

# Emotional Maturity of Trainee Teachers and Ways of Developing Emotional Maturity for Them

Sindhumathi. M

Department, Prist deemed to be University, Thanjavur, Tamil Nadu, India

## ABSTRACT

Emotional maturity is when someone can manage their emotions no matter their circumstances. They know how to respond to tough situations and still keep their cool. It's a skill set they can consistently work on over time. Because maturity is based in responsibility, mature people live with higher levels of happiness and lower levels of depression and stress. The emotionally mature turn their happiness into sharing and generosity. They offer helpful services to others as a way to spread their own wealth and joy in ways that circle back. It is often easy to spot an emotionally mature person as people are naturally drawn to them thanks to their ability to listen without judgment and show empathy to others. A large part of emotional maturity comes from being in tune with your emotions and being honest with yourself about how you are feeling.

**KEYWORDS:** *Maturity, Emotional, Teacher, Emotional development*

## INTRODUCTION

The word emotion has been derived from the Latin word "emovere" means "to move our". Emotion may be defined as the stirred up condition of the organism involving internal and external changes in the body. Crow and Crow (1959) have defined emotion as: "An affective experience that accompanies generalized inner adjustment and mental and psychological stirred up states in the individual, and that shows itself in his overt behaviour". According to Kimball Young, "Emotion is the aroused psychological state of the organism marked by increased bodily activity and strung feelings directed to some subjects". According to Woodworth (1945), "Emotion is a 'moved' or 'sired-up' state of an organism. It is a stirred-up state of feelings the: is the way it appears to the individual himself. It is a disturbed muscular and glandular activity that is the way it appears to an external observer", According to Charles G. Morris (1979), "Emotion is a complex affective experience that involves diffuse physiological changes and expressed overtly in characteristic behaviour patterns".

## EMOTIONAL MATURITY

Emotional maturity is related to age. As the age increases, an individual goes acquiring emotional maturity. But it is not necessary that everyone will necessarily attain emotional maturity. Emotion is connected with the pleasantness or unpleasantness of a feeling and in a way emotion is regarded as a feeling. Generally along with physical maturity person also attains emotional maturity. As the age increases, the child learns taking proper and correct decisions in the given situations. He learns to sacrifice or suppress his desire for the attainment of higher objectives and aims. New interests Start developing in him. His affection towards different persons develops. His displays sympathy and kindness towards others. He develops intelligence to know the occasions for praising or condemning others. His earlier childish nature gradually disappears and by and by he comes nearer to adults and he attains emotional maturity. Thus the emotional maturity of an individual gradually goes on developing.

**How to cite this paper:** Sindhumathi. M "Emotional Maturity of Trainee Teachers and Ways of Developing Emotional Maturity for Them"

Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-4, June 2022, pp.26-28,

[www.ijtsrd.com/papers/ijtsrd49916.pdf](http://www.ijtsrd.com/papers/ijtsrd49916.pdf)



IJTSRD49916

URL:

Copyright © 2022 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



McDougall (1949), "Emotion is an affective experience that one undergoes during an instinctive excitement". P.T.Young (1960) offers the definitions of emotions as: "An emotion is distributed state of organism: an emotion includes visceral changes due to increased activity of autonomic nervous system and an emotion originates within the psychological situation". It is expressed in love, fear, anger, laughter and tears, etc. It involves feelings of jubilation or depression and impulse to action7 awareness of perception. Basically, human beings are creatures of feelings or emotions. Our emotions control our behaviour. Emotion in the organism is a dynamic internal adjustment that operates for the satisfaction and welfare of the individuals. Emotional Maturity is always relative. A five year old child has emotional maturity if he is capable of the emotional behaviour we judge it for a five year old. Emotional maturity however, develops throughout life. It is also a form of maturity from which one can regress most quickly. The adolescent becomes emotionally more mature as the parents permit him to accept responsibilities and become independent and self-sufficient.

## WAYS OF DEVELOPING EMOTIONAL MATURITY

### ➤ Love and sympathy

Love and sympathy are elements that have importance for the individual. Parents and teachers should give desired and affection to the child.

### ➤ Acceptance and recognition

Like love and sympathy acceptance and recognition are basic needs of child. Parents and teachers should make the children feel that they are accepted and recognized.

