Abstract

The present study is an attempt to study the relationship between emotional maturity and impulsiveness of college students. The study was conducted on a sample of 100 college students of Panchkula (Haryana). Emotional maturity scale and impulsiveness scale were used to collect the data. Pearson product moment coefficient of correlation was employed in order to find out the relationship between emotional maturity and impulsiveness among college students. Results showed that emotional maturity is positively correlated with impulsiveness. The paper concludes with a discussion of the implications of these findings together with limitations of the study and avenues for future research.

1. Introduction

Maturity is the ability to control anger and settle differences without violence. It is the well beingness to pass up immediate pleasure in favour of long term gain. Maturity is perseverance, the ability to sweat out a project or a situation in spite of heavy opposition and discouraging set-backs. Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat, without complaint or collapse. According to J.D.Carter(1974) there are five basic dimensions of maturity: having a realistic view of oneself and others; accepting oneself and others; living in the present but having long-range goals; having values, developing ones interests, abilities and coping with the task of living. Psychologists, doctors, educationists and sociologists describes about different types of maturity like emotional maturity, intellectual maturity, spiritual maturity, social maturity etc. Emotional maturity is the master concept, it is probably the most important contribution of modern psychology (Siva Kumar and Visvanthan,2010). Emotion is a basic aspect of human functioning. It is one of the dimensions of personal experience that arise from a complex interplay among physiological, cognitive and situational variables (Singaraelu, 2008). Emotion dominate our life (Jerdild, 1947). They can be distorted or dissociated according to values and beliefs. They provide motivation and inspiration to retreat or to go excel. By impulsive we mean behavior that is carried
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out with little or no forethought and control, hot tempered actions, acting without planning or reaction, and failing to resist urges (Hoghughi, 1992; Lorr and Wunderlich, 1985; Monroe, 1970; Murray, 1938). An individual who is impulsive has difficulty inhibiting strong responses, desires, or emotions, stopping an ongoing activity, and inhibiting competing responses during delays or quiet times in activities. Impulsivity is an important psychological construct. It appears, in one form or another, in every major system of personality. Impulsivity also plays a prominent role in the understanding and diagnosis of various forms of psychopathology.

Buss and Plomin (1975) included impulsivity, along with emotionality, activity, and sociability in their four factor model of temperament. They hypothesize that impulsivity is a multidimensional temperament with inhibitory control, or the ability to delay the performance of a behavior, as its core aspect. The other three components of impulsivity in this system involve the tendency to consider alternatives and consequences before making a decision, the ability to remain with a task despite competing temptations, and the tendency to become bored and need to seek novel stimuli. Although the authors describe impulsivity and the other temperaments as separate dimensions they contend that the traits influence behavior in an interactional manner. For instance, they postulate that while activity and emotionality motivate individuals to action, Impulsivity works to slow down or inhibit behavior. (Baratt, 1993), believe that impulsivity is independent of emotional factors; others recognize (Jackson, 1984; Wallace et al., 1991) that negative emotions may promote impulsive action.

In light of the above discussion the present study was designed to study the relationship between impulsiveness and emotional maturity.

1.1 Objectives of the study
To find out the relationship between impulsiveness and emotional maturity of college students.

1.2 Hypothesis of the study
There will be inverse relationship between impulsiveness and emotional maturity.

2. Research Methodology
I. Sample: The sample comprised of 100 college students who were selected mainly from the rural areas of district Panchkula of Haryana on the basis of non-random purposive and volunteered sampling procedure. Mean age of the sample was 19 years. Standardized emotional maturity scale and impulsiveness scale were used for the purpose of study.

II. Tools:
   a. Emotional maturity scale: Emotional Maturity Scale constructed by Yashvir Singh and Mahesh Bhargava (2005) was used in the present study. The scale consists of 48 items with five dimensions viz. emotional stability with 10 items, emotional progression with 10 items, social adjustment with 10 items, personality integration with 10 items and independence with 8 items. The reliability of the test by product moment correlation was 0.75. The internal consistency for emotional stability was 0.75, emotional progression was 0.63, social adjustment was 0.58, personality integration was 0.86 and independence was 0.42 respectively and the concurrent validity of the total test was 0.64 as given in the manual.

   b. Impulsiveness Scale developed by Dr. S.N.Rai and Dr.Alka Sharma (1988): This scale consists 30 items and there were two alternative yes and no. the time duration is 5 to 6 minutes. The reliability of this scale is .72and Validity is .58.
III. **Procedure:** First of all, the purpose of the study explained to all the subjects which helped the investigator to establish a proper rapport. The measures were administered individually and uniformly to all the subjects. They were asked to respond honestly to all questions, and were assured that their responses would be kept confidential.

