in shaping an individual's personality, behavior and attitudes and it helps in enhancing the relationship with others and to enhance the self-worth of the person and emotional stability is considered as one of the major component in mental health [2]. "The degree to which person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh; his capacity for whole hearted sorrow, when an occasion arises and his capacity to show fear when there is occasion to be frightened, without feeling a need to use a false mask of courage, such as must be assumed by persons afraid to admit that they are afraid" [15].

## 3. Social Adjustment

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order