

# FAMILY ENVIRONMENT OF BANKERS INFLUENCES EMOTIONAL MATURITY AND ADJUSTMENT

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## ABSTRACT:

*Life has been so many facets, so that our preparations for it should be manifold. This means covering a wide area of activities that may range from simple to the most complicated. It is for the reason that man is described as a social animal. The magic world that makes human life dynamic and makes him a multi colored shall on the shore of sea of society is emotion. Emotions have strong link with urges, need and interests. If they are satisfied, an individual is said to be enjoying a happy life and is emotionally stable, balance and healthy in different environment. The word "Emotion" is came out from the Latin word 'emovere' which means „ to stir up" or „to excite". Emotion can thus be understood as an agitated as excited state of our mind and body. Positive emotions give energy to our life. It helps us to faith in god. Negative emotions are like anger, fear, hate; negativity put bad effect on our mentality as well as on our health. Negative emotions make our life hell. Emotional maturity is that characteristic of emotional behavior which is generally attained by an adult after his adolescence period Emotional maturity; makes him able to demonstrate a well-balanced emotional behavior in his day-to-day life. There is also conformity or non-conformity, privilege and non-privilege, nurturance rejection or acceptance. All these factors are affecting the home environment, which encourage or discourage the child's social development and in turn the mental and physical states too. From this viewpoint we can also conclude that environment may differ due to Urban and rural factors as well as gender factors which play some kind of role in both the environment simply but it comes between educational acquisition patterns and educational achievements which may be the result of it.*

**Keywords:** *Emotions, Maturity, Adjustment, Environment, Nationalized Bank.*

## INTRODUCTION:

Home is a social organization run by the eldest person in the organization and maintained by the earning of its family members and acceptance of social norms. Different home environment have different types of control protection punishment of wrong responses or undo. There is also conformity or non-conformity, privilege and non-privilege, nurturance rejection or acceptance. All these factors are affecting the home

environment, which encourage or discourage the child's social development and in turn the mental and physical states too. From this viewpoint we can also conclude that environment may differ due to Urban and rural factors as well as gender factors which play some kind of role in both the environment simply but it comes between educational acquisition patterns and educational achievements which may be the result of it. The Parent Child relationship and the emotional reactions it arouses influence the Child's behavior in school and rejection at home •may cause reactions in

several ways, each of which will have a different effect on his relationships at school. During infancy and early childhood social heritage is transmitted to the child almost exclusively through the family. Each family follows certain social system with their own unique patterns of organizations and functioning by the view point and concept here we will take different Socio-Economical status in family research and also the urban and rural families. What happens to the esteem of the growing child when a family is broken by divorce? It depends on a number of factors. The mother's age at the time of the marital ruptures is important. If the mother is very young the Negative effect on the child is much greater than if the mother is older because the younger mother is less able to cope with the upset of divorce. The effect also depends on the child's age at the time of the marital rupture. There is also conformity or non-conformity, privilege and non-privilege, nurturance rejection or acceptance. All these factors are affecting the home environment, which encourage or discourage the child's social development and in turn the mental and physical states too. From this viewpoint we can also conclude that environment may differ due to Urban and rural factors as well as gender factors which play some kind of role in both the environment simply but it comes between educational acquisition patterns and educational achievements which may be the result of it.

### OBJECTIVE OF THE STUDY

The objectives of the study were as follows.

1. To examine the family environment in context of healthy personality development.
2. To ascertain the impact of family environment in growth of emotional maturity. .
3. To ascertain the impact of family environment in growth of adjustment.
4. To examine and analyze the interaction between emotional maturity and adjustment.

### HYPOTHESIS OF THE STUDY

The hypotheses of the study were as follows.

1. Persons with healthy and unhealthy family environment were differing significantly on family environment scale.
2. Persons with healthy and unhealthy family environment were differing significantly on emotional maturity scale.
3. Persons with healthy and unhealthy family environment were differing significantly on the scale of adjustment.
4. There were significant difference between persons having high scores on emotional maturity and low scores on adjustment scale.
5. There were significant difference between persons having low scores on emotional maturity and high scores on adjustment scale.