3. **Results and Discussion**

### Table-1: Descriptive Statistics

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>S.D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional maturity (total)</td>
<td>102.23</td>
<td>19.47</td>
</tr>
<tr>
<td>Impulsiveness(total)</td>
<td>13.75</td>
<td>2.96</td>
</tr>
<tr>
<td>Emotional stability</td>
<td>24.83</td>
<td>6.34</td>
</tr>
<tr>
<td>Emotional progression</td>
<td>23.34</td>
<td>5.75</td>
</tr>
<tr>
<td>Social adjustment</td>
<td>20.18</td>
<td>4.61</td>
</tr>
<tr>
<td>Personality integration</td>
<td>16.55</td>
<td>3.82</td>
</tr>
<tr>
<td>Independence</td>
<td>16.24</td>
<td>3.88</td>
</tr>
</tbody>
</table>

### Table-2: Correlation Matrix

<table>
<thead>
<tr>
<th>Variables</th>
<th>Emotional Stability</th>
<th>Emotional Progression</th>
<th>Social Adjustment</th>
<th>Personality Integration</th>
<th>Independence</th>
<th>Emotional Maturity (Total)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional stability</td>
<td><strong>1.000</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional progression</td>
<td><strong>.729</strong></td>
<td><strong>1.000</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social adjustment</td>
<td><strong>.606</strong></td>
<td><strong>.659</strong></td>
<td><strong>1.000</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personality integration</td>
<td><strong>.667</strong></td>
<td><strong>.695</strong></td>
<td><strong>.519</strong></td>
<td><strong>1.000</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Independence</td>
<td>.184</td>
<td>.355**</td>
<td>.224</td>
<td>.419**</td>
<td><strong>1.000</strong></td>
<td></td>
</tr>
<tr>
<td>Emotional Maturity (total)</td>
<td><strong>.812</strong></td>
<td><strong>.909</strong></td>
<td><strong>.755</strong></td>
<td><strong>.782</strong></td>
<td><strong>.517</strong></td>
<td><strong>1.000</strong></td>
</tr>
<tr>
<td>Impulsiveness(total)</td>
<td><strong>.528</strong></td>
<td><strong>.334</strong></td>
<td><strong>.345</strong></td>
<td><strong>.319</strong></td>
<td>-.248*</td>
<td><strong>.330</strong></td>
</tr>
</tbody>
</table>

*Significant at .05 level, ** Significant at .01 level

To fulfill the main objective of the present study the descriptive statistics and Pearson Product coefficient of correlation were calculated for emotional maturity and impulsiveness the degree of freedom is 98, so the value of correlation .19 and .25 is significant at .05 levels and .01 level of significance respectively. Total mean score of emotional maturity was 102.23 and S.D.was 19.47. This showed that subjects were emotionally mature on the bases of classification of the scores given in the manual of the scale. Total mean score and standard deviation of impulsiveness scale was 13.75 and 2.96 respectively which showed moderate impulsiveness. There were total 19 correlations out of 21. Only one correlation was negative. Most of the variables of emotional maturity were significantly correlated with each other. There was a significant positive correlation between emotional stability and emotional progression, social adjustment and personality integration. Impulsiveness was positively correlated with emotional stability, emotional progression, and social adjustment; Schreiber et.al (2012) also found the positive and significant correlation between emotional stability and impulsiveness. There was a significant negative correlation between impulsiveness and
independence, which showed that a person who is independent will not be impulsive because he has his judgments and decisions etc.

There was significant and positive correlation between emotional maturity and impulsiveness means it is not necessary that an emotional mature person will be of impulsive behavior. So result of the study does not attest the hypothesis.

**Limitations:** The present study has been confined to limited rural areas educated college students. More elaborated studies may be conducted exploring other attributes of emotional maturity and impulsivity as depression, anxiety, aggression etc.

### 4. Conclusion

In the end, it is concluded that emotional maturity moderately influences impulsiveness. There are so many mediators and moderators to influence emotional maturity and impulsiveness.

### 5. References


