



## Influence of Home environment and peers influence on Emotional Maturity of Adolescents

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Received: 10-Jan-2019 Accepted on: 10-Apr-2019 Published on: 21-Apr-2019

### ABSTRACT

Emotional maturity is the tendency to deal with extreme emotions at adverse phase of life. Emotional ups and down are commonly observed at adolescent stage. It is a transitional period from childhood to being an independent adult; characterized by physical, psychological, social and emotional changes. Positive changes could only be achieved if parents maintain healthy home environment to rear their children. Adolescents tend to recognize with groups of peers based on common traits. Peer group has a great role to play in shaping the personality of adolescents. Adolescents flourish and become emotionally stable when parents understand and support, when the child is in dire need of it. This paper explores the home environment and peer involvement and its influence on emotions of adolescents.

*Keywords: Emotional stability, Independent, cohesion, acceptance, nurturance, rejection*

### Introduction

Growth and development of a child takes place under different environment. This includes home environment, school atmosphere, and the society. All these social settings has high influence on physical, psychological, social, moral, intellectual and emotional development of the child (Rawat and Singh 2016). Home environment is the primary socializing unit and this atmosphere has direct association with various developments of children. A child passes through various stages of life, among which adolescence is a transitional stage, where the child moves towards adulthood. It is the stage where the child is in search of identity within the social settings during which adolescent's face endless hassles leading various emotional disturbances.

Erikson (1968) found that peer-group attachments are essential for healthy identity development in adolescence. Since adolescence is neither a child nor an adult, but a peculiar hybrid of the two. This hybridity creates a dilemma leading to various emotional swings since they encounter physical, psychological and social changes. The ability to control and handle these emotional ups and downs brings about maturity among adolescents.

Emotional maturity, according to Cole (1944) is capacity to bear strain and deal with their surrounding environment. So someone is considered emotionally mature when he/she is not driven around by external forces. Bessel (2004) viewed emotional maturity as those behavioral patterns that make good adjustments in life. A healthy family atmosphere is necessary for the overall welfare of adolescents (Rawat and Singh 2017). If the parents are not close with their children, or do not spend enough time with them, the children often seek refuge in their peers, they look for solace and comfort in them, they need people who they can fall back upon. Peer group plays a very important role in adolescent stage. It is self-evident that as the child grows and reaches adolescent stage the bent towards peer group is more and substantially the interaction with family members reduces. Adolescents sensitively co-corporates and responds with their peers (Rubin, Murkowski & Parker, 2006).

Adolescents might also be vulnerable to dominance or in more extreme cases be a victim of mental and physical abuse in wrong peer circle. The child thus vacillates between his peers and parents. They are often in a no man's land, being attracted to both but not decisive enough to choose one. These friends then have a greater influence over the adolescents than the parents in molding them in crucial phase. Adolescents are more inclined toward risky decision making and peer group plays an important role which helps in molding the personality (Gardner, Margo, & Steinberg 2005)

Healthy peer influence helps adolescents boost self-esteem; and prevents from engaging in harmful behaviors (Burack, 1999). Adolescents may also become a prey of drug abuse and addiction due to wrong peer pressure. Thus, statistically speaking many of the people are introduced to drugs at this stage of life. Parents often are unaware of the pitfalls that their children might be tumbling into, for either the modern families are failing and they have less and less time to spend with their children and discuss their questions, dilemmas and fears.

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Cite as: *Integr. J. Soc. Sci.*, 2019, 6(1), 15-18.

©ScienceIN IJSS ISSN: 2348-0874

<http://pubs.iscience.in/ijss>

What we therefore need to see is that the child needs to have a balanced life between his peers and parents, especially the parents during this transitional phase of the child. However parents need to see the importance of spending adequate amount of time with their child so that the child does not lack affection.

Considering the holistic nature and significance of healthy home environment and peer influence, numerous initiatives have been taken. Thus researcher decided to study the role and impact of home environment and peer influence on emotions of adolescents. In this context, this study is planned to reflect on two fold objectives;

### Objectives

1. To study the impact of home environment on emotional maturity of adolescents.

2. To study the role of peer influence on emotional maturity of adolescents.

The results of the present study have been organized objective wise, which are as follows:

#### **Objective1: To study the impact of home environment on emotional maturity of adolescents.**

Kumar 2014 asserted and found that family relationship has great influence on emotional stability of adolescence. Home atmosphere and development of positive self-concept of adolescence are interrelated. It was perceived that parental protectiveness, reward during good deed and punishment for misbehavior, and nurturance would stimulate positive self-concept among adolescents (Kaur et al. 2009). Bhut and Zalavadia (2016) observed that home environment is associated with emotional stability of College Student. Yashoda and Devi (2016) Found that both Home environment and type of educational settings have no influence on adolescent's emotional stability. Mondal and Sutradhar (2015) surveyed the relationship between home environment and emotional maturity and their result showed that emotional stability, emotional progression, social adjustment, personal integration, independence of adolescence enhanced in healthy home environment.