### EMOTIONS –THE CONCEPT:

The word "Emotion" is came out from the Latin word 'emovere' which means „to stir up“ or „to excite“. Emotion can thus be understood as an agitated as excited state of our mind and body. Taking hints from at its derivation, various psychologists have tried explaining 'Emotion' in their own ways. George Mandler says that emotions are not a single thing at all, but rather „a chapter heading term“. According to Oxford English dictionary:- “Emotions are any agitation or disturbance of mind, feeling, passion any vehement or excited mental state.”

C.T. Morgan explained the importance of emotion in life and writes that emotion are essential need, primal force of great power and influence designed by nature to enable the organism to cope with circumstances which demand an utmost effort for survival of success or to add color and spice to our living.

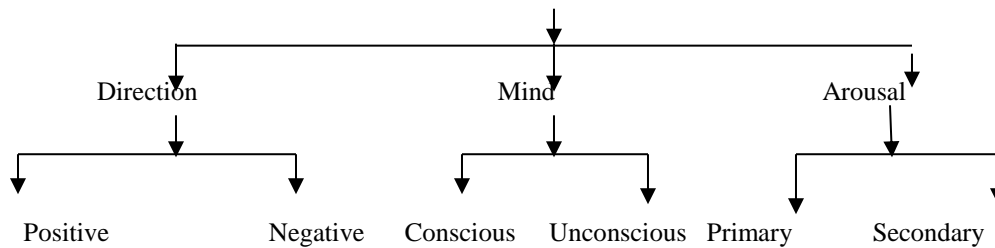
Wood Worth (1945):- “Emotion is a 'moved' or 'stirred-up' state of an organism. It is a stirred-up state of feeling that is the way it appears to the individual himself. It is a disturbed muscular and glandular

activity that is the way it appears to an external observer.”

**CLASSIFICATION OF EMOTIONS:**

Emotions have been categorized into various categories as shown below:

**EMOTION**



**Positive Emotions:** Positive emotions give energy to our life. It helps us to faith in god. Emotions like love, affection, faith, carefulness, joy, happiness etc. are very essential in our routine life and normal behavior.

**Negative emotions:** Negative emotions are like anger, fear, hate; negativity put bad effect on our mentality as well as on our health. Negative emotions make our life hell.

Maturity. Intellectual and emotional maturity is a special characteristic of a mentally sound person. A mental person enhances his knowledge. He behaves like a responsible person and expresses his thoughts and feelings clearly and respects others’ thoughts and feelings. A mentally healthy person behaves like a mature, balanced and cultured person in every field of life.

According to Freud (1924):- The concept of maturity has not received a great deal of explicit priority in the literature. Delineation of libidinal development has yielded the important formulation of the genital level and the “object-interest.” Recent emphasis on the conflict between the regressive, dependents, versus the progressive productive forces in the personality has directed interest toward the more elaborated nature of maturity.

**EMOTIONAL MATURITY :**

Emotional maturity is that characteristic of emotional behavior which is generally attained by an adult after

his adolescence period Emotional maturity; makes him able to demonstrate a well-balanced emotional behavior in his day-to-day life. A person is said to be emotionally mature when he feels proper emotion's in a proper situation and expresses it in a proper form.

**1. Jersild’s View:-** “Emotional maturity means the degree to which the person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh, his capacity for whole-hearted sorrow when an occasion for grief arises; his capacity for experiencing anger when faced with thwarting that would rise the temper of any reasonably tolerant or sensible persons and his capacity to show fear when there is occasion to be frightened, without feeling a need to use a false mask of coverage such as must be assumed by person afraid to admit that they are afraid.”

**2. Cole's View:-** “The chief index of emotional maturity is the ability to bear tensions. This view point lays stress upon, „self-control“ not on 'self-fulfillment'”.

