



Research Paper

A Review of Emotional Maturity Among College Students

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Abstract	Manuscript Information
<p>Emotional maturity, a key part of Daniel Goleman's idea of emotional intelligence, plays a vital role in college students' success as leaders and in their personal and work lives. It encompasses being aware of yourself, managing yourself, understanding others, and handling relationships. College students need emotional maturity to deal with stress, handle school pressures, build social connections, and make positive choices. The major objective of this study is to examine the correlation between emotional maturity and various factors among college students, building upon prior research. This paper examines the concept of emotional maturity in college students, focusing on its aspects, how it affects them, and what it means for school and personal growth. This review synthesized 20 studies conducted between 1995 and 2021, utilizing both qualitative and quantitative methodologies to analyse research on emotional maturity in college students. The major variables examined were academic performance, emotional intelligence, emotional maturity, mental health, social relationships, stress management, and leadership abilities. It shows how important emotional maturity is in building toughness, good ways to cope, and overall wellness, and suggests ways to boost it in college.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 15-06-2024 ▪ Accepted: 17-07-2024 ▪ Published: 23-07-2024 ▪ IJCRM:3(4); 2024: 68-72 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes <p>How to Cite this Manuscript</p> <p>Sahab Ram. A Review of Emotional Maturity Among College Students. International Journal of Contemporary Research in Multidisciplinary.2024; 3(4): 68-72.</p>

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1. INTRODUCTION

Emotional maturity is the ability of an individual to understand, manage, and express their emotions in a positive and healthy manner.^[7] It involves a rational and balanced approach to addressing a diverse array of life's challenges, relationships, and situations. For college students who are presently undergoing a period of significant growth and transition, emotional maturity is particularly important for personal development. As college students transition from adolescence to maturity, they face a multitude of personal, social, and academic challenges. A high level of emotional intelligence and resilience are required to overcome these challenges in order to achieve success. Emotional maturity is the capacity to respond positively to circumstances by modulating emotions and acting rationally (Rai & Khanal, 2017)^[21].

It involves the responsible management of emotions, rather than their solitary control, which leads to adaptability, flexibility, and responsibility (Sangtam & Talawar, 2013)^[24]. Emotional maturity is essential for the personal development and overall well-being of college students, who face a variety of academic, social, and personal obstacles.^[2]

Daniel Goleman's work on emotional intelligence highlights how important emotional maturity is. Goleman (1995)^[9] pointed out four key areas of emotional intelligence: knowing yourself managing yourself understanding others, and handling relationships. These parts, which matter for doing well beyond just being smart, show why it's crucial to know your feelings, care about others, and control yourself when growing as a person and in your job (Goleman 1998)^[9].

What Emotional Maturity Means

Emotional maturity means being able to receive, process, and express one's feelings in positive and constructive ways. It is about approaching life's myriad problems, relations, and situations with a reasonable and balanced view. Growing up is relevant for college students since they are emerging as adult individuals. The time to enter into colleges needs emotional and mental toughness due to the presence of various personal, social, and school problems that students face. Emotional maturity and emotional intelligence.^[8]

Research by Daniel Goleman indicates that the author has covered emotional intelligence quite comprehensively, in which emotional maturity is one very important aspect. According to Goleman (1995)^[9], four different aspects constitute the aspects of emotional intelligence: self-awareness, self-management, social awareness, and relationship management. The elements are imperative in setting success at a level higher than intelligence itself. As such, Goleman's theory emphasizes that emotional self-awareness, empathy, and self-discipline constitute a core of skills around which personal and professional development must occur. Further, Goleman has commented that for leadership to make a real difference, emphasis must be placed on emotional maturity with greater seriousness than placed on technical knowledge. Applying EI skills, a leader will be better positioned to lead oneself and others due to competence in dealing with self and relationships. Hence, Goleman's work provides a great deal of insight into how emotional maturity affects the leadership for success. Emotional development of college students. The emotional maturity of a college student is marked by the way he/she makes effective decisions about his/her future, manages stressors, maintains social relations, and copes up with their academic pressures.^[31]

Emotional maturity is going to play a big role in the general success and well-being of students in the collegiate environment, which exposes them to a wide variety of responsibilities and experiences. Growing emotional maturity in a college student enables them to cope with academic demands, adapt to changes and uncertainties of college life, and communicate constructively with their peers and professors. Elements of emotional maturity:

There are many critical components that characterize emotional maturity, including, but not limited to, the following:

1. Self-Awareness: It involves understanding one's emotions, impulses, and reactions.
2. Self-Regulation: It refers to the ability to provide a reasoned response and effectively modulate emotions.
3. Empathy: This is the ability to understand others' emotions with compassion and to respond accordingly.
4. Healthy Relationships: Effective family relations are ensured to be preserved with the help of methods of constructive conflict resolution and others.
5. Resilience: The ability to cope constructively with stress and bounce back from adversity.
6. Responsibility: assuming responsibility for one's emotions, choices, and actions.

