

**MENTAL HEALTH OF ADOLESCENTS IN RELATION TO EMOTIONAL MATURITY AND PARENT CHILD RELATIONSHIP****Voice of Research**

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Abstract

The present study was conducted to find the relation of Mental Health of Adolescents with their Emotional Maturity and Parent Child Relationship. The sample comprised of 200 9th class adolescents (100 boys and 100 girls) from Government Secondary Schools of Moga district. The data was obtained by using Emotional Maturity Scale (2011) by Singh and Bhargava, Parent Child Relationship Scale (2011) by Rao and Mental Health Battery (2012) by Singh and Gupta. The results of the study showed positive and significant relation between Mental Health with Emotional Maturity also between Mental Health and Parent Child Relationship.

Key words : *Mental Health, Emotional Maturity, Parent Child Relationship, Adolescents*

Man develops his thinking and reasoning, problem solving ability and creativity, intelligence and aptitude, positive sentiments and skills, good values and attitude with the help of education. Man learns something everyday and every moment. Hence education is continuous and dynamic process. Education is a process of human enlightenment and better empowerment for the achievement of a better and high quality of life. The foremost aim of education according to Mudaliar Commission (1952-1953) is "the training of a character and personality of the student in such a way that they will be able to realize their potentialities and contribute to the welfare of the society." Kothari Education Commission (1964-66) also reports, "Education looked upon as an instrument to develop a man and to build a society based on justice and equality. It is well said that a human being is not, in any proper sense a human being, till he is not educated." Education is also of pivotal importance in the development of sound mental health. World Health Organization (2001), "Mental Health is a state of well-being in which the individual realize his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

On the basis of above mentioned definitions, we can say that a person who has wholesome mental attitude and lack of mental disorder is known as Mentally Healthy. On the other hand, Mentally Unhealthy person is that who cannot perceive the world in a clear perspective. Possessing Mental Health, an individual can adjust properly to his environment and can make best effort for his own family and society's progress and betterment.

Individual aspect of Mental Health can be correlated with the Emotional Maturity of the individual because individual aspect relates to internal adjustment which is possible if individual is Emotionally Mature. A person can be confident, well adjusted, free from internal conflicts etc. only if he/she is mature enough to understand and adapt to the changing needs and environment. Social aspect of Mental Health can be correlated with relationship between Parent Child Relationship

because social aspect emphasize that Mental Health is the result of social forces influencing the individual beginning with his formative years and continuing through the life. As the part of society, Parents are the first social force that individual come across. Attitude of parents, their perception, behaviour, habits etc affects the Mental Health of the individual.

Allport (1961), "Emotional Maturity is the ability to integrate multiple emotional perspectives to form flexible and differentiated representations of oneself, others and situations." Skinner (1962), "Emotional Maturity indicates that condition when a man experiences his feelings for his well being and develops the ability to get pleasure out of the materials." Singh and Bhargava (1990), "Emotionally Mature is not one who necessarily has resolved all conditions that aroused anxiety and hostile. But it is continually involved in a struggle to gain healthy integration of feeling, thinking and action."

Thus, a person can be called Emotionally Mature if he is able to display emotions in appropriate degree with reasonable control such a person will express his emotions in a socially desirable way and he will be guided more by his intellect than by his emotions.

Mental health, along with Emotional maturity is also affected by the Parent Child Relationship. Aspiration and attitude of parents, over protective environment, discrimination between siblings, rejection, acceptance, submissive, autocratic behaviour of parents, relationship between parents, dominance etc. affects the mental health. It matters so much because of the many different relationships we form over the course of the lifespan, the relationship between Parent and Child is the most important.

As per the study conducted by Crockett, Brown, Russell and Shen (2007), Perceptions of good parent-adolescent relationships were explored among 19 Mexican American high school students aged 14-17 who participated in focus group interviews on what it means for Mexican American teenagers to have good relationships with parents. The result was relationships with mothers were closer and more open than relationships with fathers, and mothers were seen as being more affectionate, lenient, and emotionally supportive, whereas fa-



thers tended to express caring indirectly by providing instrumental and financial support and by just being there. Parental upbringing, culture, gender, and parental role expectations emerged as explanations for parents' behaviour.

Emergence of Problem

Studies Bar-on Reuven (1997), Jasbir (2000), Aggarwal (2007), Quadri and Shirsath (2011) found significant relation between Mental Health and Emotional Maturity. But the research conducted by Sharma (2006) had showed that there is no relation between Mental Health and Emotional Maturity. Emotionally Mature person can survive in difficult situations without affecting his/her Mental Health much.

Mental health and parent child relationship holds positive relation. The studies conducted by Sears (1961), Becker (1974), Manjuvani (1990), Morgan, Brugha, Fryers and Stewart-Brown (2012) found significant positive relation between mental health and parent child relationship.

The investigator did not find much research conducted on the population of Punjab. No study has been found that studied the relation of Mental Health of Adolescents with their Emotional Maturity and Parent Child Relationship. The proposed study thus seems fully justified.

Objectives

The study will be conducted with following objectives in view:
To study the significance of relation between Mental Health and Emotional Maturity of Adolescents.