**SYMPTOMS OF EMOTIONAL MATURITY:**

Here are some symptoms of emotional immaturity are as:

- Volatile emotions.
- Over independence.
- Stimulation Hunger.
- Egocentricity.

- Self-centeredness.

### CHARACTERISTICS OF EMOTIONAL MATURITY:

**1. Adequate self-concept:-** An emotional mature person possesses adequate self-concept, self-respect and self-prestige. He never likes to do things or show such behavior that may injure his self-respect, adverse to his ideals.

**2. Development and use of one's capacities:-** Maturity amplifies a satisfactory fulfillment of one's potentialities. His intellectual powers of thinking and reasoning are properly exercised by him in making decision. He is guided more by his intellectual power than his emotions.

**3. Facing reality without undue stress:-** Maturity requires facing the reality. A day-dreamer does not possess the desire to run away from realities of life. One of the tasks of growing up child is to learn and to face the demands of life effectively.

### SUGGESTIONS FOR DEVELOPING EMOTIONAL MATURITY:

**1. Love and Sympathy:-** These two traits are very important in the life of a person. Parents and teachers should try to develop these qualities among children. Parents should also love their children and deal with them sympathetically.

**2. Acceptance and recognition:-** It is important to create such environment where the child has the feeling of self-acceptance and self-recognition. The parents and teachers should accept the child, in spite of his limitation and provide due recognition will power where it is needed.

**3. Presenting oneself as role model:-** Teacher should be a role model and possessed character for the child. He should set good examples for the students in the classroom. Teacher should himself be an emotionally mature person.

### TRAITS OF EMOTIONALLY MATURE PERSON:

- Thinking before acting and having control over one's behavior.

- Knowing what one wants and making it happen.
- Self-reliance is an ability to take responsibility for one's life and actions.
- Patience.
- The ability to connect with others in a cooperative and positive way.
- Genuinely caring about others and demonstrating that ability.
- Honesty and living by one's principles.
- Having moderation and stability in all things.
- Having the ability to remain stable in difficult situations.

Maturity is the stage attained by the process of growth and development and body change resulting from heredity rather than learning. The term maturity is used to describe behavioral or physical changes which occur as a direct result of genetic action and which emerges as the human grows older.

### EMOTIONAL MATURITY AND ITS COMPONENTS:

Emotional maturity "means a level of understanding or event of some kind, through the eyes of a certain age or person. For example: A person has died. The emotional maturity level means, how well does a person affected by the death, cope and deal with the situation. "They have an emotional maturity level of a child" They have a very basic understanding of death and acts very irrationally regardless of what other people do to educate them. Like a child would react. "They have an emotional maturity level of an adult" They react to the event as an adult would. This means quite a calm and thought-out and common response." In the present circumstances, youth as well as children are facing difficulties in life. These difficulties are giving rise to many psycho-somatic problems such as anxiety, tensions, frustrations and emotional upsets in day to day life. So, the study of emotional life is now emerging as a descriptive science, comparable with anatomy. It deals with interplay of forces with intensities and quantities. Actually, emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent's development. The concept "mature" emotional behavior of any level is that which reflects the fruit of normal emotional development.

**EMOTIONAL STABILITY:**

Emotional Stability refers to the characteristics of a person that does not allow him to react excessively or given to swings in mood or marked changes in any emotive situation. The emotional stable person is able to do what is required of him any given situation. Contrary to it, emotionally instability is a tendency to quick changing and unreliable responses and is a factor representing syndrome of irritability, stubbornness and temper tantrums.

**Emotional Progression:** Emotional Progression is the characteristic of a person that refers to a feeling of adequate advancement and growing vitality of motions in relation to the environment to ensure a positive thinking imbued with righteousness and contentment. Whereas emotional regression is also a broad group of factors representing such syndromes as feeling of restlessness, hostility, aggressiveness and self-centeredness.