7. Assertiveness: A person's productivity in expressing his or her needs, views, and boundaries clearly and with respect.
8. Problem-Solving: A logical and systematic way to deal with problems by identifying and overcoming them.

Emotional Maturity Factors

Emotional maturity is influenced by various individual, environmental, and interactional influences. Burns in 1960 found exploring young secondary school students' responses to the task of defining young words to be a window into developing notions of concepts of emotional maturity. Durrett *et al.*, (1973) gave an illustration of research in which behavioral maturation of Mexican-American and Anglo preschool children was compared; levels of cultural influence were highlighted in this study. Lalonde *et al.*, (1995) carried out a study into the relationship between false belief understanding and social emotional maturity in preschoolers and got evidence supporting the view that cognitive astuteness controls or accounts for the development of social emotional maturity. Among the various factors influencing this development are:

1. Family Environment: A warm or favorable family background will ensure proper emotional growth.
2. Peer Relationships: Social and emotional abilities are nurtured by positive interactions with peers.
3. Academic Pressure: Emotional resilience is about dealing effectively with academic pressure.
4. Life Experiences: Several life experiences support emotional learning.
5. Cultural Influences: Culture shapes the nature of emotional responses and maturity.

2. OBJECTIVES OF THE STUDY

1. To assess the influence of emotional maturity on the academic achievement of university students, drawing on existing research.
2. The aim of this study is to examine the correlation between emotional maturity and various factors among college students, building upon prior research.

3. RESEARCH METHODOLOGY

This review uses a combination of qualitative and quantitative methodologies to examine research on emotional maturity in college students. The text conducts a synthesis of previous studies, doing a critical analysis of the main themes and conclusions. This synthesis aims to provide a comprehensive understanding of how emotional maturity influences academic success, mental health, and social interactions. The research methodology review included 20 studies conducted between 1995 and 2021. The major variables studied were emotional maturity, emotional intelligence, academic performance, mental health, social relationships, stress management, and leadership abilities.

4. REVIEWS OF LITERATURE

Goleman (1995)^[9] conducted a thorough analysis of theoretical frameworks, highlighting the significance of self-awareness,

self-management, social awareness, and relationship management as the four essential components of emotional intelligence.^[5] These components are essential for achieving success in both personal and professional pursuits, in addition to intelligence. Goleman's theory also recognizes that emotional self-awareness, empathy, and self-discipline are crucial elements of individual growth. Emotional maturation of university students. Nixon (2011)^[18] investigated the emotional dynamics among working-class lesbian parents, whereas Muawanah *et al.*, (2012)^[15] explored the emotional development and self-perception of middle teens. Roja *et al.*, (2013)^[22] explored emotional maturity in school situations, while Nurhadi *et al.*, (2015)^[19] focused on higher secondary learners. Masruroh (2015) highlighted the correlation between emotional intelligence and social interactions in the context of Islamic education. Amado-Alonso *et al.*, (2018)^[1] and Kim *et al.*, (2017)^[14] did study on how sports effect learning and self-perception in multicultural art education. Findings from empirical research Empirical research have extensively examined the emotional maturity of college students, yielding useful findings. In a study conducted by Neihart (2007)^[17], the author examined the social and emotional advantages of accelerating the education of brilliant kids. Sinha (2011)^[26] did a study on the emotional development of adolescent females from both tribal and non-tribal backgrounds. Waghmare (2018)^[29] performed a comparative analysis of college students residing in urban and rural areas, whereas Singh *et al.*, (2012)^[25] conducted a study specifically focusing on university students. Deshmukh (2020)^{[6][20]} and Tuasikal *et al.*, (2019)^[27] did a study investigating narcissism, despondency, and coping methods in first-year college students. The study conducted by Hamid *et al.*, (2021)^[10] investigated the correlation between empathy and emotional development. Results Emotional maturity is an essential component of psychological well-being, since it is vital for the cultivation of individual character, thriving interpersonal connections, and mental well-being. Emotional intelligence training, therapy, life experiences, and self-reflection are all factors that can contribute to and enhance this process of personal growth. Emotional maturity refers to an individual's ability to effectively manage their emotions and respond to situations in a sensible and positive manner. This capability is influenced by a range of factors, as noted by Muawanah *et al.*, (2012)^[15]. In their study, RR and Raj (2014) examined the influence of emotional maturity on students' academic performance, highlighting the significance of emotional control in achieving academic achievement. Vataliya (2013)^[28] did a study exploring the relationship between emotional maturity and social adjustment. The study found that students who are emotionally mature are better equipped to handle the social difficulties that arise in a college setting. Arasteh and Seyedshohadaei (2017)^[3] focused on examining the impact of emotional maturity on stress management among students. Their findings indicate that students with greater degrees of emotional maturity tend to employ more effective strategies for coping with stress. Jusoh and Md Zain (2020)^[12] emphasized the importance of emotional maturity in the growth of leadership abilities. They

