

# Impact of Social Environment on Emotional Maturity of Adolescent

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## Abstract

The social environment (parents and peers) is a very important part of a child's personality development. The type of environment determines an individual's development. Emotional maturity means developing the ability to understand and manage our emotions. When faced with many situations in our life, our mental maturity is one of the biggest factors determining our ability to deal with all situations. Adolescence is a very important and transitional stage in life in which a person experiences many changes. Physically and mentally in his life. A current study was conducted to examine the involvement of social environments in influencing the development of mental maturity in adolescence.

## Introduction

Adolescence usually lasts from 12 to 19 years and can be broadly classified into three stages-early adolescence (12 to 14 years), middle adolescence (14 to 17 years) and late adolescence (17 to 19 years). During adolescence, physical changes include physical and sexual maturity. These changes continue into late adolescence (they are usually completed), and over time, less attention is paid to their body image than to their adolescence. Cognitively, adolescents develop visual thinking abilities in the early stages, while in the middle and late adolescence, the young person can move thoughtfully and develop logical skills. Psychologically, early adolescents begin to explore opportunities for decision-making, in the middle stages, they begin to develop a sense of identity and become fully settled in adolescence. Socially, at this stage, peers are the main influence and sexual interest usually begins. During the middle stages of adolescence, peer influence continues and sexual interest develops further. Finally, in the final stage, there is a transition to work and subsequent studies. Behaviorally, early adolescents begin to experiment with new behavioral patterns, while middle adolescence is considered a time of risk-taking, which ends in adolescence, during which time one is expected to take one's own risk.

The first social platform for a child to learn and protect patterns of behavior that are prevalent in society. The type of behavior of parents, siblings, and other Community members also influence child development. Schools are one of the important places where children learn to behave with their peers, make friends, and participate in the community. As children grow

from adolescence to childhood, their interactions become more complex with age. During adolescence- peer relationships affect the whole personality.

By educating parents about the different stages of human development, it helps them to understand their changing roles in the lives of their offspring and to give the child the expected physical, mental and physical expectations at different stages of development. You also know about emotional support. (Naik and Saimons 2014).

Parental difficulties increase as the child enters his or her adolescent phase, as behavior at this stage is largely influenced by emotions. (Rawat and Singh 2017). Because of the emotional imbalance in adolescence, they are less likely to accept parental discipline. Adolescents develop with their parents to determine their ability to mature mentally. Since adolescence is the foundation of any nation, their maturity is important. This maturity can only be brought about by proper parenting style. The basic style of parents and the mental maturity in adolescence shape their response to the challenges they face.

Erikson (1968) Peer group attachments have been found to be essential for the development of a healthy identity during adolescence. Adolescence is not a child or an adult, but a strange hybrid of two. This hybridity leads to different emotions when experiencing physical, mental and social changes. The ability to control and manage these emotional fluctuations brings with it adolescence.

Emotional maturity is one of the most important parts of the personality, characterized by multi-characteristic non-cognitive psychological concepts. Mostly, 'Emotional Balance' and 'Emotional Maturity' are taken as synonyms. But in fact, they are not. Emotional balance emphasizes the value of learning to deal with pleasant and unpleasant emotions. A person can achieve emotional maturity without achieving emotional balance, although the opposite is not true. A mentally balanced person becomes a mentally mature person. Emotional balance is an adult attribute and not a child's quality. Thus, emotional maturity is a relative term. It is directly related to the age and stage of a person's development

Emotional maturity enables young people to respond to challenges that make them responsible citizens of the country. So what does a child mean to parents and how does one bring mental maturity? Just as there are expressive styles in the field of science, there is also an approach to parenting success. In particular, studies have shown that parenting can be limited to four types: authoritative, authoritarian, indulgent and neglectful parenting styles.

Parental styles of accountability and autonomy were found to have greater emotional maturity in adolescents than the demands of parental styles (Trishala and Kiran 2015). It is the authoritative parenting style that adequately balances, limit-setting and nurturance (Baumrind, 1991; Hamon & Schrod, 2012; Maccoby, 1992).

permissive and authoritarian parenting style contributes to unhealthy child-rearing practice (Baumrind, 1991). Excessive parental supports, with very minimal to no parental demand, are noticed in Permissive parenting technique (Baumrind, 1991; Darling, 1999; Hamon & Schrodt, 2012; Baharudin & Kordi, 2010; Buboltz, Griffith-Ross, Marsiglia & Walczyk, 2007).