**CONCEPT OF ADJUSTMENT:**

The concept of adjustment is as old as human race on earth. It is a household word we speak of people as being well-adjusted or poorly adjusted. Well-adjusted people are regarded as successful in the art of living. The process of adjustment starts right from birth of the child and continues till his death. Adjustment is a process, which is expected to lead to a happy and contented life of a person. It creates a balance between needs and the capacity to meet these needs, persuades persons involved to change ways of life according to the demands of the situation, and gives strength and ability to bring desirable changes in the conditions of the environment. Working women have to adjust themselves at home as well as at work place. For them, adjustment is "smooth switch over from one status to other status, perceiving roles as perceived by others, and performing multiple roles with efficiency and satisfaction". Systematic emergence of the concept of "Adjustment" started with Darwin's theory of evolution (1859). In those days the concept was purely biological. In biology the term usually employed was adaptation. Man among the living beings has the highest capacities to adapt to new situation. Man as a social animal not only adapts to physical demands but

he also adjusts to social pressures. Biologists used the term adaptation strictly for physical demand of the environment but psychologists use the term adjustment for varying conditions of social or interpersonal relations in the society.

**According to oxford dictionary,** "The meaning of adjustment is: "to arrange, to out in order, to harmonize discrepancies or to adapt to standard or purpose."

**According to Webster's New Dictionary** "To achieve mental or behavioral balance between one's own needs and the demands of other's as a result of which the individual is put to a more satisfactory state." These meanings refer to the psychological and sociological implications of the term adjustment."

**HOME ADJUSTMENT:**

An individual used to live at home with other members of his family. He behaves differently with the different members according to his and member's position in the family. Relation of the child with his family members influences his adjustment. Home promotes satisfaction and security. The degree of adjustment of an individual exhibits in his behavior with others. So is the ease with home adjustment, if one is well adjusted in home, most probably he must has been well adjusted socially because the adjustment in different fields of life are related and effective to each other. So the home adjustment of students should be healthy one. The reflection of well and poor adjusted students hoe is clearly seen in their behaviour with their class fellows. Well adjusted children will be more cherished and happy in comparison to the poor-adjusted.

**Emotional Adjustment:** A balanced personality is one which is emotionally adjusted Every instinct is followed by some emotion and in this way various emotion play an important role in the personality of an individuals. Emotionally guided personality is not sound in nature and disciplined in manner. A person is emotionally adjusted if he expresses emotion in a proper situation in a proper form. An emotionally stable person may be well adjusted and emotionally unstable conditions causes mental disorders and maladjustment.

**IMPORTANCE OF ADJUSTMENT**

Every organism tries to have harmonious relationship with its surroundings in order to satisfy its primary needs like hunger, thirst and security. This relationship is established by the constant effort on the part of organism in adjustment to its environment. Man, unlike other animals, has to adjust with psychological and socio cultural environment in which he has to live in addition to physical environment. Man has got a great role to play in the process of adjustment because some of the psychological need like acceptance, affection, companionship, self esteem etc, is to be satisfied in a socio-cultural set up. This is necessary to develop a healthy personality.

**FAMILY ADJUSTMENT:**

Family adjustment includes marital adjustment between husband and wife and also the parent-child adjustment. Couple get together to build a productive life together. Reproduction, protection and care of their primary time of life in caring, socializing, education of their child and are left with little time on hands for selves and their spouse, especially in India. The non-reciprocation of the love and care by the youngsters towards the elderly parents leads to adjustment problems and family crises. Also, now a day's divorce among the couples is on rise due to maladjustment between the couples. The contradictions between expectations and reality have led to many divorces in the country. It refers to the type of adjustment where in an individual is able to conform to the expectations of his parents in carrying out his duties assigned to him, appropriate to his role and position in the family and his ability to have a peaceful relationship with his parents and siblings. Adequate home adjustment is predicted on wholesome relations among family members, willing acceptance of parental authority, capacity to assume family responsibilities, helping the family, reach individual or group objectives, mutual interest and cooperation.

