

Sibling Status and Emotional Maturity among Female Emerging Adults

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Abstract

The purpose of the present study is to study the Influence of Having Siblings on the level of emotional Maturity among female Emerging Adults. To achieve the stipulated objectives, a descriptive casual comparative method of research was followed. The sample for the present investigation was randomly drawn from community, in and around Holenarsipura taluk, Hassan. A survey method was done to identify colleges to access emerging adults who are studying under graduation in and around of Hassan district and convenient sampling method was applied for data collection to study the level of Emotional maturity among emerging adults. A total of 60 under graduate students in which 30 with siblings and 30 without siblings were selected. The data was collected by administering the Semi structured interview schedule and Emotional Maturity Scale. The data was then analyzed through Mean, percentage, sd and t-test for the comparison of mean scores between groups with the help of SPSS 21. The findings of the study revealed that there is no influence of having siblings on the level of emotional maturity among female emerging adults.

Key words: **Emotional Maturity, Siblings and Emerging adults**

Introduction

Emotional Maturity is one of the vital components of personality which characterizes Multi-trait non-cognitive psychological concept. According to Walter D Smitson (1974), Emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both Intra-psychically and Intra-personality. Emotional Maturity or stability might be considered as a potential factor in

any field of life. Emotion is the multifaceted body and mind, understanding of an individual's state of mind as interacting with biochemical or internal and external influences. In order to lead a successful life with satisfaction one needs to have a highly emotionally mature behavior. Generally, behavior is persistently prejudiced by the emotional maturity level that a human being possesses, especially the adolescents who are observed to be highly emotional in their dealings, the abilities of selfcontrol is consecutively the outcome of the person's way of thinking and knowledge, these usually happen due to high level of emotional maturity. In brief, a person can be called emotionally mature if he is able to display his emotions in appropriate degree with reasonable control at the appropriate time.

Sibling relationship and emotional maturity

The majority of children around the world have at least one sibling. The sibling relationship is likely to last longer than any other relationship in one's lifetime and plays an integral part in the lives of families. Yet, in comparison to the wealth of studies on parent-child and peer relationships, relatively little attention has been devoted to the role of siblings and their impact on one another's development. In recent decades, research on sibling relations in early childhood has shifted from examining the role of structural variables (e.g., age, birth order) towards more process variables (e.g., positive and negative exchanges). Siblings are viewed as an integral component of family systems (Dunn, 2002; Howe, Paine, Recchia, Ross,2022) and as an important context for children's learning and development³ but there are a number of methodological and conceptual challenges to studying siblings from this perspective.

Sibling relationships are emotionally charged, and defined by strong, uninhibited emotions of a positive, negative and sometimes ambivalent quality. Second, sibling relations are often characterized by intimacy: as youngsters spend large amounts of time together, they know each other very well.

Sibling relations provide an important context for the development of children's understanding of their social, emotional, moral and cognitive worlds (Tan L, Volling BL,

Gonzalez R, LaBounty J, Rosenberg, 2022 and Abuhatoum S, Della Porta S, Howe N, DeHart G, 2020) In particular, siblings play a key role in the development of children's understanding of others' minds, namely their understanding of emotions, thoughts, intentions, and beliefs. Siblings seem to demonstrate an understanding of others' minds and emotions during real-life interactions long before they show this understanding on more formal assessments (Dunn, 2002). In particular, this understanding is revealed during episodes of imitation, teasing, shared humour, pretend play, conflict resolution, teaching, prosocial behaviour, and through their use of connected communications and emotional and mental language during conversations (Leach J, Howe N, DeHart G, 2022). Conflict can be an opportunity for siblings to learn constructive resolution skills culminating in a mutually agreeable (win-win) solution for both children, emotional regulation and understanding, and for considering the opponent's perspective. Young siblings who engage in frequent pretend play demonstrate a greater understanding of others' emotions and thoughts, show evidence of creativity in their play themes and object use, and are more likely to construct shared meanings in play. Individual differences in pretend play and conflict management strategies predict children's social understanding over time, conflict resolution skills at age six, and adjustment to first grade.