To study the significance of relation between Mental Health and Parent Child Relationship of Adolescents.

Hypothesis

There will be no significant relation between Mental Health and Emotional Maturity of Adolescents.

There will be no significant relation between Mental Health and Parent Child Relationship of Adolescents.

Design of the Study

The aim of the present study was to investigate the relationship of mental health with Emotional Maturity and Parent-Child Relationship. The present investigation was of survey type and descriptive in nature.

Sample

The sample of 200 students of 9th class was selected randomly from five Government Senior Secondary Schools of Moga district.

Tools Used :

Mental Health Battery (2012) by Singh and Gupta. Emotional Maturity Scale (2011) by Singh and Bharagava. Parent Child Relationship Scale (2011) by Rao.

Statistical Techniques Used

Karl Pearson's coefficient of correlation is used to find the relation of Mental Health with Emotional Maturity and Parent Child Relationship.

Results and Discussion

Table 1
Relation between Mental Health and Emotional Maturity of Adolescents (N=200)

Variables	r
Mental Health with Emotional Stability	0.279**
Mental Health with Emotional Progression	0.191*
Mental Health with Social Adjustment	0.319**
Mental Health with Personality Integration	0.295**
Mental Health with Independence	0.284**
Mental Health and Emotional Maturity	0.378**

*Correlation is significant at 0.01 level (0.182)

Table 1 reveals that the values of correlation between Mental Health and Emotional Stability dimension of Emotional Maturity, Mental Health and Emotional Progression dimension of Emotional Maturity, Mental Health and Social Adjustment dimension of Emotional Maturity, Mental Health and Personality Integration dimension of Emotional Maturity, Mental Health and Independence dimension of Emotional Maturity, and Mental Health and Emotional Maturity (total) are 0.279, 0.191, 0.319, 0.295, 0.284, and 0.378 respectively. All these values are positive and significant at 0.01 level of significance. Therefore it can be concluded that Mental Health has significant positive relation with Emotional Maturity among Adolescents. Hypothesis Ho1 which states that 'There will be no significant relation between Mental Health and Emotional Maturity of Adolescents' is thus rejected

This result is well supported by the studies conducted earlier by Bar-on Reuven (1997), Jasbir (2000), Aggarwal (2007) and Quadri and Shirsath (2011). Mental Health Battery comprise of dimensions like Emotional Stability, Over- all Adjustment, Autonomy, Security – Insecurity, Self – Concept and Intelligence. Whereas Emotional Maturity Scale includes dimensions like Emotional Stability, Emotional Progression, Social Adjustment, Personality Integration and Independence. The positive correlation might be because of presence of some common factors especially Emotional Stability, Adjustment and Independence or Autonomy.

Table 2
Relation between Mental Health and Parent Child Relationship of Adolescents (N=200)

Variables	r
Mental Health with Father Factor	0.153*
Mental Health with Mother Factor	0.142*
Mental Health and Parent Child Relationship	0.152*

* Correlation is significant at 0.05 level (0.139) (Significance Table is given in Appendix 1)

Table 2 reveals that the values of correlation between Mental Health and Father Factor dimension of Parent Child Relationship, Mental Health and Mother Factor dimension of Parent Child Relationship, and Mental Health and Parent Child Relationship (total) are 0.153, 0.142, and 0.152 respectively. All these values are positive and significant at 0.05. Therefore it can be concluded that there is significant positive relation



between Mental Health and Parent Child Relationship. Thus hypothesis Ho2 which states that 'There will be no significant relation between Mental Health and Parent Child Relationship of Adolescents' is rejected.

This finding is well supported by the studies conducted earlier by Seers (1961), Becker (1974), Manjuvani (1990), Simran (2005) and Morgan, et al. (2012). Protecting, Symbolic Punishment, Rejecting, Object Punishment, Demanding, Indifferent, Symbolic Reward, Loving, Object Reward and Neglecting are the dimensions on which Parent Child Relationship has been judged. Mental Health may be understood as the behavioural characteristic of the person, and these behavioural characteristics are actually the result of all the dimensions which are covered under the Parent Child Relationship Scale and form the relationship between Parents and Adolescents. This can be the reason for the positive and significant relationship between Mental Health and Parent Child Relationship.

Conclusion

Following conclusions can be drawn from above discussions: There exists positive and significant relation between Mental Health and Emotional Maturity of Adolescents. There exist positive and significant relation between Mental Health and Parent Child Relationship of Adolescents.

Implications

The results of the study shows significant positive relation between Mental Health and Emotional Maturity and also between Mental Health and Parent Child Relationship. Therefore when any student is encountered with lack of Mental Health, it can be directly related with lack of Emotional Maturity or defective relationship between Parents and Child. Teacher can use diagnostic approach to evaluate the issue. Parents and teachers can create conditions for the development of emotional maturity of the adolescents which will help in the improvement in the mental health.

Moreover, in today's scenario, parents do not have time for their children. This ultimately leads to bad effect on the relation they share and on each and every trait of the child's behaviour and personality. Mental health is therefore affected and can cause serious concern. Teacher can look into the matter and can provide necessary guidance to both parents and child.

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