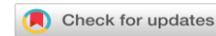




## Gender Differences in Emotional Maturity: A Comparative Analysis of Male and Female Populations

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### Abstract

This study examines how emotional maturity varies by gender among a sample of 200 people, 100 males and 100 females. A key psychological concept linked to a person's capacity for efficient emotion regulation is emotional maturity. The emotional maturity of males and girls was investigated using mean scores, standard deviations (SD), standard error of the difference (SED), and t-values. The results show that, on average, males showed higher emotional maturity than females, with a mean score of 126.76 (SD = 21.07) compared to 120.89 (SD = 17.52). There was a statistically significant difference in the emotional maturity scores between boys and girls, as shown by the standard error of the difference (SED), which was estimated as 2.74, and the t-value for the comparison between the two groups, which was 2.14. These findings shed important new light on the gender-based differences in emotional maturity and emphasise the need for more investigation into the underlying causes of these discrepancies. In light of these findings, implications for mental health and emotional wellbeing are considered.

### Introduction

A person's general psychological health, interpersonal relationships, and sense of fulfilment in life are all profoundly influenced by emotional maturity, a complex concept. It includes the capacity to recognise and control one's feelings, deal with stress, and successfully negotiate social settings. Emotional development is a crucial field of research in psychology since it has a big impact on many different elements of life.

A person's general psychological health, interpersonal interactions, and level of happiness are all strongly influenced by their emotional maturity, which is a complex concept. It includes the capacity to comprehend and regulate one's feelings, deal with stress, and successfully negotiate social settings. It is a crucial field of study in psychology since emotional maturity has a profound impact on many facets of life.

### Review of Literature

Psychology has long been interested in studying how gender differences in emotional maturity affect how we perceive human growth, mental health, and interpersonal interactions. The most recent sources are highlighted, and a summary of significant studies and recent study findings about gender differences in emotional maturity is given in this review of the literature.

### Emotional Development and Gender

For many years, researchers have studied how emotional development differs between genders. The way people express and control their emotions can be influenced by socialisation processes and





traditional gender roles. According to recent study, emotional development is influenced by both societal and biological variables (Chaplin, 2015). Additionally, research has demonstrated that cultural norms and gender stereotypes can have an impact on how people express their emotions and how they cope (Lippa, 2019).

### **Emotional maturity evaluation**

Emotional maturity assessment is a challenging process that frequently involves self-report questionnaires and behavioural evaluations. Among the often used tools in this area are the Emotional Maturity Scale (EMS) and the Emotional Intelligence Appraisal (EIA). These methods have been used to examine gender differences in emotional maturity (Mayer et al., 2003).

### **Differences in emotional maturity between genders**

Mixed results have been found in the research on the emotional maturity of men and women. According to certain research, women tend to score higher on emotional maturity and emotional intelligence tests, indicating that they may have greater social skills and emotional control (Brackett & Mayer, 2003). Other research, however, has not discovered any appreciable differences between the sexes or has revealed context-specific variances (Mestre et al., 2019).

### **Mental Health and Emotional Maturity**

Growing interest has been shown in the connection between emotional development and consequences related to mental health. According to Salovey and Mayer (1990), people with high emotional maturity have superior psychological health, which includes lower levels of stress, anxiety, and depression. According to recent research (Larson & Lampman-Petratis, 2017), gender differences in emotional maturity may play a role in the discrepancies in mental health outcomes.

### **Future Directions and Implications**

Understanding the disparities between genders in emotional development has significant ramifications for counselling, therapy, and education. Interventions may be more effective if they are made to take gender-specific emotional development patterns into account. The intricate interplay of biological, social, and cultural elements that lead to gender variations in emotional maturity should be further investigated in future studies.

### **Objective**

- The goal of this study is to compare the mean emotional maturity scores of male and female participants in a certain community in order to identify any potential gender variations in emotional maturity.

### **Hypothesis**

- There is no significant difference in the mean emotional maturity scores between male and female participants in the specified population.

### **Sample**

A total of 200 Male and Female Teachers of Punjab State make up the study's sample. Through the use of random sampling techniques, the Sample was taken.