Healthy peer influence helps adolescents boost self-esteem; and prevents from engaging in harmful behaviors (Burack, 1999). Adolescents are prone to drug abuse and addiction due to improper peer pressure. Thus, most people at this stage of life are introduced to statistically drugs. Parents are often unaware of the dangers that befall their children as modern families fail and have less time to spend with their children and discuss their questions, dilemmas, and fears.

In view of the importance of holistic nature and the style of healthy parenting, a number of initiatives have been undertaken to ensure quality parenting and upbringing practice. The researcher decided to study the role and impact of social environment on emotional maturity in adolescence. In this case, the study was planned to reflect the two objectives;

## Objectives

1. To study the role of parenting style on the emotional maturity of adolescents.
2. To study the role of peer groups on the emotional maturity of adolescents.

Reviews have been organised according to objectives which are the following:

### **Objective 1: To study the impact of parenting style on the emotional maturity of adolescents.**

According to Jisha K V (2016) that factors Affecting emotional Maturity in Adolescence. It has been analyzed that the parenting style chosen by the parents for adoption has a direct impact on the emotional maturity in adolescence. Correlation analysis between authoritarian, authoritative, indulgent and neglected parental style and emotional maturity was found to be positive and significant.

According to Kumar (2014) Emphasizes that family relationships can have a great impact on the mental stability of adolescence. The home environment and development of adolescent positive self-concept are interrelated. Mundada (2011) Characteristics such as parental acceptance, morality, marital adjustment, and healthy behavior in their interactions with children have been found to increase their mental maturity.

Parental protection, the reward for good work, and punishment for abuse and parenting are believed to promote positive self-concept during adolescence. (Kaur et al. 2009). During child-rearing practice gives excess permissiveness, it can lead to depression in children.

Permissible parents bring less self-control, less emotional control and less maturity in children (Jabeen, Haque, & Riaz, 2013).

Rawat C and Singh R (2017) Family structure has also been found to affect the emotional maturity of adolescence. Adolescents from joint families were found to be psychologically progressive, socially well-adjusted, have appropriate personality, and were independent compared to nuclear families. Jasoria et al. (2014) It has been observed that parental bonding determines adolescent emotional maturity. It has been observed that neglecting parent-child relationships negatively affects adolescent mental stability. Kumar A (2015) observed an important link between adolescence and emotional stability. It has been observed that in adolescence there is less (control, protection, punishment, compliance, gifts, denied powers, upbringing, denial and permissiveness in the home environment) have higher emotional stability than there is (control, security, punishment, conformity, Social isolation, gifts, denial of authority, nurturing, denial) Singh and Rani (2013) found that The Authoritarian technique of adolescent parenting has been found to be negatively linked to emotional stability and self-sufficiency in adolescence, and the Authoritarian style of parenting has been positively correlated with emotional well-being, rule consciousness and wholeness.

### **Objective 2: To study the role of peer groups on the emotional maturity of adolescents.**

Claesen, Brown, and Eicher 1986 Low peer pressure was found in teenagers for misconduct. Brendgen, Vitaro and Bukowski 2010 observed a significant relationship between deviant peers and emotional adjustment of adolescents. Those adolescents were more delinquent and depressed who had deviant friends. Santor, Messervey and Kusumkar 2000 found that peer conformity and peer pressure significantly related to risk behaviors among adolescents. Kemp, Scholte, Overbeek, Engels 2006 observed association of warm and healthy parental support and monitoring with decreased levels of adolescents delinquency. It was found that the delinquent behavior of adolescents had an impact on their best friends but not vice versa. D. R. Clasen and B. B. Brown 1985 found that perceived pressure towards peer involvement was strong. Perceived pressure towards misconduct was found to increase across grade levels and also it was noticed that pressure to conform to peer norms diminished. Lashbrook and Jeffrey 2000 found the main relationship between peer pressure and emotions was found in adolescence. It has been observed that negative emotions such as loneliness and ridicule develop due to the influence of peers who develop feelings of shame during adolescence.

### **Conclusion**

Adolescence is an important stage in human life. They face various developmental pressures as they move from childhood to adolescence. The level of maturity can help adolescents to cope and deal with any situation of life. Many studies have shown that there is a correlation between emotional maturity and parenting style. A family environment and peer group

(social environment) contributes to develop emotional maturity and help into their upbringing, which helps them to become stronger when faced with difficulties.

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