The sibling relationship is a natural laboratory for young children to learn about their world (Howe N, Recchia H, 2014). It provides opportunities to learn how to interact with others who are interesting and engaging playmates, to learn how to manage disagreements, and to learn how to regulate both positive and negative emotions in socially acceptable ways (Kramer L, Conger KJ, Rogers CR, Ravindran N, 2019). In this way, it provides a venue for young children to develop an understanding of social relations with family members who may be close and loving at times and at other times, be unkind, exhibit jealousy, or act aggressively (Kolak AM, Volling BL, 2011). Further, there are many opportunities for siblings to use their cognitive skills to convince others of their point of view, teach, or imitate the actions of their sibling. The positive benefits of establishing warm and positive sibling relationships may last a lifetime, whereas more difficult early relationships may be associated with problematic developmental

outcomes(Chen B, Volling BL, 2023).The task for young siblings (with support from their parents) is to find the balance between the positive and negative aspects of their interactions as both children develop over time.

Need for the present Study: Sibling relationships are emotionally charged, and defined by strong, uninhibited emotions of a positive, negative and sometimes ambivalent quality. Second, sibling relations are often characterized by intimacy: as youngsters spend large amounts of time together, they know each other very well. Sibling relationships are a source of positive support and skills development and can improve self-regulation and emotional understanding. Other sibling relationships can be characterized by antisocial behavior, substance use, and conflict and can pose a risk for future negative outcomes. Hence it is important to understand how the presence of siblings affects the emotional maturity in girls hence the present study aimed at studying the level of emotional maturity as influenced by the presence of siblings among female emerging adults.

Method

Statement of Research problem: To study the influence of sibling status on the level of Emotional Maturity among female emerging adults

Objectives of the study

- To understand the level of Emotional Maturity among female emerging adults
- To compare the difference in the level of Emotional Maturity as influenced by the sibling status among emerging adults

Hypothesis:

- There is a significant influence of having siblings on the level of emotional maturity among emerging adults

Operational definitions:

Emotional Maturity: Emotional maturity means having the self-control to manage your emotions and work to understand them. As an emotionally mature

individual, you don't view emotions as a weakness. Instead, you value them and don't try to hide them.

Research Design: A descriptive casual comparative research design was employed to study the level of Emotional maturity among emerging adults as influence by their sibling status.

Variables:

Independent Variables:

- Sibling status (Having siblings and not having siblings)

Dependent Variables: the level of Emotional Maturity

Sample design: The convenient sample method is used to select and classify the participants.

Sample Description: A survey method was done to identify colleges to access emerging adults who are studying under graduation in and around of Hassan district and convenient sampling method was applied for data collection to study the level of Emotional maturity among emerging adults. A total of 60 under graduate students in which 30 with siblings and 30 without siblings were selected and the following criteria are used to select the participants

Inclusion criteria:

- Only girls sample were included
- Only students studying in Under graduation were included
- Participants who can read and write Kannada and English
- Participants who were in the age group of 18 to 21 years were included
- Students who belongs to urban and rural areas were included
- Participants who were willing to participate only included

Exclusion criteria:

- Below 18 and above 21 years age were not included

- Those who cannot read and write Kannada and English were not included

Measures:

➤ **Socio Demographic Sheet:** The socio-demographic sheet is developed by the researcher under the guidance of research supervisor, this sheet will be used to collect the demographic and other relevant information from the participants

Emotional Maturity Scale (EMS)

➤ **Emotional Maturity Scale (EMS):** It was developed by Yashvir Singh and Mahesh Bhargava in 1990. It has 48 items falling under 5 categories- Emotional Stability, Emotional progression, Social adjustment, Personal integration and Independence. EMS is self reporting five point scale. The items are scored as very much, much undecided, probably never. Therefore the higher score indicates the greater the degree of emotional maturity level and vice versa. Reliability of the scale was determined by test retest reliability which was 0.75 and internal consistency for various factors ranged from .42.86. The scale was validated against external criteria, i.e. the area of the adjustment inventory for college students (Sinha and Singh, 1995).

Procedure for Data Analysis/Statistical Analysis

Descriptive statistics is used to summarize and organize the data and thus describe it. Keeping in view the objectives and hypotheses of the present study to see the influence of having siblings (With and without siblings) on the level of emotional maturity an independent sample t test was calculated and analyzed.