argued that individuals who are emotionally mature are more likely to succeed in leadership roles because they have the ability to understand the emotions of others and control their own emotions. Emotional maturity is an essential facet of human growth that has been examined in diverse settings. Avkiran (2000)^[4] highlighted the significance of evaluating interpersonal skills and emotional maturity in bank managers in order to improve their entrepreneurial approach. In a study conducted by Nehra *et al.*, (2018)^[16] in Indian organizations, the researchers aimed to establish a favorable correlation between emotional maturity variables and self-disclosure. Ketterer *et al.*, (2008)^[13] discovered a significant association between emotional distress and cardiovascular symptoms in individuals with coronary artery disease in the healthcare sector. This emphasizes the importance of emotional variables in determining physical health outcomes. In their study, Hayes *et al.*, (2017)^[11] investigated the connection between personality qualities in late adolescence, such as emotional stability, and the likelihood of developing severe mental illness in men later on. Conversely, Werneck *et al.*, (2017)^[30] conducted a study on Brazilian adolescents to investigate the correlation between biological maturation, physical exercise, and emotional aspects. The purpose of this biocultural approach was to comprehend the indirect correlations among many influences that impact the development of young people. In addition, Zysberg (2018)^[32] examined how anxiety levels mediate the relationship between emotional intelligence and emotional-eating habits in women. This study offered valuable insights into the intricate relationship between emotional components and behaviors. Overall, the literature review on the factors associated with emotional maturity demonstrates a wide array of studies that emphasize the significance of emotional factors in different areas of human existence, such as entrepreneurship, healthcare, mental health, physical activity, and eating behaviors. These studies emphasize the necessity of additional research to have a deeper understanding of the intricate connections between emotional maturity and various outcomes.

The literature review suggests that emotional maturation significantly impacts a variety of aspects of the lives of college students, including academic achievement, mental health, and social relationships. According to the review, emotionally mature individuals typically exhibit a positive outlook, adaptability, self-control, empathy, resilience, effective communication, conflict resolution, and self-awareness. In a variety of life domains, these characteristics are essential for managing tension, navigating relationships, and making sensible decisions.

The major findings are as follows: 1. Academic Performance: Improved stress management and effective problem-solving abilities are associated with superior academic performance among students who exhibit greater emotional maturity (Rai & Khanal, 2017)^[21]. 2. Mental Health: Studies have shown a link between emotional maturation and lower levels of anxiety and depression (Tuasikal *et al.*, 2019)^[27]. 3. Social Relationships: Students who are emotionally mature tend to have more positive

and healthier relationships with their professors and peers (Kim *et al.*, 2017)^[14].

5. CONCLUSION

Emotional maturity is multi-faceted and indispensable in developing both personal and professional life. Expounding on the above terrain, Goleman and Ma show that with characteristics like self-awareness, self-regulation, empathy, and effective skills in solving problems, the emotional maturity for individuals can be developed to surmount complexities of higher education and life in general. The elements of both personal and professional excellence found were basically emotional, which were listed as self-awareness, empathy, and self-discipline. Major findings from the studies mentioned about emotional maturity include:

- Emotional intelligence, like self-awareness, self-management, social awareness, and relationship management, is the key to accomplishing personal and professional goals.
- Emotional maturity is the demand of growth of an individual, which falls under the category of emotional self-awareness, empathy, self-regulation, and peggy.
- Emotional maturity is important for psychological well-being, character development, and thriving interpersonal relationships of all individuals.
- Positive effects of emotional maturity were found in relation to academic performance, social adjustment, stress management, and leader skills.
- Circumstances in which emotional maturity melds into relevance include the academic environment, health sector, entrepreneurship, and mental health.
- Links can be found between emotional variables such as distress and anxiety with physical health outcomes and measures of behaviors including emotional eating.

Thus, further studies are required to attempt to establish and understand the complex interrelations of emotional maturity with a number of role-related outcomes with diverse dimensions of human existence. The importance of emotional maturity in individual and professional growth, finding projection in these studies, also calls implicitly for much-needed further research in the subject field.

6. RECOMMENDATIONS

The following recommendations are contemplated upon to improve the emotional development of undergraduate college students:

- **EI Training:** Implement EI training programs within the college curriculum to develop self-awareness, self-regulation, and other skills like empathy and social skills.
- **Counselling Services:** Establish access for students to mental health and counselling services in order to better deal with stress and emotional pressure.
- **Peer Support Groups:** Establish peer support groups in which students can engage in positive peer relationships; this is one route through which they will be able to offer each other emotional support.

- **Workshops on Life Skills:** These workshops shall cover areas such as stress management, conflict resolution, proper communication, and other relevant skills that are deemed conducive to everyday life.

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