Acceptance of love, sympathy and recognition prevents the desired development and refinement of emotions in the individual due to which he does not attain to the normal level of emotional maturity.

### ➤ Presenting good example:

Teacher should present a good example because example is better than precept.

Teacher himself should become emotionally mature. Emotional maturity is a matter of being caught rather than taught. Children should be taught by conduction rather than be induction. Words do not bring much fruit. Tell them that minor misfortunes and hardships etc. have to be accepted as part of life.

### ➤ Games and cultural programmes:

Emotional tensions are the inevitable result of man's modern civilization and culture. They can be relieved to some extent by various kinds of games, cultural

and other programmes and various opportunities for the two sexes to communicate with each other.

### ➤ Moral and religious training:

Moral and religious training should be given to children because such type of training can help in improving emotional maturity.

### ➤ Developing democratic values:

In democratic societies, emotional maturity can be developed and improved upon by developing democratic values in the individual through the medium of educational institutions, family and social institutions.

## IMPORTANCE OF EMOTIONAL MATURITY

Teachers and parents have to see that at no stage of development the children's emotions are repressed as their repressions will develop mental conflicts in them. Their attempts should be to guide them to adopt acceptable methods of their expressions. Many educators and educational philosophers have explained ways of the educators and educational philosophers have explained ways for the educations of emotions. For each specific stage of development, suitable stories, books, poems, songs, social activities, trips, excursions and readings form great books or scriptures have been suggested by them. We here only mean to emphasize the point that emotions are very important for an individual.

To achieve emotional maturity, the adolescent must learn to get a perspective on situations which otherwise would lead to emotional reactions. He can do this best by discussing his problems with others. His willingness to disclose his attitudes, feelings and personal problems is influenced partly by how secure he feels in his social relationships partly by how much he likes the target person and how much the target person is willing to disclose to him. Emotions have both direct and indirect effect on personality. The direct effects come from physical and mental disturbances, while the indirect effects come from the reactions of members of the social group towards the person who is experiencing the emotion. If the emotions are unpleasant, such as fear and jealousy, or if they are strong and uncontrolled, they are damaging the personality pattern. If they are pleasant and if they are controlled in such a way as to do little harm to the person's physical and mental well-being, they have a favourable effect on the personality pattern. Mental disturbance brought about by emotional upsets results in decreased mental efficiency under stress. The person is unstable and unpredictable and his performance is inconsistent, especially when reasoning is involved. How well the individual adjust to life depends partly on which emotions predominate and how he expresses his dominant emotions.

One great difference between a person who is emotionally disturbed and one who is well adjusted is that in the former the negative or unpleasant emotions are dominant. A predominance of fear, anger, suspiciousness and jealousy results in feelings of insecurity, which will lead to maladjustment and unhappiness. Persistence of this pattern of unpleasant emotions is likely to lead to paranoia. A predominance of affection, happiness, joy and love, on the other hand leads to feelings of security which will help the person approach problem with self-confidence, react to minor obstacles with equanimity and retain his emotional balance even when he encounters severe obstacles. Because of his pleasant disposition people like to have him around. He is often selected for leadership roles because people feel he will represent them well.

### CONCLUSION

Dominant emotions are revealed in facial expressions as well as in overt behaviour. Even when, the face is in repose, it tells whether the person is cheerful, shy or troubled often the facial expression tells the story of the person's feeling about himself and his

environment more eloquently than his actions. It affects the judgments others make of him and their reactions to him. How they treat him influences his concept of self and intensifies the predominant emotional pattern that has been fostered by his other life experiences? So the emotional maturity is considered as a personality trait.

### REFERENCE:

- [1] Ansari, Masuad (2015). Role of Maturity on stress among graduate Students, *The International Research Journal of Social Science*, ISSN: 2319-3565, VOL.3(11), pp-17-19, Available at <http://www.isca.in>
- [2] Anju, (2000). A Comparative study of Emotional Maturity in relation to intelligence and Sex. M.Ed. Dissertation, Punjab University.
- [3] Arun Joseph, (2010). Meaning and definition of Emotional Maturity. Data retrieved on 11<sup>th</sup> August, 2011 from <http://arunarunjoseph.blogspot.com/2010/03/study-of-emotional-maturity-and.html>.