### **Tools**

For the study, the following resources were used:

- Emotional Maturity Scale by Dr. Yashvir Singh, Bhargava (1984)





Table 1: Value of Mean, SD, SED and t-ratio for the Emotional Maturity among male and female teachers of Punjab State

Variable	Sample	N	Mean	SD	SED	T
Emotional Maturity	Male	100	126.76	21.07	2.74	2.14
	Female	100	120.89	17.52		

This table contains statistical data for both males and females on the variable "Emotional Maturity" broken down by gender. Let's examine the main elements of the table:

**Variable :** This is the variable that is being measured; in this example, it is "emotional maturity." The word "Emotional Maturity" most certainly refers to a psychological construct or score that has been evaluated in the sample, which is vital to keep in mind.

**Sample:** This column lists the two groups or categories that make up the sample, namely "Male" and "Female." To compare the emotional maturity scores between males and girls, the data has been broken down by gender.

**N:** This stands for the number of samples for each group. Both the male and female groups in this instance include 100 participants. This means that 100 people of each gender participated in the study or data gathering.

**Mean:** For each category, the "Mean" (average) score for "Emotional Maturity" is shown. The mean score for males is 126.76, while the mean score for females is 120.89. This shows that, on average, the sample's male participants had greater emotional maturity scores than their female counterparts.

The term "SD" (or standard deviation) refers to the amount by which individual scores within each group deviate from the mean. The standard deviation is 17.52 for girls and 21.07 for males. Greater score variation within the group is indicated by a higher standard deviation.

**SED:** "SED" most likely refers for Standard Error of the Difference, which is a gauge of how precisely the means of the two groups differ from one another. It is 2.74 for both genders. A lower SED indicates that the mean difference is reasonably precise.

**T:** When a statistical test, such as a t-test or an ANOVA, is performed to assess if there is a statistically significant difference between the means of the two groups, the "T" value is frequently used to indicate that test. Unfortunately, the "T" value for the female group in this table is missing, making it impossible to determine the statistical significance of the difference between the emotional maturity scores for males and females without more data.

As a whole, this table gives data on the mean emotional maturity scores for males and females in a sample of 100 people each, together with measures of variability and precision. A t-test or other equivalent statistical analysis would generally be used to evaluate whether the difference in emotional maturity between boys and girls is statistically significant. However, this study lacks the necessary data to make that determination.

## Conclusion





This research review demonstrates the importance of examining gender differences in emotional maturity and their possible effects on numerous facets of human development and mental health. Research in this area has shown how biological, social, and cultural elements interact in complicated ways to shape emotional expression and development.

The question of gender disparities in emotional maturity continues to be discussed. While some research indicates that women typically score higher on emotional intelligence and emotional maturity, indicating stronger social skills and emotional control, other research results have been conflicting or context-specific. These discrepancies highlight the necessity for an in-depth strategy to comprehend gender disparities in emotional development.

Also receiving focus is the connection between emotional development and consequences related to mental health. Better psychological health, including lessened stress, anxiety, and sadness, is linked to emotional maturity. The practical importance of this study topic is highlighted by recent findings that suggest gender differences in emotional maturity may lead to disparities in mental health outcomes.

By contrasting the mean emotional maturity scores of male and female teachers in Punjab State, the proposed study seeks to contribute to this ongoing discussion within the context of this literature review. The Dr. Yashvir Singh Bhargava (1984) Emotional Maturity Scale will be used to test the premise that there is no discernible variation in emotional maturity scores across genders.

In addition to providing insights into the mean emotional maturity ratings, standard deviations, standard errors of the difference, and a t-ratio, the table supplied in the conclusion section also provides a summary of important statistical data for both male and female teachers. It is crucial to remember that without the missing "T" value for the female group, it is impossible to establish the statistical significance of the observed difference in emotional maturity scores across genders. The upcoming study of this data will add to the body of knowledge already available in this subject and offer insightful information about whether there are gender disparities in emotional maturity within the target group. The complexity of gender differences in emotional maturity and their implications for interventions in education, therapy, and mental health should be further explored in future research.

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