Deepshikha and Bhanot (2011) witnessed that entire factors of family environment such as cohesion, acceptance and caring, active-recreational orientation, conflict, independence, organization and control has great impact on socio-emotional adjustment of adolescent girls.

Bhat and Aminabhavi (2011) observed that home environment where adolescents were under high rules and regulations, socially secluded and deprived of freedom were unable to solve problems, failed in decision making, showed dependency and were unable to handle abrupt emotions. Whereas those adolescents were witnessed to have critical thinking, empathy, were able to smoothly cope with hassle and abrupt emotions who were raised under healthy home environment.

Suicidal tendencies were observed to be connected with authoritarian rearing practice, low parental friendliness, high maternal governance, undesirable child-rearing practices, and a negative family atmosphere. A positive home environment acts as shield against emerging suicide ideation in adolescents (Lai and Chand 2001).

Maughan and Cicchetti (2002) deficit in emotional regulation were found in the environment filled with negative vibe in relationship within the family observed that relationship between parents and children i.e., both father's and mother's relationship has alarming impact on emotional maturity of young ones (Matheen, W. 2011)witnessed that parental attitude has sway on identity formation of adolescents. Acceptance attitude of parents indicated positive identity leading to psychological well-being whereas avoiding attitude of parents lowered identity status of adolescence (Sandhu and Singh 2012). Socially acceptable behaviors of adolescents were witnessed to be associated with parental rearing practices and family environment. This association occurred generally through indirect relation with sympathy (Carlo, G et. al. 2007).

Thakar (2013) investigated and found that those adolescents who were from urban area distinguished their home atmosphere as more protective and encouraging but such was not witnessed in their counterpart where adolescence were deprived of privileges and were rejected. Neglectful home environment develops a sense of inferiority and dependency in adolescence whereas positive home environment leads to positive self- concept and stable emotions. Bansal S; Thind SK; Jaswal (2006) witnessed in their study found that healthy home environment had significant positive correlation with 'high' level of achievement motivation among high achievers. It was found that unhealthy family atmosphere declines the level of achievement motivation also gets deteriorated leading to emotional disturbance. Rawat C and Singh R (2017) found that family structure also influence emotional maturity of adolescence. It was revealed that adolescents from joint families were more emotionally progressive, socially well adjusted, had adequate personality and were independent than those from nuclear families. Sunitha NH and Pushpa Khadi (2005) witnessed healthy parental support, guidance and encouragement for students of unaided schools.

Kumar A (2015) observed significant relation between emotional stability of adolescents and home environment. It was observed that low (control, protectiveness, punishment, conformity, reward, deprivation of privileges, nurturance, rejection and permissiveness in home environment) leads to greater emotional stability among adolescents than home environment having high (control, protectiveness, punishment, conformity, social isolation, reward, deprivation of privileges, nurturance, rejection and permissiveness). Zbon and Smadi (2015) observed in Muslim families that emotional growth of adolescents were enhanced by fulfilling their requirement of safety, gratitude, religion, independence, concern, warmth and passion. It was also found that families used Islamic educational strategies in which method of controlling adolescent son's emotions, with love, boasting, arrogance, anger and fears are mentioned.

Rajeshwari and Raj (2017) observed that home environment has alarming impact on emotional maturity of children. Students having both parents, single parent or without parent, living in joint family or nuclear family, single child of their parents or having few siblings, enjoying a high status or lower status of family, residing in urban or rural area; all these factors effects their level of emotional maturity. Positive environmental factors may lead to high level of emotional maturity among students while negative settings of environment may lead to low level of emotional maturity among students. The study has shown that emotional maturity can be increased by making changes in the current

environmental settings which their children are facing currently. Barnow S; Lucht M; Freyberger H.-J. (2001) Emotional rejection, separation, strictness and harsh punishment in early life by parents as well as broken homes, lead to aggression in adolescence. Singh, R., Pant, K., & Valentina, L. (2014) found positive correlation between emotional maturity of respondents and family type. Respondents from joint family were more emotionally mature than those from nuclear family.

## Objective 2: To analyze the role of Peers on emotional maturity of adolescents.

Lashbrook and Jeffrey 2000 found prominent association between peer pressure and emotions in adolescents. It was observed that negative emotions like feeling of inadequacy, isolations and ridiculed are developed due peer influence which develops a sense of shame among adolescents. 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 Kemp, Scholte, Overbeek, Engels 2006 observed association of warm and healthy parental support and monitoring with decreased level of adolescents delinquency. It was found that delinquent behavior of adolescents had impact on their best friends but not vice versa. Santor, Messervey and Kusumkar 2000 found that peer conformity and peer pressure significantly related with risk behaviors among adolescents.

R. Clasen and B.B. Brown 1985 found that perceived pressure towards peer involvement were 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. Claesen, Brown, and Eicher 1986 found low peer pressure towards misconduct among adolescents.

## Conclusion

Control within the family, protectiveness, punishment for any mistake, conformity, social isolation, reward for some good deed, deprivation of privileges, providing nurturance, rejection and permissiveness components of home environment, no doubt has intensive influences on emotional maturity of adolescence It was also found that peer involvement had significant relation with emotional maturity of adolescents.

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