Analysis of Results and Discussion

Keeping in view the objectives of the study, descriptive statistical procedures, an independent sample t test was calculated and the results were analyzed and discussed in this chapter. In order to understand the level of emotional maturity in the sample a descriptive statistics i. e Mean, Standard deviation and Graphical representations were used and discussed and to understand the significant influence of having siblings (With

and without siblings) on the level of emotional maturity an independent sample t test was calculated and analyzed the results in the following section.

Table 1: Shows the mean, S.D and t ratio on the level of Emotional maturity among emerging adults

	Group	A total Score on <i>Emotional maturity</i>				
		N	Mean	SD	T	P
<i>A total Scores on Emotional maturity</i>	Without siblings	30	98.43	23.19	0.19	0.84
	With siblings	30	97.37	18.94		
	Total	200				

*p<0.05; **p<0.01

Figure-1: Shows the mean, S.D and t ratio on the level of Emotional maturity among emerging adults

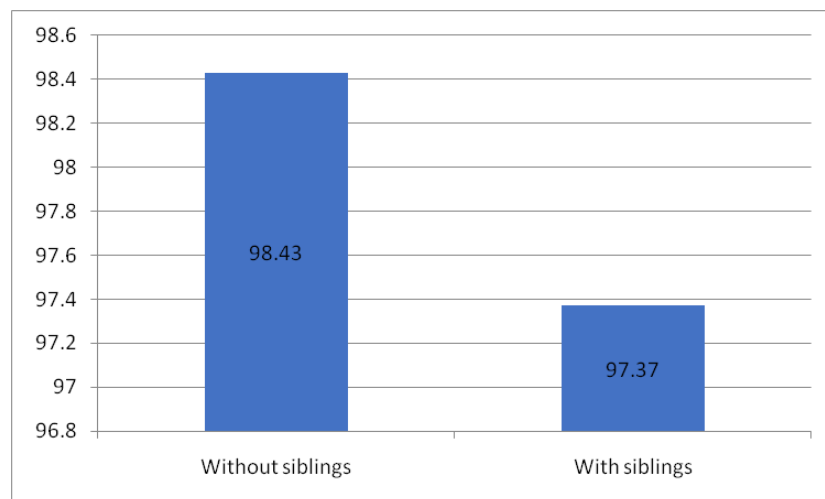


Table 1 showed that the mean score, standard deviation and t ratio on the level of Emotional maturity among emerging adults as influence by their sibling status and

birth order. Emerging adults with siblings have obtained a lesser mean score ($M=97.37$, $SD=18.94$) on the total score on Emotional maturity among emerging adults compared to emerging adults without siblings ($M=98.43$, $SD=23.19$). The mean difference of Emotional maturity among emerging adults scores is also shown in graph 1. In comparing significant mean differences on Emotional maturity among emerging adults as influence by their sibling status an independent sample t test was calculated and the obtained $t(58) = 0.19$, $p < 0.84$ which clearly indicates that there is no significant influence of sibling status on the level of Emotional maturity among emerging adults; hence the obtained results are not according to the hypothesis stated that “There is a significant influence of having siblings on the level of emotional maturity Among emerging adults”. The mean difference showed that emerging adults who grown up without siblings exhibited a greater level of Emotional maturity when compared to the merging adults grown up with siblings. Whereas there is no significant mean difference on the level of emotional maturity as influenced by the presence of siblings, supporting to the current finding a study conducted by Jobson (2020) found factors such as age, gender of the participants, type of family and sibling had no association with emotional maturity of the participants. Kusha & Ritu (2016) revealed that adolescents who had three or more siblings were significantly more personally adequate than those who had one or no sibling. Conversely, emotional progressiveness and personality integration of adolescents having one or no sibling were perceived to be significantly more than ones having two siblings. Non-significant differences were observed across composite social and emotional maturity of adolescents. Further, all the components of social and emotional maturity were found to be significantly and positively correlated with each other across number of siblings.

Conclusion:

It is found that there is no influence of presence of siblings on the level of emotional maturity among female emerging adults

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