**HOME ENVIRONMENT:**

We shall assume that unless otherwise stated the family discussed here is the nuclear family” made up

of a mother, father, child or children living together. We shall occasionally refer to other relative who make up the extended family. Margart Maeal (1963) well known sociologist points out that the “American family” is changing, the world is moving towards a new family form in which grandparents can make invaluable contribution to the overall development and understanding of children. This view is based on the fact that perhaps grandparents have more experience and greater ability to solve problems facing the family. The family itself plays the main role in the development of children. Each family has its own method handling the child, we can call it the „method of maintenance“ in psychological pursuit it called „Authority“ and thus this type of authority emphasizes the development of children

- . The home is run by all these factors and is called home environment. According to this view we can classify home as
- The over regulated home
- The home of loveless authority
- The home of over affectionate authority
- The home of impersonal authority
- The home of restrictive (which carries a feeling of guilt)

**FAMILY ENVIRONMENT:**

Family is oldest and the most valuable of all the institutions that man has devised for regulating and integrating his behavior. He strives to satisfy his basic needs. The family provides care and support to the child; child care may be equally shared by the parents. Though it is the total environment of a family that influences the child development, but one cannot deny that parents constitute a major part of family environment. The family environment consists of family members, their attributes. Their personality, their behavior, their inter relationships. Along with these family environments also consists of; the physical appearance of house, home facilities, ventilation, the quality nutrition, family hygiene, parental education, parental occupation, their income, their living standard etc. A congenial environment in a family develops personality wholesomely whereas

the stresses strains and evil activities of a broken family destroy one’s development.

**Compare the Persons with healthy and unhealthy family environment will differ significantly on family environment scale.**

Comparison of Persons with healthy and unhealthy family environment was depicted under following heading:

The persons both male and female were compared on the basis of healthy and unhealthy family environment, the scores of family environment were computed. The mean and SD of Persons with healthy and unhealthy family environment along with t-value testing significance of mean difference has been given in table-4.4.1.

Group	Mean	S.D	N	D	df	t-Value		Level of Sig.	Result
Healthy Family Environment	235.9	11.36	100	41.0	198	CV	TV	0.05	Significant Difference
Unhealthy Family Environment	194.9	14.55	100			22.28	1.97		

From the table no. 4.4.1, it is found that the mean score of healthy family environment group is 235.9 and unhealthy family environment group is 194.9. The standard deviation of the healthy family environment group is 11.36 and unhealthy family environment group is 14.55. It is also found that calculated value (CV) of t-value is 22.28 which is significant difference at 0.01 and 0.05 level of Significance .

**DELIMITATIONS OF THE STUDY:**

Due to paucity of time and resources, the investigator has planned to delimit the present study to:

1. The sample was taken from different Bank of Hazaribag district in Jharkhand.
2. The study was delimited with regard to size of sample i.e. 200 Bank employees both Male and Female from state and Nationalised Bank.
3. The study was delimited to two types of Bank employees, those who are adjusted in Bank Family Environment they are called person with healthy environment. And those

who are not adjusted in Bank Family Environment they are called person with unhealthy environment.

**EDUCATIONAL IMPLICATIONS:**

1. The finding of the study was Persons with healthy and unhealthy family environment differ significantly on family environment scale. On the other hand, the mean and SD score of healthy family environment is 235.9 and 11.36 and mean and SD score of unhealthy family environment is 194.9 and 14.55. So, It is proved that healthy family environment has better adjustment then the unhealthy family environment.
2. Another finding of the study was Persons with healthy and unhealthy family environment differ significantly on emotional maturity scale. On the other hand, the mean and SD score of healthy emotional maturity is 163.1 and 16.79 and the mean and SD score of Unhealthy emotional maturity is 126.2 and 14.70 .So, It is proved that healthy emotional maturity has better matured emotion then the unhealthy emotional maturity group.

3. Next finding of the study was Persons with healthy and unhealthy family environment differ significantly on the scale of adjustment. On the other hand, the mean and SD score of healthy adjustment is 216.2 and 18.33 and the mean and SD score of unhealthy adjustment is 127.1 and 14.08. So, It is proved that healthy adjustment has better adjustment capacity than the unhealthy adjustment.

### CONCLUSIONS:

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